

STIs

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Introductions

Hi everyone!

Our names are Townley and
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We are health educators here to talk
about sexually transmitted
infections, how you can prevent
them, and what to do if you get one.

Ground Rules

- Use “I” statements.
- Treat each other with respect and kindness.
- Respect everyone’s privacy - Respect your classmates by not sharing personal information with others.
- Give everyone a chance to speak.
- Take care - We may be talking about sensitive topics for some. If you feel overwhelmed, allow yourself some space or talk to a friend who can help.

Goals for today's lesson

1. That everyone knows at least two ways they can protect themselves from STIs
2. That everyone can name one local place where they can get tested for an STI

Sexually
Transmitted
Infection Pre-Test

Take 1 minute to answer each question

1. Give a brief description of what an STI is.
 2. Can you name at least 3 known STIs?
 3. Do you know the ways in which you can get tested for an STI? If so, name ways in which you can get tested
 4. What are the common symptoms someone can experience if they contract an STI?
 5. Besides abstinence, identify a way in which you can prevent the spread of STIs?
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What are Sexually Transmitted Infections?

What is an STI?

- STIs are sexually transmitted infections. These infections are caused by bacteria, viruses, or parasites that can be transmitted between humans through sexual contact.
- Some common STIs include chlamydia, gonorrhea, human papillomavirus (HPV), herpes, and syphilis

Risk Factors

- A risk factor is a variable associated with an increase of risk whether it is for a disease or an infection
- Some risk factors for STIs include
 - History of STIs
 - Unprotected sex
 - Multiple sexual partners
 - Nonconsensual sex

STI Prevention

- Abstinence is defined as not having sex and is the only way that someone can guarantee that they don't contract an STI.
- Vaccination - The 3 STIs that can currently be prevented through vaccinations are Hepatitis A, Hepatitis B, and Human Papillomavirus (HPV).
- PrEP is a medication that when taken daily as recommended, can be 99% effective in preventing HIV.
- PrEP is recommended for anyone who is at a higher risk of contracting HIV.
- Condoms and Dental Dams are physical barriers usually made of latex that can prevent somebody from contracting an STI.

Hepatitis A and B

- The Hepatitis A vaccine is the best way to prevent a Hep A infection.
- Hep A can be transmitted through oral-anal sex which can be prevented by using a dental dam.
- It can be spread through blood or fecal matter of an infected person.
- Hepatitis B is a liver infection that can be spread through sexual contact.
- Some cases only cause mild infection, but some may become chronic conditions and lead to scarring of the liver and liver cancer.
- It can be transmitted through semen, vaginal fluid, and blood.

Human Papillomavirus

- Human Papillomavirus (HPV) is the most common STI and has over 200 different types of which 40 can affect your reproductive system.
- Most genital cases of HPV go away on their own, but some can cause serious health complications such as cervical cancer and cancer in other parts of your body.
- The HPV vaccine can prevent HPV infections that can cause genital warts or cancer.

Limiting Number of Sexual Partners

- Reducing the number of sexual partners that you have can reduce the likelihood that you are exposed to an STI.
- Engaging in mutual monogamy may also reduce your risk for developing an STI.
- Mutual monogamy is an agreement between two people to only pursue a relationship or sexual partnership between those two people.
- For mutual monogamy to be successful, both people should be tested for STIs.

Dental Dams

- Thin latex or polyurethane sheets that can prevent the transmission of STIs during oral sex.
- It should be placed between the mouth and either the vagina or anus.
- Do not reuse a dental dam.

Internal Condoms

- Known as female condoms, and go inside the vagina or anus.
- When used correctly, they can be up to 95% effective.
- Video - What is a Female Condom and How Does it Work?
- <https://www.youtube.com/watch?v=P0gd7kUf1bo>
- ELC Questions:
 1. What does a female condom protect against?
 2. If you already take birth control, do you still need to use a condom?
 3. Would you recommend a female condom to a friend?

External Condoms

- External condoms can be used to prevent STIs during oral, anal, and vaginal sex and is put on the penis.
- External condoms can be up to 98% effective if used correctly. If not, it can go down to 82%.
- Factors like using the wrong size condom, wrong amount of lube, or wrong type of lube.
- Video - <https://www.youtube.com/watch?v=1pAybK5v5dM>

Types of External Condoms

- Latex - best all around condom for most people unless you are allergic. Most effective against protecting you from STIs.
- Non Latex (Plastic) - These are ok but break more often than latex. Can be made from polyurethane, polyisoprene, and nitrile
- Animal skin (lambskin) - Least effective option of the three. While it does protect from pregnancy, it does not protect from STIs.

Steps of Putting on a Condom

1. Check the condom expiration date. If the condom isn't expired yet, it's good to go!
2. Check the condom wrapper for an air bubble.
3. Open the condom wrapper carefully, and remove the condom.
4. Make sure that the tip is facing up, pinch the tip, and place the condom on the head of the penis.
5. Unroll the condom down onto the penis with one hand while still pinching the tip
6. Sex!
7. Before the penis is flaccid, hold the condom at the base and pull out of the vagina or anus.
8. Throw the condom away,

Asymptomatic Infections

- Being asymptomatic means to have an infection but not show any symptoms of it
- It is common for STIs to have little to no symptoms at all, which is why testing is an important step in knowing whether you have an STI.
- Even if you have no symptoms, you can still pass the infection on to someone else

Symptoms

- Some common symptoms of STI's include
 - A burning sensation while peeing
 - Abnormal discharge from the penis or vagina
 - Abdominal pain
 - Genital sores
 - Genital warts
 - Itching and discomfort in the groin
 - Body rash
 - Pain during intercourse
 - Testicular Pain

STI Testing

- Talk to your doctor about any symptoms you have or if you just want more information on STI testing. They can help ensure you receive the right test for you.
- All sexually active people should be getting tested for STIs regularly.
- Some of the different methods for STI testing include
 - Urine tests
 - Blood tests
 - A physical exam
 - Swabbing for cell samples

Video

STD Testing - How to Know if you Have an STD

https://www.youtube.com/watch?v=_EKnKJ-Wb-g

ELC Questions

1. What is one method for getting tested for STIs?
2. When should you get tested for an STI?
3. What is one thing you could do with a partner in the future to protect from STIs?

Treatment

- Many STIs can be treated with medicine, however some are incurable
- People living with incurable STIs can still manage their symptoms and live completely normal, healthy lives.
- Of the 8 most common STIs, 4 are curable and 4 are incurable.
- The 4 curable are Syphilis, Gonorrhea, Trichomoniasis, and Chlamydia.
- Some incurable STIs include Hepatitis B, HIV, Herpes, and HPV

Bacterial and Parasitic STI Treatment

- 3 STIs that originate from bacteria are Syphilis, Gonorrhea, and Chlamydia. This means they can easily be cured through a regimen of antibiotics.
- Trichomoniasis is caused by a parasite and can also be cured through antibiotics.
- It is important to take antibiotics according to the instructions of the doctor and to complete the entire regimen even if you start to feel better before it is done.
- If not taken correctly, it can put you at an increased risk for an antibiotic resistant infection.
- This is when bacteria develop the ability to “outsmart” the drugs that are used to kill it which can make treatment useless, allowing the infection to spread.

Treatment for Hepatitis B and HPV

- Hepatitis B and HPV are not curable by medicine, but if the infections aren't severe, they can go away on their own.
- Both infections can become chronic diseases.
- Chronic Hep B can cause liver damage and cancer.
- Despite these infections not being curable, their symptoms can be treated and managed.

Treatment for Herpes

- There is no cure for herpes, but symptoms can be managed and become milder over time.
- Herpes is a viral infection, meaning that the infections can be treated using antiviral medication.
- Herpes causes sores on the mouth or genitals that can flare up occasionally.
- These flare ups are treatable through medication and can shorten the duration of the flare up and assist with the pain from the sores

Treatment for HIV

- HIV is incurable, however, the infection can be managed, allowing the person living with HIV to live a healthy life.
- Antiretroviral therapy (ART) is used to treat HIV. This lowers the amount of the virus in the body.
- ART may get the level of HIV in one's body so low that the virus is undetectable.
- Having an undetectable load means that while the person is still infected with the virus, they carry such a low dose that it is not perceptible.
- People with an undetectable viral loads chances of passing the virus to someone else is negligible. It is still recommended that they still wear a condom while having sex.

STI Review

1. True or False: Many people who have an STI are unaware that they have it.

True - This is called an asymptomatic infection. You can still transmit the infection to somebody else so it is important to still wear a condom.

2. True or False: All sexually active people should be tested for HIV at least once in their life

True - People who may be at an increased risk for HIV, such as gay or bisexual men, it is recommended that they get tested anywhere between every 3 and 6 months.

3. Which of the following STIs is not curable?
 - a. Syphilis
 - b. Trichomoniasis
 - c. Herpes

Herpes is the correct answer. Herpes is a very common curable infection, and its symptoms can be managed. Management of herpes can help decrease the duration of sore flare ups and can help alleviate pain from the sores.

Conclusion

- STIs are common, and nothing to be ashamed of, but they can be prevented!
- Taking measures to protect yourself from STIs can prevent infection and stop it from spreading to other people.
- If you're sexually active, it is important to get tested for STIs!
- If you have STI symptoms, it is especially important to get tested to stop the infection or begin treatment.

Post-Test

- Please take out a piece of paper and answer the following questions. Once you are finished, please hand them in.
1. Give a brief description of what an STI is.
 2. Name at least 3 common STIs.
 3. True or false: Every sexually active person should get tested for STIs.
 4. List 3 different methods you can use to prevent STIs
 5. Name 3 symptoms you may have if you have an STI.