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# Sexually Transmitted Infections (STIs)

## **Session 9:**

### Sexual Transmitted Infections

#### **Goals:**

- Understand what an STI is, including HIV/AIDS
- Identify places to receive STI testing and treatment
- Discuss ways to support people who have an STI, including HIV/AIDS
- Increase the likelihood of condom use when a person decides to have sex

#### **Objectives:**

- Name three STIs
- List two ways a person can prevent and protect themselves from STIs
- Demonstrate the correct steps to use a condom

# Anonymous Question Box

## Introduction to the Anonymous Question Box:

The Anonymous Question Box is a way for students to ask questions that they may not feel comfortable asking during class time, though students are encouraged to ask lots of questions during class time as well.

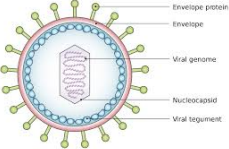

## Anonymous Question Box Guidelines:

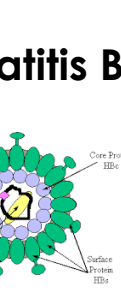
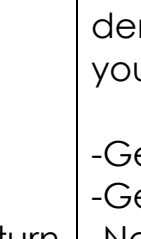
- Everyone must put a paper in the box. If students do not have a questions at that time, they can write a statement about what they learned in class that day, a specific topic of interest, or write "no question". This ensures questions remain anonymous.
- No Names. Questions are anonymous and are not to be used t hurt or embarrass others. Questions with names on them will not be read out loud.
- No personal questions of the instructor.
- Nobody can take anything out of the Question Box, except for the instructor.

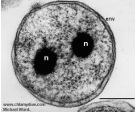
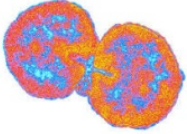

# Sexually Transmitted Infections

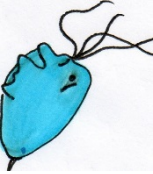

**-STIs often have NO signs or symptoms!**

**-Condoms do not cover all areas of the genitals, but are the best protection against STIs if someone is having sex and using them correctly**

	STIs	How it is passed	Signs (Something you see) and Symptoms (Something you feel)	How to stay protected
Viral STIs—Not Curable but Treatable and Preventable	<p><b>Genital Herpes</b></p> 	<p><u>HSV-1 &amp; HSV-2:</u> Possible to get from contact during vaginal, anal, oral sex or skin-to-skin contact</p>	<ul style="list-style-type: none"> <li>-No Symptoms</li> <li>-Genital blisters</li> <li>-Flu-like symptoms</li> <li>-Painful urination</li> </ul>	<ul style="list-style-type: none"> <li>-Don't have sex</li> <li>-Use a condom or dental dam every <i>time</i> you have sex</li> <li>-Get tested!</li> </ul> <p><b>Note:</b></p> <ul style="list-style-type: none"> <li>-Condoms do not cover all areas where the virus can live</li> <li>-May increase risk of HIV infection</li> </ul>
	<p><b>HPV Human Papilloma Virus</b></p> 	<ul style="list-style-type: none"> <li>-Skin-to-skin genital contact</li> <li>-Unprotected sex</li> <li>-Contact with mucous membranes or bodily fluids</li> </ul>	<ul style="list-style-type: none"> <li>-No Symptoms</li> <li>-May cause cervical, penile, oral, or anal cancers</li> <li>-Genital warts</li> </ul>	<ul style="list-style-type: none"> <li>-Don't have sex</li> <li>-Use a condom or dental dam every <i>time</i> you have sex</li> <li>-Get vaccinated</li> <li>-Get tested!</li> </ul>

<h2 style="text-align: center;">Hepatitis B</h2> 	<ul style="list-style-type: none"> <li>-Unprotected sex</li> <li>-Through infected blood body fluids</li> <li>-Blood transfer or sharing needles</li> </ul>	<ul style="list-style-type: none"> <li>-Can harm the liver</li> <li>-Pain in abdomen</li> <li>-Dark urine</li> <li>-Skin or eyes turn yellow</li> </ul>	<ul style="list-style-type: none"> <li>-Don't have sex</li> <li>-Use a condom or dental dam every <i>time</i> you have sex</li> <li>-Get vaccinated</li> <li>-Get tested!</li> <li>-No I.V. drug use</li> <li>-Use clean needles for steroids, tattoos or piercings</li> </ul>
<h2 style="text-align: center;">HIV Human Immunodeficiency Virus</h2> 	<p><b>Fluids:</b> Blood, pre-ejaculatory fluid, semen, vaginal fluid, rectal fluid, breast milk</p> <ul style="list-style-type: none"> <li>-Unprotected sex</li> <li>-Blood transfer or sharing needles</li> <li>-Can be passed from mother to baby</li> </ul>	<ul style="list-style-type: none"> <li>-Many people with HIV have no symptoms until they progress to having AIDS</li> <li>-A weak immune system can lead to frequent illness</li> <li>-Flu-like symptoms</li> <li>-Open-mouth sores</li> <li>-Can lead to AIDS</li> </ul>	<ul style="list-style-type: none"> <li>-Don't have sex</li> <li>-Use a condom or dental dam every <i>time</i> you have sex</li> <li>-No IV drug use or sharing needles</li> <li>-Use clean needles for steroids, tattoos or piercings</li> <li>-Get tested!</li> <li>-Prevent or decrease risk of contracting or passing HIV by using medication Pre-Exposure Prophylaxis (PrEP) or Post Exposure Prophylaxis (PEP)</li> </ul>
<p><b>Note:</b> -HIV+ individuals can have a normal life expectancy if detected early and remain on antiretroviral medication</p>			

	STIs	How can you get it?	Signs (Something you see) and Symptoms (Something you feel)	How can you protect yourself?
<b>Bacterial STIs—Curable with antibiotics</b>	<b>Chlamydia</b> 	<ul style="list-style-type: none"> <li>-Unprotected sex</li> <li>-Can be passed from mother to baby</li> </ul>	<ul style="list-style-type: none"> <li>-No Symptoms</li> <li>-Burning feeling while urinating</li> <li>-Unusual discharge from penis or vagina</li> <li>-Pain in abdomen</li> <li>-Can cause infertility and pelvic inflammatory disease</li> </ul>	<ul style="list-style-type: none"> <li>-Don't have sex</li> <li>-Use a condom or dental dam every <i>time</i> you have sex</li> <li>-Get tested!</li> </ul>
	<b>Gonorrhea</b> 	<ul style="list-style-type: none"> <li>-Unprotected sex</li> <li>-Can be passed from mother to baby</li> </ul>	<ul style="list-style-type: none"> <li>-No Symptoms</li> <li>-Strong need to urinate</li> <li>-Unusual discharge from penis or vagina</li> <li>-Pain in abdomen</li> <li>-Can cause infertility and pelvic inflammatory disease</li> </ul>	<ul style="list-style-type: none"> <li>-Don't have sex</li> <li>-Use a condom or dental dam every <i>time</i> you have sex</li> <li>-Get tested!</li> </ul>
	<b>Syphilis</b> 	<ul style="list-style-type: none"> <li>-Unprotected sex</li> <li>-Contact with infected sores</li> </ul>	<ul style="list-style-type: none"> <li>-Has a phase of no symptoms</li> <li>-Sores on penis or vagina or body rash</li> <li>-Can cause damage to nervous system, heart, brain, and death</li> </ul>	<ul style="list-style-type: none"> <li>-Don't have sex</li> <li>-Use a condom or dental dam every <i>time</i> you have sex</li> <li>-Get tested to see if syphilis is in latent (hidden) phase</li> </ul>

<b>Other STIs—Curable with Medication</b>	<p><b>Trichomoniasis</b></p> 	<ul style="list-style-type: none"> <li>-Unprotected sex</li> </ul>	<ul style="list-style-type: none"> <li>-No Symptoms</li> <li>-Burning or uncomfortable feeling while urinating or ejaculating</li> <li>-Unusual discharge from penis or vagina</li> <li>-Itching or redness of vagina</li> </ul>	<ul style="list-style-type: none"> <li>-Don't have sex</li> <li>-Use a condom or dental dam every <i>time</i> you have sex</li> <li>-Get tested!</li> </ul>
	<p><b>Pubic Lice (Crabs)</b></p> 	<ul style="list-style-type: none"> <li>-Skin-to-skin or close genital contact</li> <li>-Unprotected sex</li> <li>-Can be passed in sheets, towels, and clothes</li> </ul>	<ul style="list-style-type: none"> <li>-Itching around genitals</li> <li>-Sometimes lice or eggs can be seen</li> </ul>	<ul style="list-style-type: none"> <li>-Don't have sex</li> <li>-Use a condom or dental dam correctly and every <i>time</i> you have sex</li> <li>-Visit a doctor!</li> </ul>

# What is an STI?

**S**exually  
**T**ransmitted  
**I**nfection



An infection passed mostly through oral, anal, or vaginal sex

Two types: **curable** and **treatable**



# Curable vs. Treatable

## Curable STIs

Caused by  
bacteria

Cured with  
medication

## Treatable STIs

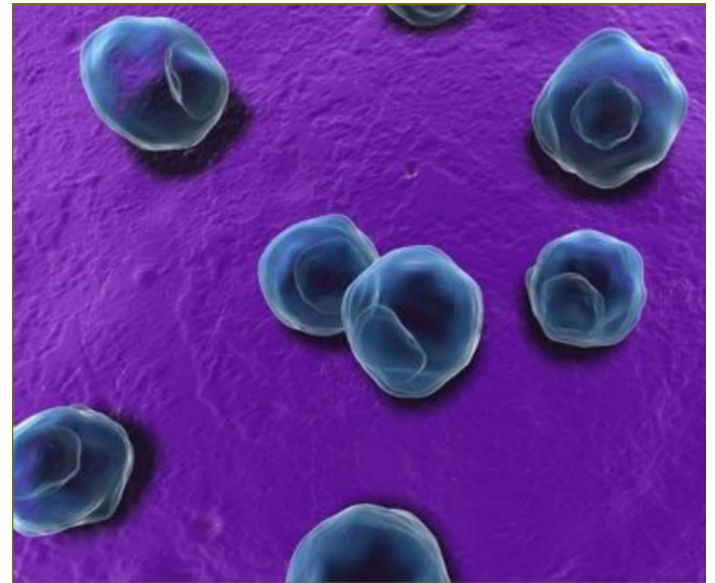
Caused by  
viruses

Treated with  
medication

# Common Curable STIs

## Chlamydia

- Left untreated, can cause scar tissue and **infertility**
- Easily detected with a urine test and cured with **antibiotics**



# Common Curable STIs

## Gonorrhea

- Left untreated, can cause scar tissue and **infertility**
- Easily detected with a urine test and cured with **antibiotics**



# Common Curable STIs

## Syphilis

- Left untreated, can cause health issues that lead to death
- Can be detected early with a blood test and cured with **antibiotics**



# Common Curable STIs

## Trichomoniasis

- A parasite (protozoa)
- May cause pain, odor, or discharge from private parts
- Curable with medication



# Common Curable STIs

## Pubic Lice

- An insect (“crabs”)
- Causes extreme itching around private parts
- Easily curable with medicated body wash

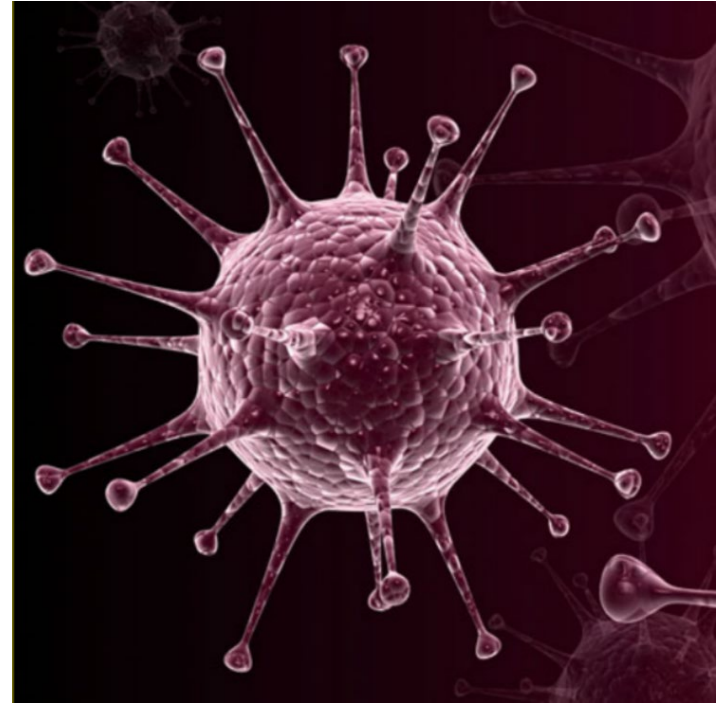




# Common Treatable STIs

## Herpes

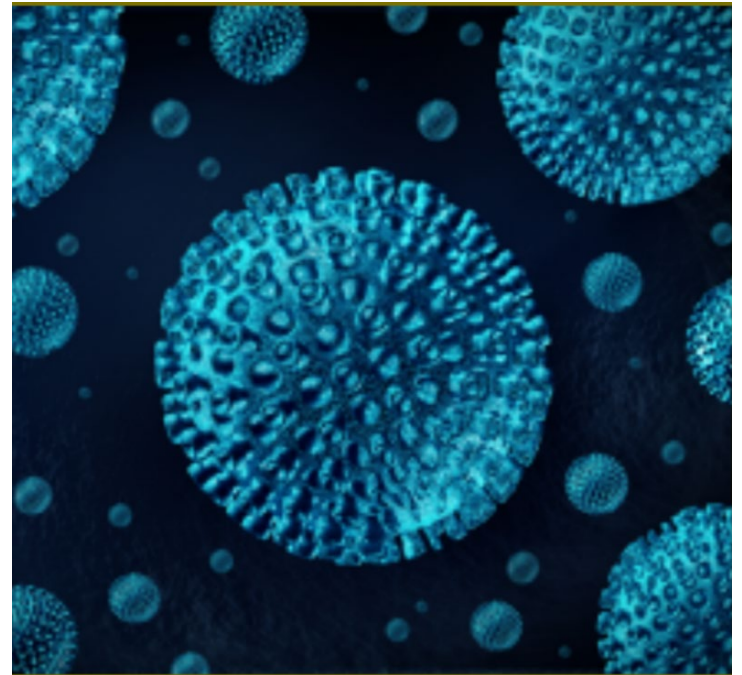
- Spread by skin-to-skin contact
- Causes painful blisters on mouth or private parts
- Detected with a blood test or visual exam and treated with medication



# Common Treatable STIs

## Hepatitis B

- Also spread by blood and childbirth
- Causes inflammation of the liver
- Vaccine can prevent this virus

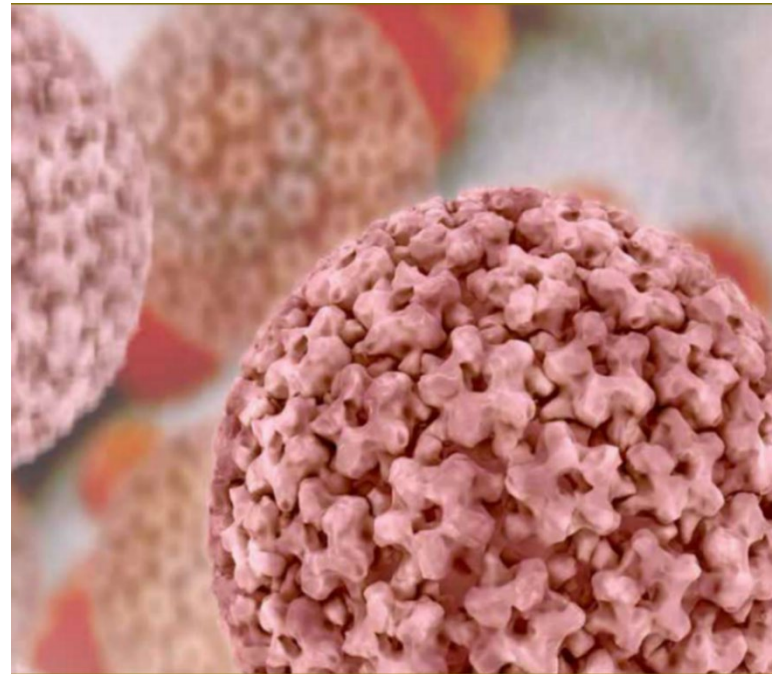




# Common Treatable STIs

## HPV

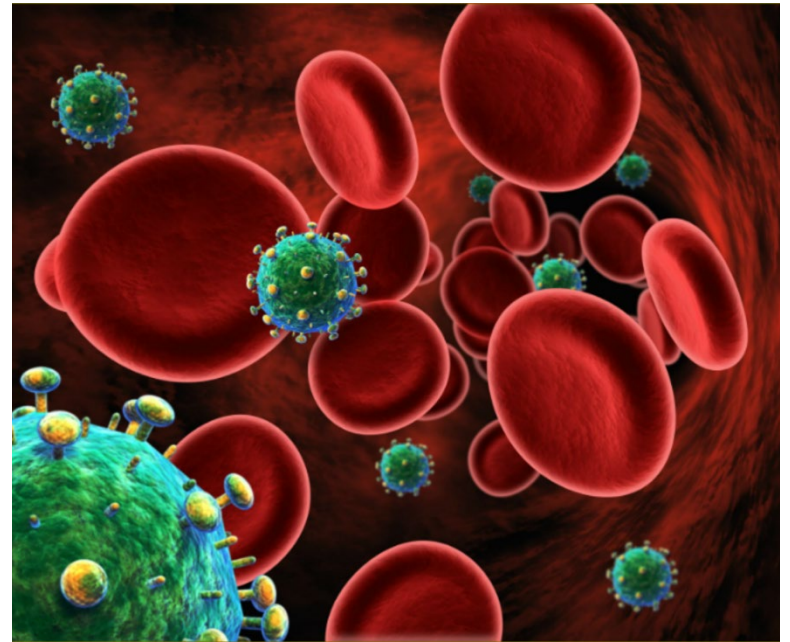
- Spread by skin-to-skin contact
- Can lead to warts or cancer
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# Common Treatable STIs

## HIV

- Virus attacks the immune system and makes it weak
- Makes it hard for the body to fight off illnesses



# HIV and AIDS are Different

**H**uman  
**I**mmunodeficiency  
**V**irus

**A**cquired  
**I**mmune  
**D**eficiency  
**S**yndrome

When the immune system is extremely weak from HIV, a person may be diagnosed with AIDS

# Medications to Prevent HIV

If a person is HIV negative...

## PrEP

(pre-exposure prophylaxis)

A medication used by people who are at a higher risk of getting HIV

## PEP

(post-exposure prophylaxis)

A medication used by people who were recently exposed to HIV

# Medications to Prevent HIV

If a person is HIV positive...

## **ART**

(antiretroviral therapy)

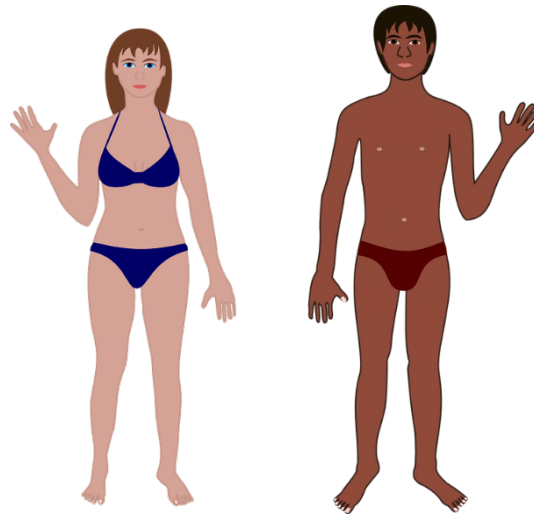
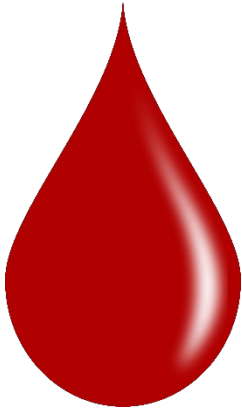
Medications used to treat HIV  
and prevent transmitting the  
virus to others



# How is HIV passed?

## Blood

(sharing needles with a person who has HIV)



## Breast milk

(from a person with HIV to their baby)



**Fluid from the penis**  
(semen and pre-ejaculatory fluid)

**Fluid from the vagina**

**Fluid from the anus**

# How HIV is *NOT* Passed

Kissing

Hugging

Shaking hands

Sharing a drink

Sharing a bathroom



Mosquito bites

Donating blood

Sweat, urine,  
or saliva

Being friends with  
someone who is  
living with HIV



# How Can We Support Others?

If someone is living with HIV  
or another STI...

- Do not make them feel bad
- Treat them with respect
- Do not be afraid to include them  
(hang out, watch movies, play sports, etc.)



# Who Can Get an STI?

Anyone!



# Most Common Symptom

NO SYMPTOMS!



# Possible Symptoms

- Pain or itching in private parts
- Burning feeling when peeing
- Something looks or feels different





# Best Way to Avoid STIs

Don't have sex!



# Use a Condom During Sex



# Talk with Your Partner

Ask about past sexual experiences





# Keep a Clear Head

Do not have sex if you or your partner have been using alcohol or drugs!



# Get Tested for STIs



Once each year

Before every  
new partner

If something  
starts to look or  
feel different






# STI Testing

What clinics near us can we go to for free STI tests?



# What Do I Know About HIV?

*Directions:* Read each sentence and circle either Yes or No.

You can get HIV from kissing.		<b>YES</b> <b>NO</b>
You can get HIV from sharing a cup with someone with HIV.		<b>YES</b> <b>NO</b>
Mosquitos and bugs can pass HIV.		<b>YES</b> <b>NO</b>
A mother can pass HIV to her baby.		<b>YES</b> <b>NO</b>
You can get HIV from donating blood.		<b>YES</b> <b>NO</b>
You can get HIV from shaking hands.		<b>YES</b> <b>NO</b>
You can get HIV from hugging.		<b>YES</b> <b>NO</b>
You can get HIV from having sex with someone with HIV.		<b>YES</b> <b>NO</b>
You can get HIV from being friends with someone with HIV.		<b>YES</b> <b>NO</b>

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# Advanced

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# Sexually Transmitted Infections (STIs)

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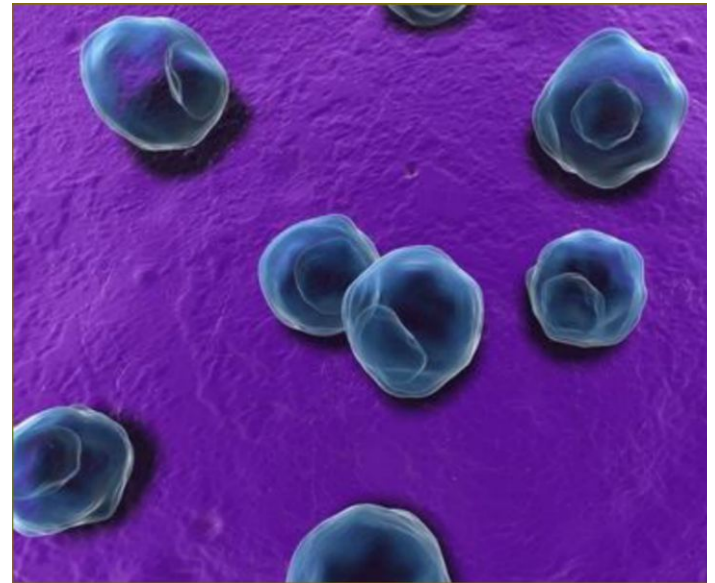
Treated with  
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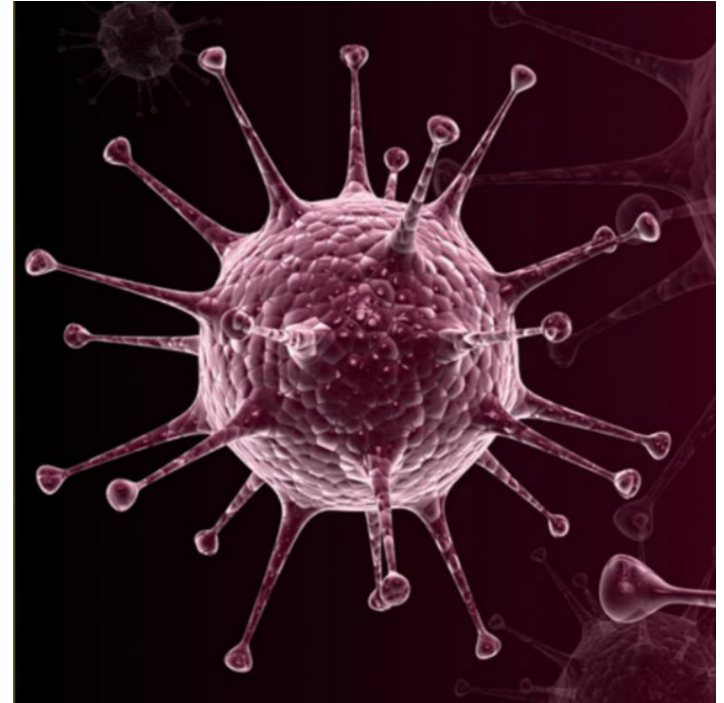


# Common Treatable STIs

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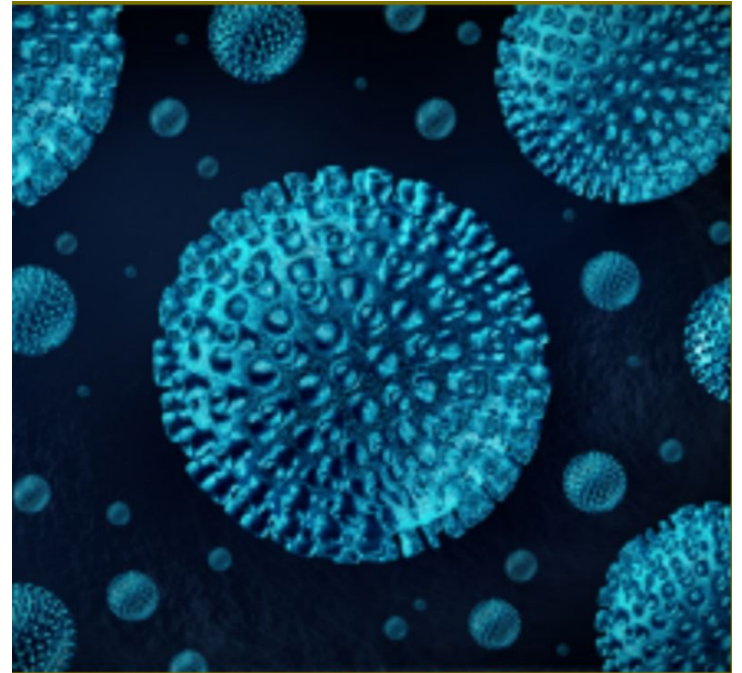




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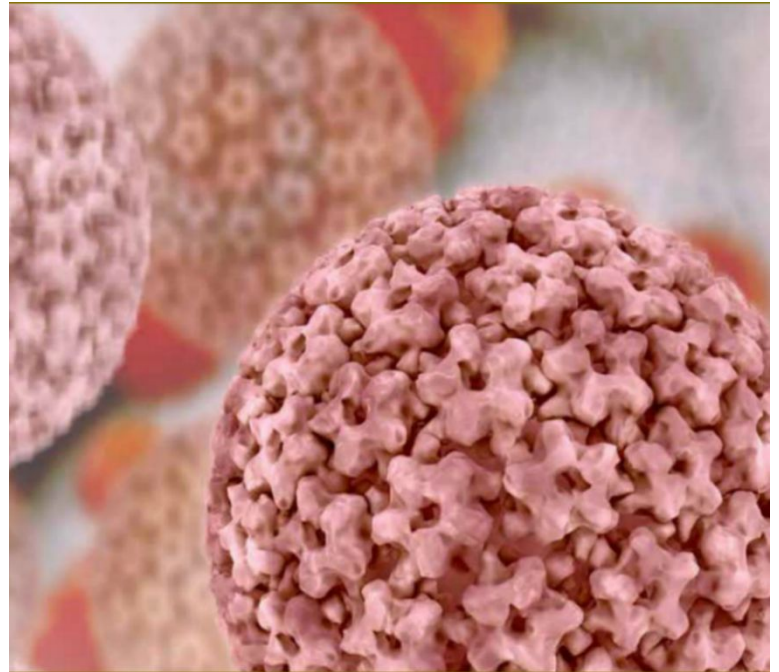




# Common Treatable STIs

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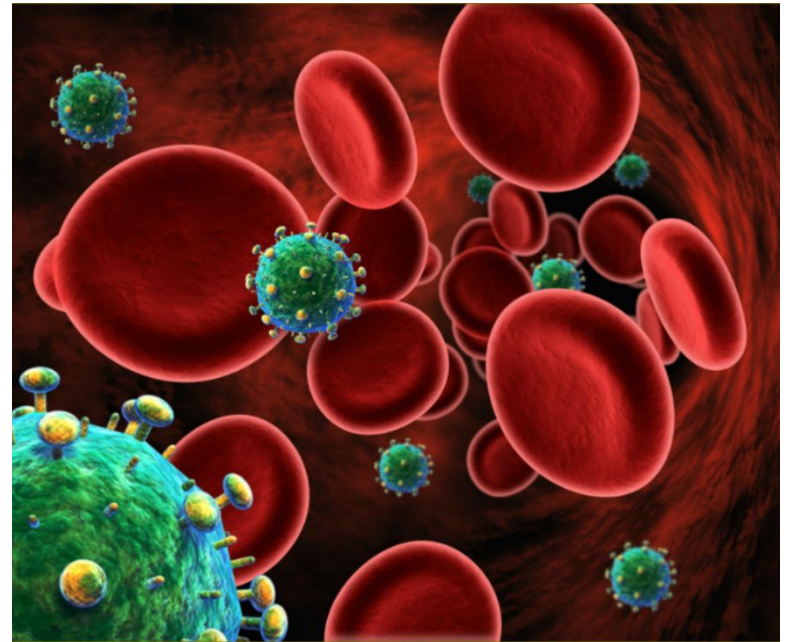
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**S**yndrome

When the immune system is extremely weak from HIV, a person may be diagnosed with AIDS

# Medications to Prevent HIV

If a person is HIV negative...

## **PrEP**

(pre-exposure  
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A medication used by  
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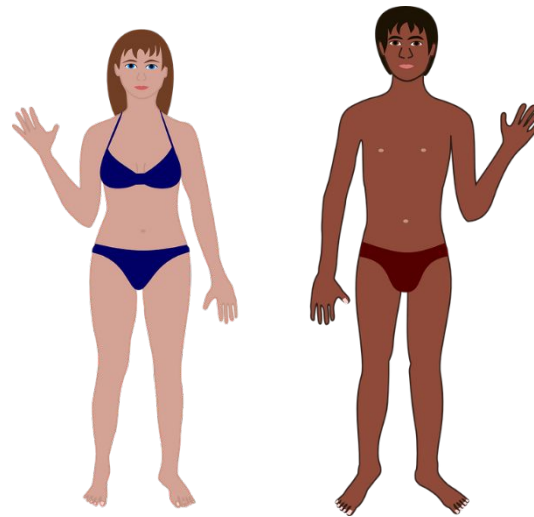
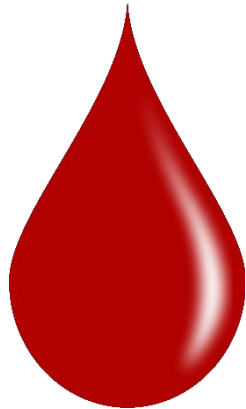
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Sweat, urine,  
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Being friends with  
someone who is  
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# How Can We Support Others?

If someone is living with HIV  
or another STI...

- Do not make them feel bad
- Treat them with respect
- Do not be afraid to include them  
(hang out, watch movies, play sports, etc.)

# Who Can Get an STI?

Anyone!



# Most Common Symptom

NO SYMPTOMS!



# Possible Symptoms

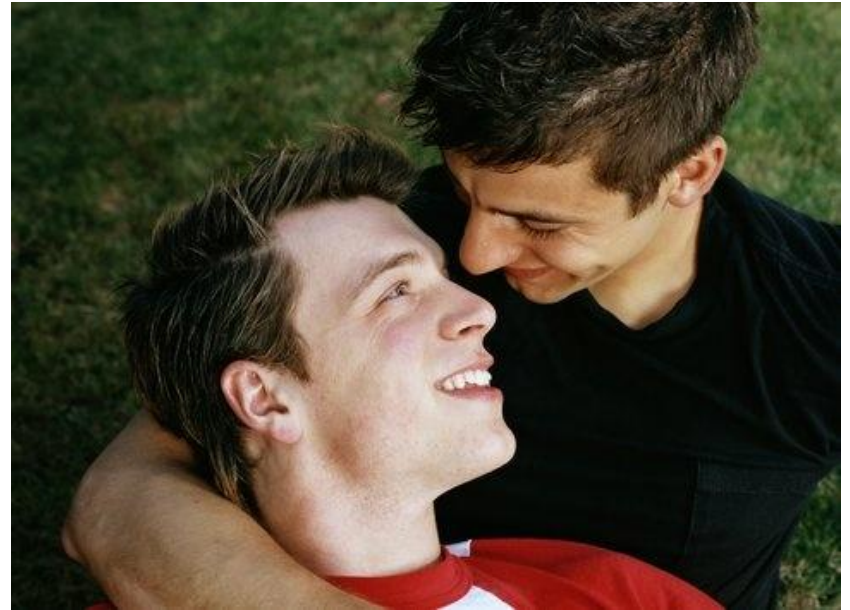
- Pain or itching in private parts
- Burning feeling when peeing
- Something looks or feels different





# Best Way to Avoid STIs

Don't have sex!



# Use a Condom During Sex



# Talk with Your Partner

Ask about past sexual experiences





# Keep a Clear Head

Do not have sex if you or your partner have been using alcohol or drugs!



# Get Tested for STIs



Once each year

Before every new partner





If something starts to look or feel different



# STI Testing

What clinics near us can we go to for free STI tests?



<b>Row 1</b> <b>1</b>	<b>True</b> 	<b>False</b> 	<b>Not sure</b> 
<b>Row 2</b> <b>2</b>	<b>Oral, anal, and vaginal sex</b>	<b>Not having sex</b>	<b>Not sure</b> 

Teen