LESSON

3

Reproductive Health and Disease Education Unit

Sexually Transmitted Infections and Other Sexual Health Risks

HEALTH SKILLS - PERFORMANCE SCALE – HOPE Course – Lesson 3

Learning Goal Outcome from State Standards:
Demonstrate ability to comprehend and use concepts for health promotion, disease prevention, interpersonal skills and decision-making to reduce or avoid health risks.

Lesson 3 Learning Goal Target:
Demonstrate ability to comprehend and use concepts for promoting health education to reduce or avoid health risks and help prevent sexually transmitted infections.

Directions: Using the Performance Scale checklist below. **Start at Level 1**, check off those you can do and work on those you need more practice. Then move up the levels as you build both knowledge and skill competency. Time and practice may be necessary to reach Target Mastery at level 3.

Level	Learning Target Tasks: I can: ✓
4 beyond desired effect	○ Demonstrate evidence of using concepts that promote accurate health information for avoiding or reducing health risks related to human growth and development ○ Demonstrate evidence of applying knowledge regarding reducing/avoiding sexual health risks including sexually transmitted infections
3 level of desired goal	**Demonstrate ability to comprehend and use concepts for promoting health education to reduce or avoid health risks and help prevent sexually transmitted infections.**
2 This is the **foundational** level tasks, practice of skills, cues, vocabulary needed to get to required goal	○ Assess the physical, mental/emotional, social and financial consequences associated with engaging in sexual activity ○ Understand how our health decisions either increase our health risks or decrease them ○ Identify personal boundaries and core values that can help reduce my health risks and can communicate them accordingly ○ Discuss actions and consequences of behaviors that can add to or reduce health risks ○ Identify some consequences that STIs have on healthcare ○ Identify the difference between HIV and AIDS ○ Identify most viral STIs ○ Identify most bacterial STIs ○ Identify the 3 types of STIs
1 Beginning cognitive and physical	○ Recognize that abstinence is the only 100% effective way to prevent sexually transmitted infections and pregnancy ○ Recognize some critical aspects of sexually transmitted infections ○ Recognize some differences between bacterial and viral infections ○ Recognize the difference between a sexually transmitted infection and a disease ○ Recognize some sexually transmitted infections (STIs)

START HERE — CHECK OFF THOSE YOU CAN DO

Lesson Learning Targets:

I can:

- Identify differences between bacterial and viral sexually transmitted infections and diseases.
- Identify how behaviors can increase health risks or decrease them.
- Recognize that abstinence is the only 100% effective way to avoid sexually transmitted infections.
- Identify strategies for disease prevention and detection of sexually transmitted infections.

Lesson Start Up – Recognizing STIs

- Looking at the pictures on the next slide, predict the STI/STD you think might be visible in the photograph
- A word bank is provided
- Record your answers 1-10 in your notes
- Review correct answers

Quick Poll:

ARE STIs ALWAYS VISIBLE?

Active Answering:

- **Stand and Stretch if Yes,**
- **Chair hover Squat for No**

1



2



3



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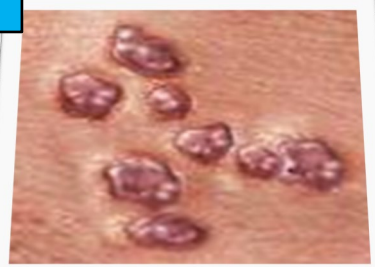


Word Bank

- Trichomoniasis
- Herpes
- HPV
- Hepatitis
- Crabs/Pubic Lice
- Gonorrhea
- Syphilis
- Chlamydia
- HIV/AIDS
- Genital Warts

Lesson Start Up – Recognizing STIs

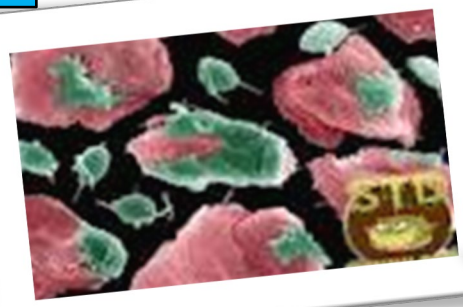
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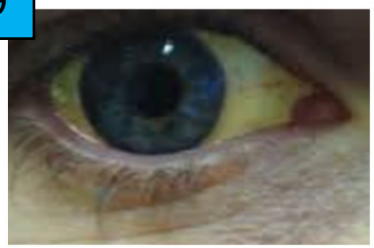
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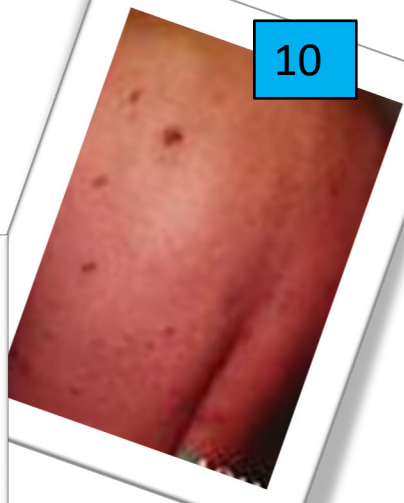
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STIs/ STDs

Sexually transmitted infections (STIs) — are generally acquired by sexual contact. The organisms causing infection and disease include bacteria, viruses, and parasites. They pass from person to person in blood, semen, vaginal and other bodily fluids.

You have an increased risk of contracting an STI that can last your LIFETIME if you have unprotected sex.

Sexually Transmitted Infections (STIs)

- The only sure way to prevent getting an STI is abstinence; refraining from sexual contact.
- It is possible to have more than one STI at a time, and people do not develop immunities if they have previously had an STI.
- STIs can be transmitted with or without symptoms.
- STIs are not always visible, in fact, most STIs are transmitted before the individual knows they are infected.
- Alcohol and drug use can lower inhibitions for sexual activity and increase one's risk of exposure to sexually transmitted infections and pregnancy.
- Proper use of a condom can help to prevent some STIs, but condoms are not 100% effective.
  - Condoms are better at protecting against gonorrhea, chlamydia, HIV, and trichomoniasis. But they offer less protection against herpes, syphilis, HPV, and genital warts as these infections can spread through contact with skin lesions that are not covered by a condom.

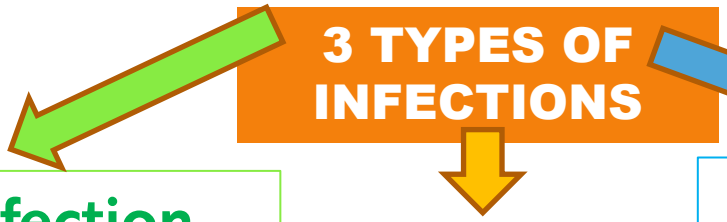
Practice Activity

Categorize: Using the sexually transmitted infections/diseases below determine where they fall in the following categories

VIRUSES	BACTERIA	Other

- Trichomoniasis
- Herpes
- HPV
- Hepatitis B or C
- Crabs/Pubic Lice
- Gonorrhea
- Syphilis
- Chlamydia
- HIV/AIDS
- Genital Warts

3 TYPES OF STIs



Bacterial Infection – CURABLE but makes you more susceptible to other infections and can cause permanent scarring preventing pregnancy. Examples: Chlamydia, Gonorrhea, Syphilis.

Parasitic/ Fungal Infection – CURABLE Trichomoniasis, Pubic lice, Scabies

Viral Infection – INCURABLE – YOU HAVE VIRUS FOREVER that can lead to other immune illnesses and possibly death. Examples: Human Papilloma Virus (HPV), Hepatitis, Human Immunodeficiency Virus/AIDS

Personal Prevention, Valid and Reliable Health Education and Regular Healthcare are ways to avoid infection and disease.

Pause and Read

Sexually Transmitted Infections

There are many kinds of **sexually transmitted infections (STI)**, also known as sexually transmitted diseases (STD). Though not limited to young people, these conditions are common among teens. STIs have various causes, and treatment is specific to the infection. Proper use of condoms can help prevent most of them, but, just as seat belts and airbags are not foolproof in car accidents, condoms are not 100 percent protective. The only completely effective method of preventing an STI is abstinence.

Some facts about STIs may surprise you. For example, it is possible to have more than one STI at a time, and having an STI does not make a person immune to getting it again. In addition, a person can transmit an STI even if he or she has no symptoms.

As you may know, some STIs can be deadly, such as **AIDS** and untreated syphilis. Thus, if you are sexually active, you should know how to decrease your risk of getting or giving an STI. Of course, if you abstain from sexual activity, you can't give or get an STI.

Chlamydia

This common STI affects both men and women and can seriously and permanently damage a woman's reproductive organs. It is the most frequently reported bacterial STI in the United States and occurs most often among young people.

Chlamydia can be transmitted through anal, vaginal, or oral sex and can also be spread from an infected woman to her baby during childbirth. In women, the cervix and urethra are infected first, and if the infection is left untreated it can spread to the uterus and fallopian tubes.

Most infected people do not have symptoms, but some do. Infected women may experience abnormal vaginal discharge or a burning sensation when urinating. Men may experience discharge from the penis or a burning sensation when urinating.

Fortunately, chlamydia is easily treated and cured with antibiotics. However, repeated infection is common, and persons with sex partners who have not been appropriately treated are at high risk for reinfection. The risk of getting or giving chlamydia can be reduced by correct and consistent use of latex male condoms.

Gonorrhea

This bacterial STI grows easily in the warm, moist areas of the female reproductive tract and in the urethra in both women and men. It can also grow in the mouth, throat, eyes, and anus. It can be transmitted through anal, vaginal, or oral sex and can also be spread from an infected woman to her baby during childbirth.

Most women with gonorrhea do not have symptoms. If symptoms do appear, they may include vaginal discharge or bleeding and a painful or burning sensation when urinating. Some men with the infection may also have no symptoms. When symptoms do occur, they may include a burn-ing sensation when urinating or a white, yellow, or green discharge from the penis.

Gonorrhea is treated with antibiotics, which will stop the infection but will not repair any permanent damage done by the disease. Untreated gonorrhea can cause serious and permanent health problems. The risk of getting or giving gonorrhea can be reduced by correct and consistent use of latex male condoms.

Trichomoniasis or Trich

This infection, caused by a protozoan parasite, is the most common curable STI. It is more common in women than in men. It is transmitted through vaginal sex, and the most commonly infected body part in women is the lower genital tract, whereas in men it is the inside of the penis.

About 70 percent of infected people do not have signs or symptoms. Among those who do, both men and women may experience itching or irritation in the genitals, discomfort or burning with urination, and a discharge from either the vagina or penis. Symptoms may come and go.

Treatment is a single dose of an antibiotic medica-tion, which can cure the infection. People who have been treated can get it again if all of the symptoms have not gone away or if they are with a partner who has not been treated for the infection. Using male latex condoms correctly and consistently may reduce the risk of getting or spreading trichomoniasis, but since condoms don't cover everything it is possible to get or spread the infection even when using one.

Pause and Read

Pelvic Inflammatory Disease (PID)

This STI infects only women—specifically, the uterus, fallopian tubes, and other female reproductive organs. PID can lead to infertility, ectopic pregnancy (pregnancy in the fallopian tube or elsewhere outside the uterus), and chronic pelvic pain. It occurs when bacteria move upward from a woman's vagina or cervix into her reproductive organs. Many cases of PID are associated with chlamydia and gonorrhea. A woman's risk of developing PID also increases along with the number of sex partners she has due to the increased exposure to STIs, especially chlamydia and gonorrhea.

Because the symptoms of PID are often vague, it often goes untreated. The most common symptom is lower abdominal pain.

PID can be cured with antibiotics, but any damage already done to the reproductive organs cannot be reversed. The risk of PID can be reduced by consistent and correct use of latex male condoms.



Being educated about STIs is the first step in prevention.
Bill Crump/Brand X Pictures

Syphilis

Syphilis is a highly contagious disease transmitted by direct contact with a syphilitic sore known as a chancre. Chancres are primarily found on the exter-nal genitals, vagina, or anus; in the rectum; on the lips; and in the mouth. The disease is transmitted during vaginal, anal, or oral sex. Pregnant women who have syphilis can also transmit the disease to their unborn children. Pregnant women with syphi-lis have a higher rate of having stillborn babies and babies who die shortly after birth.

It is common for an infected person to be unaware of having the disease initially because it takes approximately 21 days between infection and the start of the first symptom of syphilis to be recognized. Syphilis follows a progression of three stages. The first (also known as primary) stage consists of single or multiple chancre marks. A chancre is usually painless and appears at the location where syphilis entered the body, so the person may be unaware of it. The initial chancres typically last three to six weeks and will heal whether the infected person gets treatment or not.

However, if the person is not treated, the infec-tion will progress to the second stage. Symptoms at the second stage include skin rashes or sores in the mouth, vagina, or anus. Again, the symptoms will disappear with or without treatment.

If left untreated, the infection will progress to the third, or latent, stage of the disease. In this stage, the person continues to have the syphilis infection but generally has no signs or symptoms of the disease. This stage may last for many years.

The final, or late, stage of syphilis can appear 10 to 20 years after the first infection. In this stage, the disease may begin to damage the brain, nerves, eyes, heart, and other organs. This damage can cause long-term complications, including death.

Syphilis is treatable with antibiotics, such as penicillin, and curable if caught early. A blood test is available for detecting syphilis. The use of the correct antibiotic in stages 1 and 2 is very effective in curing a person with syphilis. In higher doses, the drugs may also cure the disease in the latent stage.

The transmission of syphilis can be reduced by correct and consistent use of latex male condoms, but the risk of getting or giving syphilis by direct contact with a chancre can still occur if the chancre is in an area not covered by a condom. You can get syphilis more than once, and reinfection is common. A follow-up test is recommended for those who have been treated for the infection to ensure that the disease is no longer present.

Pause and Read

Genital HPV Infection

Genital human papillomavirus (HPV) is the most common STI; in fact, more than 40 types of HPV can infect the genital areas, mouth, and throat in both men and women. HPV can cause serious health problems, including certain cancers (e.g., cervical, vaginal, anal, oropharyngeal, and penile). It can be transmitted through anal, vaginal, or oral sex even when the infected person has no signs or symptoms.

Other health problems caused by HPV include genital warts and recurrent respiratory papillomatosis, in which warts grow in the throat. Each of these health problems has its own symptoms to contend with.

There is no treatment for the HPV virus itself, but treatments do exist for each of the health problems caused by it. In addition, the HPV vaccine can protect males and females against some of the most common types of HPV. The risk of getting HPV may also be lowered by proper use of a male condom.

Genital Herpes

This STI is caused by types 1 and 2 of the herpes simplex virus (HSV). Both types can cause sores or blisters on or around the mouth and genitals. These viruses remain in the body for life and can cause periodic outbreaks. About 25 percent of people in the United States have genital herpes, but 90 percent of them are unaware of it due to not having any of the symptoms or not recognizing the symptoms.

The virus can be transmitted through anal, vaginal, or oral sex. Infected individuals can transmit the virus even if they do not have a visible sore and do not know they are infected.

Symptoms of genital herpes may include an itching or burning sensation in the genitals and small, painful blisters on or around the genitals, rectum, or mouth. The blisters break and leave painful sores, along with flu-like symptoms that may last two to four weeks. Repeated outbreaks are common.

There is no cure for herpes, but antiviral medications can prevent or shorten outbreaks, and daily use of antiviral medication can reduce the likelihood of transmission. The risk of getting or giving genital herpes can be reduced by correct and consistent use of latex male condoms. However, when herpes sores or other symptoms are present, individuals should abstain from sexual activity. And remember that even if an infected person has no symptoms, he or she can still infect a sex partner.

Human Immunodeficiency Virus (HIV) and Acquired Immune Deficiency Syndrome (AIDS)

HIV is the virus that causes AIDS. Once you have HIV, you have it for life. HIV affects T cells, which fight infection. HIV can be transmitted through blood, **semen**, preseminal fluid (i.e., a clear, colorless, sticky fluid that emits from a man's penis when he is sexually aroused; it is similar in composition to semen), rectal fluid (i.e., a lubricating mucus that is secreted from the rectum during anal intercourse), vaginal fluid, and breast milk. For transmission to occur, the infected fluid must come in direct contact with a mucous membrane or damaged tissue. Transmission occurs primarily through unprotected anal, vaginal, or oral sex; through needle sharing; through blood-to-blood contact; or between mother and child during pregnancy, birth, or breastfeeding. HIV is *not* spread through general day-to-day contact or through the air; nor does it live for very long outside of the body.

Symptoms of HIV infection can include flu-like ailments and opportunistic infections that take advantage of a weakened immune system. AIDS-defining illnesses include certain cancers, dementia, and progressive and extreme weight loss.

There is no cure for HIV or AIDS; therefore, treatment of both is symptomatic. HIV treatment primarily includes antiretroviral therapy, which helps to prolong the duration and quality of survival in people and may help to restore and preserve the function of the immune system. The antiretroviral drugs suppress the virus even to undetectable levels, but they do not completely eliminate HIV from the body. By suppressing the amount of virus in the body, people infected with HIV can lead longer and healthier lives. A person infected with HIV is diagnosed with AIDS when his or her immune system is seriously compromised and signs of HIV infection are severe. Signs may include *pneumocystis carinii pneumonia*—an extraordinarily rare condition in people without HIV infection—and *opportunistic infections*, which rarely cause harm in healthy individuals. Once an individual has been diagnosed with AIDS, antiretroviral drugs may continue to be used and opportunistic infections are treated as they arise.

The risk of HIV and AIDS can be reduced by consistent and correct use of latex male condoms, as well as female condoms; during oral sex, use a dental dam. A dental dam is a barrier contraceptive made of thin latex rubber and is placed over the labia during oral or vaginal intercourse.

Bacterial Infections and Diseases

Syphilis – Chancre and rash





Gonorrhea –discharge and sore





Chlamydia –rash and discharge in eye and on the cervix





Viral Infections and Diseases

HPV – oral virus and papilloma





Genital Warts- genital region and oral representation





Genital Herpes- genital Simplex 2 and oral/eye/nose Simplex 1





Viral STIs continued

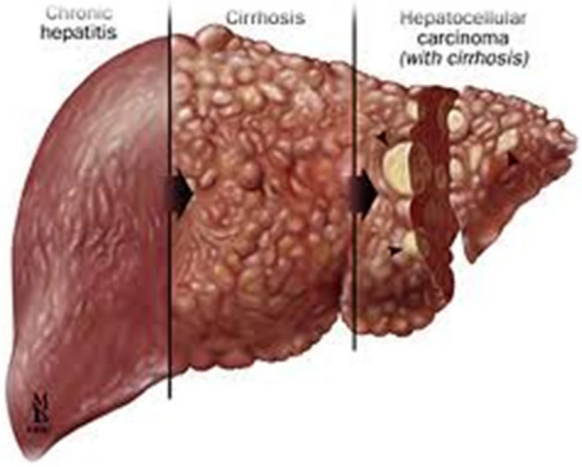
HIV/AIDS – skin lesions and thrush





When HIV has damaged immune system lowering white blood T Cell below 200 It is more likely that some of the opportunistic diseases will cause death than the HIV/AIDS virus under current advanced treatments

Hepatitis C - disease that destroys the liver



HIV/AIDS

HIV – Human Immunodeficiency Virus

- A virus that is transmitted through blood, semen, pre-seminal fluid, and breast milk
- The only way to detect HIV infection is to have a blood test
- HIV can take years to cause noticeable symptoms outside of the initial primary infection which mimics flu-like symptoms (fever, headache, muscle aches, rash, sore throat, swollen glands, diarrhea, cough and sweats)

AIDS – Acquired Immuno-Deficiency Syndrome

- Is a chronic, potentially life-threatening condition caused by the human immunodeficiency virus (HIV)
- By damaging your immune system, HIV interferes with your body's ability to fight infection and disease
- Occurs when HIV has lowered one's white blood T Cell count below 200
- Opportunistic diseases occur and can possibly cause death (i.e.pneumonia)
- Most people who are tested will find out early enough to take HIV medications to prevent AIDS stopping the progression of the disease and reinforcing the urgency of testing and early detection
- There are many pharmaceutical companies that have developed HIV prep treatments for high-risk populations

Supplemental Text 3.c. - Read Aloud – Think Aloud Activity

Close Reading 1: The Risks of Sexual Activity

Directions:

- Read text aloud
- Review vocabulary
- Re-read independently
- Answer the 3 questions in your notes in pairs/small groups
- Discuss answers; correct discrepancies

Text Supplement 3.c.

Guided Questions	Title: The Risks of Sexual Activity	Vocabulary
1. Predict in your own words what the difference is between an STI and STD? 2. How might lack of disease prevention education contribute to the healthcare burden in America? 3. Analyze the many consequences that would come with contracting an STI/STD.	Any *pathogen* that spreads from one person to another during sexual contact is called a sexually transmitted infection, or STI. (Also, may be referred to as *sexually transmitted diseases* or STDs). There are more than 20 million new cases of STIs in the United States each year. Of those cases, half of them were among young people aged 15-24. The STI epidemic is a serious concern for several reasons. STIs are harmful in terms of physical and emotional suffering. And yearly healthcare expenses related to STIs in the United States amount to well over $16 billion. In the short term, STIs may cause pain, *discomfort*, and embarrassment. The long-term *consequences* of STIs may include increased risk of certain cancers and increased risk of infertility in both men and women. Infertility is the condition of being unable to have children *biologically*. Many STIs can be treated with medicines, but some are incurable. And even more are undetected. If left untreated, some STIs can be *fatal*. Unlike many other infectious diseases, people do not develop immunity to STIs after being infected. A person can be cured and then be re-infected with the same STI again. Many STIs can lead to other opportunistic diseases due to compromised immune systems. There are an estimated 7,200 new cases of HIV *reported* each year in adolescents aged 13-24 and over 34,800 total in the US alone. The majority of cases will go unreported unless individual gets tested. Blood tests are the only way to confirm and diagnose STIs.	*Pathogen – highly transmittable microorganism containing infection* *Sexually Transmitted Disease – a viral or bacterial infection spread through sexual contact, not necessarily through sexual intercourse* *Discomfort – soreness or constant ache* *Consequences – results of one's actions.* *Biologically – body's capability to develop within* *Undetected – showing no visible signs or notable symptoms* *Fatal – deadly* *Reported – this refers to only those that have been checked and confirmed positive and reported for that year. It is estimated that at least 10x more cases exist, thus continuing to spread*

Summary: What is this text trying to portray? Why is it important? How can you apply it to your real life?

_____

_____

_____

Practice Activity

- Assess the physical, emotional/mental, social and financial consequences associated with engaging in sexual activity.

Physical Health Consequences	Mental/Emotional Health Consequences	Social Health Consequences	Financial Health Consequences

HEALTH SKILLS - PERFORMANCE SCALE – HOPE Course – Lesson 3

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