



teaching
sexual
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Grade 8

Learning Activity

STBBI Chart

Learning Outcome

W-8.13 Describe symptoms, effects, treatments, prevention for common sexually transmitted diseases; i.e., chlamydia, HPV, herpes, gonorrhea, Hepatitis B/C, HIV.



STBBI Chart

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Teaching Sexual Health

In this activity you will use your knowledge of sexually transmitted and blood-borne infections (STBBIs) to complete the chart.

Infection	Circle One	Prevention	Symptoms/Effects
Chlamydia	Bacteria or Virus		
	Testing	Transmission	Treatment



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Infection	Circle One	Prevention	Symptoms/Effects
Gonorrhea	Bacteria or Virus		
	Testing	Transmission	Treatment



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Infection	Circle One	Prevention	Symptoms/Effects
Human Papillomavirus (HPV)	Bacteria or Virus		
	Testing	Transmission	Treatment



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Teaching Sexual Health

Infection	Circle One	Prevention	Symptoms/Effects
Genital Herpes	Bacteria or Virus		
	Testing	Transmission	Treatment



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Infection	Circle One	Prevention	Symptoms/Effects
Human Immunodeficiency Virus (HIV)	Bacteria or Virus		
	Testing	Transmission	Treatment





Answer Key

Infection	Bacteria or Virus?	Prevention	Symptoms/Effects
Chlamydia	<ul style="list-style-type: none"> Bacteria 	<ul style="list-style-type: none"> Choose not to have oral, vaginal or anal sex Choose safer sex practices with lower risk (e.g. self-touching for sexual pleasure, massage) Use condoms and/or dental dams for oral, vaginal, and anal sex. Limit the number of sexual partners Regular testing Discuss STI history and when you were last tested with your partner(s) Don't have sexual contact if you or your partner(s) have symptoms of an STI or may have been exposed to an STI 	<ul style="list-style-type: none"> Pain or burning when peeing Discharge, bleeding or itching from the bum Redness and/or discharge from one or both eyes Watery or milky discharge from the penis Unusual discharge from the vagina Pain or swelling of the testicles Irritation or itching inside the penis Vaginal bleeding/spotting between periods Vaginal bleeding or pain during or after sex Lower abdominal pain If untreated, could lead to pelvic inflammatory disease, pain and swelling of the testicles, urinary tract problems, tubal pregnancy, fertility issues and/or arthritis
	Testing	Transmission	Treatment
	<ul style="list-style-type: none"> Urine sample or swab of the penis, rectum, vagina, or throat 	<ul style="list-style-type: none"> Vaginal, anal, or oral sex with a person who has Chlamydia without using a condom and/or a dental dam 	<ul style="list-style-type: none"> Antibiotic





Infection	Bacteria or Virus?	Prevention	Symptoms/Effects
Gonorrhea	<ul style="list-style-type: none"> Bacteria 	<ul style="list-style-type: none"> Choose not to have oral, vaginal or anal sex Choose safer sex practices with lower risk (e.g. self-touching for sexual pleasure, massage) Use condoms and/or dental dams for oral, vaginal, and anal sex Limit the number of sexual partners Regular testing Discuss STI history and when you were last tested with your partner(s) Don't have sexual contact if you or your partner(s) have symptoms of an STI or may have been exposed to an STI 	<ul style="list-style-type: none"> Pain or burning when peeing Swelling, itching, or pain in the genital area Discharge, bleeding, or itching from the bum Redness and/or discharge from one or both eyes Unusual vaginal discharge Irregular vaginal bleeding (often after sex) Pain in the lower abdomen or pain during sex Green or yellow discharge from the penis Irritation or itching inside the penis Painful or swollen testicles If left untreated, could lead to pain and swelling of the testicles, urinary tract problems, pelvic inflammatory disease, tubal pregnancy and/or fertility issues
	Testing	Transmission	Treatment
	<ul style="list-style-type: none"> Urine sample or swab of the penis, rectum, vagina, or throat 	<ul style="list-style-type: none"> Vaginal, oral or anal sex with a person who has gonorrhea without using a condom and/or a dental dam 	<ul style="list-style-type: none"> Antibiotic





Infection	Bacteria or Virus?	Prevention	Symptoms/Effects
<p style="text-align: center;">Human Papillomavirus (HPV)</p>	<ul style="list-style-type: none"> • Virus 	<ul style="list-style-type: none"> • Choose not to have oral, vaginal or anal sex • Choose safer sex practices with lower risk (e.g. self-touching for sexual pleasure, massage) • Using condoms can lower risk, but can't completely prevent HPV because they don't cover all the skin around the genitals • Tell your partner(s) if you have genital warts so you can make choices together to lower the risk of passing the virus • Avoid intimate skin-to-skin contact where the warts are until warts are treated • Get immunized! Ask your health care provider about the HPV vaccine 	<ul style="list-style-type: none"> • Some strains of HPV cause genital warts; some strains cause cancer in the mouth, throat, anus, penis or cervix • Many people with HPV do not have symptoms • Some people get warts • Warts can appear as tiny bumps or in clustered growths on the skin (may look like small cauliflower-like bumps) • Warts can be found in and around the genital area, including in the vagina • Warts may feel itchy or irritated
	Testing	Transmission	Treatment
	<ul style="list-style-type: none"> • Visual exam if warts are present • Regular PAP tests (cervical cancer screening) 	<ul style="list-style-type: none"> • Through intimate skin-to-skin contact with a person who has HPV 	<ul style="list-style-type: none"> • Can be treated by a health care provider with freezing or by applying prescription liquids or creams to the wart





Infection	Bacteria or Virus?	Prevention	Symptoms/Effects
Genital Herpes	<ul style="list-style-type: none"> Virus 	<ul style="list-style-type: none"> Choose not to have oral, vaginal or anal sex Choose safer sex practices with lower risk (e.g. self-touching for sexual pleasure, massage) Tell your partner(s) if you have herpes or cold sores so you can make choices together to lower the risk of passing the virus Use condoms and/or dental dams between outbreaks to lower the risk of passing the virus – the virus can be transmitted even when symptoms aren't present Avoid sexual contact while sores are present (during an 'outbreak') 	<ul style="list-style-type: none"> Some people have mild or no symptoms and don't know that they are infected One or more painful blisters in or around the genitals, or wherever there is skin-to-skin contact (rectum, mouth) Feeling unwell (e.g., flu-like symptoms such as chills, fever or muscle aches) Tingling or itching of the skin around the genitals Burning when urinating Unusual discharge from vagina or penis The first outbreak is the most painful. Repeat outbreaks tend to be shorter and less severe than the first outbreak
	Testing	Transmission	Treatment
	<ul style="list-style-type: none"> When sores are present, they can be swabbed to test for the herpes virus 	<ul style="list-style-type: none"> Herpes simplex virus is spread through intimate skin-to-skin contact and oral, vaginal or anal sex It can be transmitted by people who have oral or genital herpes but don't have sores at the time of contact 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 genital herpes. 	<ul style="list-style-type: none"> No cure Medicine prescribed by a health care provider may help shorten or prevent outbreaks



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Infection	Bacteria or Virus?	Prevention	Symptoms/Effects
<p style="text-align: center;">Human Immunodeficiency Virus (HIV)</p>	<ul style="list-style-type: none"> • Virus 	<ul style="list-style-type: none"> • Choose not to have oral, vaginal or anal sex • Choose safer sex practices with lower risk (e.g. self-touching for sexual pleasure, massage) • Use condoms for vaginal and anal sex • Use a condom or dental dam for oral sex • Use lubrication to help avoid injury to body tissues • Use condoms on personal items used during sexual activity or avoid sharing them • Don't share needles or equipment for injecting drugs • Be sure that the instruments for tattoos and body piercing have been sterilized • Pre-Exposure Prophylaxis (PrEP) helps prevent HIV in people who have a very high risk of getting the virus 	<ul style="list-style-type: none"> • People with HIV often have no symptoms and look and feel fine • Some people with HIV will have flu-like symptoms when they first get infected (e.g., fatigue, fever, sore throat, swollen glands loss of appetite, night sweats, and so on) • HIV can lead to acquired immune deficiency syndrome (AIDS), after the virus has damaged the immune system. With access to treatment, most people living with HIV won't develop AIDS.
	Testing	Transmission	Treatment
	<ul style="list-style-type: none"> • Blood test – the most accurate results will be three months after a potential exposure 	<ul style="list-style-type: none"> • Infected semen, vaginal secretions, rectal fluid or breastmilk that gets into the blood stream through: vaginal, anal or oral sex without a condom and/or dental dam • Sharing personal items used during sexual activity. • Sharing needles used for tattooing, drugs, piercings • Pregnancy – the infection can be passed to a baby through childbirth or breastfeeding 	<ul style="list-style-type: none"> • Anti-retroviral drugs cannot cure HIV but can help people with HIV live long, healthy lives. People with HIV who are on treatment are less likely to pass the virus to others



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