Session 8.4

Sexually Transmitted Infections (STIs)

Session Overview:

1. Review Session 8.1-8.3.
2. Pass out blank question cards.
3. Facilitate Beads and Bracelet Activity.
4. Show the Sexually Transmitted Infections (STIs) PowerPoint.
   - Or Optional Activities: Optimal Health Supplement STIs Optimal Health PowerPoint (8.4.3)
5. Collect completed question cards.
6. Pass out Parent Connection Form Session 8.4: Sexually Transmitted Infections (STIs).

Learning Objectives:

- Participants will understand the risk of contracting sexually transmitted infections (STIs).
- Participants will identify the major symptoms of common STIs.
- Participants will understand abstinence is 100% effective in preventing STIs.
- Participants will understand condoms are effective at reducing the risk of many STIs.
- Optional Activities: Optimal Health Supplement STIs Optimal Health PowerPoint (8.4.3)

Materials Needed:

- Computer, projector, speakers
- Jar of Now and Later candy
- Beads in brown lunch bags with stars on the bottom of the bags and elastic bracelet bands (8.4.2)
- Sexually Transmitted Infections (STIs) PowerPoint (8.4.3)
- Big 3 Review Video (Session 8.4)
- Handouts:
  - Parent Connection Form Session 8.4: Sexually Transmitted Infections (STIs)
- Question cards
- Question bag

Classroom Planning:

- Review Session 8.4 curriculum.
- Prepare for Beads and Bracelet Activity.
- Optional Activities: Optimal Health Supplement Sexually Transmitted Infections (STIs) Optimal Health PowerPoint (8.4.3)
- Make copies of handouts.

The Standards:

- See Appendix E for a list of state and national standards met in this session.

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Educator states:
Before we start today's session, let's review the Big 3 from the last three sessions:

The Big 3:

Session 8.1:

- You need to stay focused on your goals and dreams if you are going to be successful.
- Choices have consequences. There are three risks associated with sex: pregnancy/fathering a child, sexually transmitted infections (STIs), and emotional heartache. Choosing to delay sexual activity will help you stay focused on your goals and dreams.
- The people you spend time with influence your decisions and your ability to achieve your goals and dreams. Choose to spend time with people that meet your needs in a healthy way.

Session 8.2:

- Puberty is the process of changing from a child to an adult and a time when there are physical, social and emotional changes.
- Unplanned pregnancy is a risk of sex. Think about it – Are you ready to be a parent?
- Choosing not to have sex can help you avoid the responsibilities of being a teen parent.

Session 8.3:

- The only 100% effective way to prevent pregnancy is to choose not to have sex.
- If you are sexually active, you need to use a dual method by choosing an effective method of birth control to prevent pregnancy and condoms reduce the risk of sexually transmitted infections (STIs).
- If you want to learn more about these effective methods of contraception please talk to your doctor, parent or guardian, or other trusted adult.

Notes:

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Educator highlight: Before the session, prepare bags of single-color beads for every participant. Place approximately ten beads of one color in each bag but no red beads (e.g., three bags of orange, three bags of yellow, etc.). Prepare three (or four if 30+ participants) bags with ten red beads (representing STIs) and place a red star sticker/draw a red star on the bottom of the bag. Prepare one bag with ten green beads (representing abstinence) and place a green star/draw a green star on the bottom of the bag.

Pass out a bag to each participant, giving the starred bags out at random without letting the participant know.

Educator states:
Now let's start today's lesson. We are going to go around and give each of you a brown bag. Do not touch it. Repeat after me, do not touch it.

When everyone has a brown bag, I'm going to say, get ready, get set, go! When I say go, I want you to take a look at what's inside that brown bag. Then get out of your seat, walk around the room, and exchange one item in your bag with one item from someone else's bag. You have to exchange with at least 5 people.

[If class is small — fewer than 15 participants — exchange with 3-4 people instead of 5.]

Ok, now that you understand the rules, before I give you the bags, I want a volunteer.

[Give bag to volunteer, making sure that it is not the STI color. Quickly pick someone if there is no volunteer. Explain to the class that the volunteer will be standing in front of the class room with the educators and will not be exchanging anything in the bag.]

Ok, here are the final rules, you cannot exchange with the people sitting next to you and you have 30 seconds to exchange your items. When your time to exchange is coming to an end, I will count down from 10. When I get to 1, you all need to be back in your seat with your brown bag rolled up in front of you. Does everyone understand?

Ok, get ready, get set, go! I want my volunteer to come up here.

[Give participants 30 seconds to exchange.]

Make sure you are back in your seat. If you are not back in your seat, you will be disqualified and we will take away your brown bag.

[Once all participants are seated continue.]

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Educator states:
By a show of hands who would like to keep what's inside their bag? In order to keep what's inside of that bag, you have to be qualified. Let's see how many of you qualify.

I want you to look at the bottom of your bag. If you have a red star, stand up, you get to keep what's inside your bag. Show me the red star. Remain standing.

For those of you who are sitting down, I'm going to give you another chance. Look inside your bag. If you have a red bead, you also get to keep your bag. Show me the red bead.

For those of you who are standing — remain standing. For those of you who are still sitting, I'll give you another chance. If you had a red bead, and then you gave it away, stand up, you also get to keep your bag. Be honest.

For those of you still sitting, thank you for your honesty. For those of you who are standing — remain standing.

At Healthy Futures our activities always have a lesson. This is an illustration, an activity that has another meaning.

There are three main points to this activity. For the number of you that had that red star on the bottom of your bag, that represented someone with a sexually transmitted infection (STI). Remember, it's only an illustration.

You are the only ones that had a red bead when we started. Everyone else had different colors. I gave you 30 seconds, and within 30 seconds, almost your whole class came into contact with that red bead.

- This is the first point: STIs can spread quickly. Repeat that after me. STIs can spread quickly.

For those of you who had the red star, did you know that you had the star before the beginning of the activity?

[Most Likely not.]

- This is the second point: Most people with an STI don't know that they have it.

Why is the fact that there are often no symptoms a problem?

[If you don't know you have it, you are more likely to spread it and you are less likely to get treatment for it.]

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[Have the volunteer who did not exchange any of their beads stand up.]

Educator states:
Did our volunteer get any of the red beads?

- This is the third point: This volunteer represents choosing not to be sexually active. Choosing not to be sexually active protects you 100% from STIs.

[Ask volunteer how they feel about not participating in activity now that they know what it was about.]

There are a lot of people out there that have an STI, but they don't look sick, and they don't feel sick. They look and act just like me and you. They feel normal and they feel fine.

This is why STIs can spread quickly. The most common symptom of an STI is no symptom.

Everyone gets to keep their bag. We will pass out bracelet bands that go along with the beads and you can assemble it on your free time.

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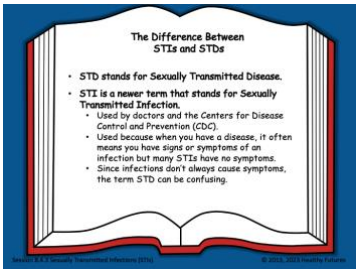
[Show Sexually Transmitted Infections (STIs) PowerPoint.]

PPT Slides: Sexually Transmitted Infections (STIs)

[Slide 1]

Educator states:
Sexually transmitted infections (STIs) are infections that you can get from engaging in sexual activity with an infected person. What were the three points we learned about STIs from the Beads activity?

1. STIs can spread quickly.
2. Most people with an STI don't know that they have it.
3. Choosing not to be sexually active will protect you 100% from STIs.



[Slide 2]

Sometimes people talk about Sexually Transmitted Diseases (STDs) so you might be asking, what is the difference between an STI and STD? STD stands for Sexually Transmitted Disease, a term that has been used for a long time.

Notes:

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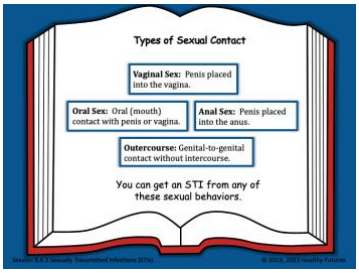
Educator states:
STI is a newer term that stands for Sexually Transmitted Infection, and is beginning to be used more by doctors and the Centers for Disease Control and Prevention (CDC). STI is used because when you have a disease, it usually means that you have signs or symptoms of an infection, but many sexually transmitted infections have no symptoms so a lot of people don't even know they have them. Since infections don't always cause symptoms, some people think the term STD can be confusing. For this reason, we will use the term STI.



[Slide 3]

Let's begin by discussing what counts as sexual contact. Often, when people think of sex, they think vaginal sex, which is when a male places his penis in a female's vagina. However, sex also includes:

- Oral sex, which is when a person's mouth comes in contact with his or her partner's penis or vagina.
- Anal sex, which is when a male places his penis into a partner's anus.
- Outercourse, which is when genitals come in contact, but there is no penetration of the vagina or anus.

Just remember that sex is any type of private area contact; you can get an STI from doing any of these things. It doesn't matter if you are male or female, if you are old or young, if it's your first time having sex or your hundredth time having sex, you can still get an STI.

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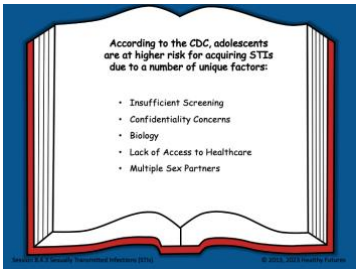
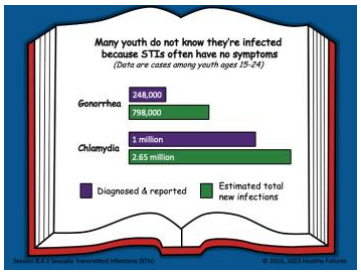


[Slide 4]

Educator states:
According to Centers for Disease Control and Prevention (CDC)[5], teens are at higher risk of getting an STIs than adults. Here are some reasons why:

[CLICK for each to appear.]

1. Insufficient Screening – many teens don't receive screening for STIs
2. Confidentiality concerns – many teens are reluctant to disclose sexual behaviors to doctors
3. Biology – young women's bodies are biologically more susceptible to STIs
4. Lack of Access to Healthcare – youth often lack insurance or transportation needed to access healthcare services
5. Multiple sex partners – some teens have multiple partners which increases STI risk
6. Many youth often don't know they're infected because STIs often have no symptoms



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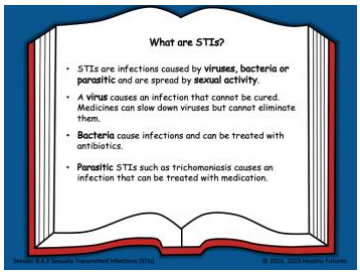

[Slide 6]

What are STIs?

- STIs are infections caused by viruses, bacteria, or parasites and are spread by sexual activity.

[5] STDs in Adolescents and Young Adults. CDC website: http://www.cdc.gov/std/stats11/adol.htm

Notes:

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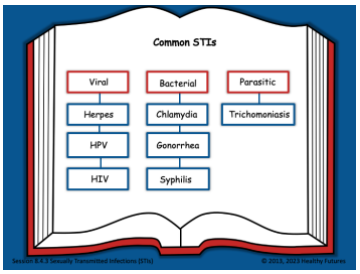
Notes:

Educator states:

- A virus causes an infection that cannot be cured. Medicines can slow down viruses but cannot eliminate them.
- Bacteria cause infections and can be treated with antibiotics.
- Parasites cause infections and can be treated with medication.

An important thing to remember with bacterial and parasitic STIs is that, even if you have gotten treatment and are STI free, if you continue to engage in sexual activity with an infected partner you could get re-infected.



[Slide 7]

Now let's talk about some specific information about STIs. There are more than 25 different types of STIs. This slide lists only a few of the most common ones. There are three main categories of STIs:

1. Viral STIs which include herpes, HPV (human papillomavirus), and HIV (human immunodeficiency virus)
2. Bacterial STIs: chlamydia, gonorrhea, syphilis
3. Parasitic STIs: trichomoniasis

Which ones are curable?

[Bacteria and Parasitic]

Which ones, in most cases, cannot be cured?

[Viral]

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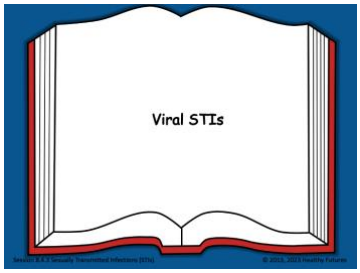

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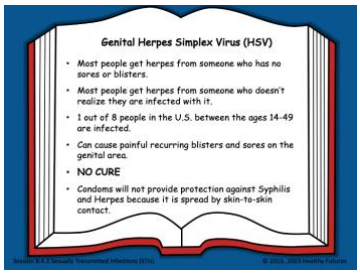


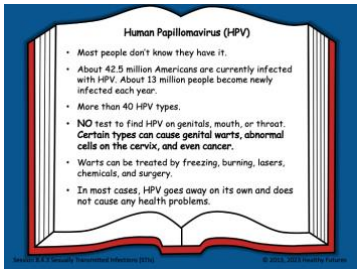
[Slide 9]

Educator states:
Most people get Genital Herpes Simplex from someone who has no sores or blisters. Most people get herpes from someone who doesn't realize they are infected with it. One out of eight people in the U.S. between the ages of 14-49 are infected. It can cause painful recurring blisters and sores on the genital area. Genital Herpes Simplex has no cure. Condoms will not provide protection against Syphilis and Herpes because it is spread by skin-to-skin contact.

Most people out there who have herpes don't know that they are infected with it. The most common symptom of and STI is what?

[No symptom!]

Most people who get the sores and blisters will get them again and again because the virus stays in their bodies for the rest of their lives. There are no medicines to get rid of, or that can cure, the herpes virus. Medicines are available that can prevent the sores from coming back, but you have to take prescription medicines (pills) every day. If you stop taking the medicine, the sores can reappear. Most people who get herpes will get it from someone who has no sores or blisters.



[Slide 10]

Most people don't know they have Genital Human Papillomavirus (HPV). About 42.5 million Americans are currently infected with HPV. About 13 million people become newly infected each year. There are more than 40 different HPV types. There is no test to find HPV on genitals, mouth, or throat. Certain types can cause genital warts, abnormal cells on the cervix, and even cancer. Warts can be treated by freezing, burning, lasers, chemicals, and surgery. In most cases, HPV goes away on its own and does not cause any health problems.

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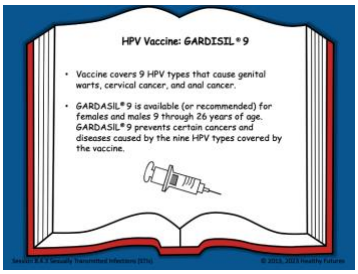
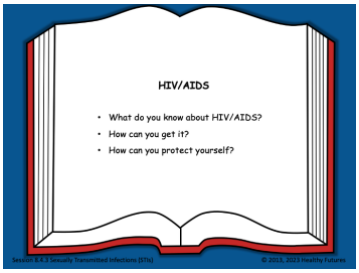


[Slide 11]

Educator states:
GARDASIL® 9 is a vaccine that prevents cancers and diseases caused by the nine HPV types covered by the vaccine. GARDASIL® 9 is available (or recommended) for females and males 9 through 26 years of age. If you want to know more about this vaccine, we recommend that you speak with your parent or guardian and go talk to your family doctor about it.

Educator highlight: GARDASIL® 9 covers 9 of the types of HPV- 6, 11, 16, 18, 31, 33, 45, 52, and 58. Types 16 and 18 cause most cases of cervical cancer. Types 6 and 11 cause cervical warts.



[Slide 12]

- What do you know about HIV/AIDS?
- How can you get it?
- How can you protect yourself?

[Give participants time to respond to questions. Write answers on the board.]

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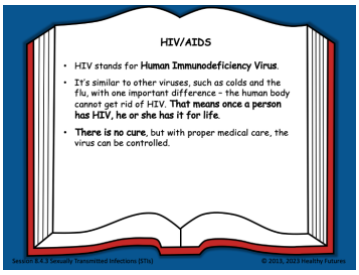

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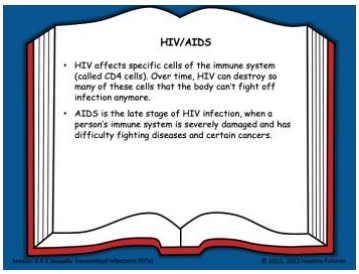
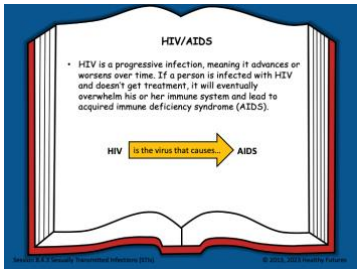


[Slide 14]

Educator states:
HIV stands for Human Immunodeficiency Virus. It's similar to other viruses, such as colds and the flu, with one important difference—the human body cannot get rid of HIV. That means once a person has HIV, he or she has it for life. There is no cure, but with proper medical care, the virus can be controlled.

HIV affects specific cells of the immune system (called CD4 cells). Over time, HIV can destroy so many of these cells that the body can't fight off infection anymore. AIDS is the late stage of HIV infection, when a person's immune system is severely damaged and has difficulty fighting diseases and certain cancers.



[Slide 15]

HIV is a progressive infection, meaning it advances or worsens over time. If a person is infected with HIV and doesn't get treatment, it will eventually overwhelm his or her immune system and lead to acquired immune deficiency syndrome (AIDS).

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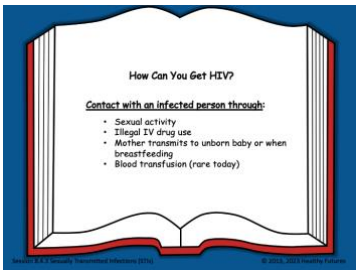


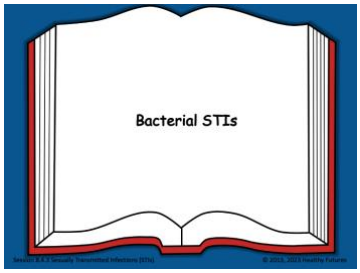
[Slide 16]

Educator states:

HIV can be contracted through:

- Sexual activity
- Illegal IV drug use
- Mother transmitting to unborn baby or when breastfeeding
- Blood transfusion (rare today)

Contracting HIV through a blood transfusion is really rare in the United States.



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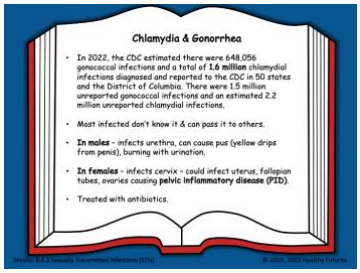

[Slide 18]

In 2022, the CDC estimated there were 648,056 gonococcal infections and a total of 1.6 million chlamydia infections diagnosed and reported to the CDC in 50 states and the District of Columbia. There were 1.5 million unreported gonococcal infections and an estimated 2.2 million unreported chlamydial infections. Most who are infected don't know it and can pass it to others. In males it infects the urethra, can cause pus (yellow drips from penis) and burning with urination. In females it infects the cervix and could infect uterus, fallopian tubes, and ovaries causing pelvic inflammatory disease (PID). These STIs can be treated with antibiotics.

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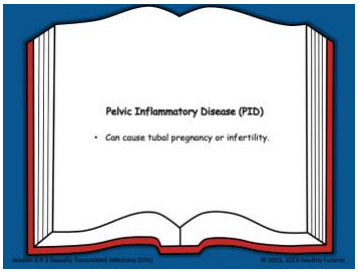
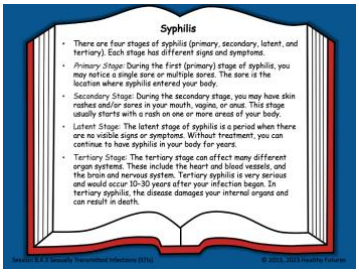


[Slide 19]

Educator states:
Pelvic Inflammatory Disease (PID) can contribute to tubal pregnancy or infertility. Infertility means a man or women is unable to reproduce/ have a baby. One of the ways this happens is: Inside a woman's fallopian tubes, there are tiny hair-like structures called cilia. When a female releases an egg during ovulation, the cilia move back and forth and create a current that pushes the egg through the fallopian tube and into the uterus. If an egg was to be fertilized by a sperm in the fallopian tube, it will be pushed out into the uterus. But PID damages the female's reproductive system by causing scarring and by destroying the cilia. When the cilia are destroyed, there isn't anything to make the current that pushes the egg along. The scar tissue that is there also makes it difficult for the egg to move through the fallopian tube. If the egg is fertilized and stays in the fallopian tube, the tube will grow and eventually burst, causing more damage. The fallopian tube is about the size of a strand of spaghetti; it isn't meant to expand. This can be a very serious medical emergency. Even if the tube doesn't burst, it can make it very hard for the fertilized egg to reach the uterus.



[Slide 20]

There are four stages of syphilis (primary, secondary, latent, and tertiary). Each stage has different signs and symptoms.

Primary Stage: During the first (primary) stage of syphilis, you may notice a single sore or multiple sores. The sore is the location where syphilis entered your body. These sores usually occur in, on, or around the penis, vagina, anus, rectum, and lips or in the mouth.

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Educator states:
Sores are usually (but not always) firm, round, and painless. Because the sore is painless, you may not notice it. The sore usually lasts 3 to 6 weeks and heals regardless of whether you receive treatment. Even after the sore goes away, you must still receive treatment. This will stop your infection from moving to the secondary stage.

Secondary Stage: During the secondary stage, you may have skin rashes and/or sores in your mouth, vagina, or anus. This stage usually starts with a rash on one or more areas of your body. The rash can show up when your primary sore is healing or several weeks after the sore has healed. The rash can be on the palms of your hands and/or the bottoms of your feet and look rough, red, or reddish-brown.

The rash usually won't itch, and it is sometimes so faint that you won't notice it. Other symptoms may include fever, swollen lymph glands, sore throat, patchy hair loss, headaches, weight loss, muscle aches, and fatigue (feeling very tired).

The symptoms from this stage will go away whether you receive treatment. Without the right treatment, your infection will move to the latent and possibly tertiary stages of syphilis.

Latent Stage: The latent stage of syphilis is a period when there are no visible signs or symptoms. Without treatment, you can continue to have syphilis in your body for years.

Tertiary Stage: Most people with untreated syphilis do not develop tertiary syphilis. However, when it does happen, it can affect many different organ systems. These include the heart and blood vessels, and the brain and nervous system. Tertiary syphilis is very serious and would occur 10–30 years after your infection began. In tertiary syphilis, the disease damages your internal organs and can result in death. A healthcare provider can usually diagnose tertiary syphilis with the help of multiple tests.

Notes:

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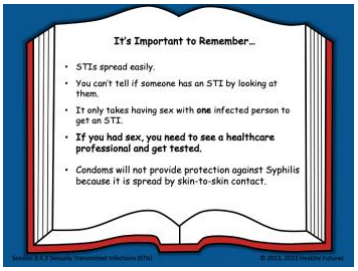
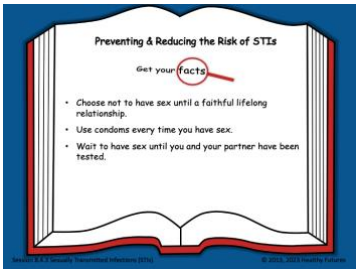


[Slide 21]

Educator states:
It's important to remember:

- STIs spread easily.
- Often, you can't tell if someone has an STI by looking at them.
- It only takes having sex with one infected person to get an STI.
- If you had sex, you need to see a healthcare professional and get tested.
- Condoms will not provide protection against Syphilis because it is spread by skin-to-skin contact.



[Slide 22]

Now we want to talk to you about preventing and reducing the risk of STIs. It's important for us to tell you the facts so you can make healthy, informed decisions about your sexual health. Here are three ways to protect yourself from STIs:

1. Choose not to have sex until a faithful lifelong relationship.
2. Use condoms every time you have sex.
3. Wait to have sex until you and your partner have been tested.

Notes:

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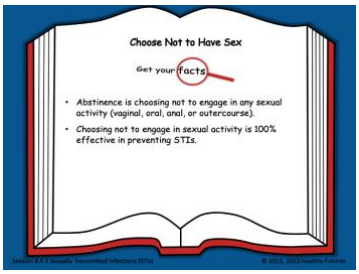
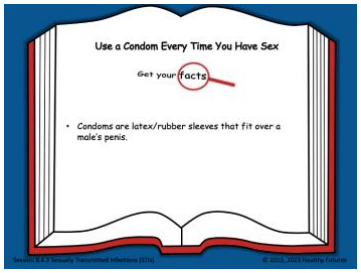


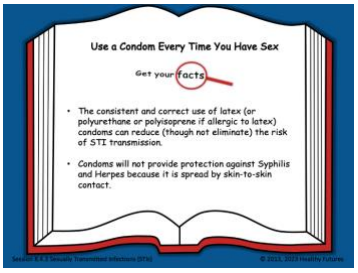
[Slide 23]

Educator states:
Abstinence is choosing not to engage in any sexual activity (vaginal, oral, anal, or outercourse). Choosing not to engage in sexual activity is 100% effective in preventing STIs. The surest way to avoid transmission of STIs is to abstain from sexual activity.



[Slide 24]

If you do choose to become sexually active, use a condom every time you have sex. As we discussed in our last session, condoms are latex/rubber sleeves that fit over a male's penis.



[Slide 25]

The consistent and correct use of latex (or polyurethane or polyisoprene if allergic to latex) condoms can reduce (though not eliminate) the risk of STI transmission. Condoms will not provide protection against Syphilis and Herpes because it is spread by skin-to-skin contact.

Notes:

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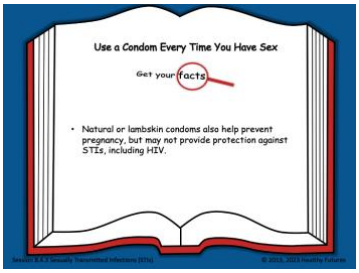
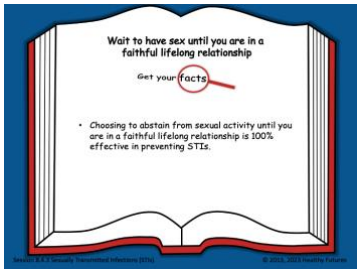


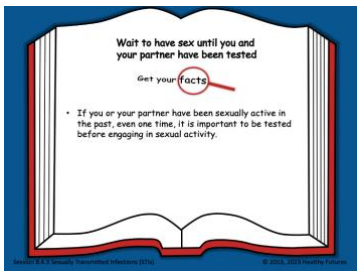
[Slide 26]

Educator states:
Natural or lambskin condoms also help prevent pregnancy, but may not provide protection against STIs, including HIV.



[Slide 27]

Wait to have sex until a faithful lifelong relationship. Choosing to abstain from sexual activity until a faithful lifelong relationship is 100% effective in preventing STIs.



[Slide 28]

Wait to have sex until you and your partner have been tested. If you or your partner have been sexually active in the past, even one time, it is important to be tested before engaging in sexual activity.

Notes:

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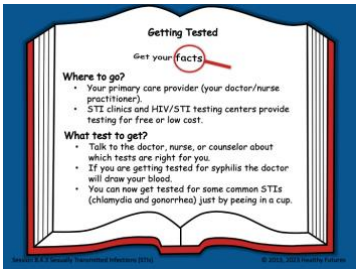
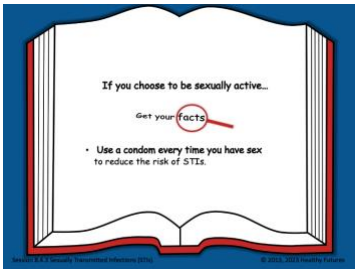


[Slide 29]

Educator states:
Where to go to get tested? Your primary care provider such as a doctor or nurse practitioner; STI clinics and HIV/STI testing centers where they often provide tests for free or low cost.

What test should I get? Talk to the doctor, nurse, or counselor about which tests are right for you. If you are getting tested for syphilis the doctor will draw your blood. You can now get tested for some common STIs (chlamydia and gonorrhea) just by peeing in a cup.



[Slide 30]

If you choose to be sexually active use a condom every time you have sex to reduce the risk of STIs.

Notes:

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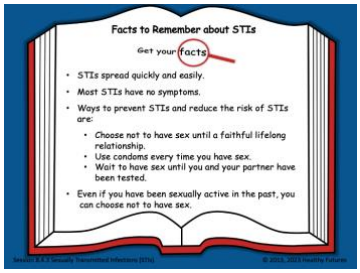

[Slide 31]

Here are some facts to remember about STIs:

- STIs spread quickly and easily.
- Most STIs have no symptoms.
- Ways to prevent STIs and reduce the risk of STIs are:
  - Choose not to have sex until a faithful lifelong relationship.
  - Use condoms every time you have sex.
  - Wait to have sex until you and your partner have been tested.
- Even if you have been sexually active in the past, you can choose not to have sex.

[Slide 32]

Educator states:
Making informed decisions about sex can help you lead a healthy life and achieve your goals and dreams.

The choices you make NOW will affect you LATER!!

Notes:

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Educator states:
Before we finish, we want to emphasize the main points from today's session.

Here are The Big 3 for today:

The BIG 3:

- STIs spread quickly and easily.
- The most common symptom of an STI is no symptom. If you have been sexually active, get tested!
- Choosing not to have sex (vaginal, oral, anal, or outercourse) until you are in a faithful lifelong relationship is the only 100% way to protect yourself from STIs. If you are sexually active, or in a faithful lifelong relationship with someone who has an STI, it is important to use a condom every time to reduce the risk of spreading the STI.

And remember, the choices you make…NOW will affect you…LATER!

[Remind participants of the question cards and to place them in the question bag. Pass out Parent Connection Form Session 8.4: Sexually Transmitted Infections and collect completed forms from sessions 8.3.]

Notes:

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