




Sexually Transmitted Infections

Understanding Sexually Transmitted Infections and how they are spread

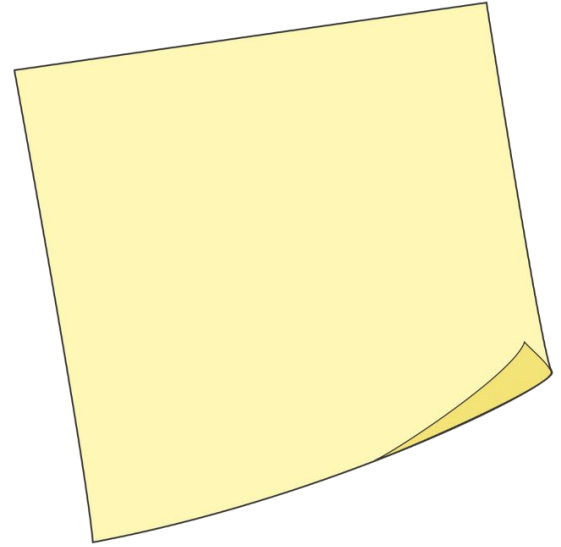




Myth or Fact?

**What have you already heard about
Sexually Transmitted Infections?**

Write one thing that you've heard
about Sexually Transmitted
Infections on the sticky-note



Essential Questions

- Why should I be concerned about sexually transmitted infections?
- What are some different types of sexually transmitted infections?
- How are these types of infections transmitted?
- How can I show respect for people living with a STI?

If you need resources or support for your sexual health...

- Talk to a parent/guardian or other trusted adult
- Call 2-1-1
- Visit 211sandiego.org

Learning Intentions

- I'll know about the different types Sexually Transmitted Infections.
- I'll understand how STIs are transmitted and treated.
- I can show respect for people living with STIs.

Teaching Agreement

It's important to know that...

1. I am a mandated reporter, which means I'm required to report suspected abuse or neglect.
2. We will be examining sexual health through research, evidence, and scientific facts.
3. We will be learning and using accurate scientific terms for systems, processes, and anatomy that comes directly from the California Health Standards for 7th and 8th grade.
4. We will not be discussing our personal values or opinions about any of the topics.
5. **We will ensure a safe environment that is inclusive for all students**
6. We will focus on questions that relate to the science we are learning and encourage you to talk to your parent/guardian at home about your values and opinions when it comes to making choices.

What are some different types of sexually transmitted infections?... and should I be concerned about these?



What is a STI?

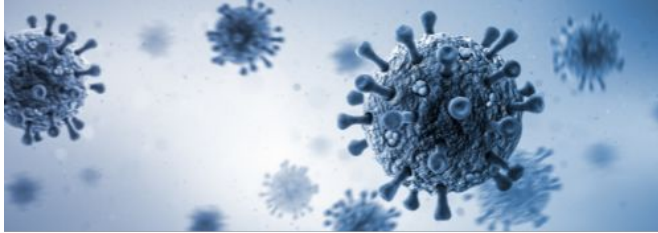
Sexually **T**ransmitted **I**nfections are infections spread mostly by unprotected sexual contact.

Some STIs can also be transmitted during pregnancy, childbirth, breastfeeding, and through infected blood or blood products.

Most STIs are caused by viruses or bacteria.

Know Your Terms

Viruses are microscopic organisms that can infect hosts, like humans, animals, or plants.



Viral infections are any illnesses you get from a virus.

Examples of viral infections include the common cold and COVID-19



Bacteria are single-celled microorganisms and are a major cause of diseases.

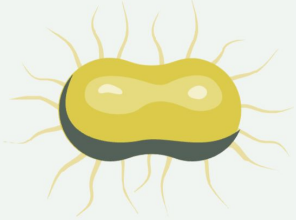


Bacterial infections can affect your skin, lungs, brain, blood, and other parts of your body.

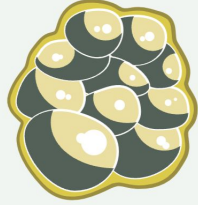
Examples of bacterial infections include food poisoning and ear infections



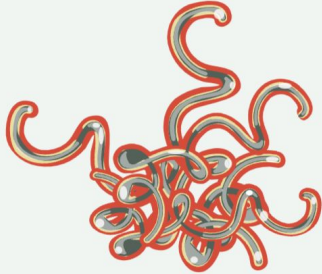
Sexually Transmitted Infections – Bacterial



Gonorrhea is a STI that can cause infection in the genitals, rectum, and throat. It is very common, especially among young people ages 15-24. Untreated gonorrhea can cause serious and permanent health problems, like infertility.



Chlamydia (Clap) can cause infection among both men and women. It can cause permanent damage to a woman's reproductive system. This can make it difficult or impossible to get pregnant later.



Syphilis is an STI that can cause serious health problems without treatment. Symptoms include skin rashes and/or sores in the mouth, vagina, or anus, but could seriously affect the heart and blood vessels, and the brain and nervous system.

Bacterial STIs are transmitted by having vaginal, anal, or oral sex with someone who is infected.

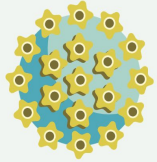
Often, there are no symptoms if you are infected.

Bacterial STIs are treatable with antibiotics.

Each of these infections can cause serious health problems.

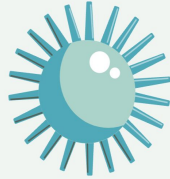


Sexually Transmitted Infections – Viral



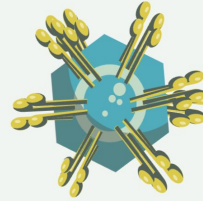
HPV (Human Papillomavirus)

There are more than 100 strains of HPV, and most aren't harmful. Some can cause genital warts and even some types of cancers. Talk to a trusted adult about the vaccine that is able to protect people from this virus.



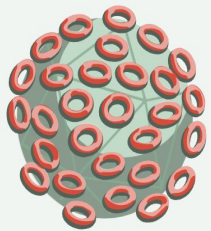
Herpes Simplex Virus (HSV)

can cause blisters around the genitals, rectum, or mouth. It's spread through intimate skin-to-skin contact or sexual intercourse. There's no cure but medication can help.



Hepatitis B is spread through direct contact with body fluids.

Infections happen if these fluids enter the body. Most people who get infected recover, but in some cases, it can be deadly.



HIV makes it hard for your body to fight infections. There's no cure, but if treated with medication, people can stay healthy for a long time. The name of the treatment for HIV is "ART", and the preventative medication is called "PrEP"

All viral STIs are transmitted by having vaginal, anal, or oral sex with someone who is infected.

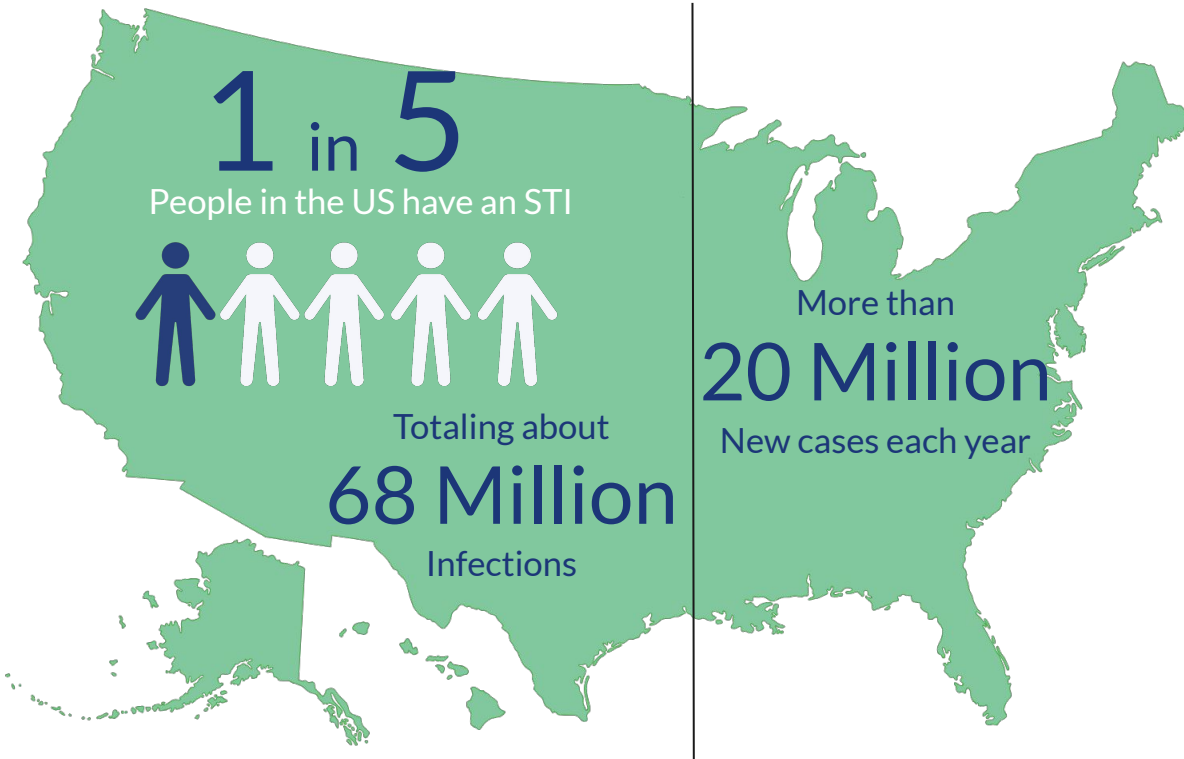


Herpes and Hepatitis can also be transmitted through other contact.

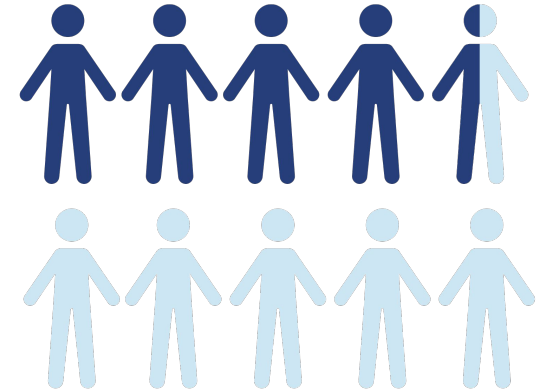
Often, there are no symptoms if you are infected.

Viral STIs are **NOT CURABLE**, but medications can help.

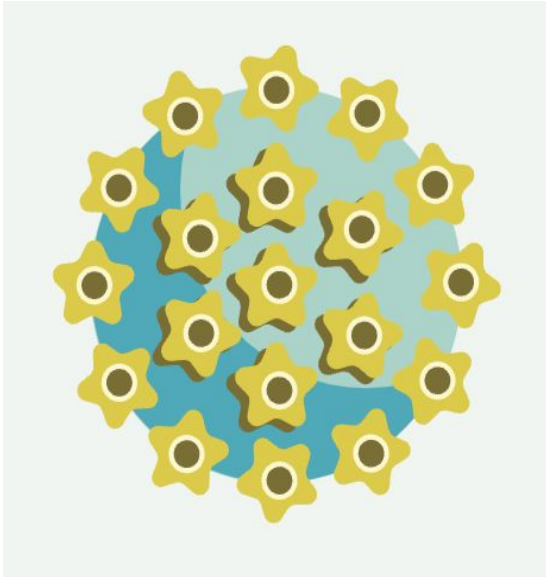
STIs in the US



Almost **HALF** of all new STIs
in the US were among young
people (ages 15-24)



STIs in the US



HPV is very common...

Approximately 20 million Americans are currently infected with HPV.

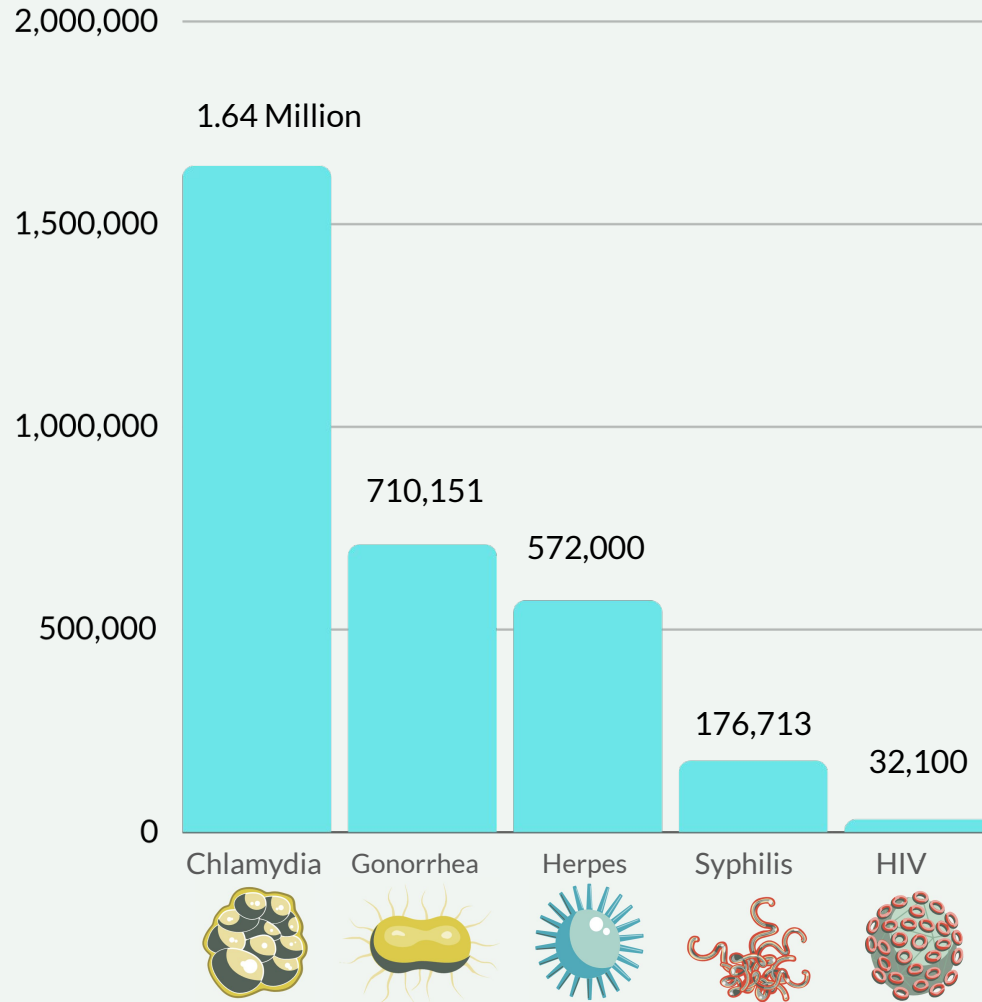
Another 6 million people become newly infected each year.

At least 50% of sexually active men and women get it at some point in their lives.

There is a test for women, but currently there is no approved test for men.

STIs in the US

Approximate
number of new
infections of
common STIs
in one year



New cases of HIV are low compared to other STIs... but there are approximately 1.2 million people in the U.S. living with HIV. About 13 percent of them don't know they're infected and need testing.

High Risk Activities for Getting a STI

- Having oral, vaginal, or anal sex without a condom
- Having multiple sex partners
- Having sex with partners who you don't know well
- Having sex while under the influence of drugs or alcohol can lower inhibitions and result in greater sexual risk-taking
- Injecting drugs
- Having sex with a partner who currently injects, or has ever injected drugs



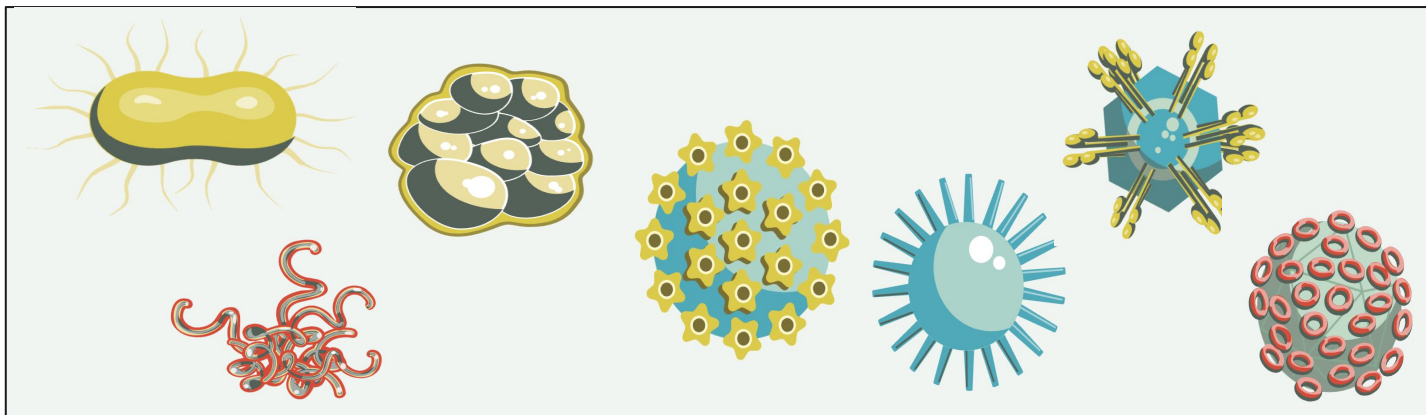
If you need resources or support for your sexual health...

- **Talk to a parent/guardian or other trusted adult**
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- **Visit 211sandiego.org**



What are some things you now know about Sexually Transmitted Infections?

Quick
Write

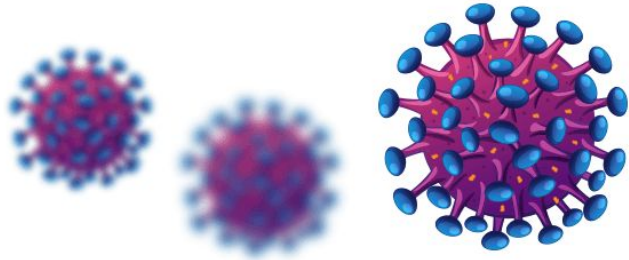


Know Your Terms

WHAT IS HIV?

Human Immunodeficiency Virus (HIV)

is a virus that attacks cells that help the body fight infection.



There's no cure, but it is **treatable** with medicine.

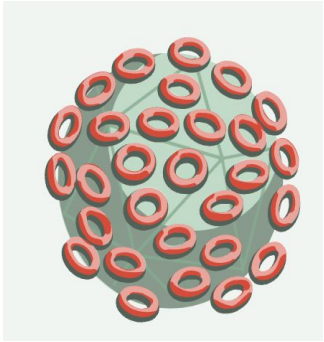


What is AIDS?

Acquired Immune Deficiency Syndrome

AIDS is caused by HIV infection. AIDS is the late stage of HIV infection that occurs when the body's immune system is badly damaged because of the virus.

Comparing HIV and AIDS



HIV is

- a preventable and treatable sexually transmitted infection.
- the virus that can cause AIDS if left untreated.
- transmitted from one person to another through specific interactions.

AIDS

- is the most advanced stage of an HIV infection.
- can be prevented and treated.

In the U.S., most people with HIV do not develop AIDS because taking medications as prescribed stops the progression of the infection.

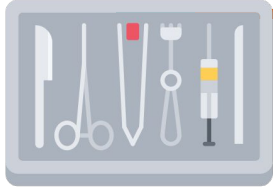
Meet a Person Living with HIV



What are some important ideas you learned from this conversation?

How is HIV transmitted?

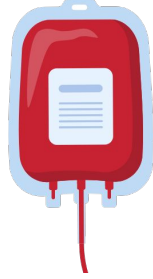
An HIV-positive person can transmit HIV through:



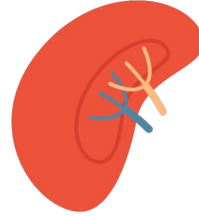
Shared piercing instruments like needles, especially for drug injection




Childbirth or breastfeeding the baby



Blood transfusion



Organ transplant



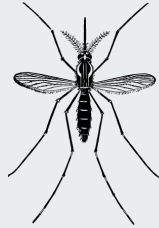
80% of new HIV cases are transmitted through unprotected sex

(sex without a condom)

HIV is not transmitted through:



Food, drinks, utensils



Insect bites



Kissing or touching

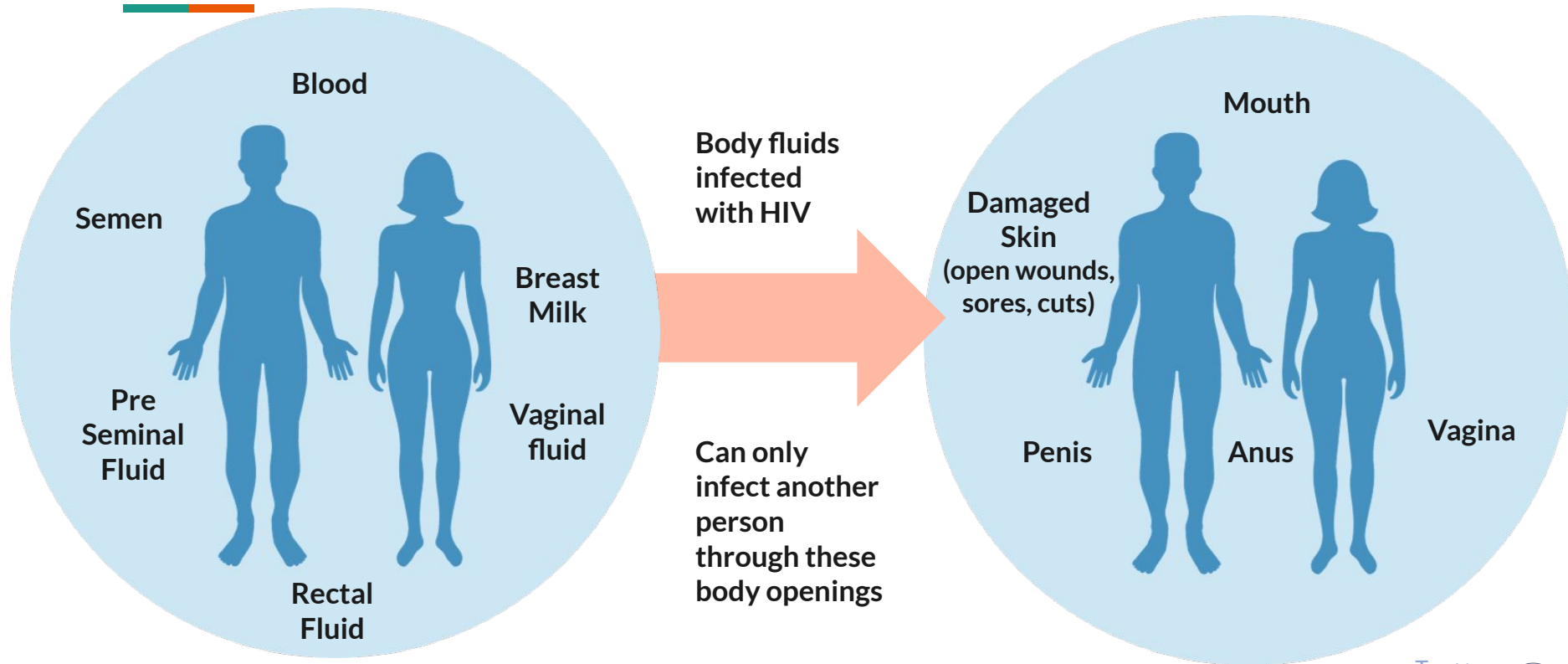


Clothes or towels



Toilets or showers

Bodily Fluids That Could Transmit HIV



How can I show respect for people
living with a STI?

Stigma and Discrimination

Stigma

Irrational or negative attitudes, behaviors, and judgments towards people living with or at risk of STIs.

Can **negatively affect the health and well-being** of people who might have an STI by discouraging some individuals from getting tested, accessing treatment, or staying in care. Spreading rumors or shaming someone will make this worse.

Can also affect those at risk of by **discouraging them from seeking prevention** tools and testing, and from talking openly with their sex partners about safer sex options.



Stigma and Discrimination



Discrimination

Behaviors that result from attitudes or beliefs.

Here are a few examples:

- A healthcare professional refusing to provide care or services to a person living with HIV
- Refusing casual contact with someone living with HIV
- Socially isolating (excluding, shunning, ignoring, silent treatment, ghosting) someone because they have an STI

How Can I Show Support to Someone with a STI?

Listen - Being diagnosed a STI is a big deal. Listen and offer your support. Be available to have open, honest conversations. In general, be respectful towards them.

Learn - Educate yourself about the STI: what it is, how it is and is not transmitted, how it is treated, and how people can stay healthy with it.

Encourage Treatment - Some people who are recently diagnosed may find it hard to take that first step to treatment. Encourage them to take care of their health.



If you need resources or support for your sexual health...

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Discussion

Why is it important not to discriminate against people who have a STI?

Why might it be important to show support for someone who has an STI?



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Exit Slip

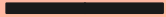


Exit Slip

3-2-1 Reflection

- Write **3** new things you learned in this lesson.
- Write **2** questions you still have about STIs.
- Write **1** wish you have for a safe and healthy future.

At Home Connection





At Home

Share your exit slip with your parent/guardian, or other trusted adult as a way to begin a conversation about sexually transmitted infections.

Sources

[Cleveland Clinic: Viruses: Definition, Types, Characteristics & Facts](#)

[Cleveland Clinic: Viral Infection: Causes, Symptoms, Tests & Treatment](#)

[Cleveland Clinic: Bacterial Infection: Causes, Symptoms, Treatment & Prevention](#)

[CDC - STD Diseases & Related Conditions](#)

[World Health Organization: Sexually transmitted infections \(STIs\)](#)

[CDC: About HIV/AIDS | HIV Basics](#)

[HIV and AIDS.](#)

[HIV.gov: What Are HIV and AIDS?](#)

[CDC: Comprehensive HIV/AIDs Information | NPIN](#)

[CDC: Body Fluids That Transmit HIV | HIV Transmission | HIV Basics | HIV/AIDS | CDC](#)

[Can you catch HIV from kissing? - NHS.](#)

[Standing Up to Stigma | HIV.gov](#)

[NIH: The Stigma of Sexually Transmitted Infections](#)

[How to Help and Support Someone Who Is HIV Positive | HIV.gov](#)

[SEXUALLY TRANSMITTED DISEASES IN SAN DIEGO COUNTY 2021 DATA SLIDES](#)

[Reported STDs in the United States, 2021](#)