


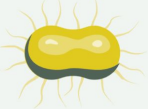
# Preventing Sexually Transmitted Infections

Understanding how to make healthy choices to prevent STIs




## Sexually Transmitted Infections - Bacterial

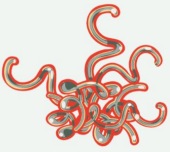
# What do you know about STIs?



**Gonorrhea** is an STI that can cause infection in the genitals, rectum, and throat. It is very common, especially among young people ages 15-24 years. 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 is no symptoms if you are infected

Bacterial STIs are treatable with antibiotics


Each of these infections can cause serious health problems



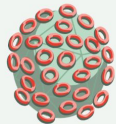
## Sexually Transmitted Infections - Viral




**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.



**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"



**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.

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

Often, there is no symptoms if you are infected

Viral STIs are NOT CURABLE, but medications can help

Herpes and Hepatitis can also be transmitted through other contact



# Essential Questions

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- What are the most common signs and symptoms of sexually transmitted infections?
- How can I prevent getting a sexually transmitted infection?
- How can I talk about preventing a sexually transmitted infection?

**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](https://211sandiego.org)**

# Learning Intentions

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- I can recognize the possible signs and symptoms of sexually transmitted infections.
- I can identify various methods for preventing sexually transmitted infections.

# 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.

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What are the most common signs and symptoms of sexually transmitted infections?

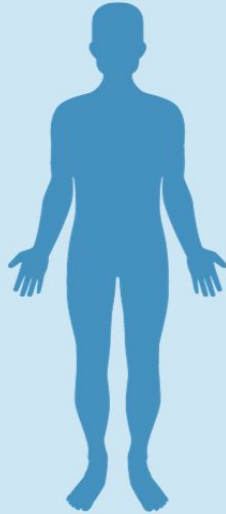
# Possible Signs and Symptoms of STIs

Many times there is NO evidence of having a STI, but here are some common signs and symptoms

Dripping or drainage from penis

Burning or itching in the genital areas

Painful or swollen testicles



## Anyone

Sore, blister, bump, or rash in the genital, anal, or oral areas. These can be either painless or painful

Burning or pain when peeing

Swelling in genital area

Needing to pee frequently



Vaginal discharge or odor

Deep pain in pelvis or vagina

Burning or itching of vagina

Bleeding from vagina at times other than regular period

Stomach pain, lower back pain, pain during sex

These signs and symptoms can also indicate other medical problems. Talk to a trusted adult or medical professional if you experience any of these.

# A person who is, is or considering being sexually active should...



Talk to a parent/guardian or other trusted adult about:

- Testing regularly for STIs
- The vaccination for HPV
- Getting treated, if there is an infection

Notify anyone they are going to have sex with if they have an STI

Notify any current or recent partners that they have an STI... so they can get tested also

**If you are sexually active, and think you might have a STI, get resources or support for your sexual health...**

- Talk to a parent/guardian, or other trusted adult
- Call 2-1-1
- Visit [211sandiego.org](https://211sandiego.org)



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How can I prevent getting a sexually transmitted infection?

# The Consequences of Being Sexually Active



A possible consequence of being sexually active is getting a sexually transmitted infection (STI).

It is important to understand how to protect your health and prevent a sexually transmitted infection.

Risky sexual activity for getting an STI includes: oral sex, vaginal sex, and anal sex.

Here are some ways to help protect you from a sexually transmitted infection...

# 1. Abstinence

Abstinence from all sexual activity is **the most effective way** to prevent getting a STI. Most of these infections are transmitted through sexual contact. If two people don't have sex, there is little risk of contracting an STI.

Anyone can practice abstinence at any time. You can become abstinent even if you've had sex in the past.



## 2. Use a Condom if You Are Having Sex



Using a condom **correctly** every time you have sex can help you avoid most STIs. Ask a trusted adult or medical professional about how to use a condom correctly.

**But remember**, there are a few STIs, like Herpes and HPV, that can be transmitted from contact with your partner's skin even when using a condom.

**And also**, condoms can expire and can break, make sure to use them correctly.

# Use a Condom if you are Having Sex

Condoms can only prevent transmission of an STI if they are used correctly. Here are some ways to make sure condoms do what they are supposed to.



## YES

- Use a condom every time you have sex
- Put on a condom before having sex
- Read the package and check the expiration date
- Make sure there are no tears or defects.
- Store condoms in a cool, dry place

## NO

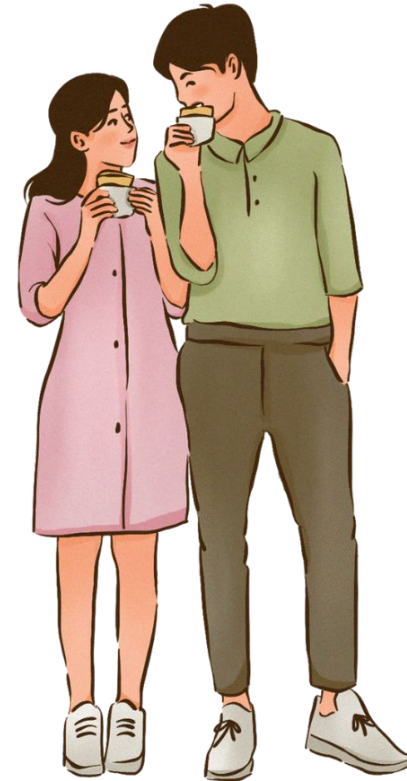
- *DON'T* store condoms in your wallet, as heat and friction can damage them
- *DON'T* use oil-based products like baby oil, lotion, petroleum jelly, or cooking oil because they will cause the condom to break
- *DON'T* use more than one condom at a time
- *DON'T* reuse a condom

### 3. Limit the Number of People You Have Sex With

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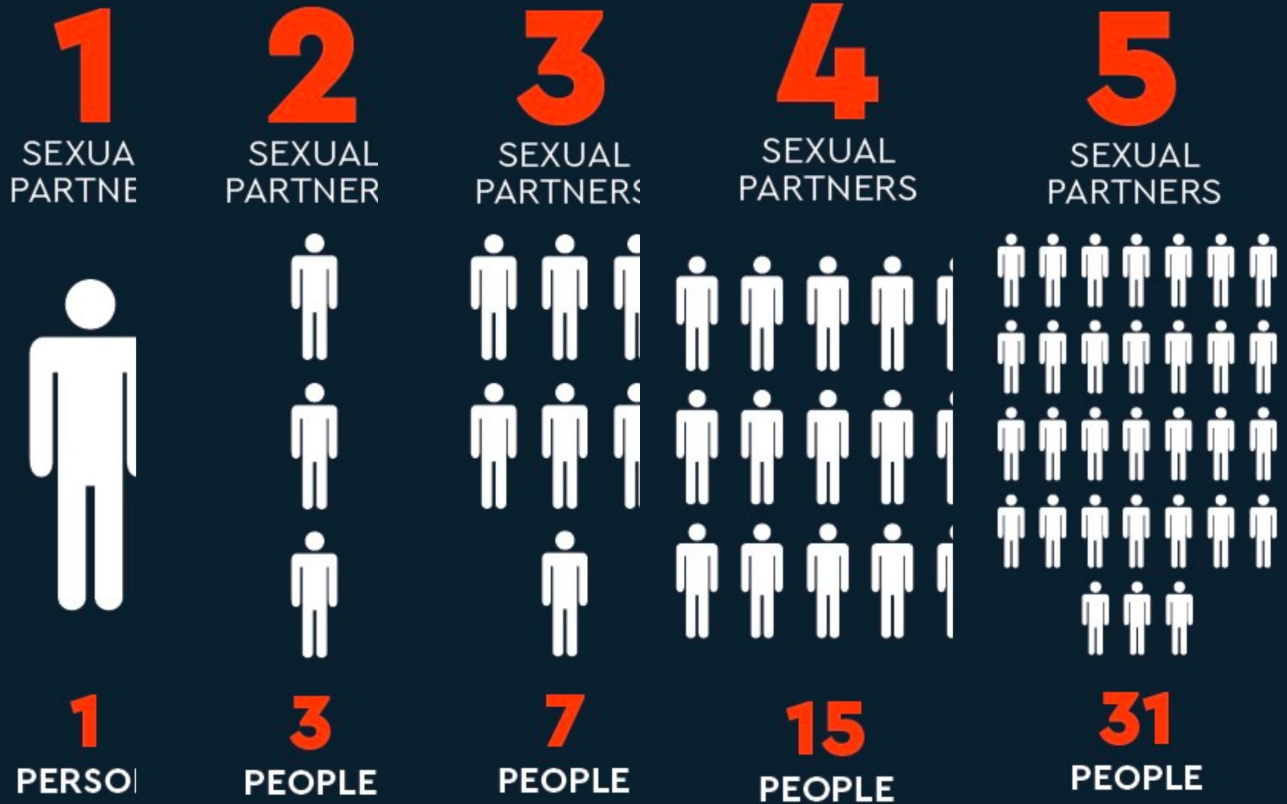
Agree to only have sex while in a **committed relationship** with one person who agrees to only have sex with you.

**Talk with your sexual partner(s)** about STIs and how you want to keep each other safe before having sex.



### 3. Limit the Number of People You Have Sex With

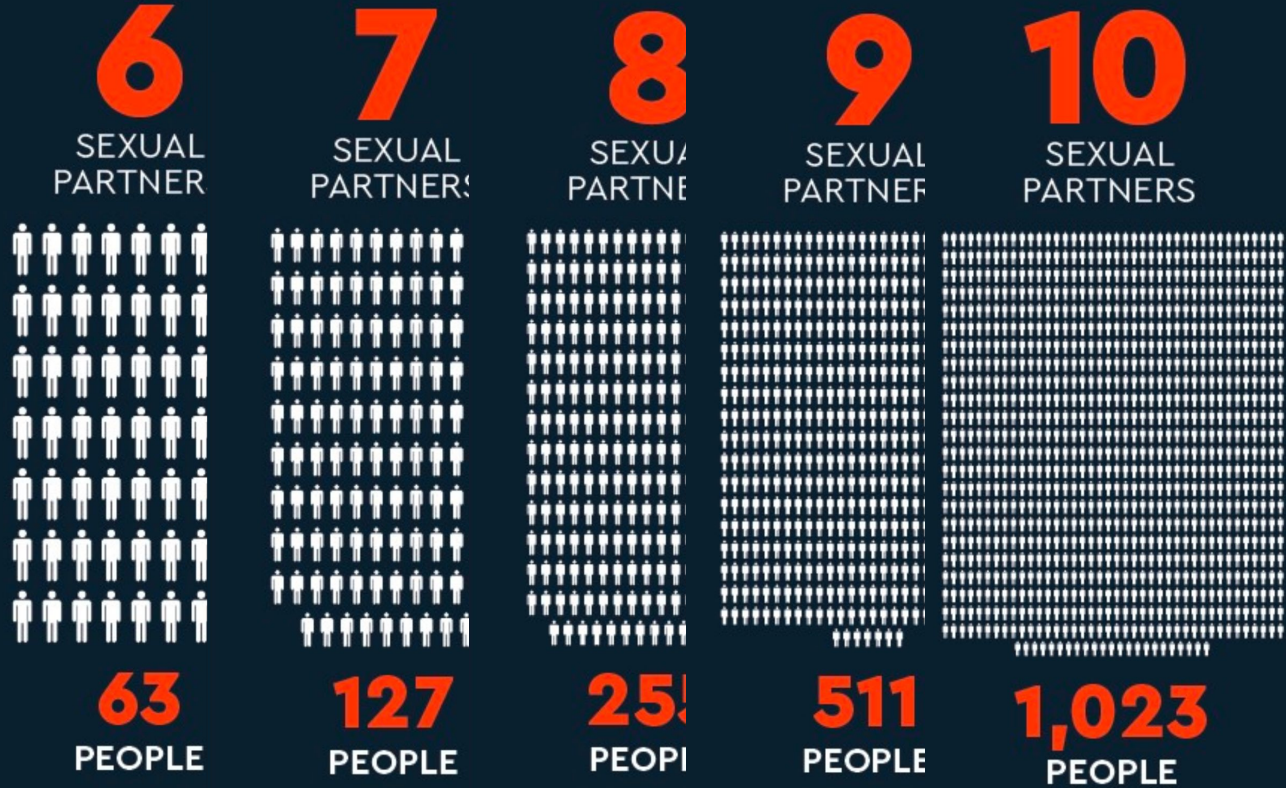
Your risk of getting an STI increases with the number of people you have sex with



*(If every person has the same number of partners as you do)*

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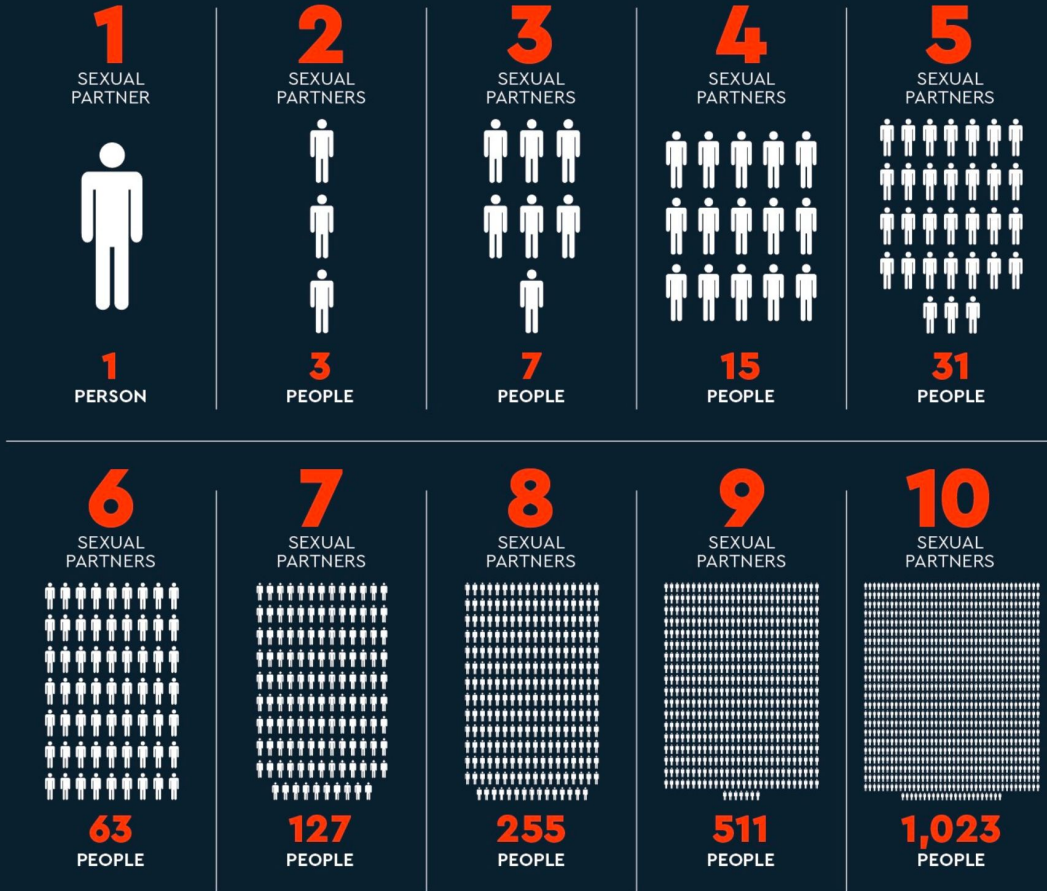


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### 3. Limit the Number of People You Have Sex With

Your risk of getting an STI increases with the number of people you have sex with.



*(If every person has the same number of partners as you do)*

## 4. Get Tested for STIs if you are Having Sex

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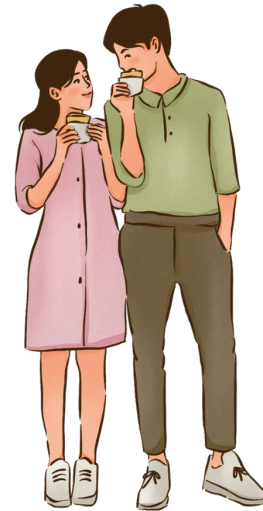
Many STIs don't have symptoms, but they can still cause health problems.

The only way to know for sure if you have an STI is to get tested.

Talk to a parent/guardian, medical professional, or other trusted adult about getting tested if you are sexually active, or considering becoming sexually active.

How can I prevent getting a sexually transmitted infection?

Describe as many details as you can about what you've learned about preventing STIs



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How can I communicate about preventing  
a sexually transmitted infection?

# Best Communication Practices for Not Getting a STI

## It's OK to say no to sex

Talk with your parent/guardian about their expectations when it comes to your sexual health...and options for abstinence, and other ways to prevent STIs

Wait until you are in a committed relationship to engage in sexual activity

If you aren't ready to talk about sex with your partner, then consider that this may be a sign that you should wait before having sex with this person.

If you're sexually active with another person,

- Make sure to discuss ways to avoid STIs
- Both of you should get tested to make sure neither of you have a STI

Continue to educate yourself about how to take care of your sexual health.

If you have additional questions about STIs, it is best to consult a trusted adult or health experts rather than relying on information provided through social media and peers. Some of these experts include:

- Your family doctor
- A gynecologist
- A nurse/nurse practitioner
- Mental Health Specialist

**To locate these experts, and to learn more about support and resources available, you can:**

- Talk to a parent/guardian or other trusted adult
- Call 2-1-1
- Visit [211sandiego.org](https://211sandiego.org)

# Tips for Saying No to Sex

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Think about what you want, and then be confident about it.

Say “NO” or “Stop” ... “NO” is a complete sentence. You don’t have to say anything else.

Be clear and direct. Look them in the eyes and use a serious voice.

You can tell them you really like, or even love them, but you’re not ready for sex.

Communicate with your partner other options for intimacy.

It’s OK to change your mind and say “NO” or “STOP” at any time.

# Exit Slip

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## Exit Slip

- Write **2** questions you still have about preventing 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 preventing STIs.

# Sources



[Sexually transmitted disease \(STD\) symptoms - Mayo Clinic](#)  
[CDC: The Lowdown on How to Prevent STDs](#)  
[World Health Organization: Sexually transmitted infections \(STIs\)](#)  
[Prevention - STD Information from CDC](#)  
[Abstinence \(for Teens\) - Nemours KidsHealth](#)  
[Abstinence: What It Is and How It Works](#)  
[Which STD Tests Should I Get? | Prevention | STDs | CDC](#)  
[STD Facts - Human papillomavirus \(HPV\)](#)