
Sexually Transmitted Infections

Session 6:

Sexually Transmitted Infections

Goals

- Understand what a sexually transmitted infection (STI) is, including HIV/AIDS
- Identify what makes a STI curable or treatable
- 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

Session 6:

Sexually Transmitted Infections

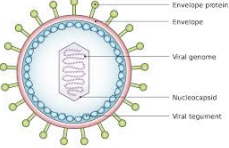

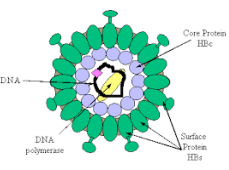
Objectives

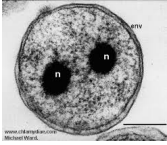
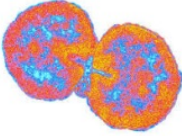

At the end of this session, students will be able to:

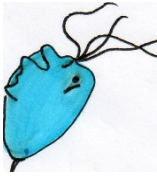

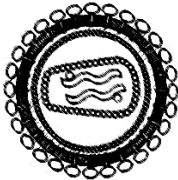
- Name 3 STIs
- Describe 1 cause, mode of transmission, symptom and long-term effects of STIs
- List 2 ways a person can prevent and protect themselves from STIs
- Demonstrate the correct steps to use and external condom

Sexually Transmitted Infections

**Important Facts: STIs may have NO signs or NO symptoms.
Being infected with one STI may increase the risk of HIV or other STIs.**

	STI	Route of Transmission	Signs (Can be seen) Symptoms (Can be felt)	Ways to Stay Protected
Viral STIs—Not Curable but Treatable and Preventable	<p>Genital Herpes</p> 	<p><u>HSV-1 & 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"> -No Symptoms -Genital blisters -Flu-like symptoms -Painful urination 	<ul style="list-style-type: none"> -Not having sex -Using an external or internal condom or dental dam every <i>time</i> during vaginal, anal, or oral sex -Getting tested <p>Note:</p> <ul style="list-style-type: none"> -Condoms do not cover all areas where the virus can live -May increase risk of HIV infection
	<p>HPV Human Papilloma Virus</p> 	<p>Unprotected contact during vaginal, oral, anal sex or skin-to-skin contact</p> <p>Contact with infected genital skin, mucous membranes, or bodily fluids</p>	<ul style="list-style-type: none"> -No Symptoms -Genital warts -Can lead to cervical cancer in females -Linked to oral, anal, and penile cancers 	<ul style="list-style-type: none"> -Not having sex -Using an external or internal condom or dental dam every <i>time</i> during vaginal, anal, or oral sex -Getting vaccinated (ages 9-45) to prevent genital warts and lower the risk of HPV related cancers <p>Note:</p> <ul style="list-style-type: none"> -Condoms do not cover all areas where the virus can live
	<p>Hepatitis B</p> 	<p>Exposure to infected blood or body fluids</p> <p>Vaginal, anal, or oral sex</p> <p>Blood transfusions (very rare), sharing needles, childbirth</p>	<ul style="list-style-type: none"> -Abdominal pain -Dark urine -Yellowing of the skin and eyeballs 	<ul style="list-style-type: none"> -Not having sex -Using an external or internal condom or dental dam every <i>time</i> during vaginal, anal, or oral sex -Getting vaccinated -No IV drug use -Sterile technique when using steroids, getting tattoos or piercings

	STI	Route of Transmission	Signs (Can be seen) Symptoms (Can be felt)	Ways to Stay Protected
Bacterial STIs—Curable with antibiotics	Chlamydia 	Genital contact through vaginal, anal, or oral sex Can be passed from mother to child	<ul style="list-style-type: none"> -No Symptoms -Burning sensation during urination -Yellow/green discharge from the penis or vagina -Pain in the lower abdomen -Pain in the testicles -Pain in the vagina during intercourse 	<ul style="list-style-type: none"> -Not having sex -Using an external or internal condom or dental dam every <i>time</i> during vaginal, anal, or oral sex -Getting tested <p>Note:</p> <ul style="list-style-type: none"> -Can cause Pelvic Inflammatory Disease and lead to infertility
	Gonorrhea 	Tends to infect warm and moist areas such as the urethra, eyes, throat, vagina, anus, and the female reproductive tract Unprotected vaginal, anal, or oral sex Can be passed from mother to child	<ul style="list-style-type: none"> -No Symptoms -Greater urgency of urination -Pus-like discharge or drip from the penis (white, yellow, beige, or greenish) -Swelling or redness at the opening of the penis -Swelling or pain in the testicles -Persistent sore throat -Pain in lower abdomen 	<ul style="list-style-type: none"> -Not having sex -Using an external or internal condom or dental dam every <i>time</i> during vaginal, anal, or oral sex -Getting tested <p>Note:</p> <ul style="list-style-type: none"> -Can cause Pelvic Inflammatory Disease and lead to infertility -Can be transmitted from a mother to a child
	Syphilis 	Unprotected vaginal, anal, or oral sex Direct contact with infected sores on or in mouth, genitals, and anus	<ul style="list-style-type: none"> -Has a phase of no symptoms -Chancre sores can appear on the penis or vagina -Swollen lymph nodes -Body rash may occur in the advanced stages -Open sores on mucous membranes -If left untreated, it can cause damage to nervous system, heart disease, brain damage, and death 	<ul style="list-style-type: none"> -Not having sex -Using an external or internal condom or dental dam every <i>time</i> during vaginal, anal, or oral sex -Getting tested to see if syphilis is in latent (hidden) phase

	STIs	Route of Transmission	Signs (Can be seen) Symptoms (Can be felt)	Ways to Stay Protected
Other STIs—Curable with Medication	Trichomoniasis 	Unprotected vaginal, anal, or oral sex	<ul style="list-style-type: none"> -No Symptoms -Itching inside the penis -Burning after urination or ejaculation -Penile discharge -Itching or redness of the vaginal area -Uncomfortable urination (females) -Vaginal discharge -Vaginal odor 	<ul style="list-style-type: none"> -Not having sex -Using an external or internal condom or dental dam every <i>time</i> during vaginal, anal, or oral sex -Getting tested <p>Note:</p> <ul style="list-style-type: none"> -May increase risk of HIV infection by 2 to 4 times
	Pubic Lice (Crabs) 	Vaginal, anal, or oral sex, or close genital contact Can also be passed in sheets, towels, and clothes	<ul style="list-style-type: none"> -Itching around genitals Sometimes eggs or lice can be seen on pubic hair	<ul style="list-style-type: none"> -Not having sex -Using an external or internal condom or dental dam every <i>time</i> during vaginal, anal, or oral sex -Getting checked by a doctor
Viral STIs—Not Curable but Treatable and Preventable	HIV Human Immunodeficiency Virus 	<p>Fluids: Blood, semen, pre-ejaculatory fluid, vaginal fluid, rectal fluid, breast milk</p> <p>Highest Risk: Receptive unprotected anal sex, sharing needles</p> <p>High Risk: Receptive unprotected vaginal sex, oral sex with ejaculate or menstrual blood</p> <p>Moderate Risk: Unprotected oral sex with no ejaculate or menstrual blood</p> <p>Lower Risk: Protected oral sex on anus, mutual masturbation if there are no cuts on the hand</p>	<ul style="list-style-type: none"> -A lowered immune system can make someone susceptible to frequent illness or infection -Many people with HIV have no symptoms until they progress to having AIDS -Flu-like symptoms (fever, headache, sore throat, swollen lymph nodes) -Open sores in mouth -Can develop into AIDS 	<ul style="list-style-type: none"> -Not having sex -Using an external or internal condom or dental dam every <i>time</i> during vaginal, anal, or oral sex -Getting tested -Being monogamous or reducing number of sexual partners -No IV drug use or sharing of needles or other equipment -Sterile technique when using steroids, getting tattoos or piercings -Prevent or decrease risk of contracting HIV through the use of medication: Pre-Exposure Prophylaxis (PrEP) or Post-Exposure Prophylaxis (PEP) <p>Note:</p> <ul style="list-style-type: none"> -All people are at some risk of contracting HIV and the only way to know is to GET TESTED -People with HIV can have a normal life expectancy and reduce the risk of transmitting HIV to others by taking antiretroviral medications (ART).

STI Scavenger Hunt

Common STIs

Curable

Chlamydia
Gonorrhea
Syphilis
Trichomoniasis
Pubic Lice

Treatable

Herpes
Hepatitis B
HPV
HIV/AIDS

STI Scavenger Hunt

Activity Instructions:

- Visit the info sheets around the room to learn about the 9 most common STIs
- Work independently or with a partner to solve the clues
- The first person/pair to solve all the clues correctly wins!



STI Scavenger Hunt

1. I am only passed through 6 bodily fluids.

- Blood
- Semen
- Vaginal fluid
- Pre-ejaculatory fluid
- Rectal fluid
- Breast milk

PrEP and PEP are medications that decrease the risk of contracting me.

HIV

STI Scavenger Hunt

2. I'm not only passed through sex!
I can also be passed through blood.

If someone has symptoms, they might include
yellowing of the skin and eyeballs.

Hepatitis B

STI Scavenger Hunt

-
-
3. I can be prevented by getting a vaccine which protects against some cancers of the cervix, penis, anus and throat. Doctors recommend it for people ages 9-45.

HPV

STI Scavenger Hunt

4. I can cause painful blisters on the mouth and the genitals, but only one type of me is considered an STI.

Herpes

STI Scavenger Hunt

The best way to reduce the chance of getting any of us is by not having sex

The most common symptom of any of the STIs is no symptoms

STI Scavenger Hunt

- **NONE!** 70% of people who test positive for an STI have no outward signs or symptoms
- Burning during urination
- Unusual lumps or bumps
- Unusual discharge from penis or vagina
- Unusual bleeding (*female body*)
- Lower abdominal pain (*female body*)

STI Scavenger Hunt

5. Along with Chlamydia, if I'm not treated I can lead to infertility (not being able to cause a pregnancy or become pregnant).

Gonorrhea

STI Scavenger Hunt

6. I can be passed through infected sheets, towels, clothes, hair, and skin-to-skin contact.

I look like a sea animal.

Pubic Lice

STI Scavenger Hunt

7. Itching inside the penis, vaginal odor, and irregular discharge are some of the symptoms I can cause.

My name is hard to pronounce.

Trichomoniasis

STI Scavenger Hunt

8. I can cause burning during urination, pain in the lower abdomen, testicles, or vagina, or a yellow or green discharge.

Like many STIs, I can be passed from mother to child during childbirth.

Chlamydia

STI Scavenger Hunt

9. I have many stages: the first stage can begin with chancre sores, the final stage can result in heart disease or even death!

Since I can cause sores, I can also be passed through skin-to-skin contact.

Syphilis

STI Scavenger Hunt

Ways to reduce the risk of getting an STI:

- **NO** oral, anal or vaginal sex or genital-to-genital contact
- **NO** sharing needles (e.g. IV drug use)
- Use a **condom** or dental dam during oral, anal or vaginal sex
- Both partners get **tested** before having sex
- **Communicate** about past sexual experiences
- Limit number of sexual partners, or be in a **mutually committed** relationship, such as marriage
- **Avoid** alcohol and drugs (*can lead to poor decision making*)
- May be prescribed PrEP or PEP medications

STI Scavenger Hunt

Name _____ Period _____ Date _____

Directions: Using the information in your Sexually Transmitted Infections handout, your job is to solve all the clues.

Hint: No answer will be the same. For example, the answer "chlamydia" will only be used once.

Treatable → manageable with medication and medical care

1

I am passed through only 6 bodily fluids.

PrEP and PEP are medications that decrease the risk of contracting me.

2

I'm not only passed through sex!
I can also be passed through blood.

If someone has symptoms,
they might include yellowing
of the skin and eyeballs.

3

I can be prevented by getting a vaccine which protects against some cancers of the cervix, penis, anus and throat. Doctors recommend it for people ages 9-45.

4

I can cause painful blisters on the mouth and the genitals, but only one type of me is considered an STI.

***The best way to reduce the chance of getting any of us is by**

***The most common symptom of any of the STIs is**

STI Scavenger Hunt

Curable → with medication from a medical provider

5

Along with Chlamydia, if I'm not treated I can lead to infertility (not being able to cause a pregnancy or become pregnant).

6

I can be passed through infected sheets, towels, clothes, hair, and skin-to-skin contact.

I look like a sea animal.

7

Itching inside the penis, vaginal odor, and irregular discharge are some symptoms I can cause.

My name is hard to pronounce.

8

I can cause burning during urination pain in the lower abdomen, testicles, or vagina, or a yellow or green discharge.

Like many STIs, I can be passed from mother to child during childbirth.

9

I have many stages: the first can begin with chancre sores, the final stage can result in heart disease or even death!

Since I can cause sores, I can also be passed through skin-to-skin contact.

10

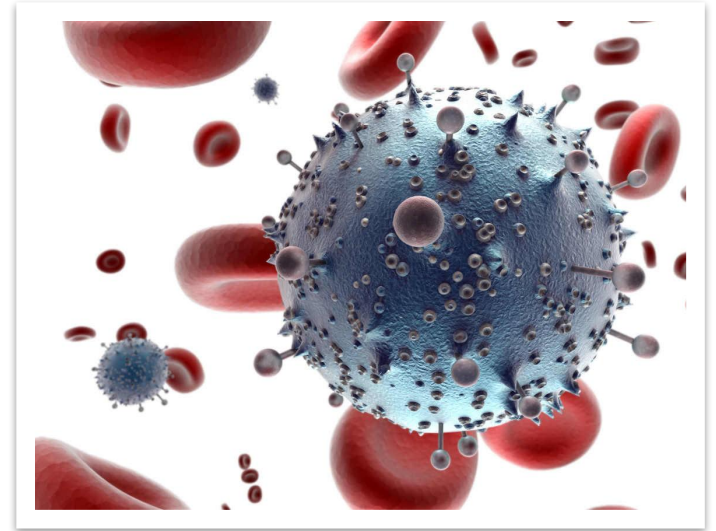
There are many ways to prevent STIs. Name 4 ways to reduce the risk.

- 1.
- 2.
- 3.
- 4.

Quick Facts About HIV/AIDS

What is HIV?

Human Immunodeficiency Virus



It's a virus that attacks the cells in the immune system. The immune system usually keeps the body strong and fights off colds, the flu, etc. But when someone has HIV, their immune system gets weak.

What is AIDS?

Acquired Immune Deficiency Syndrome



When someone who has HIV starts to get sick and their immune system is very weak, a doctor will diagnose them with AIDS. Now we have many drugs to treat this disease and, with proper treatment, people with HIV can have a normal life expectancy. There is still no cure but hopefully scientists will come up with a cure someday soon!

Fluids that Transmit HIV

- Blood
- Semen
- Pre-Ejaculate
- Vaginal Fluid

Ways HIV is Transmitted

- Unprotected vaginal, anal, or oral sex with someone who has HIV
- Sharing injection equipment or needles with someone who has HIV
- Pregnancy, childbirth, and breastfeeding (mother to baby)

Ways HIV is Not Transmitted

- Kissing, hugging, shaking hands
- Sharing a drink
- Using a public bathroom
- Mosquito or insect bites
- Donating blood
- Being friends with someone who is living with HIV

How to Prevent HIV Transmission

- Not having sex
- Not using injection drugs
- Using a condom or dental dam when having sex
- Getting tested regularly
- Taking medication as prescribed

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 to Support Someone HIV+

- Treat them with respect and dignity
- Include them in activities
- Listen to them
- Remind them to take their medication
- Go to their appointments with them
- Participate in an HIV/AIDS walk to fundraise for HIV/AIDS research

Resources

- Find local HIV Testing Sites & Care Services www.locator.hiv.gov

Quick Facts About HIV/AIDS.

Human Immunodeficiency Virus

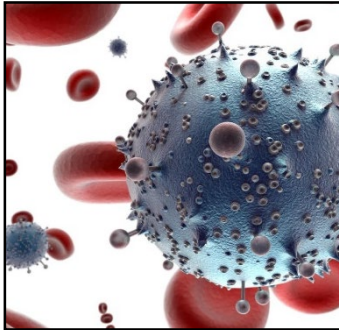
A virus that attacks the cells in the immune system. The immune system usually keeps the body strong and fights off colds, the flu, etc. When someone has HIV, their immune system gets weak and it is harder to fight off illnesses.

Acquired Immune Deficiency Syndrome

When someone with HIV starts to get sick and their immune system is very weak, a doctor may diagnose them with AIDS. Now we have many drugs to treat this disease and, with proper treatment, people with HIV can have a normal life expectancy. There is still no cure, but hopefully scientists will come up with a cure someday soon!

Ways HIV is Transmitted

- Unprotected vaginal, anal, or oral sex with someone who has HIV
- Sharing injection equipment or needles with someone who has HIV
- Pregnancy, childbirth, and breastfeeding (mother to baby)



Ways HIV is Not Transmitted

- Kissing, hugging, shaking hands
- Sharing a drink
- Using a public bathroom
- Mosquito or insect bites
- Donating blood
- Being friends with someone who is living with HIV

Fluids that Transmit HIV

Blood

Semen

Pre-Ejaculate

Vaginal Fluid

Rectal Fluid

Breastmilk

How to Prevent HIV Transmission

- **Not having sex**
- **Not using injection drugs**
- Using a condom or dental dam when having sex
- Limiting the number of sexual partners
- Getting tested regularly
- Taking medication as prescribed:
 - **If a person is HIV-negative**
 - PrEP (pre-exposure prophylaxis) used by people who are at a higher risk of contracting HIV
 - PEP (post-exposure prophylaxis) used by people who were recently exposed to HIV
 - **If a person is HIV-positive**
 - ART (antiretroviral therapy) used to treat HIV and prevent transmitting the virus to others

These two are the only certain ways to prevent HIV

How to Support Someone Living with HIV

- Treat them with respect and dignity
- Include them in activities
- Listen to them
- Remind them to take their medication
- Go to their appointments with them
- Participate in an HIV/AIDS walk to fundraise for HIV/AIDS research

Condom Instructions

No materials or manipulatives will be provided.

Condom Instructions

Step 1: Store condoms in a cool, dry place

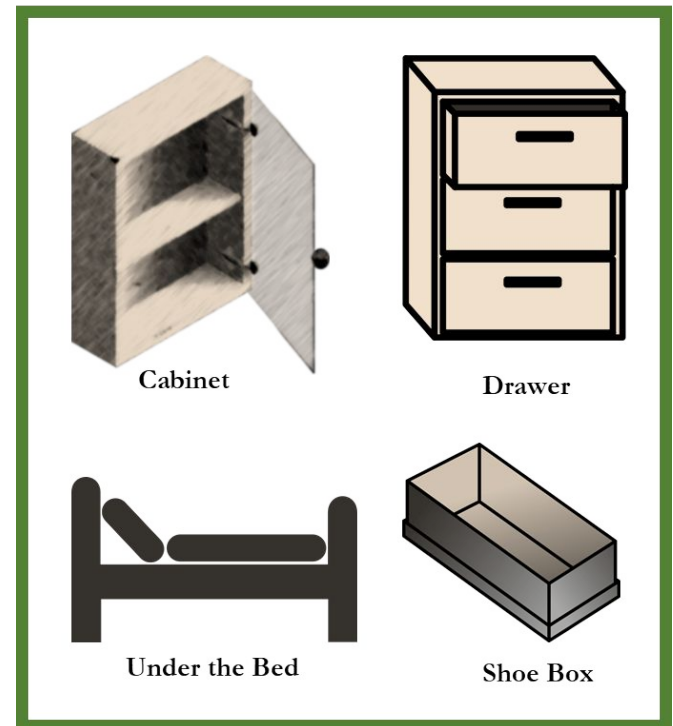
Where to **NOT** store condoms



Condom Instructions

Step 1: Store condoms in a cool, dry place

Where to **store** condoms



Condom Instructions

Step 1: Store condoms in a cool, dry place

Step 2: Ask for consent!



Condom Instructions

Step 1: Store condoms in a cool, dry place

Step 2: Ask for consent!

Step 3: Check package & expiration date

Condom Instructions

Step 1: Store condoms in a cool, dry place

Step 2: Ask for consent!

Step 3: Check package & expiration date

Step 4: Open carefully with hands



Condom Instructions

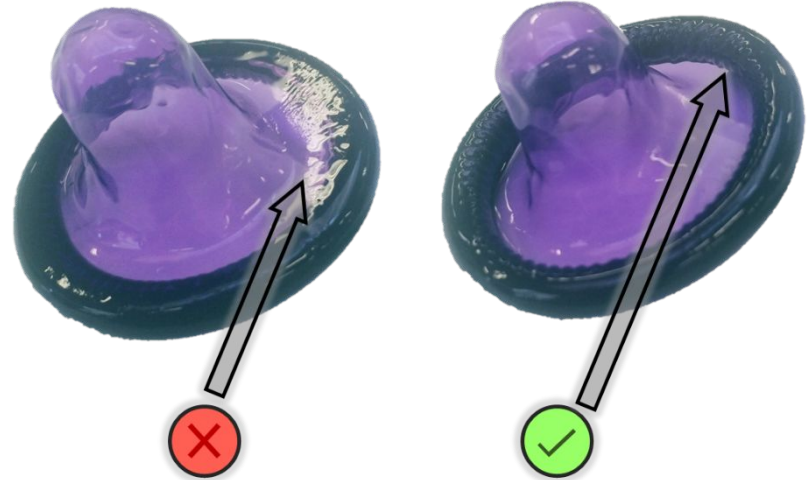
Step 1: Store condoms in a cool, dry place

Step 2: Ask for consent!

Step 3: Check package & expiration date

Step 4: Open carefully with hands

Step 5: Check direction of condom



Condom Instructions

Step 1: Store condoms in a cool, dry place

Step 2: Ask for consent!

Step 3: Check package & expiration date

Step 4: Open carefully with hands

Step 5: Check direction of condom

Step 6: Pinch the tip and roll to base

Condom Instructions

Step 1: Store condoms in a cool, dry place

Step 2: Ask for consent!

Step 3: Check package & expiration date

Step 4: Open carefully with hands

Step 5: Check direction of condom

Step 6: Pinch the tip and roll to base

Step 7: Remove carefully without spilling

Condom Instructions

Step 1: Store condoms in a cool, dry place

Step 2: Ask for consent!

Step 3: Check package & expiration date

Step 4: Open carefully with hands

Step 5: Check direction of condom

Step 6: Pinch the tip and roll to base

Step 7: Remove carefully without spilling

Step 8: Tie a knot and throw in trash



Condom Instructions

Step 1: Store condoms in a cool, dry place

Step 2: Ask for consent!

Step 3: Check package & expiration date

Step 4: Open carefully with hands

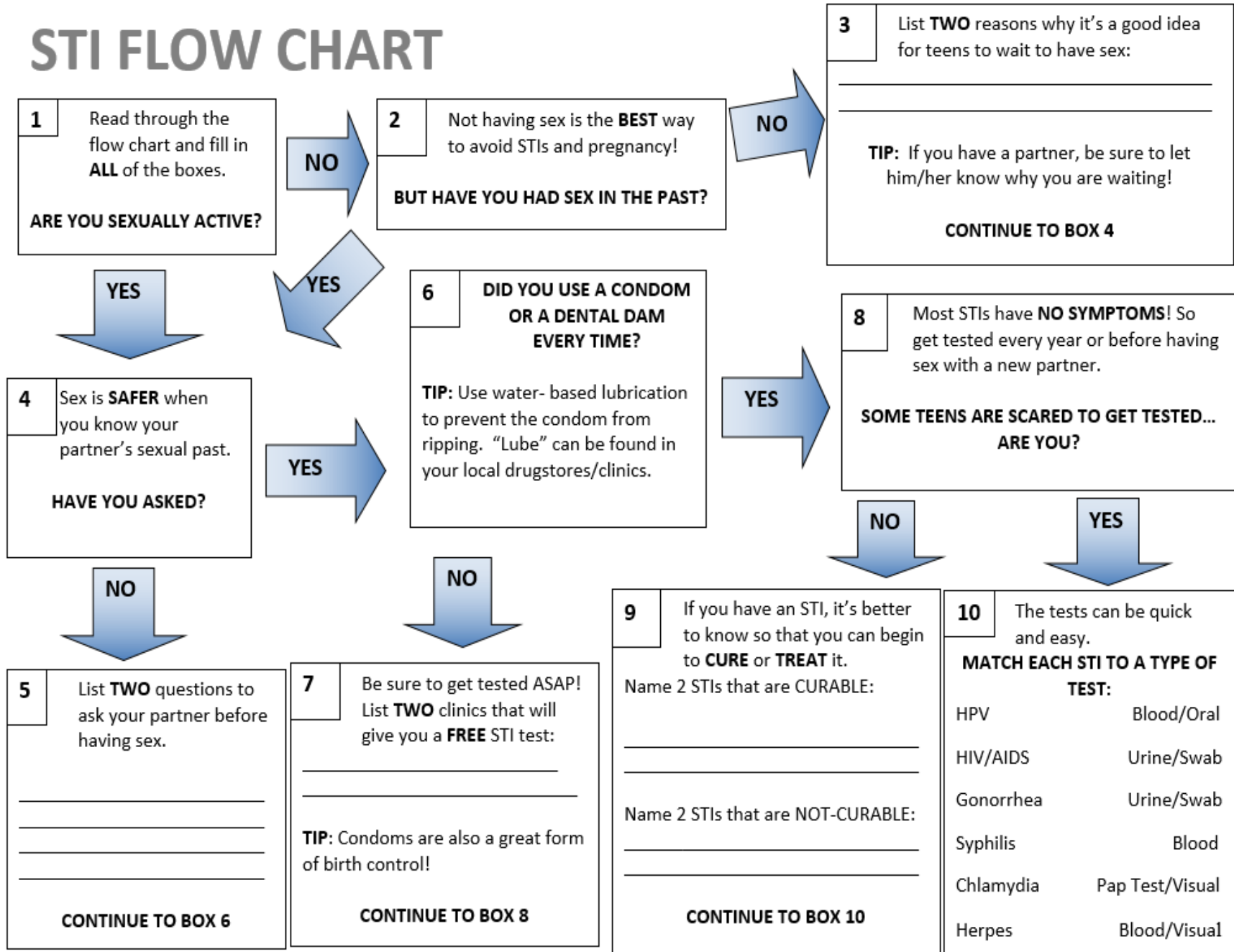
Step 5: Check direction of condom

Step 6: Pinch the tip and roll to base

Step 7: Remove carefully without spilling

Step 8: Tie a knot and throw in trash

STI FLOW CHART



TIME TO GET CHECKED! CLINIC QUIZ

Name _____ Period _____ Date _____

Directions: Mark T for True or F for False next to each of the following statements.

- 1) ____ Many teens who go to clinics are not having sex.
- 2) ____ Teens who go to clinics are brave and mature for caring about their health and their partners' health.
- 3) ____ Clinic staff cannot tell your parents that you went to a clinic for a pregnancy test, STI test, or birth control method.
- 4) ____ A female-bodied person can get birth control at a clinic without getting a vaginal/pelvic exam.
- 5) ____ Male-bodied people don't need to go to clinics.
- 6) ____ At clinics, teens can get free sexual health services such as condoms, birth control, STI testing, and pregnancy testing.
- 7) ____ Abortion services are provided only at certain clinics.
- 8) ____ Some clinics will provide Emergency Contraception before they have sex so that it will be on hand in case the condom breaks.
- 9) ____ Teens do not need their parents' permission to receive the HPV vaccine.
- 10) ____ Going to a clinic allows teens to be in control of their reproductive health.
- 11) ____ Sexually active teens should be tested for STIs every year.