

# STI AND HIV

## Lesson 1

GRADE

**CALM**

### LEARNER OUTCOMES<sup>1</sup>:

**Examine aspects of healthy sexuality and responsible sexual behaviour.  
Describe sexually healthy choices for one's body, including abstinence.  
Assess the consequences of being sexually active.**



### MATERIALS:

#### 1. FLUID EXCHANGE GAME:

- 1 large container full of water
- 1 small container with 1 teaspoon of Social Hydroxide (NaOH)
- Phenol Red Indicator solution or phenol-phtaline reactant
- Small plastic cups (3 oz or less) or test tubes- one for each participant
- 1 eye dropper
- Straws (cut in half) – one for each participant

#### 2. CARDS: Fluid Exchange Game Cards

#### 3. HANDOUT: STI Sentence Completion

#### 4. HANDOUT: STI Pre-test

#### 5. ANSWER KEY: STI Pre-test

#### 6. HANDOUT: STI Review



### INTRODUCTION:

Learning about STIs helps students to be able to take care of their own bodies, therefore preventing possible health and infertility problems associated with having an STI. This lesson helps students define and learn about STI and HIV, as well as describe symptoms, effects, treatments, and prevention for common sexually transmitted infections.



## 1. APPROACHES/STRATEGIES:

### A. GROUND RULES (5-10 min)

Ensure ground rules are established before beginning this lesson. For classes that have already established ground rules, quickly reviewing them can promote a successful lesson.

### B. FLUID EXCHANGE GAME (20-25 min)

*Students learn the ways that STI and HIV are spread and the risk of infection.*

*Note: This activity involves the use of chemicals. Please use extra caution, and perform under supervision.*

#### Preparation:

1. Fill the large water container before you go to your class.
2. Pour three (3) small plastic cups (or test tubes) full of water in a small container with dry NaOH. **Do NOT** mix the water and NaOH before you go to class as the container gets very **hot**.
3. Fill three (3) plastic cups (or test tubes) with the NaOH solution and the rest of the plastic cups (or test tubes) with water.

#### Procedure:

1. Have students sit in a circle.
2. Warn the students not to drink the liquid or put the straws in their mouths.
3. Provide each student with a plastic cup (or test tube) and a straw. The students will not know what the liquid is. They are told only that the liquid simulates their body fluids.
4. Show your students how to use a straw.
  - The straw is placed in the fluid. Then the student's finger is placed on the top of the straw.
  - The straw is moved over the other person's cup.
  - The finger is removed so the fluid will be released.
5. Pass one **Fluid Exchange Game** Card to each person. Each card indicates something that may happen at a party, and that may or may not result in transmission of fluid for risk of HIV infection. Blank cards may be used to allow students to create their own situations.
6. Individually, have each student read his or her card to the class. The class will then discuss the risk of



Reinforce the Ground Rules for this activity. Students may embarrass easily when identified as "having" an STI. It is important to remind students that this is a game and reinforce the need for them to be sensitive to one another's feelings.

infection and determine if the person should exchange, give or receive fluids from another person. Have students determine the risk of each decision by providing explanations throughout the simulation. If possible transmission will occur, then, the person will give fluid by placing their straw into their cup (or test tube) and then give fluid to a person of their choice in the group. If they are to receive fluid, then another person will give them fluid from their cup (or test tube). They may give, receive or exchange with one or more people depending on their card.

7. After each student has read his/her card, and the exchange of fluids has occurred, place a drop of Phenol Red Indicator or phenol-phthaline in each cup (or test tube). The fluid will change colour for those who have been “infected” with NaOH.
8. Debrief this activity using the following questions:
  - Were you surprised about the colour changes?
  - How does this activity relate to STI and HIV prevention?
  - What would be the worst thing about finding out you had an STI?

### C. STI PRE-TEST (25-30 min)

*Students determine how much they know about STI and HIV, and identify where their knowledge gaps are.*

#### **OPTION ONE: STI SENTENCE COMPLETION**

1. Distribute the handout: **STI Sentence Completion**.
2. Allow students to complete the handout individually.
3. Form small groups.
4. Have groups share their responses and record any responses they do not have.
5. Debrief this activity by reviewing each question. You may choose to have one student from a group share the group’s response to a question, and ask other groups to add anything missed. Use the following points to guide the discussion:
  - **When I hear the words *Sexually Transmitted Infection*, I think about/feel:**
    - Responses will vary. Students will share thoughts and feelings.
  - **Various STI include: (list all STI you can think of)**
    - Chlamydia
    - Genital herpes
    - Genital warts (HPV)
    - Gonorrhea
    - Hepatitis B/C (also a blood-borne disease)
    - HIV and AIDS (also a blood-borne disease)
    - Molluscum Contagiosum
    - Pelvic Inflammatory Disease
    - Pubic Lice (crabs)
    - Scabies
    - Syphilis
    - Vaginitis
  - **The worst STI I could get would be \_\_\_\_\_ because:**

- Responses will vary.
- **The best way to avoid getting an STI is:**
  - Abstaining from sexual contact.
- **Other GOOD ways to avoid getting an STI might be:**
  - Using a latex or polyurethane male or female/internal condom or a latex dam
  - Communicating with your partner
  - Mutual monogamy
  - Practicing lower risk sexual activities (i.e. masturbation; oral sex carries a risk of STI transmission, but it is less risky than vaginal or anal sex)
  - Have regular STI testing done if you are sexually active
- **Some common symptoms of STI could be:**
  - No symptoms (most common)
  - Unusual discharge or odour from penis or vagina
  - Abdominal pain or genital pain or swelling
  - Burning when urinating
  - Spotting between periods
  - Tingling or itching of genital area
  - Sores or bumps in and around the genital area
  - Sore throat after oral sex
  - Flu-like symptoms such as nausea, fatigue, fever, weight loss
- **If I thought I had an STI, I would:**
  - Get tested at a doctor's office, STI or Sexual and Reproductive Health clinic, or walk-in clinic
  - Tell my partner
- **If I thought my friend had an STI, I would:**
  - Encourage my friend to get tested at a doctor's office or sexual and reproductive health clinic
  - Encourage my friend to tell his/her partner
- **If I tested positive for an STI, I would:**
  - Get treatment
  - Have regular pap tests
  - Tell my partner
  - Practice safer sex/use lower risk activities



For students with differing abilities, reinforce the identification of symptoms by showing simple pictures of a herpes sore or a scabies rash. This should not be used to invoke fear but to help students identify that if they see sores, etc. they should not have sex. It may also be useful to have a guest speaker/ nurse or to visit a clinic to speak to the importance and accessibility of STI testing.

### **OPTION TWO: STI PRE-TEST**

1. Distribute the handout: **STI Pre-Test**, and have students complete it individually.
2. Correct the handout through group discussion using the answer key provided.

### D. STI REVIEW (20 min)

*Students review their knowledge about common STI.*

1. Divide class into small groups or pairs.
2. Distribute the handout: **STI Review**.
3. Assign each group one of the STI to study.
4. Have groups present their STI to the class. Presentations must include factual information but can be presented in a creative format (in the form of a play, video, website, etc).



### QUESTION BOX (10 min)

Answer questions from last class. Have students fill out questions and address them next class.



### SELF REFLECTION

During the lesson, were:

- Ground rules being followed?
- Good practices established regarding group work and discussion?

What will you change for future classes with this group?

What will you change for future use of this lesson?



### STUDENT ASSESSMENT

During the lesson, did students:

#### Knowledge:

- Identify ways STI and HIV are spread?
- Examine symptoms, effects, treatments, prevention for common STI?

#### Skills:

- Examine thoughts and feelings about STI and HIV?

#### Attitudes:

- Accept the consequences of STI and HIV and appreciate prevention?
- Support friends or self if diagnosed with a STI and HIV?

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1. Alberta Education. (2002). *Career and life management guide to implementation*. Retrieved from <http://education.alberta.ca/teachers/program/health/resources/calmguide.aspx>

<p><b>You get in a fight; someone bites you and draws blood.</b></p>	<p><b>You are at the party with your date. You have been sharing the same glass all night.</b></p>
<p><b>You feel like you have bad breath so secretly you use your friend’s toothbrush that is hanging in the bathroom.</b></p>	<p><b>While at the party, you quickly use a razor from the medicine cabinet to shave a spot you missed at home and get a small cut.</b></p>
<p><b>You slip on the ice leaving the party and hurt your ankle and can’t walk. Your date carries you to the car.</b></p>	<p><b>You and two good buddies get drunk and become “blood” brothers.</b></p>
<p><b>You borrow pierced earrings from your date.</b></p>	<p><b>You use the bathroom and dry your hands with the towel everyone else has been using.</b></p>
<p><b>You make out with someone you meet at the party.</b></p>	<p><b>You take a bite of your date’s pizza that they have been eating.</b></p>
<p><b>You have too much to drink and get into a fight and give the other person a bloody nose.</b></p>	<p><b>A friend of yours gets so drunk that he/she throws up all over the carpet on the foyer. You can’t find rubber gloves, but you clean it up anyways.</b></p>
<p><b>You have unprotected sex with someone you’ve known for 3 years. Your partner says he/she has only had sex two other times and a condom was used both times.</b></p>	<p><b>Your friend is in the bathroom piercing her ear with a sewing needle. You decide to pierce yours too. You use the same needle.</b></p>

<p><b>You pick up a used Kleenex and throw it away.</b></p>	<p><b>You get drunk and have unprotected sex with one person.</b></p>
<p><b>You use your partner's Chapstick.</b></p>	<p><b>You get high using an injection drug needle. You share your needle with two people.</b></p>
<p><b>The family dog licks you.</b></p>	<p><b>You and your date are holding hands while you are at the party.</b></p>
<p><b>You and your date hug a lot.</b></p>	<p><b>You have a great time at the party. The band is great and you don't leave for home until an hour past curfew.</b></p>
<p><b>You are at the party with your date and you have protected sex using a condom. The condom breaks.</b></p>	<p><b>You drop a glass and get cut trying to clean it up.</b></p>
<p><b>You and your date do a lot of kissing at the party.</b></p>	<p><b>You "shoot up" with two friends and have unprotected sex with one of them.</b></p>
<p><b>You and your date have sex. The pill is the form of protection used.</b></p>	<p><b>You get really drunk and you won't remember what you did.</b></p>

Name: \_\_\_\_\_

## STI SENTENCE COMPLETIONS

**Complete the following sentences.**

1. When I hear the words *Sexually Transmitted Infection*, I think about/feel:
2. Various STI include: (list all STI you can think of)
3. The worst STI I could get would be \_\_\_\_\_ because:
4. The best way to avoid getting an STI is:
5. Other ways to avoid getting an STI might be:
6. Some common symptoms of STI could be:
7. If I thought I had an STI, I would:
8. If I thought my friend had an STI, I would:
9. If I tested positive for an STI, I would:

Name: \_\_\_\_\_

# STI/HIV PRE-TEST

Check off whether the following statements are true or false.

1. You can catch a STI or HIV from door knobs, toilet seats, or drinking fountains. True\_\_\_\_\_ False\_\_\_\_\_
2. Statistics show the largest number of people who have Chlamydia are teenagers and young adults. True\_\_\_\_\_ False\_\_\_\_\_
3. Syphilis and gonorrhoea are the only serious STI. True\_\_\_\_\_ False\_\_\_\_\_
4. The symptoms of STI/HIV are sometimes not noticed. True\_\_\_\_\_ False\_\_\_\_\_
5. When the symptoms of STI go away, you don't need to see a doctor. True\_\_\_\_\_ False\_\_\_\_\_
6. You can only have one STI at a time. True\_\_\_\_\_ False\_\_\_\_\_
7. There are things you can do to reduce your risk of a STI infection. True\_\_\_\_\_ False\_\_\_\_\_
8. You have to be 18 years or older to be treated for STI/HIV. True\_\_\_\_\_ False\_\_\_\_\_
9. Once you've had a STI you cannot get that particular STI again. True\_\_\_\_\_ False\_\_\_\_\_
10. You cannot get STI/HIV the first time you have sex. True\_\_\_\_\_ False\_\_\_\_\_
11. You have to name your sexual contacts when you receive STI/HIV treatment. True\_\_\_\_\_ False\_\_\_\_\_
12. You do not need your parent's consent to be treated for STI/HIV. True\_\_\_\_\_ False\_\_\_\_\_
13. You can always tell if a person has a STI by looking at their genitals. True\_\_\_\_\_ False\_\_\_\_\_
14. Untreated STI can cause sterility (inability to become or get some one pregnant). True\_\_\_\_\_ False\_\_\_\_\_
15. Clean people are not likely to get an STI. True\_\_\_\_\_ False\_\_\_\_\_
16. People who chose abstinence will not get an STI. True\_\_\_\_\_ False\_\_\_\_\_
17. STI/HIV are easy to cure. True\_\_\_\_\_ False\_\_\_\_\_
18. All STI can be cured. True\_\_\_\_\_ False\_\_\_\_\_
19. Condoms provide good protection from STI/HIV. True\_\_\_\_\_ False\_\_\_\_\_

CALM STI AND HIV LESSON 1 HANDOUT STI/HIV PRE-TEST

20. Only sexually active adults can get STI/HIV. True\_\_\_\_\_ False\_\_\_\_\_
21. Only gay people get HIV and AIDS. True\_\_\_\_\_ False\_\_\_\_\_
22. STI can result in a baby being born blind. True\_\_\_\_\_ False\_\_\_\_\_
23. You can get HIV and AIDS by touching a person with AIDS. True\_\_\_\_\_ False\_\_\_\_\_
24. Anyone can get a STI/HIV. True\_\_\_\_\_ False\_\_\_\_\_
25. A person with one sex partner is not at risk for STI/HIV. True\_\_\_\_\_ False\_\_\_\_\_
26. You are at greater risk of getting STI/HIV if you have many sexual partners. True\_\_\_\_\_ False\_\_\_\_\_
27. You can get a STI/HIV by sharing needles. True\_\_\_\_\_ False\_\_\_\_\_
28. It is safe to have tattoos/piercings done. True\_\_\_\_\_ False\_\_\_\_\_
29. Sexual intercourse is the only way to get STI/HIV. True\_\_\_\_\_ False\_\_\_\_\_
30. The herpes virus causes cold sores. True\_\_\_\_\_ False\_\_\_\_\_
31. The most common STI in Alberta today is genital herpes. True\_\_\_\_\_ False\_\_\_\_\_
32. Early onset of sexual intercourse, exposure to HPV and having more than one sexual partner can put a female at risk for cervical cancer. True\_\_\_\_\_ False\_\_\_\_\_
33. Information shared between a doctor and a patient is confidential. True\_\_\_\_\_ False\_\_\_\_\_
34. Chlamydia is the most commonly reported STI for Alberta teens. True\_\_\_\_\_ False\_\_\_\_\_
35. Chlamydia is the most commonly reported STI for teens in Canada. True\_\_\_\_\_ False\_\_\_\_\_
36. It is normal for women to have some vaginal discharge. True\_\_\_\_\_ False\_\_\_\_\_
37. Birth control pills provide protection against STI/HIV. True\_\_\_\_\_ False\_\_\_\_\_
38. If you know your partner, you can't get STI/HIV. True\_\_\_\_\_ False\_\_\_\_\_
39. A sexually active female should see her doctor and get a Pap test regularly. True\_\_\_\_\_ False\_\_\_\_\_
40. If an STI is caused by bacteria, it cannot be cured. True\_\_\_\_\_ False\_\_\_\_\_
41. There is a vaccine for HPV. True\_\_\_\_\_ False\_\_\_\_\_

**STI/HIV PRE-TEST ANSWER KEY**

- 1. You can catch a STI or HIV from door knobs, toilet seats, or drinking fountains. FALSE**

  - STIs are transmitted sexually, requiring sexual contact. Some STIs can be transmitted through skin to skin contact.
  - HIV can be transmitted through exchange of bodily fluids (semen, blood, bodily fluids, and breast milk). This can occur during sexual contact without a condom, as a result of blood transfusion, sharing needles or unhygienic piercing or tattooing practices.
  
- 2. Statistics show the largest number of people who have Chlamydia are teenagers and young adults. TRUE**

  - Chlamydia is the most commonly reported STI for Alberta teens.
  - In 2012, 83% of female and 75% of male Chlamydia cases were between the ages of 15-29 years. (Government of Alberta, 2014). )
  
- 3. Syphilis and gonorrhea are the only serious STIs. FALSE**

  - All STI are serious and should be treated as soon as possible.
  
- 4. The symptoms of STI/HIV are sometimes not noticed. TRUE**

  - Some STIs have few or no symptoms, or can lay dormant. In the case of Chlamydia, the most common reportable STI in Alberta, 70% of females and 50% of males have no symptoms.
  
- 5. When the symptoms of STI go away, you don't need to see a doctor. FALSE**

  - No STI will go away without medical treatment. Symptoms may disappear, but the virus or bacteria continues to cause damage and can also be passed onto someone else.
  
- 6. You can only have one STI at a time. FALSE**

  - You can have more than one STI at a time.
  
- 7. There are things you can do to reduce your risk of an STI infection. TRUE**

  - You can abstain from sexual contact, use protective measures such as male or female condoms or dental dams, communicate with your partner, choose to be mutually monogamous with an uninfected partner or a partner who has had regular check-ups for HIV/STI.
  
- 8. You have to be 18 years or older to be treated for STI/HIV. FALSE**

## CALM STI AND HIV LESSON 1 ANSWER KEY STI/HIV PRE-TEST

- You can be treated for an STI at any age. You can go to a STI clinic, a Sexual & Reproductive Health Clinic, or a doctor.
- 9. Once you've had an STI you cannot get that particular STI again. FALSE**
- STI can re-occur if you are re-exposed.
- 10. You cannot get STI/HIV the first time you have sex. FALSE**
- You can get an STI or HIV as a result of any sexual contact.
- 11. You have to name your sexual contacts when you receive STI/HIV treatment. FALSE**
- You are strongly encouraged to share the names of sexual contacts if you test positive for an STI or HIV, but are given the option of calling these people yourself or having a doctor or an STI nurse confidentially call them for you.
- 12. You do not need your parent's consent to be treated for STI/HIV. TRUE**
- Information shared between a doctor and a patient is strictly confidential.
- 13. You can always tell if a person has an STI by looking at their genitals. FALSE**
- Some STIs have no visible symptoms. In the case of Chlamydia, the most common reportable STI in Alberta, 70% of females and 50% of males have no symptoms.
- 14. Untreated STI can cause sterility (inability to become or get someone pregnant). TRUE**
- STIs can cause fertility issues in both males and females.
- 15. Clean people are not likely to get an STI. FALSE**
- Anyone can get an STI. Viruses and bacteria cause STI/HIV. They can exist in a clean environment.
  - STI germs can grow in the throat, mouth, genitals or anus, and cannot be eliminated using regular good hygiene.
- 16. People who chose abstinence will not get an STI. TRUE if...**
- If abstinence is defined as eliminating any intimate sexual behaviour involving skin to genital, genital to genital or body fluid to genital contact, then it will prevent STI/HIV. STIs can be passed orally, anally, vaginally, or with genital to skin contact.

## CALM STI AND HIV LESSON 1 ANSWER KEY STI/HIV PRE-TEST

- 30% of Canadian teens aged 15-17 have had sexual intercourse at least once (Rotermann, 2012).

**17. STI/HIV are easy to cure. TRUE and FALSE**

- Some STI are easy to cure with antibiotics, while others are not curable at all.

**18. All STI can be cured. FALSE**

- Any STI caused by a virus can only be treated, not cured. STI caused by a virus include HPV, HIV and AIDS, and Hepatitis B. In the case of HIV, many years can go by before developing signs or symptoms of AIDS.
- While Hepatitis B cannot be cured, a vaccine is offered in grade 5 that will reduce one's chances of getting Hepatitis B.
- STI which are caused by bacteria can be cured with antibiotics.

**19. Condoms provide good protection from STI/HIV. TRUE**

- If condoms are used properly and every time, they can provide good (but not 100% effective) protection from STI/HIV. Condoms need to be latex or polyurethane (not novelty or animal gut).
- Spermicide can cause skin irritation or itchiness. This may increase the risk for STI and HIV.
- Condoms do not provide 100% protection against the transmission of HPV (genital warts) or herpes.

**20. Only sexually active adults can get STI/HIV. FALSE**

- Anyone, regardless of age, can get STI/HIV if they are sexually active.

**21. Only gay people get HIV and AIDS. FALSE**

- Anyone can get HIV and AIDS.

**22. STI can result in a baby being born blind. TRUE**

- Gonorrhea can pass from mother to child during childbirth and can result in a baby having an eye infection. Syphilis can cause blindness.
- Other STI can also affect newborns. Genital herpes, HIV, Syphilis and Hepatitis B can also be passed from mother to baby, each of which can have lasting, damaging effects on the baby's health, including death.
- It is important for the pregnant woman to be tested (and treated) to reduce the risks of transmission from mother to baby.

**23. You can get HIV and AIDS by touching a person with AIDS. FALSE**

- HIV and AIDS are transmitted when semen, vaginal secretions or blood are exchanged through oral, anal or vaginal sex with a HIV infected person. It is also spread through exposure

## CALM STI AND HIV LESSON 1 ANSWER KEY STI/HIV PRE-TEST

to HIV infected blood (tattooing, needle sharing or blood transfusion), and an infected mother can pass it to her baby in-utero or through her breast milk.

**24. Anyone can get STI/HIV. TRUE**

- If a person is sexually active, they can get an STI or HIV.

**25. A person with one sexual partner is not at risk for STI/HIV. TRUE/FALSE if...**

- True only if both partners have each other as an uninfected sexual partner for life.
- The blood test for HIV can take up to 3-6 months to show positive. The time between being exposed to the virus and testing positive is called the “window period”. During this time the infected person is contagious without knowing it.
- False, if your partner has had sex with any other person.

**26. You are at greater risk of getting STI/HIV if you have many sexual partners. TRUE**

- The more sexual partners a person has, the more likely it is for that person to get STI/HIV. However, it is possible to get STI/HIV with only one partner.

**27. You can get STI/HIV by sharing needles. TRUE**

- Sharing needles places a person at risk for any blood borne disease, such as HIV and AIDS or Hepatitis B.

**28. It is safe to have tattoos/piercings done. TRUE/FALSE if...**

- True if the tattoos/piercings are done, using clean and unused needles, by an experienced and reputable tattooing professional.
- False if the tattoos/piercings are done using unsterilized needles or piercing paraphernalia (i.e., piercing parties).

**29. Sexual intercourse is the only way to get STI/HIV. FALSE**

- Skin to skin contact can transmit STI caused by virus or parasite. These include syphilis, pubic lice, scabies, HPV and herpes sores.
- HIV and Hepatitis B can be transmitted by contact with body fluids such as blood, semen, vaginal secretions or breast milk (HIV only).

**30. The herpes virus causes cold sores. TRUE**

- There are different strains of the herpes virus. Herpes can be contracted through kissing someone with sores or having oral sex with someone who has genital sores.

**31. The most common STI in Alberta today is genital herpes. FALSE**

## CALM STI AND HIV LESSON 1 ANSWER KEY STI/HIV PRE-TEST

- Chlamydia is the most common reportable STI in Alberta today.
- HPV is also very common non-reportable disease. It is estimated that 70% of sexually active men and women will acquire genital HPV in their lifetime. HPV often has no symptoms; however it is strongly linked to cervical cancer (PHAC, 2008).

**32. Early onset of sexual intercourse, exposure to HPV and having more than one sexual partner can put a female at risk for cervical cancer. TRUE**

- Each of these factors can cause cervical cell changes, which put a female at risk for cervical cancer.

**33. Information shared between a doctor and a patient is confidential. TRUE**

- Doctors cannot share patient information without patient consent.

**34. Chlamydia is the most commonly reported STI for Alberta teens. TRUE**

- In 2013, 3,398 teens were diagnosed with chlamydia, for a rate\* of 1363.4 per 100,000 population (Government of Alberta, 2014).
- In 2013, 375 teens were diagnosed with gonorrhea, for a rate\* of 150.0 per 100,000 population (Government of Alberta, 2014).
- In 2013, 3 Albertan teenagers were diagnosed with infectious syphilis, for a rate\* of 1.2 per 100,000 population (Government of Alberta, 2014).

\*Rate- reflects the number per 100,000 population of the same age group.

**35. Chlamydia is the most commonly reported STI for teens in Canada. TRUE (PHAC 2014).**

**36. It is normal for women to have some vaginal discharge. TRUE**

- All women will have some vaginal discharge. The amount and consistency will vary throughout the menstrual cycle.

**37. Birth control pills provide protection against STI/HIV. FALSE**

- The birth control pill provides no protection against STI/HIV. It only protects against pregnancy.

**38. If you know your partner, you can't get STI/HIV. FALSE**

- Your partner could have STI/HIV without knowing it, or could be dishonest.

**39. A sexually active female should see her doctor and get a Pap test regularly. TRUE**

- Pap tests check for any cell changes on the cervix.
- If you have ever been sexually active, you should have Pap tests regularly starting at age 21, or 3 years after becoming sexually active, whichever is later.

**40. If an STI is caused by bacteria, it cannot be cured. FALSE**

- STI caused by bacteria can be cured with antibiotics.

**41. There is a vaccine for HPV. TRUE**

- The Alberta school-based immunization program offers the HPV vaccine to all girls and boys in Grade 5.

Sexual & reproductive Health – Alberta Health Services Calgary Zone. (2014). Teens and tends: get the facts on teen sexuality. Calgary: Author.

# STI REVIEW

Infection	Bacteria/ Virus?	Transmission	Symptoms	
			Male	Female
<b>The majority of STI are asymptomatic. There are often no symptoms!</b>				
<b>Chlamydia</b>	Bacteria	Unprotected vaginal, anal, or oral sex with a person who has Chlamydia. Infected fluid contact with mucous membranes (eg. eye).	<ul style="list-style-type: none"> <li>• Watery or milky discharge from penis</li> <li>• Burning when urinating</li> <li>• Pain or swelling of the testicles</li> <li>• Itchy urethra</li> </ul>	<ul style="list-style-type: none"> <li>• Unusual discharge from the vagina</li> <li>• Bleeding/spotting between periods</li> <li>• Bleeding or pain during or after sex</li> <li>• Lower abdominal pain</li> <li>• Burning when urinating</li> </ul>
<b>Genital Herpes</b>	Virus	<ul style="list-style-type: none"> <li>• Vaginal, anal, sexual contact with infected partner with or without symptoms present.</li> <li>• If a mother has genital sores during childbirth, herpes can be passed to the baby</li> </ul> <p>Cold sores are a form of the herpes virus. If a cold sore comes into contact with someone's genitals (oral sex) there is a risk for development of genital herpes.</p>	<ul style="list-style-type: none"> <li>• Same for males and females</li> <li>• Tingling or itching of the skin around the genitals</li> <li>• One or a group of painful, watery blisters in or around the genitals, or wherever there is skin to skin contact (hips, nipples, anus)</li> <li>• These blisters break and form open sores that crust or scab lasting 7-21 days</li> <li>• Burning when you urinate (pee)</li> <li>• Flu-like symptoms (usually during the outbreak)</li> <li>• Tender, swollen glands in the groin</li> <li>• Symptoms that start 2-21 days after contact with an infected person, but may take weeks or months to appear</li> <li>• Outbreaks of herpes that vary and can return as often as every month or as rarely as once a year or longer</li> <li>• Stress, illness, diet, fever, sun exposure, your period, pregnancy or vigorous sex may cause outbreaks</li> </ul>	
<b>HPV</b>	Virus	Through direct skin to skin contact or unprotected vaginal, oral or anal sex	<ul style="list-style-type: none"> <li>• Warts may be round, flat or raised small cauliflower-like bumps that are flesh/grey coloured</li> <li>• Warts can be single or in clusters</li> <li>• Warts can be found in and around the genital area.</li> </ul>	<ul style="list-style-type: none"> <li>• See male symptoms</li> <li>• They can also appear on the vaginal walls and cervix (opening of the uterus)</li> <li>• Itchy or irritated; bleeding</li> </ul>
<b>Gonorrhoea</b>	Bacteria	<ul style="list-style-type: none"> <li>• By having unprotected vaginal, oral or anal sex with a person who has gonorrhoea</li> <li>• Childbirth</li> <li>• Infected fluid contact with mucous membranes.</li> </ul>	<ul style="list-style-type: none"> <li>• Yellow/green pus from the penis; discharge</li> <li>• Burning/pain when urinating</li> <li>• Rectal discharge from anal sex</li> <li>• Blood in the stool</li> <li>• Sore throat from oral sex</li> <li>• Testicular pain or swelling</li> <li>• Itchy</li> </ul>	<ul style="list-style-type: none"> <li>• See male symptoms</li> <li>• Thick yellowish vaginal discharge</li> <li>• Abnormal vaginal bleeding</li> <li>• Lower abdominal pain</li> <li>• Pain during intercourse</li> </ul>

## CALM STI AND HIV LESSON 1 HANDOUT STI REVIEW

<b>Hepatitis B</b>	Virus	<ul style="list-style-type: none"> <li>• Contact with blood, semen or vaginal secretions</li> <li>• Sex (vaginal, anal, oral sex etc.)</li> <li>• Pregnancy – from an infected mother to an unborn baby during childbirth</li> <li>• Use or re-use of needles or syringes with traces of the blood of an infected person (eg: tattooing, sharing needles, piercing)</li> <li>• Exposure to infected blood or blood products</li> </ul>	<ul style="list-style-type: none"> <li>• Same for males and females</li> <li>• 45-60 days after exposure, may develop</li> <li>• fever</li> <li>• nausea</li> <li>• weight loss/ loss of appetite</li> <li>• yellow tinge to skin or whites of the eyes</li> <li>• dark coloured urine, pale stool</li> <li>• skin rash</li> <li>• swollen, painful joints</li> <li>• fatigue</li> <li>• pain over liver (right side of abdomen under ribcage)</li> <li>• 50% show no signs of infection</li> </ul>
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Infection	Bacteria/ Virus?	Transmission	Symptoms	
			Male	Female
<b>HIV and AIDS</b>	Virus	<ul style="list-style-type: none"> <li>• Contact with blood, semen, vaginal secretions or breast milk</li> <li>• Unprotected sex – including vaginal, anal, oral sex and sharing sex toys etc.</li> <li>• Pregnancy – from an infected mother to an unborn baby, breastfeeding, childbirth</li> <li>• Sharing needles, syringes or other drug supplies with traces of the blood of an infected person (e.g., tattooing, sharing needles, piercing) or other blood exposure to infected blood/blood products</li> </ul>	<ul style="list-style-type: none"> <li>• Same for males and females</li> <li>• HIV – infected people often have no symptoms and look and feel fine. Some people with HIV will have symptoms like fatigue; loss of appetite, night sweats etc.</li> <li>• AIDS – (occurs after the virus has damaged the immune system) People may have symptoms like extreme weight loss, unusual skin infections, pneumonias or cancers</li> <li>• AIDS can be delayed with proper follow-up care.</li> </ul>	
<b>Pelvic Inflammatory Disease</b>	Bacteria	<ul style="list-style-type: none"> <li>• Failure to be treated for an STI like Chlamydia or other non-STI bacteria infection</li> <li>• Sometimes an IUD (Intra-Uterine Device) in place can increase the risk, especially if you have an infection)</li> </ul>	N/A	<ul style="list-style-type: none"> <li>• Pain in the pelvic area (lower stomach)</li> <li>• May feel like a bladder infection, appendicitis or cramps</li> <li>• Unusual pain during intercourse or during menstrual period</li> <li>• Abdominal vaginal discharge</li> <li>• Fever or chills</li> <li>• Some women do not have any symptoms</li> </ul>

CALM STI AND HIV LESSON 1 HANDOUT STI REVIEW

<b>Pubic Lice (Crabs)</b>	Insect/ Parasite	<ul style="list-style-type: none"> <li>From sexual and non-sexual skin to skin contact</li> <li>By sharing clothes, towels, soap, bedding or sleeping bags</li> <li>Pubic lice can live off the body 24-48 hours</li> </ul>	<ul style="list-style-type: none"> <li>Same for males and females</li> <li>You may have itchiness and redness around your genitals. Itching is often worse at night.</li> <li>Nits (eggs) attached to hair shaft</li> </ul>	
<b>Syphilis</b>	Bacteria	<ul style="list-style-type: none"> <li>By having direct contact with a syphilis sore</li> <li>Oral, vaginal, anal sex with infected partner</li> <li>Mother to fetus</li> </ul>	<ul style="list-style-type: none"> <li>Symptoms are the same for both males and females. However many people have no symptoms</li> <li>Painless sore(s) (chancres) from pinpoint size to as large as a quarter</li> <li>Flu-like symptoms, fever, fatigue, pain in the joints and muscles</li> <li>Painless rash on hands, feet or whole body</li> <li>Swollen lymph nodes</li> <li>Hair loss</li> <li>Untreated may result in headache, dizziness, changes in personality, dementia</li> </ul>	
<b>Vaginitis</b>	Yeast – Fungal Bacterial Vaginosis – Bacterial Trichomoniasis- Bacterial	<ul style="list-style-type: none"> <li>Not always caused by sexual intercourse</li> </ul> <p>Yeast – most often caused by antibiotics, birth control pills, perfumed products, vaginal contraceptives, foams or jellies</p> <p>Bacterial Vaginosis – is caused by unchecked growth of the bacteria that normally lives in and around the vagina</p> <p>Trichomoniasis- is an organism that is sexually transmitted</p>	<p>Yeast- Genital itching or a mild rash on the penis</p> <p>Bacterial Vaginosis –need treatment</p> <p>Trichomoniasis – Usually no symptoms but may have burning during urination</p> <ul style="list-style-type: none"> <li>Discharge from urethra</li> </ul>	<p>Yeast – Clumpy white discharge from the vagina and/or itching and redness around the vagina</p> <p>Bacterial Vaginosis – “Fishy” smelling, thin watery, grayish or yellowish discharge and/or burning or irritation around the vagina.</p> <p>Trichomoniasis – Foamy yellow or green discharge, foul or musty smelling discharge and/or burning or itching around the vagina</p>

Infection	Testing		Treatments	Effects	Prevention
	Male	Female			
<b>Chlamydia</b>	Urine/ Swab	Urine/ Swab	Antibiotic	<ul style="list-style-type: none"> <li>Women may develop Pelvic Inflammatory Disease, tubal scarring, and infertility, ectopic pregnancy, and chronic pelvic pain</li> <li>Mothers can pass Chlamydia to their babies during childbirth</li> <li>Men can get serious infections in the prostate gland and testicles</li> </ul>	<ul style="list-style-type: none"> <li>Abstinence</li> <li>Practice safer sex (condoms, dental dams, use lubricant to prevent tearing of membranes.</li> <li>Limit the number of sexual partners</li> <li>Regular testing</li> <li>Ask you partner about his/her sexual history</li> <li>Avoid having sex with an infected person</li> <li>Tell your partner if you have an infection, and no sexual activity until treatment is complete</li> </ul>

CALM STI AND HIV LESSON 1 HANDOUT STI REVIEW

<b>Genital Herpes</b>	Swab of sores	<ul style="list-style-type: none"> <li>Swab of sores</li> <li>A pelvic exam may reveal sores</li> </ul>	No cure, although medicine may help shorten or prevent outbreaks	<ul style="list-style-type: none"> <li>Effects are mainly emotional due to the ongoing nature of the disease and the unpredictable occurrence of outbreaks. Could be ongoing, potentially contagious.</li> <li>Increased risk of for other STI, including HIV.</li> </ul>	<ul style="list-style-type: none"> <li>See Chlamydia prevention</li> <li>Do not have sexual intercourse with someone who has sores on their genitals or is known to have genital herpes</li> <li>Follow recommendations from Doctor</li> </ul>
<b>HPV</b>	Physical	<ul style="list-style-type: none"> <li>Physical exam</li> <li>Pap test will show cell changes caused by HPV</li> </ul>	<ul style="list-style-type: none"> <li>Medication can be applied to the wart</li> <li>Warts may be removed by surgery or laser</li> </ul>	<ul style="list-style-type: none"> <li>There is a link between HPV and cancer of the cervix</li> <li>Warts spread easily and may become infected</li> <li>The virus can cause cancer of the penis or anus</li> <li>Rarely, genital warts can be passed from a pregnant woman to her unborn baby and cause problems in the baby's vocal cords</li> </ul>	<ul style="list-style-type: none"> <li>See Chlamydia prevention</li> <li>If warts return, see your doctor and do not have sexual contact until warts are treated and safer sexual practices</li> <li>Get immunized! Ask your Doctor about the vaccine</li> <li>Use a condom even when no sores are present</li> </ul>
<b>Gonorrhea</b>	Swab	Swab	Antibiotic	<ul style="list-style-type: none"> <li>Sterility, joint and heart problems can occur</li> <li>In women, Pelvic Inflammatory Disease can occur</li> <li>Gonorrhea can be passed from mother to her unborn baby and cause blindness in the baby</li> </ul>	<ul style="list-style-type: none"> <li>See Chlamydia prevention</li> </ul>
<b>Hepatitis B</b>	Blood test	Blood test	Seek doctor's advice	<ul style="list-style-type: none"> <li>Effects are emotional and physical.</li> <li>May cause cirrhosis or cancer of the liver. Can be fatal.</li> </ul>	<ul style="list-style-type: none"> <li>Immunization against Hepatitis B</li> <li>See Chlamydia and HIV/AIDS prevention</li> </ul>
<b>Infection</b>	<b>Testing</b>		<b>Treatments</b>	<b>Effects</b>	<b>Prevention</b>
	<b>Male</b>	<b>Female</b>			
<b>HIV and AIDS</b>	<p>Blood test</p> <p>There can be a 3-6 month "window period" between when being exposed to the virus and testing positive. During this time the person can infect others.</p>		<ul style="list-style-type: none"> <li>There is NO cure!</li> <li>There are many treatments available, including experimental treatments.</li> <li>Seek doctor's advice</li> </ul>	<ul style="list-style-type: none"> <li>Effects are emotional and physical. Because there is no cure, patients will live with the virus for life.</li> <li>HIV can lead to a lowered immune system, reducing the body's ability to fight infections. Over time, symptoms develop; the end stage of infection is called AIDS. This is when opportunistic infections and cancers develop and is fatal.</li> </ul>	<ul style="list-style-type: none"> <li>See Chlamydia prevention</li> <li>Avoid sex practices that cause injury to body tissues</li> <li>Don't share sex toys</li> <li>Never share needles or equipment</li> <li>Be sure that instrument to be used on you for tattoos and body piercing have been sterilized</li> </ul>

CALM STI AND HIV LESSON 1 HANDOUT STI REVIEW

<b>Pelvic Inflammatory Disease</b>	N/A	<ul style="list-style-type: none"> <li>• Pelvic exam</li> <li>• Vaginal swab and/or urine sample</li> </ul>	Antibiotics	<ul style="list-style-type: none"> <li>• Severe pain and infection requiring hospitalization</li> <li>• Scarring in the pelvic region (ovaries, fallopian tubes, bowel, bladder) that can cause chronic pain, infertility or risk for tubal pregnancy</li> </ul>	<ul style="list-style-type: none"> <li>• See Chlamydia prevention</li> <li>• Get prompt treatment if you have an infection</li> </ul>
<b>Pubic Lice (Crabs)</b>	Visualization of the parasites or parasites' eggs	Visualization of the parasites or parasites' eggs	Special medicated shampoos and lotions	<ul style="list-style-type: none"> <li>• May cause severe itching</li> <li>• Harmless but irritating</li> <li>• May lead to skin infections</li> <li>• Irritation, scratched areas</li> <li>• May leave more open to contract other STI</li> </ul>	<ul style="list-style-type: none"> <li>• See Chlamydia prevention</li> </ul>
<b>Syphilis</b>	Blood test	Blood test	Antibiotic	<ul style="list-style-type: none"> <li>• Syphilis may cause blindness, paralysis, deafness, brain and heart disease, fetal development problems, and stillborns</li> </ul>	<ul style="list-style-type: none"> <li>• See Chlamydia prevention</li> <li>• Abstain from sexual activity until treatment is completed.</li> </ul>
<b>Vaginitis</b>	N/A	Vaginal Swab	<ul style="list-style-type: none"> <li>• Yeast is treated with vaginal creams/oral tablets</li> <li>• Bacterial Vaginosis is treated with antibiotics</li> <li>• Trich. is treated with antibiotic</li> </ul>	<ul style="list-style-type: none"> <li>• Itching and irritation</li> <li>• Yeast treatments are available over the counter at a pharmacist.</li> <li>• There are no long-term effects, although the occurrence of these diseases can cause frustration or embarrassment.</li> <li>• Pain during sexual intercourse</li> <li>• Clumpy white vaginal discharge</li> </ul>	<ul style="list-style-type: none"> <li>• See Chlamydia prevention</li> </ul>