



Lesson 6

Journal entry

**List as many
different diseases
as you can think of.**



How much do you think young people worry about getting a disease?

Do they believe they are at risk of getting sick?

Or do they tend to think “that won’t happen to me”?



Healthy behavior

Preventing sexually transmitted infections (STIs).

Slide 6C

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By the end of this lesson, you will be able to...

1. **Describe symptoms of common STIs.**
2. **Explain that some STIs don't have symptoms.**
3. **Explain how common STIs are transmitted.**
4. **Explain the negative consequences of common STIs.**
5. **Summarize which STIs can be cured and which can be treated.**
6. **Describe why sexual abstinence is the safest, most effective way to avoid STIs.**



What Is an STI?



An STI, or sexually transmitted infection, is an infection that is passed from one person to another during sex.

What percent of STIs do you think happen to young people?

About half, or 50%, of new cases of STIs occur in young people ages 15 to 24.

How Does a Person Get an STI?



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STIs can be passed from one person to another:

- Through infected semen, blood or vaginal fluids.

HIV, chlamydia, gonorrhea and hepatitis B are passed in this way.

- By skin-to-skin contact or genital touching.

Herpes, HPV (a virus that can cause genital warts) and syphilis can be passed in this way.

STI Facts

STI stands for sexually transmitted infection. STIs are infections that can be passed from one person to another during sex. STIs are serious. They can cause many health problems.

What are some STIs?

Common STIs include:

- chlamydia (kla-MID-ee-uh)
- gonorrhea (gone-uh-REE-ah)
- HPV (human papillomavirus)—a virus that can cause genital warts
- herpes (HER-pees)
- hepatitis B (hep-uh-TIE-tis)
- HIV (human immunodeficiency virus)—the virus that causes AIDS
- NGU (nongonococcal urethritis)
- syphilis (SIF-uh-liss)
- trichomoniasis (TRICK-uh-mo-NIE-uh-sis), or "trich"

How can people know if they have an STI?

You can't tell by looking if someone has an STI. **Many people can have an STI with no signs or symptoms.** They look and feel fine. But they can still pass the STI to a sexual partner.

People who have symptoms may notice:

People with a vagina often don't have any symptoms. Those who do may also notice:

- pain in the pelvic area—the area between the belly button and genitals
- burning or itching around the vagina
- bleeding from the vagina that is not a regular period

Which STIs can be cured?

Many STIs can be cured. Some cannot. But all STIs can and must be treated.

Chlamydia, gonorrhea, syphilis, NGU and trich can be cured with antibiotics. People are given pills or a shot. They have to be sure to take all of their medicine, even if they start to feel better.

Some STIs can't be cured. The person can be treated, but the STI virus may stay in the person's body. Herpes, HIV and sometimes HPV and hepatitis B are STIs that can be treated but not cured. Sometimes the STI symptoms come back. These STIs can also be passed to someone else, even if the person with the STI no longer has symptoms.

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