

TOPIC

Sexually Transmitted Infections

AUDIENCE

High School Students

TIME NEEDED

60 minutes

HEALTHY PEOPLE 2030 OBJECTIVES

- STIs – Reduce the syphilis rate in females – STI-03
- Vaccination – Increase the proportion of adolescents who get recommended doses of the HPV vaccine – IID-08

LEARNING OBJECTIVES

At the completion of this lesson,

1. At least 75% of the high school students will answer true to the question, “True or false: every sexually active person should get tested for STI’s.”
2. At least 75% of the high school students will be able to list at least three different methods for preventing STI’s according to post-test results

MATERIALS NEEDED

- **WIFI**
- (2) Computer
- (1) PowerPoint slides
- Zoom Access
- Email Access
- Google Form
- (3) condoms
- 2bananas

PREPARATION

Prior to the start of the class session, load up the PowerPoint presentation. Next, send over the zoom link to participants and inform them of the correct time that the session will start. Lastly, ensure that the

YouTube video is loaded and ensure that the audio will work properly.

PROCEDURE

Introduction PowerPoint Slides 1,2, & 3 (5 minutes)

1. On **Slides 1 and 2**, introduce yourself and state that you will be discussing Sexually Transmitted Infections within teenagers.
 1. Next, briefly go over what the workshop will discuss.
 2. “We will discuss how you can prevent STIs and what proper steps to take if you get one.”
2. Move onto **Slide 3**, where you will discuss the basic ground rules for the lesson of the day.

1. "Use "I" statements"
 2. "Treat each other with respect and kindness"
 3. "Respect everyone's privacy"
 4. "Give everyone a chance to speak"
 1. Respect your classmates by not sharing personal information with others.
- e. "Take Care".
1. We may be talking about some sensitive topics for some, if you feel overwhelmed, allow yourself some space or talk to a friend who can help.
 3. Inform participants to raise their hands and unmute themselves if they have any questions during the presentation.
 1. Also assure the students that you will read out loud any answers or questions that are put into the chat.
 4. Move onto **Slide 4**: Go over the goals for today's lesson.

Goals for today's lesson

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

PowerPoint Slides 5-14 (15 minutes) Namaijah

Activity 1:

5. The **Pre-Test** will be the beginning of **Activity One**
 - a. Move onto **Slide 6**. Will begin to ask students to take out a sheet of paper and pen or pencil to answer a few pretest questions.
 - b. Allow students to have up to 1 minute per question to answer.
 - I. Give a brief description what an STI is.

- ii. Can you name at least 3 known STIs?
 - iii. Do you know the ways in which you can get tested for an STI? If so, name ways in which you can be tested.
 - iv. What are the common symptoms someone can experience if they contract an STI?
 - v. Besides abstinence, identify a way in which you can prevent the spread of STIs?
6. Once the pretest is finished and the students have submitted their Google form, continue with slide #4 to give some basic information about what STIs are and what are some common STIs
- STIs**- sexually transmitted infections. These infections are caused by bacteria, viruses, or parasites that can be transmitted between humans through sexual contact.
- a. Common STIs include chlamydia, gonorrhea, human papillomavirus (HPV), herpes, and syphilis.
7. Move onto slide #5 to discuss STI transmission
- STIs are transmitted through sexual contact, including anal, oral, and vaginal sex.
- a. Some STIs, such as HIV, may also be transmitted through blood, or other non-sexual means.
8. Next, move onto slide #6 to talk about risk factors
- Risk Factor**-variable associated with an increase of risk whether it's for a disease or an infection

- a. Some risk factors include
 - History of STIs
 - I. Unprotected sex
 - ii. Multiple sexual partners
 - iii. Nonconsensual sex
- 9. This will conclude the overview and definition section of the session. Provide a transition for the next slides.

PowerPoint Slides 15-51 (25 minutes)

Townley Activity 2: STI Prevention

- 10. Before moving on, ask participants if there are any questions or check the chat boxes for any missed questions or concerns.
 - a. Briefly answer questions if any
- 11. Continue to **Slide 16** and talk about the various methods that people can protect themselves from STIs that we'll be talking about: Abstinence, Vaccination, Limiting your number of sexual partners, PrEP for HIV, and the use of Condoms and Dental Dams
 - Abstinence Slide 17**
 - i. Abstinence can be defined as not having sex (1). Engaging in abstinence is the only way that someone can completely guarantee that they don't contract an STI.
 - 1. Some folks may choose to remain abstinent because of their personal beliefs- and that's okay! Having sex or not having sex is up to you and no one else's decision but your own.
 - ii. BUT!
 - 1. Teaching abstinence as a STI prevention method may not be realistic for all. Many of you have had or will have sex, so relying only on abstinence is not a reliable method of preventing STIs.
 - a. **Vaccinations Slide 18**
Some, though not all, STIs can be prevented through vaccination.
 - i. There are 3 STIs that can currently be prevented through vaccinations.
 - 1. Hepatitis A
 - 2. Hepatitis B
 - 3. Human Papillomavirus (HPV)
 - ii. The next three slides (**19, 20, 21**) will go into detail about the three STIs that can be prevented by vaccination.
 - 1. **Hepatitis A Slide 19**
 - 1. The Hepatitis A vaccine is the best way to prevent a Hep A infection. It is recommended

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that children get two doses of the shot, and anyone under 18 who hasn't gotten a previous Hep A vaccine should be vaccinated.

2. Hep A can be sexually transmitted through oral-anal sex, also known as rimming or anilingus.
 1. You may also use a dental dam to prevent Hep A! We will talk about this in a few slides.
- c. Hepatitis A can be spread through blood or fecal matter of an infected person.
 2. Hepatitis B **Slide 20**

It is recommended that all infants get vaccinated against Hepatitis B, and anyone under the age of 19 who is unvaccinated should get their Hep B vaccine.

- a. Hep B is a liver infection that can be spread through sexual contact. Some cases cause only mild infection, but some may become chronic conditions and lead to scarring of the liver and liver cancer.
- b. The Hep B Virus can be transmitted through bodily fluids, including
 1. Semen
 2. Vaginal fluid
 3. Blood

3. HPV Slide 21

HPV is the most common STI.

- a. There are over 200 different types of human papillomaviruses! 40 of these can affect your reproductive system and can be spread through sexual contact.
- b. Most genital cases of HPV go away on their own and can be harmless, however, some genital cases of HPV can cause serious health complications.

1. Over a dozen types of HPV can cause cancer. Cervical cancer is the most common cancer caused by HPV infection.
2. Mention that HPV can also lead to cancers in other parts of the body, including your mouth and throat, vulva and vagina, penis, and anus.

- c. The HPV vaccine can prevent HPV infections that can cause genital warts or cancer (2).

b. Limiting Your # of Sexual Partners Slide 22

Reducing the number of sexual partners that you have can reduce the likelihood that you are exposed to and infected with an STI.

- i. Engaging in mutual monogamy may also reduce your risk for developing an STI.
 1. Mutual monogamy is an agreement between two people to only pursue a relationship or sexual partnership between those two people.
 2. For mutual monogamy to be successful, both people should be tested to guarantee that neither of them have an STI (1).

c. PrEP for HIV Slide 23

PrEP is a daily taken medication that is highly effective in preventing an HIV infection.

I. When Prep is taken as recommended, it can be 99% effective at preventing HIV.

- ii. PrEP is recommended for anyone who is
 1. A gay or bisexual man who engages in anal sex without a condom

2. A heterosexual woman who engages in sex with a bisexual man without a condom.
3. Having sex with someone that has HIV.

d. Condoms and Dental Dams

Dental Dams Slide 24

1. Dental dams are thin latex or polyurethane sheets that can prevent the transmission of STIs during oral sex.
2. The dental dam should be placed between the mouth and either the vagina or anus, depending on what kind of oral sex is taking place.
3. When using a dental dam, it is important to

Make sure that the dental dam is not expired

- a. Make sure that there are no tears in the dental dam
- b. Use lubrication to prevent friction from breaking the dental dam
- c. Not reuse a dental dam, this may increase risk for transmitting an STI
 4. On **Slide 25**, discuss how to properly use a dental dam and show the steps.

Emphasize the importance

1. Carefully taking out the dental dam and making sure to not rip or tear it
2. You can use the dental dam for oral-vaginal or oral-anal.
3. You should only use the dental dam for one sexual act and should not reuse it.

i. Condoms **Slide 26**

1. Condoms are an effective method at preventing the transmission of STIs.
2. There are two types of condoms, internal and external.
3. Both options are a safe and effective method for preventing STIs.

Mention that you should use whichever you prefer!

4. Internal Condoms **Slide 27**

Internal condoms, also known as female condoms, go inside the vagina or anus.

1. Internal condoms can prevent pregnancy and STIs. When used correctly, internal condoms can be up to 95% effective.
2. Internal condoms should be placed into the vagina or anus before sex takes place.

- a. Continue to **Slide 28**, where there will be a video on how to use an internal condom

1. Play video “What is a Female Condom (aka Internal Condom) and How Does it Work? | Planned Parenthood Video” (just over 1 minute)
2. <https://www.youtube.com/watch?v=P0gd7kUf1bo>
3. ELC Questions
 - What does a female condom protect against?
 - If you already take birth control, do you still need to use a condom?
 - Would you recommend a female condom to a friend?

5. External Condoms **Slide 29**

Just like internal condoms, external condoms are an effective method for preventing the transmission of STIs.

- 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.

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- 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.
 1. Mention that External condoms can be used to prevent STIs during oral, anal, and vaginal sex!
 2. If used perfectly according to the instructions on the package, external condoms can be 98% effective.
 3. If not used according to the instructions on the package, external condoms can be 82% effective
 1. Mention that some factors that may impact effectiveness include using the wrong sized condom, if you use too much or too little lube, causing it to either slip off or break, or using oil as a lubricant. Oil can damage latex condoms and make them less effective.

a. Continue to **Slide 30**, where there will be a video on how to use an external condom.

1. Play video “How to Put on A Condom | Durex: The Real Sex Guide” (about 2 minutes)
2. <https://www.youtube.com/watch?v=1pAybK5v5dM>

e. Move onto **Slide 31** and **Slide 32**, show, and describe the steps of putting on an external condom.

f. Move onto **Slide 33**: Introduce the Condom Demonstration Activity

Slide 34: For this activity, we will demonstrate how to properly put on a condom.

1. At the end of the demonstration, we will allow students to practice putting them on correctly!
2. For a virtual lesson this activity the health educator will demonstrate the steps. Then, the students can watch and repeat the steps back to practice.

i. Move onto **Slide 35**: This slide shows what materials will be needed to facilitate this activity:

1. Condoms
2. Bananas

ii. Go through the steps on how to properly put on a condom using a banana.

1. Slide 36: Step One, Check the condom expiration date.

If the condom isn't expired yet, it's good to go!

2. Slide 37: Step Two, Check the condom wrapper for an air bubble.

You can do this by pressing into the middle of the wrapper. You should feel a cushion under your fingers. This shows that there are no holes in the packaging and that the wrapper hasn't been punctured in any way. Do not pinch or squeeze hard enough to damage the condom before you even get it out of the wrapper.

3. Slide 38: Step Three, Open the condom wrapper carefully, and remove the condom

To ensure that you don't rip the condom while you open the wrapper, you might want to push the condom to the other side of the package. The rip along the side of the wrapper and pull the condom out.

4. Slide 39: Step Four, make sure that the tip is facing up, pinch the tip, and place the condom on the head of the penis.

The penis must be fully erect before you put a condom on. Pinch the tip before you roll the condom onto the tip of the penis. This is where semen will collect after male ejaculation. If the penis is uncircumcised, pull the foreskin back before you place the condom on the penis. You don't necessarily have to pull the foreskin back if you're uncircumcised, but it may be more comfortable to do so.

5. Slide 40: Step Five, while still pinching the tip with one hand, unroll the condom onto the penis with the other hand.

Roll the condom all the way down to the base of the penis. This is a good time to check in and ensure that the condom is the correct size. If

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it feels loose or too snug, it may slip off or break during sex which increases the risk for transmitting an STI. Condoms are supposed to be tight, but they shouldn't be uncomfortable.

6. Slide 41: Step Six, Sex!

7. Slide 42: Step Seven, Before the penis is flaccid, hold the condom at the base and pull out of the vagina or anus.

While pulling out, ensure that the condom stays on and does not get stuck in the vagina or anus.

8. Slide 43: Step Eight, Throw the condom away

Condoms, just like dental dams, should only be used once. Do not reuse the condom. If you have sex again, get a new condom and start the process over again.

g. STI Prevention Review: Slides 44-50. Correct answers are bolded and highlighted, and an explanation of each answer is provided under each correct answer.

Question 1: Which prevention method is the only way to guarantee not getting an STI, but not realistic?

1. Taking PrEP for HIV
2. Mutual Monogamy

3. Complete Abstinence

C, complete abstinence, is the correct answer. Not having sex with other people is the only way to completely protect yourself from contracting an STI, but this isn't realistic. The reality is, many of you have either already had sex, or will have sex in the future. It is important to know other STI prevention methods to keep yourself safe.

4. Being Vaccinated

i. **Question 2:** Which of the following STIs cannot be prevented through vaccination?

1. HIV

That's right! HIV cannot be prevented through vaccination. HIV can be prevented through using a condom every time you engage in sex, especially anal sex between gay or bisexual men, and through the use of PrEP, which is a daily taken medication that can prevent someone from developing an HIV infection.

2. Hepatitis A
3. Hepatitis B
4. HPV

ii. **Question 3:** True or False: You should avoid using oil-based lubricants on latex condoms.

1. True

This is true! Oil based lube can damage latex condoms, making them ineffective and can increase the chances of STI transmission. When using latex condoms, it is important to use water or silicon-based lubricants, as these do not damage latex condoms.

2. False

h. Slide 51: Ask students if anyone has a question about any of the content that was covered in the STI prevention.

Activity 3: STI Symptoms, Testing, and Treatment Slides 52-77 (12 Minutes)

12. **Slide 52:** Introduce the Symptoms, Testing, and Treatment Section
13. **Slide 53:** Talk about Asymptomatic Infections

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a. Being asymptomatic means to have an infection but not present any symptoms of it.

I. Many people that are infected with an STI don't know it, because they're not showing any signs of infection.

ii. It's 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.

iii. Even if you have no symptoms, you can still pass the infection on to someone else.

14. Slide 54: Symptoms

A burning sensation when peeing

a. Abnormal discharge from the penis or vagina

Mention that abnormal discharge may have a color or odor that is different from usual

b. Abdominal pain

c. Genital sores

d. Genital warts

e. Itching and discomfort in the groin

f. Body rash

g. Pain during intercourse

h. Testicular Pain

15. Slide 55: Many folks who have STIs have no symptoms, so the best way of knowing if you have an STI is to get tested.

To get tested for an STI, you can talk to your doctor about your sexual history and ask whether you should get tested. You can also visit an STI community clinic to get tested.

16. Slide 56: Talking to your doctor about getting tested

STI tests may not always be included in a general check-up, so if you are interested in getting tested for an STI, you should bring it up with your doctor.

a. To ensure you receive the STI test that's right for you, it's important to talk to your doctor about

Any STI symptoms you're experiencing

b. What kind of sexual contact you've had, whether it's anal, oral, or vaginal

iii. Whether or not you use dental dams or condoms

17. Slide 57: Who should get tested

a. All sexually active people should be tested for HIV at least once in their lifetime.

b. All sexually active straight, gay, and bisexual men and women should be tested annually for syphilis, chlamydia, and gonorrhea.

c. It is recommended that gay and bisexual men get frequently tested for HIV, anywhere between every 3 and 6 months.

18. Slide 58: Types of STIs test

. There are many different methods of STI testing. Some of these methods include
Urine tests

i. Blood tests

ii. A physical examination

iii. Swabbing for cell samples

1. While swabbing for cell samples, your doctor may take samples from your anus, cervix, penis, throat, urethra, or vagina.

iv. Sometimes it can take a bit long for test results to come back, but for infections like HIV and syphilis, there are rapid STI tests that can get you results in 20 minutes.

19. Slide 59: Play the video: STD Testing - How to Know If You Have an STD | Planned Parenthood Video

<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?

20. **Slide 60:** Treatment

Many STIs can be treated with medicine, however some are incurable.

- a. People living with incurable STIs can manage their symptoms and live completely normal, healthy lives.
- b. Of the 8 most common STI's, 4 are curable and 4 are incurable

21. **Slide 61:** Curable STIs

Some curable STIs include

- Syphilis
- i. Gonorrhea
- ii. Trichomoniasis
- iii. Chlamydia

22. Slide 62: Bacteria and Parasitic STI Treatment

Syphilis, Gonorrhea, and Chlamydia are bacterial infections, so they can easily be cured through a regimen of antibiotics.

- a. Trichomoniasis is caused by a parasite and can also be cured through antibiotics.
- b. It's important to take antibiotics as according to the instructions or Doctor's recommendations and complete the entire regimen.

23. Slide 63: Super Gonorrhea

Antibiotics must be taken correctly. If not, you may be at an increased risk for an **antibiotic resistant infection.**

- a. Antibiotic resistance is when bacteria develop the ability to "outsmart" the drugs that are used to kill it.

This ability can make treatment useless, allowing the infection to continue to spread.

24. Slide 64: Incurable STIs

Some incurable STIs include

- Hepatitis B
- i. HIV
- ii. Herpes
- iii. HPV

25. Slide 65: 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.

- a. Both infections can become chronic diseases
Chronic Hep B can cause liver damage and cancer

i. Chronic HPV can lead to genital warts and cervical cancer.

- b. Despite these infections not being curable, their symptoms can be treated and managed.

26. Slide 66: Treatment for Herpes

There is no cure for herpes, but symptoms can be managed.

- a. Herpes is a viral infection, meaning that the infection can be treated using **antiviral medication.**

- b. Herpes causes sores on the mouth or genitals, and these symptoms 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.

27. Slide 67: 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.

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1. Antiretroviral therapy can help prevent further damage to the immune system.

i. ART may get the level of HIV in one's body so low that the virus is undetectable.

1. Undetectable means that the virus cannot be detected in the person's body through a HIV test. They are still infected with the virus; however, they carry such a low dose that it is not perceptible.
2. For people with such a low viral load that they are undetectable, they are also unable to pass the virus onto someone else! It is recommended though that someone who is undetectable still wear a condom when having sex with someone.

28. STI Symptom, Testing, and Treatment Review Slides 68-74

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

True

1. This is true! Having an STI but not having symptoms is called asymptomatic infection. You can still transmit the infection to other people, so it's important to use protection such as condoms and dental dams while having sex and getting STI tests done if you're sexually active.

i. False

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

True

1. This is true! All sexually active people should be tested for HIV at least once in their lifetime, and for 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.

i. False

b. Question 3: Which of the following STIs is not curable?

Syphilis

i. Trichomoniasis

ii. Herpes

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

iii. Chlamydia

29. Slide 75: Local STI Testing Resources

Slide 76: STI Testing Near You

Some places where you can find STI Testing in the Biloxi area include

1. The Confidential STD Testing Centers located at 12207 US 49 in Gulfport MS.
2. The Southern Family Urgent Care located at 1212 E Pass Rd in Gulfport MS.

I. You may also ask your family doctor about information about STI testing.

30. **Slide 76:** Questions before we move on?

Conclusion: Slides 79-82 (5 Minutes)

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

Post-Test Slides 83, 84

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

End of the Presentation: Thank the class for participating, let them know you'll stick around in case anyone has any questions.

Correct Answers for pre- and post-test Pre-Test Answers

1. Give a brief description what an STI is.
 1. STIs are sexually transmitted infections. These infections are caused by bacteria, viruses, or parasites that can be transmitted between humans through sexual contact.
2. Can you name at least 3 known STIs?
 1. Can be any of the following: Herpes, HPV, HIV, Hepatitis A, Hepatitis B, Syphilis, Gonorrhea, Chlamydia, or Trichomoniasis.
3. Do you know the ways in which you can get tested for an STI? If so, name ways in which you can be tested.
 1. Can be any of the following: Urine tests, Blood tests, A physical examination, Swabbing for cell samples
4. What are the common symptoms someone can experience if they contract an STI?
 1. Can be any of the following: A burning sensation when 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
5. Besides abstinence, identify a way in which you can prevent the spread of STIs?
 1. Can be any of the following: vaccination, limiting your number

of sexual partners, Prep, condoms, or dental dams.

Post-Test Answers

1. Give a brief description what an STI is.
 1. STIs are sexually transmitted infections. These infections are caused by bacteria, viruses, or parasites that can be transmitted between humans through sexual contact.
2. Can you name at least 3 common STIs?
 1. Can be any of the following: Herpes, HPV, HIV, Hepatitis A, Hepatitis B, Syphilis, Gonorrhea, Chlamydia, or Trichomoniasis.
3. True or False: Every sexually active person should get tested for STIs.
 1. True
4. List three different methods you can use to prevent STIs.
 1. Can be any of the following: abstinence, vaccination, limiting your number of sexual partners, PrEP, condoms, or dental dams.
5. Name three symptoms you may have if you have an STI.
 1. Can be any of the following: A burning sensation when 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

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