What are we going to do today?

Today we will begin learning about common STDs, including how they are spread, their signs and symptoms, and how to prevent them.

What am I going to learn today?

By the end of today, you will be able to:
1. Name 8 STDs.
2. Identify the 3 STDs most common among teenagers.
3. Use a pamphlet to match STD symptoms to individual STDs.
4. Name 2 STDs that can’t be cured.
5. Identify the 3 most common symptoms of STDs.
6. Name a local, regional, or national hotline or other resource for STD testing, counseling, and information.

George Webb, Pima, 1959
What was the most surprising thing you learned about condoms today?

1. ____________________________________________

2. ____________________________________________

3. ____________________________________________
## STD Quiz

1. A Pap Smear checks for STDs.  
2. Douching is recommended to prevent STDs.  
3. Some untreated STDs can scar the fallopian tubes and cause infertility.  
4. Cervical cancer is associated with a STD.  
5. Condoms lubricated with spermicide are effective at preventing STDs.  
6. Drug and alcohol use can increase your chances of getting an STD or pregnant.  
7. Oil-based lubricants should be used with condoms.  
8. STDs always have signs and symptoms.  
9. Having an STD can increase your chances of getting HIV.  
10. You can tell if someone has an STD by the way they look.  
11. You can get HIV the first time you have sex.  
12. You should use protection against STDs and pregnancy every time you have sex.  
13. Only people who sleep around get STDs.  
14. Condoms protect you against all STDs equally well.  
15. All STDs are curable.  
16. You can get an STD in your rectum (butt) from anal sex (sex in the butt).  
17. Most people with genital herpes never know they have it.  
18. You can get an STD in your throat and mouth from oral sex.  
19. Many STDs can be passed on to a baby during pregnancy or delivery.  
20. Compared to all races, American Indian/Alaska Natives have high rates of STDs.
STD Basics for Native STAND Peer Educators—no pictures

3 very important things you need to know about STDs:

1. You can get an STD by having any kind of sex (vaginal, anal, oral)
2. Most STDs are asymptomatic (there are no signs or symptoms)
3. Having an STD increases your chances of getting HIV

Types of STDs

- **Bacterial - curable**
  - Chlamydia
  - Gonorrhea
  - Syphilis

- **Viral – not curable**
  - Herpes
  - HPV*
  - Hepatitis B*
  - HIV/AIDS

* Vaccine Preventable
**Human Papilloma Virus (HPV)**

- Most common STD (unreportable)
- Often no symptoms
- 2 different types
  - “Low Risk”—causes wart-like growths on penis, vulva, and anus
  - “High Risk”—causes cervical and other cancers
- No cure, but treatment for warts & cancer
- Vaccine can protect women from some types
- Condoms help protect against transmission

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**Chlamydia**

- Most common reportable STD in the US
- Often no symptoms
  - May cause unusual discharge, burning feeling when urinating, pain during sexual intercourse
- Can be passed to a baby during childbirth
- Can cause infertility in women
- Is cured with antibiotics
- Condoms can help prevent against transmission
Gonorrhea

- Often no symptoms
  - May cause white or yellow discharge from the penis or vagina, pain when peeing
- Can spread and damage other organs
- Can cause infertility in women
- Is cured with antibiotics
- Condoms help protect against transmission

Herpes

- Often no symptoms
  - May cause small, painful blisters on genitals or mouth
  - The sores will go away—but you still have herpes!!
  - Sores often come back
- Can be passed to a baby during delivery
- No cure, but treatment for symptoms
- Condoms help protect against transmission
Syphilis

- Often no symptoms
  - May get a painless sore on genitals that will go away without medicine—but you’re still infected!!
  - May next get a rash that will go away without medicine—but you’re still infected!!
- Can be passed to a baby during pregnancy
- Can cause heart disease, brain damage, blindness and death
- Is cured with antibiotics
- Condoms help protect against transmission

Hepatitis B

- Passed through sex or sharing needles (IV drug use)
- Often no symptoms
  - Can cause flu-like symptoms (tiredness, nausea, loss of appetite, mild fever vomiting)
  - Can cause a condition called jaundice—a yellowing of the skin and whites of the eyes.
  - Can damage the liver and increase your risk of liver cancer
- Can be passed to babies during pregnancy
- There is a vaccine to protect against it
- Condoms help protect against sexual transmission
HIV

- HIV is found in blood, semen, vaginal fluid, breast milk
- Often no symptoms
  - Many people have no symptoms for many years
  - May have: flu-like symptoms, dry cough, fever and night sweats, fatigue, swollen lymph nodes, rapid weight loss

(Continued)

- HIV attacks the immune system (how the body fights off infection)
- No cure, but treatment can slow the virus and strengthen the immune system
- The only way to know whether you have HIV is to be tested
HIV
(Continued)

- HIV is fragile and can’t live outside the body for long
- HIV is not spread through day-to-day activities like shaking hands, hugging, a casual kiss
- You cannot get HIV from a toilet seat, drinking fountain, doorknob, dish, drinking glass, food, pet or mosquito
- Condoms help protect against transmission

Who has STDs?

- 1 in 4 sexually active adolescents in the US
Chlamydia Fact Sheet

Overview
- Chlamydia (pronounced kluh-MID-ee-uh) is a very common STD caused by bacteria.
- It is the most frequently reported bacterial STD in the U.S. (about 3 million cases a year, mostly young women).
- If detected early, chlamydia can be easily treated.

Transmission
- Contact with infected mucous membranes/exchange of body fluids.
- Passed easily during vaginal, anal, or oral sex.
- Passed from an infected mother to her newborn during vaginal childbirth.

Signs & Symptoms
- Mild or absent – known as the “silent disease”.
- If any signs or symptoms, they usually are seen within 1-3 weeks of exposure.
- In women: abnormal vaginal discharge, burning sensation when urinating. If left untreated: lower abdominal pain, low back pain, nausea, fever, pain during intercourse, bleeding between menstrual periods.
- In men: a discharge from the penis, a burning sensation when urinating, burning and itching around the opening of the penis, pain and swelling in the testicles.

Testing
- Most tests are done with urine.
- Some tests require a specimen from the infected site (e.g., cervix or penis) using a swab similar to a Q-tip.

Treatment
- Cured with antibiotics.
- Recommended to re-screen at 3 months.
- All sex partners must also be treated.
- Avoid sex until treatment complete.

Complications (if left untreated)
- In women: can cause Pelvic Inflammatory Disease (PID), chronic pelvic pain, infertility, and ectopic pregnancy.
- In men: can cause urethral infection, pain, fever, infertility.

Prevention
- Abstain from sex.
- Be monogamous (have sex with one uninfected partner who only has sex with you).
- Use condoms consistently and correctly every time you have sex.
Gonorrhea Fact Sheet

Overview
- Gonorrhea (pronounced gon-uh-REE-uh) is a common sexually transmitted disease.
- Gonorrhea is nicknamed "the clap" or "the drip."
- It grows and multiplies easily in mucous membranes and in warm, moist areas of the reproductive tract.
- If detected early, gonorrhea can be easily treated.

Transmission
- Contact with infected mucous membranes/exchange of body fluids.
- Passed easily during vaginal, anal, or oral sex.
- Passed from an infected mother to her newborn during vaginal childbirth.

Signs & Symptoms
- None, in many cases.
- If any signs or symptoms, they usually are seen within 2-5 days after infection (but can take up to 30 days).
- In women: often no signs or symptoms, painful or burning sensation when urinating, yellow or occasionally bloody discharge.
- In men: a yellowish-white discharge from the penis, a burning sensation when urinating, painful and swollen testicles.
- Rectal infection: discharge, anal itching, soreness, bleeding, painful bowel movements.
- Throat infections: Few signs or symptoms.

Testing
- Most tests are done with urine.
- Some tests require a specimen from the infected site (e.g., cervix, penis, rectum, throat) using a swab similar to a Q-tip.

Treatment
- Cured with antibiotics.
- Avoid sex until treatment complete.
- All sex partners must also be treated.

Complications (if left untreated)
- In women: can cause Pelvic Inflammatory Disease (PID), chronic pelvic pain, infertility, and ectopic pregnancy.
- In men: can cause epididymitis (a painful condition of the testicles leading to infertility), scarring inside the urethra (making urination difficult).

Prevention
- Abstain from sex.
- Be monogamous (have sex with one uninfected partner who only has sex with you).
- Use condoms consistently and correctly every time you have sex.
Genital Herpes Fact Sheet

Overview
- Genital herpes is a common sexually transmitted disease (STD) caused by the herpes simplex viruses type 1 and type 2 (HSV-1 and HSV-2).
- HSV-1 and HSV-2 are very similar to each other; HSV-1 tends to prefer the mouth and HSV-2 tends to prefer the genital area, although either can occur in either or both parts of the body.
- Herpes is caused by a virus that can be treated but not cured.

Transmission
- Skin-to-skin contact when sores are present or between break outs as infected skin sheds.
- Passed easily during vaginal, anal, or oral sex.
- Passed from an infected mother to her newborn during vaginal childbirth.

Signs & Symptoms
- Usually appear within 2 weeks after the virus is transmitted.
- Signs and symptoms may include a tingling sensation, dull ache, or genital itching. Small sores that look like pimples or blisters may appear.
- Others: painful or difficult urination, fever, flu-like symptoms, severe vaginal itching/pain and painful intercourse.
- If someone has an outbreak, the first one is often the worst one.
- Subsequent outbreaks can appear weeks, months, or even years after the first, but are almost always of shorter duration and less severe.
- Most people who have herpes never have a single outbreak, but can still infect sex partners through shedding.

Testing
- If a lesion is present, a provider can take a specimen from the open sore.
- A blood test that looks for anti-bodies exists, but is expensive and not routinely done.

Treatment
- There is no cure for herpes, but the condition can be treated with antiviral medications.
- Avoid sex during treatment until provider says it's OK.
- All sex partners should be evaluated by a provider and treated as indicated.

Prevention
- Abstain from sex.
- Be monogamous (have sex with one uninfected partner who only has sex with you).
- Use condoms consistently and correctly every time you have sex.
HPV Fact Sheet

Overview
- Genital human papilloma virus (HPV) is the most common viral STD. (About 75% of sexually active men and women will get HPV during their lifetime.)
- HPV refers to a group of viruses that includes more than 100 strains or types. Over 30 of these are sexually transmitted. Of these, there are low risk and high risk types.
- Low risk types generally cause genital warts; high risk types can cause cervical changes that left untreated could progress to cervical cancer.

Transmission
- Highly contagious.
- Passed through skin-to-skin contact during vaginal, anal, or oral sex. No penetration is necessary.
- Passed from an infected mother to her newborn during vaginal childbirth.

Signs & Symptoms
- Often causes no signs or symptoms.
- May cause genital warts that can appear on the penis, vulva, anus, scrotum, groin, or thigh from 3 weeks up to many years after exposure.
- May cause cervical changes that can only be detected through a Pap smear test.

Testing
- Genital warts are diagnosed by inspection. (If they’re there, you have it.)
- Cervical changes are detected through a Pap smear test.
- Regular pap smears detect pre-cancerous tissue.

Treatment
- There is no cure for HPV, but most infections clear the body on their own.
- Genital warts can be removed surgically or with chemicals that freeze or burn the tissue.

Prevention
- Current recommendation are for girls between the ages of 9 and 13 to be vaccinated for HPV.
- Abstain from sex.
- Be monogamous (have sex with one uninfected partner who only has sex with you).
- Use condoms consistently and correctly every time you have sex.
The human immunodeficiency virus (HIV) causes AIDS, or acquired immunodeficiency syndrome. When a person is infected with HIV, the virus infects and can kill certain cells in the immune system called T-helper cells. This weakens the immune system so that other opportunistic infections can occur. HIV has no cure, but with modern medicine it is possible to live a healthy life. Without treatment, HIV can almost always kill you.

Infectious levels of the virus are found in four bodily fluids: blood, semen, vaginal fluid, and breast milk. HIV is spread through sexual contact, contact with infected blood, and infected mother-to-baby transmission.

Often there are no signs or symptoms of initial infection. It can take 10 – 15 years to begin to show signs and symptoms. When signs and symptoms do occur they include fever; weight loss; swollen lymph glands in the neck, underarms, or groin; white patches in the mouth (thrush); certain cancers, and infections (pneumonia, meningitis, and toxoplasmosis).

HIV tests look for antibodies to the HIV infection. HIV is usually tested for in blood, but can also be done with oral swabs. An HIV-infected person is said to have AIDS when they become sick with other specific infections or when the number of T-helper cells drops to a very low number.

There is no cure for HIV. Antiviral medications can slow down the growth of the virus. Medications can treat the infections and cancers associated with AIDS.

Abstain from sex. Be monogamous (have sex with one uninfected partner who only has sex with you). Use condoms consistently and correctly every time you have sex. Never share needles for injection drug use, tattoos, piercing, etc. Using anti-HIV medications while pregnant can decrease the chance of passing the infection to newborns.
Syphilis Fact Sheet

Overview
- Syphilis is a very complex STD caused by bacteria.
- It is a relatively rare STD in the U.S., except in certain populations and geographic locations.

Transmission
- Skin-to-skin contact with a syphilis sore.
- Passed easily during vaginal, anal, or oral sex.
- Passed from an infected mother to her newborn during pregnancy.

Signs & Symptoms
- Several distinct stages.
- Primary Stage
  - First appears 10-90 days (average 21 days) after exposure.
  - A small, round, painless sore appears where syphilis entered the body.
  - The sore will last 3-6 weeks and heals on its own. Even though the sore goes away, infection is still present.
- Secondary Stage
  - Appears 6-12 weeks after initial exposure.
  - Usually shows up as a body rash; can also appear on the bottoms of hands and soles of feet.
  - Rash will clear up on its own without treatment. Even though rash goes away, infection is still present.
  - Other signs and symptoms during this phase include swollen lymph nodes, sore throat, patchy hair loss, head aches, weight loss, muscle aches, and fatigue.
- Tertiary Stage
  - Appears 2-5 years after exposure. Rarely seen in the United States.
  - Attacks the internal organs, including the brain, nerves, eyes, heart, blood vessels, liver, bones, and joints.
  - Can cause paralysis, numbness, gradual blindness, and insanity.

Testing
- A blood test looking for syphilis antibodies.

Treatment
- Cured with penicillin.
- Avoid sex until provider says it’s OK.
- Obtain follow-up as directed by provider.
- All sex partners must be treated.
- Difficult to treat in 3rd stage and if co-infected with HIV.

Prevention
- Abstain from sex.
- Be monogamous (have sex with one uninfected partner who only has sex with you).
- Use condoms consistently and correctly every time you have sex.
Hepatitis Fact Sheet

Overview
- Hepatitis [HEP - uh - TITE - us] is a group of viruses that affect the liver. Hepatitis A, B & C are the most common types in the US.

Transmission
- Hepatitis A
  - Spread primarily through sexual or household contact with an infected person.
  - Passed through the feces (poop) of an infected person—for example, by oral to anal contact or handling a condom after anal sex.
  - Spread through poor sanitation (cleanliness) like forgetting to wash hands after going to the bathroom or changing a baby's diaper.
- Hepatitis B
  - Spread most often through sexual contact and sharing injection drug needles or other equipment used to shoot up drugs (such as works, cotton, cookers, etc).
  - It lives in body fluids such as blood, semen and vaginal secretions.
- Hepatitis C
  - Spread primarily through injection drug use but may also be spread sexually in rare cases.
  - Generally found in the blood of an infected person.

Signs & Symptoms
- If symptoms appear for hepatitis B or C, they will appear more gradually than they do with hepatitis A. Unlike hepatitis A, the hepatitis B and C viruses can stay in the body—sometimes for a lifetime—and may eventually cause chronic (long lasting), serious liver diseases.
- Symptoms of hepatitis include yellow eyes and skin, abdominal (stomach) pain or swelling, muscle weakness, joint pain, rashes or arthritis, nausea or vomiting, dark urine, loss of appetite, fever, and fatigue (exhaustion).
- Sometimes there are no visible symptoms, but there are tests that your health care provider can do to find out whether you have one of the hepatitis viruses.
- When hepatitis damages the liver’s cells, scar tissue is formed and those cells can no longer function. With fewer healthy liver cells, the body begins to show symptoms ranging from mild (such as fatigue) to severe (such as mental confusion).
- Although many cases of hepatitis are not a serious threat to health, the disease can lead to liver cancer, liver failure and death.

Testing
- Blood test.

Treatment
- While there is no guaranteed cure for hepatitis, there are treatments for hepatitis B and C which might help.

Prevention
- There are vaccines available to prevent being infected with hepatitis A and hepatitis B. The vaccines are safe, and you can get them from a doctor. There is no vaccine for hepatitis C.
- For Hepatitis A & B: Abstain from sex; Be monogamous (have sex with one uninfected partner who only has sex with you); Use condoms consistently and correctly every time you have sex.
- For Hepatitis C: Don’t share injection drug equipment.
Crabs (Pubic Lice) Fact Sheet

Overview
- Crabs are tiny little blood-sucking bugs (lice) that live in pubic hair and cause a lot of itching.

Transmission
- Crabs are usually transmitted through skin-to-skin contact with an infected person. These little bugs can literally jump from the pubic hair of one person to that of another during sex.
- They can also be transmitted through sleeping in infested bedding, wearing infested clothing, and possibly from contact with an infested toilet seat.
- Crabs can still be transmitted even if you use a latex condom to help prevent other STDs.

Signs & Symptoms
- Usually, crabs will be found in the pubic area, but lice can also infest armpits, eyelashes, beards, mustaches and even head hair.
- The main symptom is intense itching. The itching usually comes from an allergic reaction to lice bites.

Testing
- Visual inspection.

Treatment
- Crabs can be treated by putting a liquid medicine directly on your pubic hair. You can get a prescription from your doctor. You can buy over-the-counter treatments as well. After treatment, a fine-toothed comb can be used to remove the crabs and their eggs.
- Notify any sex partners immediately so they can be treated.

Prevention
- Visually inspect your partners genitals before any close physical contact.
- Make sure you wash and dry your clothes, bedding, towels, etc. with hot water to kill crabs and their eggs.
Scabies Fact Sheet

Overview
- Scabies is similar to pubic lice, but the bugs are too small to be seen. The bugs dig under the skin.

Transmission
- Because scabies is highly contagious (able to be spread to another person), family members often must be treated, too.

Signs & Symptoms
- Scabies causes very itchy small sores all over the body.
- Scabies rarely is found on the neck or face.

Testing
- Visual inspection.

Treatment
- A liquid medicine applied on the entire body treats scabies and is available by prescription only.

Prevention
- Visually inspect your partners genitals before any close physical contact.
- Clothes, bed sheets and towels must be washed after treatment since the bugs can live in them.
STD CASE STUDIES

Alissa & Marco

Marco and Alissa had been crushing on each other for a long time, but they just never seemed to get together. When Marco was available, Alissa was going out with someone else. When Alissa was available, Marco was seeing someone else. When they finally began to date, Alissa and Marco decided to have sex. Almost a month after they first had sex, Alissa developed a fever and headache and small fluid-filled blisters appeared on her vulva.

Stacey & Jim

Stacey and Jim started dating their sophomore year of high school. They fell in love and agreed they would only date each other. When they were seniors, they decided they were ready to start having sex. That summer, Jim told Stacey he had a growth on his penis that looked like a wart.

Phil

Phil was proud to join the Marines after high school graduation. While in basic training, he began to visit a local bar on the weekends. One night, Phil had way too much to drink and had sex with a man he just met at the bar. He was really embarrassed and promised himself never to go back to that bar. Several weeks later, Phil noticed a sore on his penis. He was concerned at first, but the sore didn't hurt and it disappeared after a couple of weeks.

Jessie & James

One night, Jessie and her friend James were watching T.V. They started making out and one thing led to another and they had sex. She was really embarrassed about the whole thing and they never talked about it again. She had never had sex before and decided she wanted to wait to have sex again. Jessie was sore the next day, but felt fine after that.

Pat & Lesley

Pat and Lesley are friends who sometimes mess around. They aren’t serious about each other and neither one is really ready to have sex, so when they get together they just go down on each other. Last week Lesley gave Pat a blow job. This week she has a sore throat.
Call an STD Hotline

Who will you call? ____________________________________________________________

What’s the number? __________________________________________________________

What do you want to know?

  Question 1:
  Answer:

  Question 2:
  Answer:

  Question 3:
  Answer:

Was the person at the hotline helpful? Courteous? Easily understood? Did they make you feel comfortable?

Would you recommend this hotline to a friend who had a question you couldn’t answer?

Be prepared to tell the class what you learned.
RESOURCES

Hotlines:

National Sexually Transmitted Disease Hotline
800-227-8922
Information and referrals to free and low-cost public clinics. Operators can answer general questions on prevention, symptoms, transmission and treatment of sexually transmitted diseases. Open 8 a.m. to 11 p.m. Eastern Standard Time, Monday through Friday.

Centers for Disease Control and Prevention Voice Information System (24/7)
1-800-232-3228
A 24-hour voice information hotline for questions concerning STD, HIV, and TB information.

STD Web
http://stdweb.com/Hotlines.htm
Find an STD/HIV hotline in your state.

TEEN Line (24/7)
(800) 443-8336
Peer-to-peer counseling for teens.

STD-Related Websites:

Avert: Advice About Condoms
http://www.avert.org/teencondoms.htm
AVERT is an international HIV/AIDS charity. Good and easy-to-read basic information.

Centers for Disease Control and Prevention
http://www.hivtest.org
Find an STD/HIV testing site near you.

Go Ask Alice: Sexually Transmitted Infections (FAQs)
http://www.goaskalice.columbia.edu/Cat7-full.html#89
A teen-friendly Q&A website developed by Columbia University.

TeensHealth
http://kidshealth.org/teen/infections/stds/std.html
Website created for teens looking for honest, accurate information and advice about health, relationships, and growing up.

Teen Wire: Infections & Diseases
A teen-friendly sexual health website for teens developed by Planned Parenthood.