SEVENTH/EIGHTH GRADE
LESSON IX
SEXUALLY TRANSMITTED INFECTIONS

Objectives
Students will
• Identify signs, symptoms, and treatments of Sexually Transmitted Infections
• Discuss self-examination as a means of early detection of disease
• Discuss abstinence as the only 100% effective method of preventing pregnancy and Sexually Transmitted Infections

Concepts
1. Sexually Transmitted Infections have severe consequence and constitute a serious and widespread public health problem.
2. Accurate information regarding STIs is essential for healthful living. If a person suspects symptoms of an STI, decisions about treatment need to follow.

Materials
• Universal Precautions
• Worksheet “STI Sense”
• “STI Sense” answers and comments
• List of STIs
• Video Abstinence: It’s the Right Choice (22 minutes)

Activities
1. Have students fill out “STI Sense” worksheet (as a pre and post test).
2. Review and discuss in depth information about diseases on the list of Sexually Transmitted Infections.
3. Show the video Abstinence: It's the Right Choice.
4. Have students fill out “STI Sense” worksheet again and compare level of knowledge.
5. Discuss the necessity of Universal Precautions.
6. Exceptional Education Inclusion Activity-Read the worksheet to the class at the beginning and end.
UNIVERSAL PRECAUTIONS

Tucson Unified School District safeguards its children from the transmission of Human Immunodeficiency Virus (HIV) or AIDS and other diseases by following the “Universal Precautions” recommended by the Center for Communicable Disease Control (CDC), published in August 1987 by CDC and the Food and Drug Administration. (All children should be instructed in general hygiene measures, including hand washing procedures, to prevent disease transmission and use the universal precautions when handling blood.)

Recommendations:

1. Use gloves when handling blood or body fluids containing visible blood. *

2. Prevent direct exposure to blood by use of compresses or tissues. Use disposable towels or tissues whenever possible.

3. Wash hands immediately with soap and water using friction for 10-15 seconds whether or not gloves are worn.

4. Cover open cuts or abrasions.

5. Dispose of blood-soiled items by placing in leak-proof bags securely tied.

6. Ask an adult to disinfect blood spills with one part bleach to ten parts water or another appropriate disinfectant.

*Universal precautions are also observed for semen and vaginal discharges in settings where contact may occur.
# STI SENSE

**Directions:** This can be done as a pre and post test during the section on STIs.

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* This holds true for either sex.
Answer | Comments
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1. False | Currently there is no medical cure for herpes. Treatment is available for the symptoms, but there is no cure for the disease, so the disease often recurs.
2. False | While it is possible for both girls and boys to have no symptoms, it is more likely that the boy may have visible symptoms. This is why it is so important to be HONEST with sex partner(s) if people find they have an STI.
3. False | STIs can have a variety of very serious and even life-threatening consequences. They should not be ignored or taken lightly.
4. False | It is possible for a person with only one sex partner to get an STI, but the more partners a person has, the more the chances increase. ABSTINENCE, therefore, and the use of SELF-CONTROL in relationships are the best ways of preventing the spread of STIs.
5. True | If a mother has gonorrhea at the time the baby goes through the birth canal, it can result in blindness for the baby. She has the RESPONSIBILITY for the health of her future children.
6. True* | It would be unwise to have sex with someone who has an STI since it spreads so easily. She needs to RESPECT herself and take RESPONSIBILITY for caring for her own body and health.
7. True | Sterility is a serious consequence. Several of the STIs can make it impossible to have children in the future. Most teenagers want that choice left open to them.
8. True* | A girl has the RESPONSIBILITY to be HONEST with a boy, and if she RESPECTS him, she would not have sex knowing she could be giving him a disease.
9. False | Thousands of teenagers in the U.S. have STIs. It does not matter what age you are. STIs are not fussy. It makes sense to use SELF-CONTROL and not have intimate sexual contact so you do not put yourself at risk.
10. | (Depends on State Law) It is always best to talk with your parents, whenever possible. However, sometimes people feel that it would be hard to talk to their parents about an STI. (In Arizona, treatment of STIs for teenagers is confidential.)

*This holds true for either sex.
SEXUALLY TRANSMITTED INFECTIONS

AIDS (Acquired Immune Deficiency Syndrome, HIV)
Cause: viral

• Symptoms
  1. Symptoms show up several months to several years after contact with the HIV virus
  2. Flu-like feelings that do not go away
  3. Unexplained weight loss
  4. Diarrhea
  5. White spots in mouth
  6. Purple bumps on the skin and inside mouth, nose, rectum

• How Is It Contracted?
  It is spread through contact with someone who has the HIV virus by sharing needles, mother to unborn child, blood to blood contact, sexual contact-anal, vaginal or oral and breast milk.

• If Not Treated
  1. It can be given to a sexual partner(s) or through blood to blood contact
  2. AIDS cannot be cured, the disease is fatal
  3. Mothers can pass the virus on to their unborn children

CHLAMYDIA
Cause: microorganism similar to bacteria

• Symptoms
  1. Show up 7-21 days after having sex with infected person
  2. Most women and some men have no symptoms
  3. Discharge from the vagina/watery white drip from penis
  4. Bleeding from the vagina between periods
  5. Burning pain during urination
  6. Pain in abdomen sometimes with fever and nausea

• How Is It Contracted?
  Spread during sexual intercourse, oral sex and anal sex with someone who has chlamydia and from the birth canal to fetus.

• If Not Treated
  1. Can be passed on to sexual partners
  2. Can lead to more serious infection. Reproductive organs can be damaged
  3. Both men and women may no longer be able to have children
  4. A mother with chlamydia can give it to her baby during childbirth
CYTOMEGALOVIRUS (CMV)
Cause: viral

- Symptoms:
  1. Sometimes none
  2. Swollen glands, fatigue, fever, weakness
  3. Mononucleosis
  4. Irritations of the digestive tract, nausea, diarrhea
  5. Loss of vision

- How Is It Contracted?
  1. Close personal contact
  2. During sexual intercourse (oral, anal, vaginal) with someone who has CMV
  3. Blood transfusion and sharing IV drug equipment
  4. Pregnancy, childbirth, and breast feeding

- If Not Treated
  1. There is no cure
  2. Causes hearing loss and mental retardation in babies
  3. Can cause mononucleosis, blindness and mental disorders

GENITAL WARTS and HUMAN PAPILLOMA VIRUS (HPV)
Cause: viral

- Symptoms
  1. Symptoms show up 1-6 months after having sex
  2. Small, bumpy warts on the sex organs and anus
  3. The warts do not go away
  4. Itching or burning around the sex organs
  5. Sometimes there are no symptoms
  6. Cell changes in the cervix

- How Is It Contracted?
  Spread during genital contact, sexual intercourse, oral sex or anal sex with someone who has HPV. There are 40 types that can infect the genital area of men and women.

- If Not Treated
  1. Can pass genital warts/HPV on to sexual partners
  2. More warts grow and are harder to eliminate
  3. A mother with warts can give them to her baby during childbirth
  4. May lead to pre-cancerous conditions and cancer
  5. There is no cure but there is a vaccine developed to prevent cervical cancer and other diseases in females caused by genital HPV. The vaccine protects against 4 HPV types which together cause 70% of cervical cancers and 90% of genital warts.
**GONORRHEA** (clap, drip, GC)
Cause: bacteria

- **Symptoms**
  1. Symptoms show up 2-21 days after having sex
  2. Most women and many men have no symptoms
  3. Thick yellow or white discharge from the vagina/penis
  4. Burning or pain during urination or bowel movement
  5. More pain than usual during periods
  6. Cramps and pain in the lower abdomen

- **How Is It Contracted?**
  Spread during sexual intercourse, oral sex and anal sex with someone who has gonorrhea

- **If Not Treated**
  1. It can be spread to sexual partners
  2. Can lead to more serious infection
  3. Reproductive organs can be damaged
  4. Both men and women may no longer be able to have children
  5. A mother with gonorrhea can give it to her baby during childbirth
  6. Can cause heart trouble, skin disease, arthritis and blindness in newborns

**HEPATITIS B and A** (HBV) and (HAV)
Cause: viral

- **Symptoms**
  1. Extreme fatigue, headache, fever, hives
  2. Lack of appetite, nausea, vomiting, tenderness in the lower abdomen
  3. May progress to dark urine, clay-colored stool, yellowing of the skin and white of the eye—jaundice

- **How Is It Contracted?**

- **(HBV)**
  1. It is spread in semen, saliva, blood, and urine through sexual contact from kissing to sexual intercourse (oral, anal, vaginal)
  2. Use of unclean needles to inject drugs
  3. Sharing personal hygiene utensils such as toothbrushes and razors

- **(HAV)**
  1. Oral contact with fecal matter
  2. Unclean needles with intravenous drug use

- **If Not Treated**
  1. Hepatitis A and B are very contagious. However, HAV infection is contagious for only a short period of time
  2. Some people remain infected and contagious for the rest of their lives
3. HBV can be prevented with a vaccination
4. Passed from mother to child
5. Chronic HBV can cause severe liver disease and death

HERPES

Cause: viral

- Symptoms
  1. Symptoms show up 2-30 days after having sex
  2. Some people have no symptoms
  3. Flu-like feelings
  4. Small, painful blisters on the sex organs or mouth
  5. Itching or burning before the blisters appear
  6. Blisters last 1-3 weeks
  7. Blister go away, but herpes remains
  8. Blister reoccur

- How Is It Contracted?
  Spread during sexual intercourse, oral sex and anal sex with someone who has herpes

- If Not Treated
  1. Can be spread to sexual partners
  2. Herpes cannot be cured
  3. A mother with herpes can give it to her baby during childbirth

MOLLUSCUM CONTAGIOSUM

- Symptoms
  1. Small, pinking-white, waxy, round, polyp-like growths in the genital area or on the thighs
  2. Symptoms appear between 2 and 12 weeks after infection, but they cold take years

- How is it Contracted?
  1. Vaginal, anal, and oral intercourse
  2. Intimate contact

- If Not Treated
  1. It can spread to sexual partners
  2. Continued symptoms
  3. Growths can be removed with chemical, electrical current, or freezing

NGU (nongonococcal or nonspecific urethritis, NSU)

Cause: bacterial

- Symptoms
1. Infects both men and women
2. Symptoms show up 1-3 weeks after having sex
3. Most women and some men have no symptoms
4. Yellow or white drip from the penis
5. Discharge or burning in the vagina
6. Burning or pain during urination

- How Is It Contracted?
  Spread during sexual intercourse, oral sex and anal sex with someone who has an NGU infection.

- If Not Treated
  1. It can be spread to sexual partners
  2. Can lead to more serious infection
  3. Reproductive organs can be damaged
  4. Both men and women may no longer be able to have children
  5. A mother with NGU infection can give it to her baby during childbirth

**PELVIC INFLAMMATORY DISEASE (PID)**

- Symptoms
  1. Occurs both in men and women
  2. Pelvic pain, chills, fever, irregular menstrual periods, lower back pain in women
  3. Pain and swelling of scrotum in men

- How Is It Contracted?
  1. Spread during sexual intercourse

- If Not Treated
  1. Scar tissue in fallopian tubes resulting in possible dangerous tubal pregnancy later in life
  2. Sterility
  3. Scar tissue in vas deferens

**PEDICULOSIS PUBIS (pubic lice, crabs, lice)**

- Symptoms
  1. Symptoms usually show up 25-30 days after exposure
  2. Intense itching in pubic area
  3. Bloodstains may be noticed on underwear

- How Is It Contracted?
  1. Spread by intimate physical contact with infected person
  2. Could get from infected bedding, clothing or towels (as eggs can live up to 6 days)

- If Not Treated
1. Can be spread to sexual partner
2. Continued symptoms

**SCABIES (skay-bee, the itch)**
Cause: itch mite

- **Symptoms**
  1. Symptoms appear 4-6 weeks after infection

- **How Is It Contracted?**
  1. Spread by close body contact (not always sexual in nature)

- **If Not Treated**
  1. Can be spread to those in close contact

**SYPHILIS (syph, the pox)**
Cause: spirochete bacterium

- **Symptoms**
  **First Stage**
  1. Symptoms show up 1-2 weeks after having sex
  2. A painless, reddish-brown sore on the mouth or sex organs
  3. Sore lasts 1-5 weeks
  4. Sore goes away, but syphilis remains
  **Second Stage**
  1. Symptoms show up 6 weeks – 6 months after sore appears
  2. A rash anywhere on the body
  3. Flu-like symptoms.
  4. Rash and flu-like symptoms go away, but syphilis remains

- **How Is It Contracted?**
  1. Spread during sexual intercourse, oral sex and anal sex with someone who has syphilis

- **If Not Treated**
  1. Syphilis can be spread to sexual partners
  2. Infected mothers can spread it to their babies during childbirth
  3. Can cause heart disease, brain damage, blindness and death

**VAGINITIS/BACTERIAL VAGINOSIS (BC) (gardnerella, trich, yeast)**

- **Symptoms**
  1. Some women have no symptoms
  2. Itching, burning, or pain in the vagina
  3. More discharge from the vagina than normal
  4. Discharge smells and or looks different
• How Is It Contracted?
  1. Pregnancy, antibiotics, birth control pills, menstruation, diabetes, can lead to vaginitis due to change in bacterial level
  2. Spread during sexual intercourse, oral sex and anal sex. Men can carry vaginitis infections without symptoms

• If Not Treated
  1. Can be spread to sexual partners
  2. Uncomfortable symptoms will continue
  3. Men can get infections in the prostate gland and urethra