

# SEXUAL HEALTH

## LESSON #5

**Complete this worksheet as we discuss information within the PowerPoint Presentation.**

### **BACTERIAL VS VIRAL STIs:**

- \_\_\_\_\_ can be \_\_\_\_\_ with antibiotics
- \_\_\_\_\_ diseases are \_\_\_\_\_
- Both bacterial and viral infections can have \_\_\_\_\_ changes to your body.

Bacterial STIs:	Viral STIs:

### **SYMPTOMS of STIs:**

STIs can present themselves with some, all, or none of the following:

- Itching
- Hurts to pee
- Change in colour or odour of discharge (female)
- Any penile discharge
- Change in periods (painful, spotting, increased /decreased flow)
- Bumps, lumps, sores
- Rash
- Abdominal pain
- Pain with intercourse
- NO SYMPTOMS AT ALL

Some of these STIs and their symptoms can be \_\_\_\_\_ and can also lead to \_\_\_\_\_, \_\_\_\_\_, \_\_\_\_\_, and even \_\_\_\_\_.

**HIV & AIDS:**

- HIV = \_\_\_\_\_  
(virus indicates that it is NOT curable)
- AIDS = \_\_\_\_\_  
(it is the second stage of HIV and is also non-curable)
- People do not die from AIDS. They die from \_\_\_\_\_  
which are other colds and viruses that their weakened immune system cannot fight.

**Complete the true and false to find out how much you know about HIV and AIDS**

### True and False

Find out how much you know about AIDS by answering true or false to each statement.

- \_\_\_ 1. The Human Immunodeficiency Virus (HIV) can be spread through sharing a plate or glass with someone or through contact made on a public toilet seat.
- \_\_\_ 2. Most teenagers who have sexual intercourse use a condom.
- \_\_\_ 3. HIV can only be spread through sexual intercourse
- \_\_\_ 4. You cannot get AIDS from a mosquito bite.
- \_\_\_ 5. A person living in a remote or rural area doesn't need to worry about AIDS
- \_\_\_ 6. There is a risk of contracting HIV if you get a tattoo.
- \_\_\_ 7. Petroleum jelly (Vaseline) is a good lubricant to use with a condom.
- \_\_\_ 8. You can't get AIDS if you only have sexual intercourse once.
- \_\_\_ 9. A woman who has HIV has about a 50% chance of passing the virus to her unborn baby.
- \_\_\_ 10. Hugging someone who has AIDS is not a risky activity. You can't get AIDS from touching.
- \_\_\_ 11. If you are using a condom you cannot contract AIDS.
- \_\_\_ 12. You cannot contract AIDS by swimming in the same pool as an infected person.
- \_\_\_ 13. You cannot contract AIDS by sharing needles to inject certain drugs.
- \_\_\_ 14. Women using birth control pills cannot get AIDS.
- \_\_\_ 15. People who are infected with HIV always look sick.

**STATISTICS on TEENS, SEX, & STIs:**

- New estimates show that there are about \_\_\_\_\_ new infections in the United States each year.
- Young people age \_\_\_\_\_ account for 50 percent of all new STIs, although they represent just 25 percent of the sexually experienced population.
- Roughly 75 percent of all reported gonorrhea is found in people age 15 to 29, with the highest infection rates found in teen girls age 15 to 19 and 20 to 24-year-old men.
- The Centers for Disease Control and Prevention estimates that there are more than \_\_\_\_\_ STIs among men and women in the U.S. This includes both new and existing infections.
- The annual number of new infections is roughly \_\_\_\_\_ among teen girls (51 percent) and teen guys (49 percent).
- HPV (human papillomavirus) accounts for the majority of prevalent STIs in the U.S.
- The U.S. has the \_\_\_\_\_ rate of STIs in the industrialized world.
- 46% of American high school students have had sexual intercourse and potentially are \_\_\_\_\_ for human immunodeficiency virus (\_\_\_\_\_) infection and other STIs.
- \_\_\_\_\_ sexually active high school teens reported \_\_\_\_\_ during their most recent sexual intercourse.
- \_\_\_\_\_
- \_\_\_\_\_ of adults age 18 to 44 have ever been tested for an STI other than HIV/AIDS.

**PREVENTION & PROTECTION:**

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

**PROTECTION FROM PREGNANCY VS PROTECTION FROM STIs:**

- Birth control can help prevent \_\_\_\_\_ but it \_\_\_\_\_ protect you from STIs.
- If you plan to be sexually active, always use a \_\_\_\_\_ to help protect against STIs

**EARLY DETECTION:**

**The early detection and treatment of STIs is critical to prevent further spread of infections**

Early identification and treatment of an STI can help \_\_\_\_\_ the possibility of complications, both for an infected individual and their sexual partner(s).

This is especially true for women, as undetected and untreated infections can lead to:

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

**TESTING:**

**When:**

- Individuals who suspect they may have contracted an STI should ask for guidance about when to get tested.
- Regardless of symptoms, at-risk individuals should be \_\_\_\_\_.
- Visible symptoms should not be the only reason for testing, as many infections are \_\_\_\_\_. If symptoms are not present or a person is infectious before symptoms appear, the infection can be unknowingly \_\_\_\_\_ to others.
- At the \_\_\_\_\_ of any new sexual relationship, it is a good idea for both partners to get assessed and \_\_\_\_\_ for infections.
- Suspicion or diagnosis of an STI should prompt testing for \_\_\_\_\_ if not already done.

**How:**

The main methods of testing/screening are:

1. \_\_\_\_\_ from the urethra, cervix, vagina, anus or throat
2. \_\_\_\_\_
3. \_\_\_\_\_

**IMPORTANT FACTS:**

- The only way to be completely safe from STIs and pregnancy is \_\_\_\_\_ (but even so, that would depend on what your definition of abstinence is).
- Abstaining from \_\_\_\_\_ is the only way to be 100% safe from STIs.
- If you choose to be sexually active, the only contraceptive that provides any protection from STI transmission is a \_\_\_\_\_.
- Some STIs are \_\_\_\_\_ and can even lead to \_\_\_\_\_.
- Honest and open \_\_\_\_\_ with a partner are key components in staying safe.

**LOCAL ACCESS  
to PROTECTION, TESTING, & SUPPORT**

- Your family doctor
- Tricities Health Unit
  - 300 Newport Drive, Port Moody
  - 604 949 7200
- Port Coquitlam Health Unit
  - 2266 Wilson Ave, Port Coquitlam
  - 604 777 8700
- [www.fraserhealth.ca](http://www.fraserhealth.ca)

**Where to access more information**

- [www.sexualityandu.ca](http://www.sexualityandu.ca)
- [www.cfsh.ca](http://www.cfsh.ca)
- [www.optionsforsexualhealth.org](http://www.optionsforsexualhealth.org)
- 1-800-SEX-SENSE
- [www.managingcontraception.com](http://www.managingcontraception.com)

