



Primary Care
Alberta



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Grade 8 Learning Activities

PowerPoint Slides



STBBIs

Sexually transmitted and blood-borne infections





What are STBBIs?

- STBBI stands for sexually transmitted & blood-borne infection.
- STBBIs are infections that can be passed from one person to another during sexual contact (like vaginal, oral or anal sex).
- Some STBBIs can also be passed by skin-to-skin contact or sharing body fluids.
- STBBIs can affect anyone. They are common and often don't have symptoms, so people might not know they have one.
- All STIs are treatable and most are curable.
- You & your partner(s) need to be tested and treated, even if there are no symptoms.





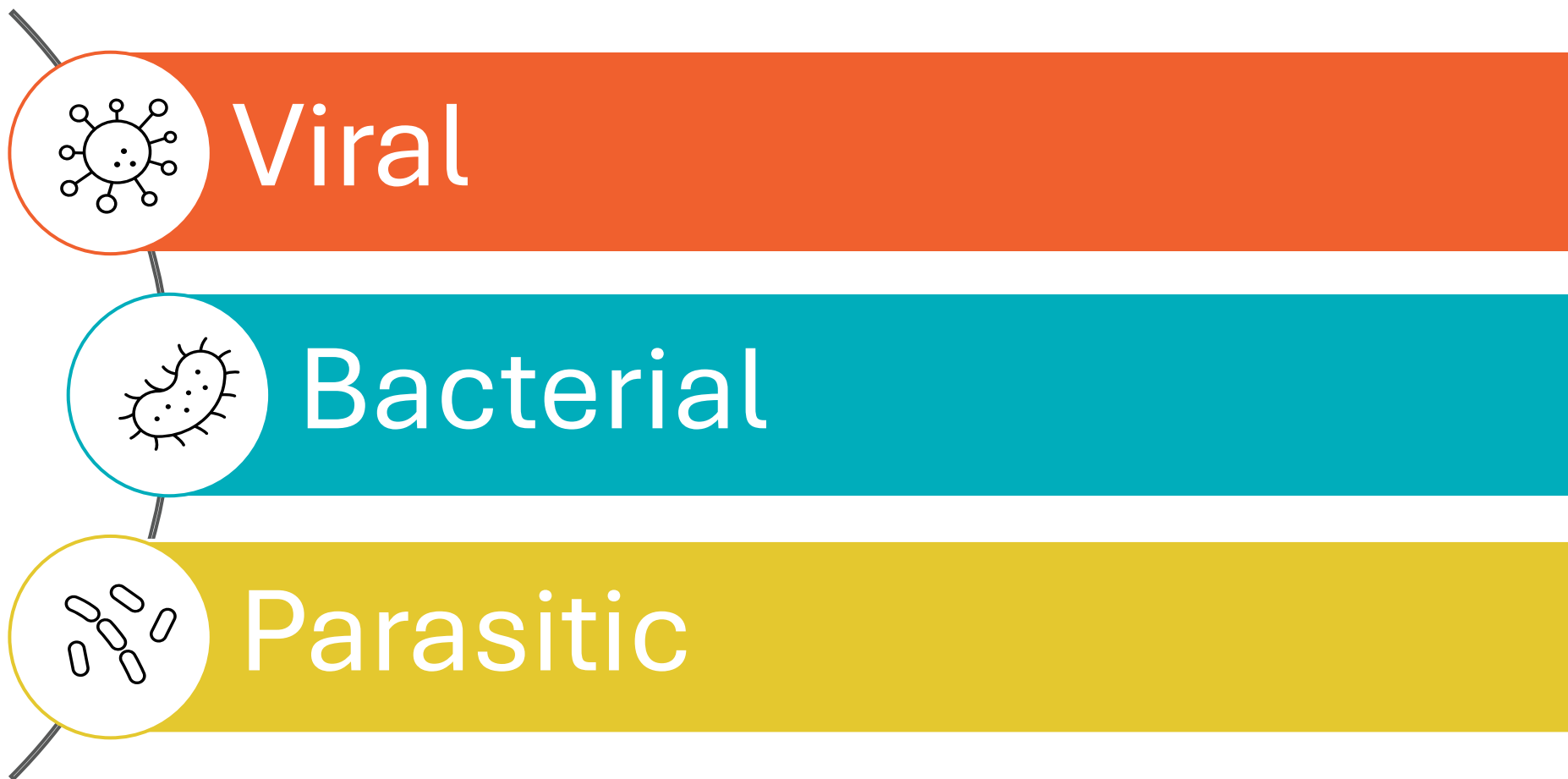
How do people get STBBIs

- Anal, oral or vaginal sex.
- Any sexual activity involving genital contact.
- Some infections can be spread from mother to baby during pregnancy, birth or breastfeeding.
- Sharing personal items used during sexual activity.
- Body piercing or tattooing with non-sterile equipment.
- Sharing needles, pipes or straws for drug use.





Types of STBBIs





Viral STBBIs



HPV (*Human papillomavirus*) or genital warts



Genital herpes



HIV (*Human immunodeficiency virus*)



Hepatitis B



Hepatitis C





Human Papillomavirus (HPV)



HPV is the most common sexually transmitted infection (STI) in the world. There are more than 100 different types. Most aren't harmful, but some can cause genital warts or cancer.



HPV is spread through sexual contact (oral, vaginal or anal). It can be spread through intimate skin-to-skin contact with a person who has HPV. HPV can be spread even if there are no symptoms or you can't see any warts.



Many people with HPV don't have symptoms. Genital warts may be the only sign that someone has HPV.



The HPV vaccine is offered to all grade 6 students and also provided in grade 9 for those who missed it





Genital Herpes



Genital herpes is caused by the Herpes Simplex Virus (HSV). It can cause one or more blisters around the genitals (penis or vulva), rectum or mouth.



HSV is spread through intimate skin-to-skin contact and oral, vaginal or anal sex. It can be spread by people who have oral or genital herpes, whether or not they have sores at the time of contact.



Symptoms can include small blister-like sores in the genital area, feeling very unwell, burning or new/changing discharge. Sores may take weeks to heal. Some people have mild or no symptoms and may not even know they have genital herpes.



There is no cure for genital herpes. It can be treated with prescribed or over-the-counter medications to reduce severity and/or duration of symptoms.





Hepatitis B



Hepatitis B is a virus that infects the liver.



Hepatitis B is transmitted through direct contact with body fluids like blood, semen or vaginal fluids.



Many people do not have symptoms. For those that do, symptoms include influenza (flu) like symptoms such as fatigue, fever, headaches, nausea and vomiting.





Can be prevented with the Hepatitis B vaccine and treated with antiviral medications.






Hepatitis C

 Hepatitis C is a disease caused by a virus that infects the liver.

 It spreads when blood from one person gets into another person's bloodstream. Most people get it through sharing needles or other drug use equipment. Less often, it's spread by having sex with someone who's infected.

 Most people don't have symptoms. If there are symptoms, they may include fatigue, pain in the stomach and joints, itchy skin, sore muscles and dark urine.

 Most people can clear the virus and be cured through treatment with antiviral medications.





HIV (Human Immunodeficiency Virus)



HIV is a virus that attacks the immune system and can cause AIDS (acquired immunodeficiency syndrome). AIDS is the last stage of HIV infection and can be prevented with treatment.



It often spreads through vaginal or anal sex or can be passed through blood that gets into another person's bloodstream, such as through sharing needles.



HIV may not cause symptoms early on. If it does, symptoms include fatigue, muscle aches, skin rash and headache.



Antiretroviral medicines are the main treatment for HIV. They help control the virus, protect the immune system, and reduce the risk of developing AIDS.





Bacterial STBIs

 Gonorrhea

 Chlamydia

 Syphilis





Gonorrhea



Gonorrhea is a sexually transmitted infection (STI) caused by a bacteria (*Neisseria gonorrhoeae*).



It's passed between people through unprotected sexual contact (oral, vaginal or anal sex without a condom or other barrier method). You can infect others right after you come in contact with it and spread it without knowing.



Some people with gonorrhea don't have symptoms. The infection can be in the rectum, penis, cervix, throat and eye. Symptoms include pain or burning when peeing, new/changing genital discharge, and irritation or itching.



It can be treated and cured with antibiotics.





Chlamydia



Chlamydia is a sexually transmitted infection (STI) caused by a bacteria (Chlamydia trachomatis).



It's passed between people through unprotected sexual contact (oral, vaginal or anal sex). You can infect others right after you come in contact with it and spread it without knowing.



Most people don't have symptoms. The infection can be in the rectum, penis, cervix, throat and eye. Symptoms include pain or burning when peeing, new/changing genital discharge, redness in one or both eyes, irregular bleeding, irritation or itching, or painful or swollen testicles.



It can be treated and cured with antibiotics.





Syphilis



Syphilis is a sexually transmitted infection (STI) caused by a bacteria (*Treponema pallidum*).



It's passed between people through unprotected sexual contact (oral, vaginal or anal sex). You can infect others right after you come in contact with it and spread it without knowing.



Many people have no symptoms, while others may have sores on or near the penis or in and around the vagina, mouth, or rectum, a rash on the palms of the hands, feet, or the whole body. The sores and rash may not be painful.



It can be treated and cured with antibiotics.





Parasitic STBIs

 Pubic lice (crabs)

 Trichomoniasis

 Scabies





Pubic lice (crabs)



Pubic lice are small, crab-like insects that are grey or brown-red. They live in pubic hair but can be on other body parts with hair like the chest, armpit, face or eyelashes.



Pubic lice are usually spread through skin-to-skin sexual contact, or through shared clothes, bedding or towels.



Symptoms include itchiness in the affected area. The pubic lice or nits may be visible on the hair or skin around the genitals or anus.



It's treated and cured with over-the-counter shampoos/creams with medicine. You may need more than 1 treatment. If you still have symptoms (that is, live lice) after being treated, repeat the treatment 7 days later.





Trichomoniasis (Trich)



Trich is caused by a parasite called *Trichomonas vaginalis*. Trich can be an infection of the vagina and of the tube that carries urine and semen through the penis (urethra).



Trich is passed between people through unprotected sex (sexual contact without a condom).



Many people with trich have no symptoms, but trich can cause vaginal discharge that smells musty, itching in and around the vagina, pain or burning when peeing, and pain during intercourse.



It can be treated and cured with antibiotics.





Scabies



Scabies is caused by mites that burrow into the top layer of the skin and lay eggs.



Scabies are transmitted through close contact between people who sleep, live or have sex with one another. They can also be spread through clothing, sheets or towels.



It can cause an itchy rash that looks like tiny red bumps, small blisters, white lines or like scratch marks. It can take weeks before symptoms show, but it can spread from person to person before the rash and itching starts.



It can be treated and cured with a medicinal cream or lotion for the skin prescribed by a healthcare provider. It does not go away on its own.





How can people reduce their risk of STBBIs?

- Get vaccinated for hepatitis B and HPV.
- Limit the number of sexual partners.
- Use condoms or dental dams every time during vaginal, oral or anal sex.
- Use condoms or dental dams on personal items used during sexual activity or avoid sharing them.





How can people reduce their risk of STBBIs?

- Get piercings and tattoos only from reputable places that clean and sterilize all equipment and use only sterile needles.
- Talk openly with your partner about boundaries, protection and testing.
- Regular testing and treatment helps people stay healthy and avoid spreading infections.
- Choose other types of intimacy that don't involve sexual contact.





STBI testing is recommended ...



Before having sex with a new sexual partner



After having sex without a condom with someone who doesn't know if they have an STI



If the condom breaks while having sex



After having sex with someone who has an STI and didn't use a condom or other prevention methods



If partners are having sex with other people



If bumps, discharge, rashes or other symptoms appear



After certain kinds of assault





Types of Birth Control

There are many different birth control methods. Everybody is responsible for birth control if they are involved in a sexual relationship.





No Method (chance)



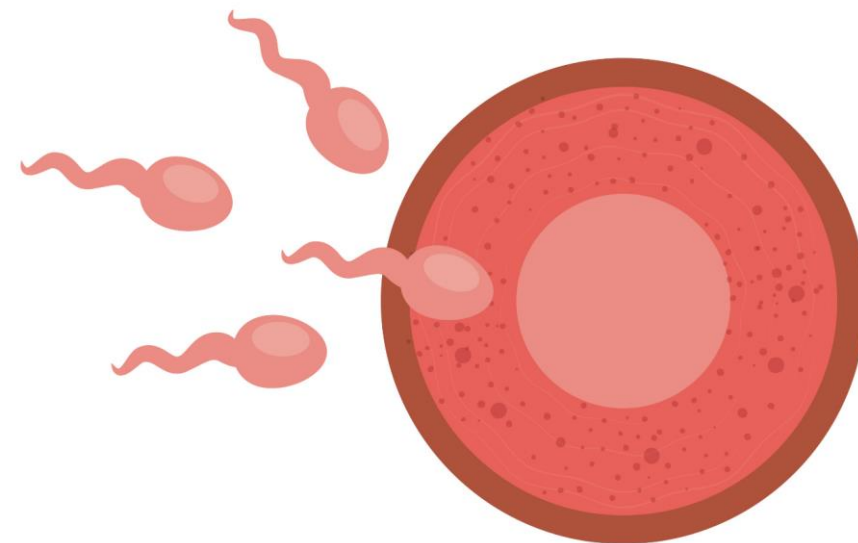
Ejaculations can happen when a penis is inside a vagina.



Pregnancy prevention: None – there is about an 85% chance of getting pregnant after 1 year if no birth control is used for vaginal sex.





STI protection: None






Birth Control Implant

 A thin plastic rod that is put under the skin of the upper arm by a healthcare provider. It slowly releases hormone (progestin).

 Works for up to 3 years.

 Pregnancy prevention: 99.9% with typical use.*


 STI protection: None





Birth Control Injection

 An injection (shot) of progestin hormone given by a healthcare provider into the upper arm or hip muscle.

 Given every 12 weeks.

 Pregnancy prevention: 94% with typical use.*


 STI protection: None





Birth Control Patch

 A small sticky patch worn on the skin that releases 2 types of hormones.

 Changed by the user once a week.

 Pregnancy prevention: 91% with typical use.*

 STI protection: None





Birth Control Pill



Hormone pills that are to be taken every day.



Each pill is taken at the same time every day and a new pack starts every 28 days.



Pregnancy prevention: 91% with typical use.*



STI protection: None




*Typical use for birth control reflects its effectiveness in real-world scenarios, accounting for inconsistent or incorrect usage, for example missing a birth control pill. Perfect use describes a method's effectiveness when used precisely as instructed, every single time, without any errors.





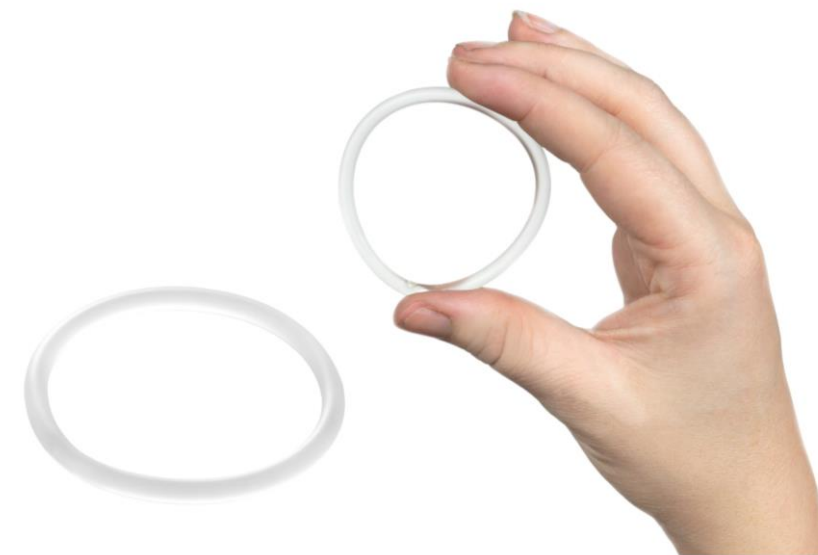
Birth Control Ring

 A clear plastic ring that is put in the vagina and releases 2 types of hormones.

 Changed by the user once a month.

 Pregnancy prevention: 91% with typical use.*


 STI protection: None






Diaphragm

 A flexible disc-shaped cup that is put in the vagina to cover the cervix. It is used with a contraceptive or spermicidal gel.

 Used every time you have sex.

 Pregnancy prevention: 84% with typical use* of a fitted diaphragm with spermicidal gel.

 STI protection: None



*Typical use for birth control reflects its effectiveness in real-world scenarios, accounting for inconsistent or incorrect usage, for example missing a birth control pill. Perfect use describes a method's effectiveness when used precisely as instructed, every single time, without any errors.



Emergency Contraception



Used after vaginal sex without a condom or other type of birth control, or if you're not sure you're protected from pregnancy (e.g., condom breaks, missed pills). Can be a pill or copper IUD.



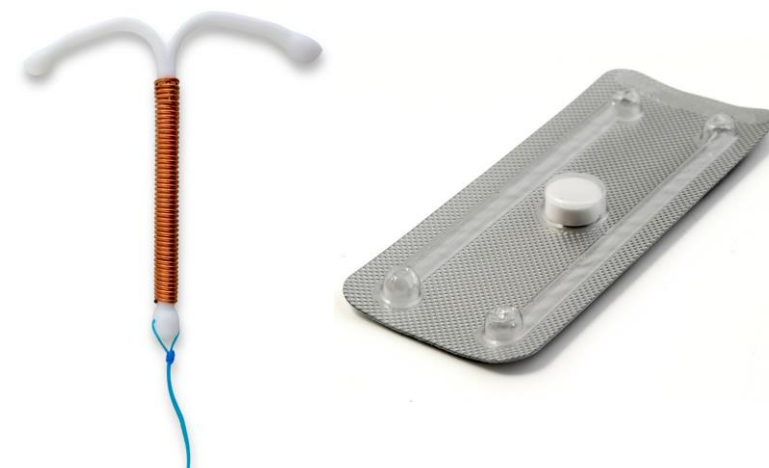
Used within 5 days (pill) or 7 days (copper IUD) after unprotected sex.



Pregnancy prevention: 99% (IUD) 50-90% (pill) with typical use.*





STI protection: None






External Condom

 A thin covering that fits over a hard (erect) penis. Sometimes called a male condom.

 Used every time you have sex.


 Pregnancy prevention: 82% with typical use.*

 STI protection: Yes, lowers the risk of STIs





Fertility Awareness Based Methods

 Help people identify the most likely time to get pregnant (fertile time) so they can choose not to have sex or use another type of birth control during that time.

 Requires ongoing observations and changes in sexual activity.

 Pregnancy prevention: 76% with typical use.*

 STI protection: None



*Typical use for birth control reflects its effectiveness in real-world scenarios, accounting for inconsistent or incorrect usage, for example missing a birth control pill. Perfect use describes a method's effectiveness when used precisely as instructed, every single time, without any errors.

Internal Condom



A soft plastic (non-latex) sleeve with 2 flexible rings, one on each end. The inner ring goes inside the vagina. The outer ring covers part of the vulva. Sometimes referred to as a vaginal condom.



Used every time you have sex.



Pregnancy prevention: 79% with typical use.*




STI protection: Yes, lowers the risk of STIs.






IUD (Intrauterine Device)

 A small soft T-shaped device that is put in the uterus by a healthcare provider. Can be copper or hormonal.

 Works for up to 3-10 years, depending on the type.

 Pregnancy prevention: 99.9% with typical use.*


 STI protection: None





Pulling Out (withdrawal)

 The penis is pulled out of the vagina before ejaculation.

 Used every time with vaginal sex.

 Pregnancy prevention: 78% with typical use.*

 STI protection: None

*Typical use for birth control reflects its effectiveness in real-world scenarios, accounting for inconsistent or incorrect usage, for example missing a birth control pill. Perfect use describes a method's effectiveness when used precisely as instructed, every single time, without any errors.



Tubal Ligation



A surgery to close the fallopian tubes and block an egg and sperm from meeting.



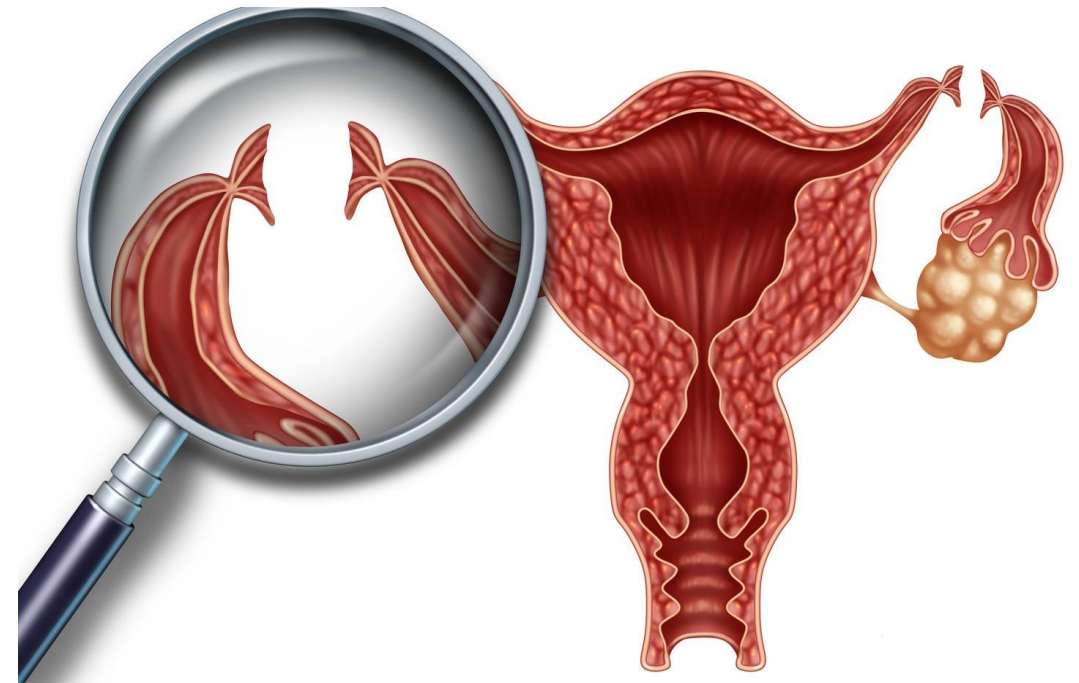
A permanent type of birth control.



Pregnancy prevention: 99.5%



STI protection: None





Vasectomy



A surgery to close the vas deferens and block sperm from getting into semen.



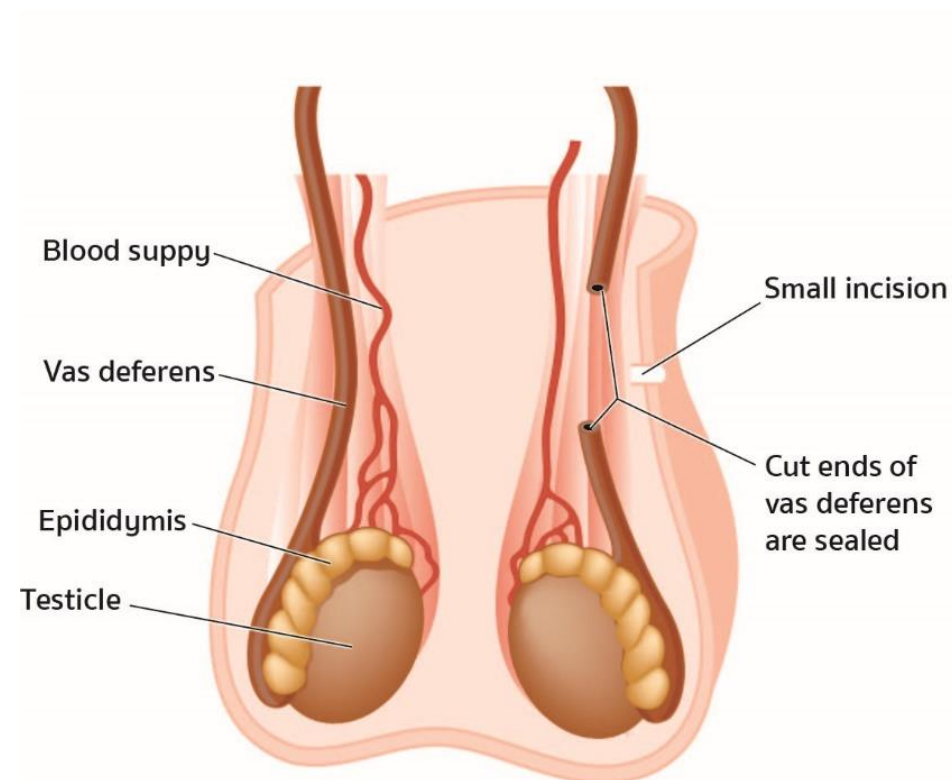
A permanent type of birth control.



Pregnancy prevention: 99%



STI protection: None





Dual Protection

- Many contraceptive methods provide pregnancy prevention but may not protect against STIs.
- Using two methods of birth control increases contraceptive effectiveness and reduces risk for STIs.

Condom



Another method
of birth control





What about abstinence?

- Abstinence means choosing not to have sexual contact.
- The only sure way to avoid pregnancy is to abstain from any activity where a penis or semen are near the vaginal area.
- It's a good idea to have a plan for safer sexual practices, including condoms and birth control, in case sexual activity does occur.





How do people choose the right method?

- There's no “best” method.
- The right method is one a person will use consistently and correctly.
- Talk to a trusted adult or your healthcare provider to make the best decision for you.





Abuse

Abuse is any behaviour used to control another person's actions. It can affect your thoughts or emotions; it can also be physical or even dangerous to your life.

Abuse can take many forms.





Types of abuse

- Physical abuse
- Emotional abuse
- Financial abuse
- Sexual abuse
- Neglect





Physical abuse

- Physical abuse, including assault, is intentionally using force against a person without that person's consent. It can cause physical pain or injury that may last a long time. Physical abuse includes:
 - Pushing or shoving
 - Hitting, slapping or kicking
 - Pinching or punching
 - Strangling or choking
 - Shooting
 - Throwing objects at someone
 - Burning
 - Holding someone down for someone else to assault
 - Locking someone in a room or tying them down
 - Killing someone
- All of these acts are crimes in Canada.





Emotional abuse

- Emotional abuse happens when a person uses words or actions to control, frighten or isolate someone or take away their self-respect. Emotional abuse is sometimes called psychological abuse. It can include:
 - Threats, put downs, name calling or insults
 - Constant yelling or criticism
 - Controlling or keeping someone from seeing friends or family
 - Making fun of preventing someone from practicing their faith or religion
 - Destroying belongings, hurting pets or threatening to do so
 - Bullying: intimidation or humiliation (including on the internet)





Emotional abuse

- Many forms of emotional abuse are not crimes but can be signs that the abuse might get worse.
- Some forms are crimes, such as:
 - Threats to harm the person or someone else.
 - Criminal harassment (stalking) which involves following or repeatedly contacting a person when they do not want contact and they are afraid.





Financial abuse

- Financial abuse happens when someone uses money or property to control or exploit (take advantage of) someone else. It can involve:
 - Taking someone's money or property without permission
 - Withholding or limiting money to control someone
 - Pressuring someone to sign documents
 - Forcing someone to sell things or change a will
- Most forms of financial abuse are crimes, including theft and fraud.





Sexual abuse

- All sexual contact with anyone without consent is a crime. This includes sexual touching or forcing sexual activity on a spouse, a common law partner or dating partner. Even when married, a spouse cannot be forced to have sexual contact.
- Sexual abuse can also include:
 - Obscene phone calls, texts or emails
 - Exposure to pornography or flashing
 - Sexual exploitation (forcing a child to engage in sexual activities for money, gifts, shelter, food, using a child in pornography, or luring a child using the internet for sexual purposes).
- There are special laws to protect children from sexual abuse and from sexual activities that exploit them.
- All of these acts are crimes in Canada.





Neglect

- Neglect happens when a family member, who has a duty to care for you, fails to provide you with your basic needs.
- This can involve:
 - Not providing proper food or warm clothing
 - Failing to provide adequate health care, medication and personal hygiene (if needed)
 - Failing to prevent physical harm
 - Failing to ensure proper supervision (if needed)
- Some forms of neglect are crimes in Canada, including failure to provide life necessities and child abandonment. If a child is neglected, child protection authorities could step in intervene and remove them from their parents.





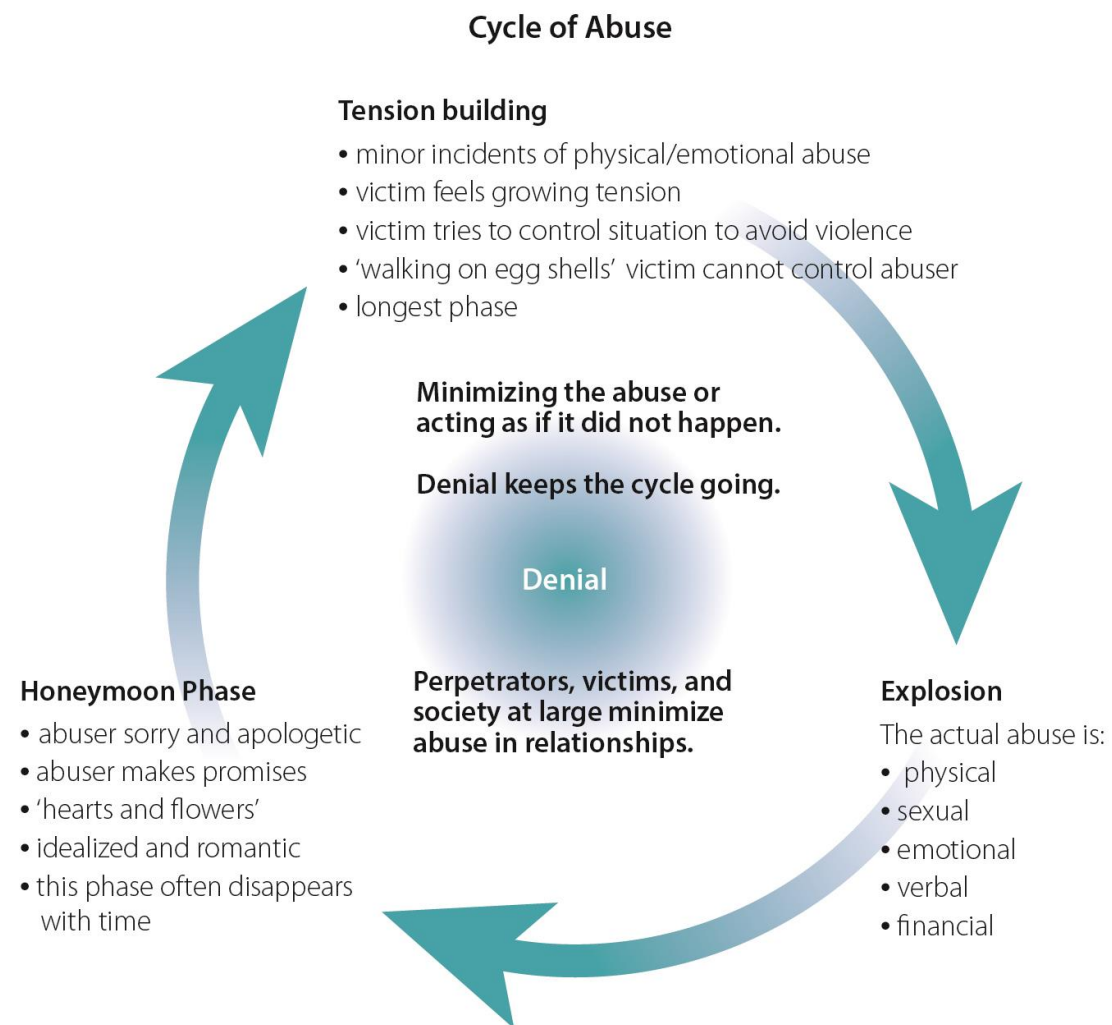
Signs that a person is experiencing abuse

- Hinting or talking directly about abuse.
- Unexplained and/or repeated bruises or injuries in places not normally injured.
- Burns that leave a pattern outlining the object used to make the burn (iron, rope).
- Being continually hungry, not dressed properly for the weather and/or always dirty.
- Being left alone often as a young child.
- Being aggressive, angry, hostile, withdrawn or afraid.
- Difficulties concentrating.
- Refusing to participate or dress appropriately for physical activities.
- Showing unusual knowledge of sexual matters or acting out sexually.
- Repeatedly running away from home.
- Poor school attendance.





Cycle of abuse





Choosing to disclose

- When to tell
 - It's never too late to tell someone. You can disclose when you are ready.
 - Remember, the abuse is NEVER your fault. Abuse is NEVER okay.
 - There are people who can help.
 - Be persistent, keep telling.





Choosing to disclose

- Who to tell
 - A close friend
 - A trusted adult (a teacher, parent, a friend's parent, guidance counsellor, coach, relative, neighbor or someone else you trust)
 - If you feel you are in immediate danger, contact the police or call 911
- What will happen
 - The person you tell should listen to you, believe you and want to help you right away.





What you can say to support your friend

- It's not your fault
- I believe you
- I'm sorry that happened to you
- I'm glad you told me
- I understand that telling is difficult to do and am proud of you for asking for help
- I'll help you to get help





What you can do to support a friend

- Encourage your friend to tell a trusted adult and offer to help your friend tell
- Respect your friend's privacy. DO NOT tell other friends about the abuse
- Tell a trusted adult about the disclosure
- If nothing happens, tell another trusted adult



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