

Lesson Topic: Abstinence, Contraceptives and STIs**Objectives:**

- Define STIs and HIV
- Define abstinence
- Name at least three common STIs and how they are transmitted
- Compare sexual behaviors that put people at high, low or no risk for STIs
- Understand the basics of common birth control methods and their uses

Activities:

Video: What is an STI? (4:03) <https://youtu.be/lnXtPZOazM>

Can you Figure Out the STI? Activity

How Risky is the Behavior?

Video: Birth Control: The Final Frontier (4:57) <https://youtu.be/QUCe1xrm7OU>

To do ahead of time: hang up STI clues posters around the room -Clue posters and student activity sheets are located at the end of this lesson.

Lesson Intro:

- SHARE is important for everyone in the class.
- The goal is for every one of you to feel that these classes relate to you and your life.
- This curriculum and resulting class discussions are intended to be respectful and inclusive of many perspectives and allow all students to see themselves and understand their own health and sexuality.
- The purpose of SHARE is to assist you in making informed choices and avoid behaviors that put you at risk.
- All questions are welcome. If you don't feel comfortable asking in class, I've provided paper for anonymous questions or you may talk with me later.

Lesson Topics: abstinence, contraceptives, HIV and STIs.

Slide 2: Video: What is an STI? (4:03) <https://youtu.be/lnXtPZOazM>



Important to note and share with students: Scabies is mentioned in the video and it is NOT necessarily considered an STI. **Scabies** is spread by prolonged skin-to-skin contact with a person who has **scabies**. **Scabies** sometimes also can be spread by contact with items such as clothing, bedding, or towels that have been used by a person with **scabies**.

Slide 3: STI and HIV

SEXUALLY TRANSMITTED INFECTION (STI) HUMAN IMMUNODEFICIENCY VIRUS (HIV)

- **STI:** REFERS TO A DISEASE A PERSON CAN GET FROM ANOTHER PERSON WHEN THEY PARTICIPATE IN CERTAIN SEXUAL BEHAVIORS WITH THAT PERSON.
 - YOU CAN ONLY GET AN STI FROM SOMEONE WHO HAS AN STI.

- **HIV:** WHEN A PERSON HAS HIV, THEY HAVE A DEFICIENT IMMUNE SYSTEM.
 - MEANING INFECTIONS THEIR BODY COULD USUALLY FIGHT OFF ON ITS OWN ARE HARDER OR IMPOSSIBLE TO FIGHT OFF.

A sexually transmitted infection (STI) refers to a disease a person can get from another person when they participate in certain sexual behaviors with that person. We will be talking about risks associated with certain sexual behaviors.

You can only get an STI from someone who has one. You may hear ‘STD or ‘STI’ used out in the world; the ‘D’ refers to ‘disease,’ and the ‘I’ to infection. There is a minor difference between the two, but for the purposes of this lesson, we will be referring to STIs.

We’re also going to be talking about HIV, which stands for the Human Immunodeficiency Virus. The ‘Human’ part means only people can get it and transmit to other people. While there are animal versions of HIV, a person cannot get HIV from a cat or a dog or any other animal, or vice versa. ‘Immunodeficiency’ is actually two words stuck together – you might know that our immune system is the system in our body that fights off infection.

A deficiency is when something isn’t working the way it should. So, when a person has HIV, they have a deficient immune system – meaning, infections their body could usually fight off on its own are harder or even impossible to fight off. So, HIV is a virus that weakens the immune system that, if it is not successfully treated, can become AIDS.”

Tell the students that there are many STIs, but that they tend to have at least a few things in common with other STIs. So, they are going to be doing an activity where they are going to be assigned an STI and try to discover which one they have.

Activity

Can You Figure out the STI?

Slide 4:

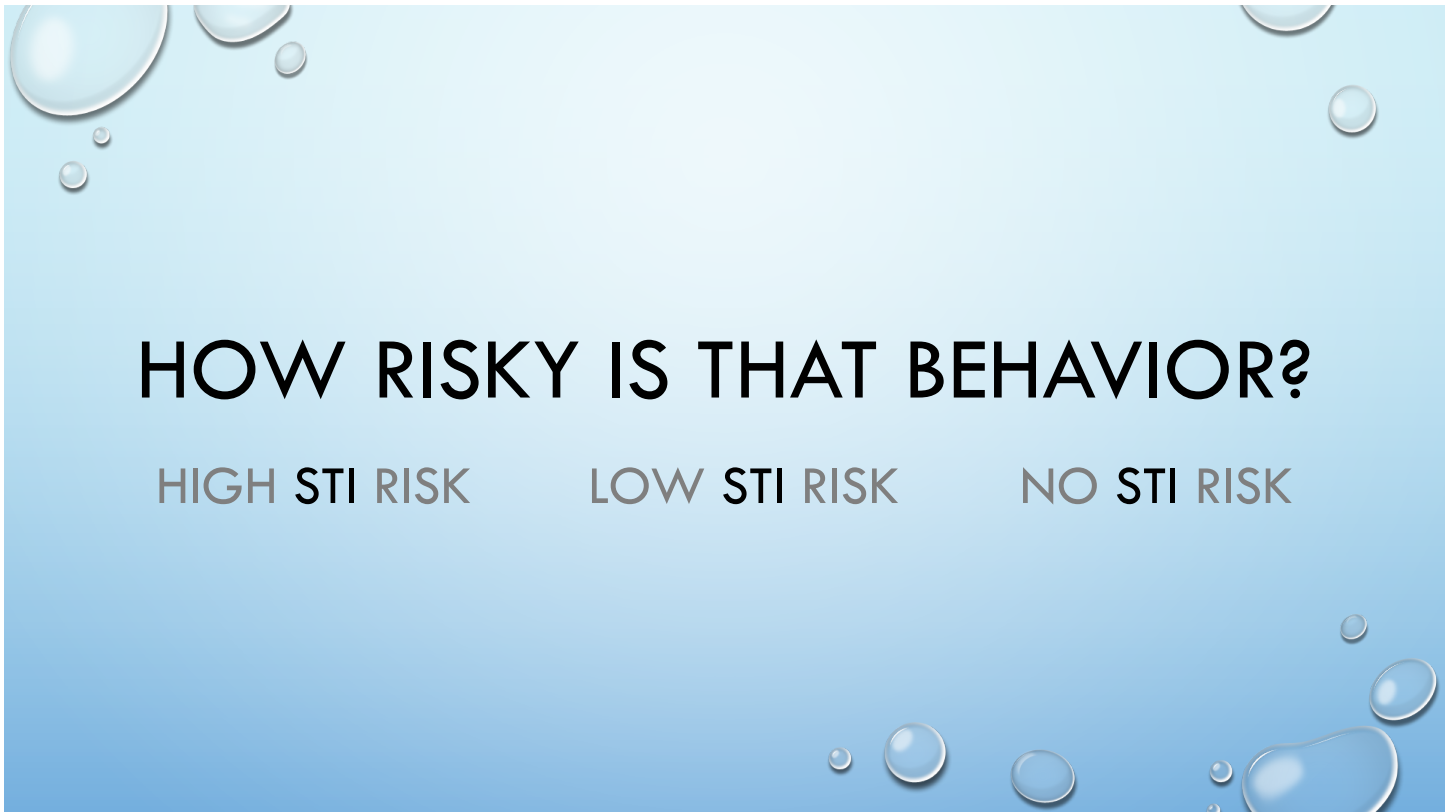


- Divide class into 9 groups (or how you feel best works for you group of students)
 - Could also be completed whole group.
- Say, “Each small group will receive a worksheet with a list of clues on it. Around the room are clues with characteristics of different STIs. Your job is to go around the room, and based on what’s listed on those sheets of paper, determine which STI is on your paper. At the bottom of your sheet is a word bank of different STIs. When you find something that doesn’t apply to you, just cross it off. By the end of the activity, you should be able to determine the STI.” Tell them that they will have 10 minutes in which to work on these. Distribute the worksheet, and ask them to get started.
- As students finish, have the groups return to their seats, staying in their groups. Go through the responses using the answer key.
- Say, “One of the things all these STIs have in common is that they can be transmitted through sexual behaviors. However, some behaviors put people at higher risk than others. We’re going to do an activity now where we will look at which behaviors carry a lot of risk, which put you at some risk, and which have no risk for transmitting STIs.”
- Since students are already in their groups from the first activity, ask them to remain in their groups.

Activity

How Risky is the behavior?

Slide 5:



- We're going to do an activity that looks at the risk levels of certain behaviors.
 - What would you consider to be a risky behavior? (students brainstorm)
 - For this lesson, we will focus on the activities that carry a high risk for transmitting STIs, some that carry a lower risk, and some that have no risk.
 - High STI Risk means you are very likely to contract an STI if your partner is infected.
 - Low STI Risk means you are less likely, but still have a chance of contracting an STI if your partner is infected.
 - No STI Risk means NO RISK.
- Explain that you will be handing out examples of behaviors that will be sorted into risk levels. Pass out behaviors to each group (*located at end of this packet, they will need to be cut in half*)
 - Have students read each of them and decide as a group which behaviors would be considered a "high risk" "lower risk" or "no risk" behavior.

As groups are working, write “High STI Risk” “Low STI Risk” or “No STI Risk” on the board

- Have groups take turns coming up to the board and attaching their groups behavior (one behavior at a time) to the board in the column the group decided the behavior fit under.
 - Once all behaviors have been placed, review with students while asking for explanations of their thinking. (answer key can be found at the end of this packet)
 - “A key point about STIs and your risk for them is that one person has to have an STI in order to give it to someone else. None of these behaviors, including the high-risk behaviors, can spontaneously create an STI.
 - They are caused by bacteria, viruses, parasites or bugs.
 - This means that just as you can be exposed to them by someone who has one, you can take specific steps to lower or eliminate your chances of getting one.

Ways to lower your risk of contracting an STI... abstinence and the consistent and correct use of birth control methods

Ask students to explain what they think “consistent and correct use of birth control” means.

Clarify any misunderstandings.

Slide 6:

WCSD DEFINITION OF ABSTINENCE

- **Sexual abstinence** is defined as refraining from all forms of sexual activity and genital contact such as vaginal, oral and anal sex.
- An abstinent person is someone who has either never had sex or someone who's had sex but who has decided not to continue having sex for a period of time.
- Abstinence is the only 100% effective way to prevent sexually transmitted HIV, other sexually transmitted diseases or infections and pregnancy.
 - SEX – WHEN A PERSON'S GENITALS TOUCH ANOTHER PERSON'S GENITALS, MOUTH OR ANUS.
 - PREGNANCY MOST COMMONLY RESULTS FROM VAGINAL SEX

Abstinence: WCSD Definition of Abstinence

- **Sexual abstinence** is defined as refraining from all forms of sexual activity and genital contact such as vaginal, oral and anal sex.
- An abstinent person is someone who has either never had sex or someone who has had sex but who has decided not to continue having sex for a period of time.
- Abstinence is the only 100% effective way to prevent sexually transmitted HIV, other sexually transmitted diseases or infections and pregnancy.
 - SEX – when a person’s genitals touch another person’s genitals, mouth or anus.

Important to note, when deciding to engage in sexual behaviors, it is imperative that it is consensual, and the partners discuss their personal definitions of abstinence.

Contraceptives

Video: Birth Control: The Final Frontier (4:57) <https://youtu.be/QUCe1xrm7OU>

Slide 7:



Remember, there is always someone to talk to...

Slide 8:

WHO TO TALK TO...

- PARENT OR GUARDIAN
- TRUSTED ADULT
- FAITH BASED LEADER
- TEACHER
- SCHOOL COUNSELOR
- SCHOOL NURSE
- HEALTH CLINIC
- HEALTH CARE PROVIDER

Slide 9: Local Resources

LOCAL RESOURCES- PLEASE TAKE A PICTURE FOR FUTURE REFERENCE

- **WASHOE COUNTY HEALTH DISTRICT:**
 - TEEN HEALTH MALL/CLINIC 775-328-2470
- **NORTHERN NEVADA HOPES:** 775-786-4673
- **PLANNED PARENTHOOD OF NORTHERN NEVADA:** 775-688-5555
- **CRISIS CALL CENTER:** TEXT "LISTEN" TO 839863
- **SUICIDE PREVENTION LIFELINE:** 1-800-273-8255
- **LGBTQ+ FRIENDLY SERVICES:**
[HTTPS://WWW.NNHOPES.ORG/PATIENTS/SERVICES/LGBTQ/](https://www.nnhopes.org/patients/services/lgbtq/)

Exit Ticket:

EXIT TICKET

1. IN ORDER TO BE INFECTED WITH AN STI, BOTH PARTNERS MUST HAVE AN STI. TRUE OR FALSE AND WHY?
2. WHAT IS THE ONLY 100% EFFECTIVE WAY OF PREVENTING UNPLANNED PREGNANCY AND SEXUALLY TRANSMITTED STIS?
3. IF YOU DECIDE TO ENGAGE IN SEXUAL ACTIVITY, WHAT IS THE MOST EFFECTIVE METHOD FOR REDUCING THE RISK OF AN UNPLANNED PREGNANCY AND SPREADING STIS?

Can you Figure out the STI?

CLUE WORKSHEET #1 _____

1. You are spread through sexual contact, including vaginal sex, anal sex, and oral sex.
2. You can be cured easily.
3. Condoms offer very good protection against you.
4. You are one of the most common STDs among adolescents in the US.
5. You are not detected by a blood test.
6. You can be transmitted through oral sex.
7. You are not transmitted via skin-to-skin contact.
8. You do not cause an outbreak of sores within two weeks of having it.
9. You are not caused by a parasite or “bug.”
10. You do not have a vaccine.

CHLAMYDIA

GONORRHEA

SYPHILIS

GENITAL HERPES

HIV/AIDS

TRICHOMONIASIS

HUMAN PAPILLOMAVIRUS (HPV)

HEPATITIS B

PUBIC LICE

Can you Figure out the STI?

CLUE WORKSHEET #2 _____

1. You are spread through sexual contact, including vaginal sex, anal sex, and oral sex.
2. You can be treated, but not cured.
3. Condoms don't provide really good protection, only some protection against you.
4. You are one of the most common STDs among adolescents in the US.
5. You can be detected by a blood test.
6. You can be transmitted through oral sex.
7. You can be transmitted via skin-to-skin contact.
8. You cause an outbreak of sores within two weeks of having it.
9. You are not caused by a parasite or "bug."
10. You do not have a vaccine.

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HEPATITIS B

PUBIC LICE

Can you Figure out the STI?

CLUE WORKSHEET #3 _____

1. You are spread through sexual contact, including vaginal sex, anal sex, and oral sex.
2. You can be treated, but not cured.
3. Condoms don't provide very good protection, only some protection against you.
4. You are one of the most common STDs among adolescents in the US.
5. You are not detected by a blood test.
6. You can be transmitted through oral sex.
7. You can be transmitted via skin-to-skin contact.
8. You do not cause an outbreak of sores within two weeks of having it.
9. You are not caused by a parasite or "bug."
10. You do have a vaccine.

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HEPATITIS B

PUBIC LICE

Can you Figure out the STI?

CLUE WORKSHEET #4 _____

1. You are spread through sexual contact, including vaginal sex, anal sex, and oral sex.
2. You can be cured easily.
3. Condoms offer very good protection against you.
4. You are one of the most common STDs among adolescents in the US.
5. You are not detected by a blood test.
6. You can be transmitted through oral sex.
7. You are not transmitted via skin-to-skin contact.
8. You do not cause an outbreak of sores within two weeks of having it.
9. You are not caused by a parasite or “bug.”
10. You do not have a vaccine.

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HEPATITIS B

PUBIC LICE

Can you Figure out the STI?

CLUE WORKSHEET #5 _____

1. You are spread through sexual contact, including vaginal sex, anal sex, and oral sex.
2. You can be treated, but not cured.
3. Condoms offer very good protection against you.
4. You are not one of the most common STDs among adolescents in the US.
5. You are detected by a blood test.
6. You can be transmitted through oral sex.
7. You are not transmitted via skin-to-skin contact.
8. You do not cause an outbreak of sores within two weeks of having it.
9. You are not caused by a parasite or “bug.”
10. You do have a vaccine.

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HUMAN PAPILLOMAVIRUS (HPV)

HEPATITIS B

PUBIC LICE

Can you Figure out the STI?

CLUE WORKSHEET #6 _____

1. You are spread through sexual contact, including vaginal sex, anal sex, and oral sex.
2. You can be treated, but not cured.
3. Condoms offer very good protection against you.
4. You are not one of the most common STDs among adolescents in the US.
5. You can be detected by a blood test.
6. You can be transmitted through oral sex.
7. You are not transmitted via skin-to-skin contact.
8. You do not cause an outbreak of sores within two weeks of having it.
9. You are not caused by a parasite or “bug.”
10. You do not have a vaccine.

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SYPHILIS

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TRICHOMONIASIS

HUMAN PAPILLOMAVIRUS (HPV)

HEPATITIS B

PUBIC LICE

Can you Figure out the STI?

CLUE WORKSHEET #7 _____

1. You are spread through sexual contact, including vaginal sex, anal sex, and oral sex.
2. You can be cured easily.
3. Condoms do not offer any protection against you.
4. You are not one of the most common STDs among adolescents in the US.
5. You are not detected by a blood test.
6. You can be transmitted through oral sex.
7. You are transmitted via skin-to-skin contact.
8. You do not cause an outbreak of sores within two weeks of having it.
9. You are caused by a parasite or “bug.”
10. You do not have a vaccine.

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SYPHILIS

GENITAL HERPES

HIV/AIDS

TRICHOMONIASIS

HUMAN PAPILLOMAVIRUS (HPV)

HEPATITIS B

PUBIC LICE

Can you Figure out the STI?

CLUE WORKSHEET #8 _____

1. You are spread through sexual contact, including vaginal sex, anal sex, and oral sex.
2. You can be cured easily.
3. Condoms offer very good protection against you.
4. You are not one of the most common STDs among adolescents in the US.
5. You are detected by a blood test.
6. You can be transmitted through oral sex.
7. You are transmitted via skin-to-skin contact.
8. You cause a sore within two weeks to three months of having it.
9. You are not caused by a parasite or “bug.”
10. You do not have a vaccine.

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SYPHILIS

GENITAL HERPES

HIV/AIDS

TRICHOMONIASIS

HUMAN PAPILLOMAVIRUS (HPV)

HEPATITIS B

PUBIC LICE

Can you Figure out the STI?

CLUE WORKSHEET #9 _____

1. You are spread through sexual contact, including vaginal sex, anal sex, and oral sex.
2. You can be cured easily.
3. Condoms offer very good protection against you.
4. You are one of the most common STDs among adolescents in the US.
5. You are not detected by a blood test.
6. You can be transmitted through oral sex.
7. You are transmitted via skin-to-skin contact.
8. You do not cause an outbreak of sores within two weeks of having it.
9. You are caused by a parasite or “bug.”
10. You do not have a vaccine.

CHLAMYDIA

GONORRHEA

SYPHILIS

GENITAL HERPES

HIV/AIDS

TRICHOMONIASIS

HUMAN PAPILLOMAVIRUS (HPV)

HEPATITIS B

PUBIC LICE

CLUE WORKSHEET #1 CHLAMYDIA

1. You are spread through sexual contact, including vaginal sex, anal sex, and oral sex.
2. You can be cured easily.
3. Condoms offer very good protection against you.
4. You are one of the most common STDs among adolescents in the US.
5. You are not detected by a blood test.
6. You can be transmitted through oral sex.
7. You are not transmitted via skin-to-skin contact.
8. You do not cause an outbreak of sores within two weeks of having it.
9. You are not caused by a parasite or “bug.”
10. You do not have a vaccine.

CHLAMYDIA

GONORRHEA

SYPHILIS

GENITAL HERPES

HIV/AIDS

TRICHOMONIASIS

HUMAN PAPILLOMAVIRUS (HPV)

HEPATITIS B

PUBIC LICE

CLUE WORKSHEET #2 GENITAL HERPES

1. You are spread through sexual contact, including vaginal sex, anal sex, and oral sex.
2. You can be treated, but not cured.
3. Condoms don't provide really good protection, only some protection against you.
4. You are one of the most common STDs among adolescents in the US.
5. You can be detected by a blood test.
6. You can be transmitted through oral sex.
7. You can be transmitted via skin-to-skin contact.
8. You cause an outbreak of sores within two weeks of having it.
9. You are not caused by a parasite or "bug."
10. You do not have a vaccine.

CHLAMYDIA

GONORRHEA

SYPHILIS

GENITAL HERPES

HIV/AIDS

TRICHOMONIASIS

HUMAN PAPILLOMAVIRUS (HPV)

HEPATITIS B

PUBIC LICE

CLUE WORKSHEET #3 HUMAN PAPILLOMA VIRUS (HPV)

1. You are spread through sexual contact, including vaginal sex, anal sex, and oral sex.
2. You can be treated, but not cured.
3. Condoms don't provide really good protection, only some protection against you.
4. You are one of the most common STDs among adolescents in the US.
5. You are not detected by a blood test.
6. You can be transmitted through oral sex.
7. You can be transmitted via skin-to-skin contact.
8. You do not cause an outbreak of sores within two weeks of having it.
9. You are not caused by a parasite or "bug."
10. You do have a vaccine.

CHLAMYDIA

GONORRHEA

SYPHILIS

GENITAL HERPES

HIV/AIDS

TRICHOMONIASIS

HUMAN PAPILLOMAVIRUS (HPV)

HEPATITIS B

PUBIC LICE

CLUE WORKSHEET#4 GONORRHEA

1. You are spread through sexual contact, including vaginal sex, anal sex, and oral sex.
2. You can be cured easily.
3. Condoms offer very good protection against you.
4. You are one of the most common STDs among adolescents in the US.
5. You are not detected by a blood test.
6. You can be transmitted through oral sex.
7. You are not transmitted via skin-to-skin contact.
8. You do not cause an outbreak of sores within two weeks of having it.
9. You are not caused by a parasite or “bug.”
10. You do not have a vaccine.

CHLAMYDIA

GONORRHEA

SYPHILIS

GENITAL HERPES

HIV/AIDS

TRICHOMONIASIS

HUMAN PAPILLOMAVIRUS (HPV)

HEPATITIS B

PUBIC LICE

CLUE WORKSHEET #5 HEPATITIS B

1. You are spread through sexual contact, including vaginal sex, anal sex, and oral sex.
2. You can be treated, but not cured.
3. Condoms offer very good protection against you.
4. You are not one of the most common STDs among adolescents in the US.
5. You are detected by a blood test.
6. You can be transmitted through oral sex.
7. You are not transmitted via skin-to-skin contact.
8. You do not cause an outbreak of sores within two weeks of having it.
9. You are not caused by a parasite or “bug.”
10. You do have a vaccine.

CHLAMYDIA

GONORRHEA

SYPHILIS

GENITAL HERPES

HIV/AIDS

TRICHOMONIASIS

HUMAN PAPILLOMAVIRUS (HPV)

HEPATITIS B

PUBIC LICE

CLUE WORKSHEET #6 HIV/AIDS

1. You are spread through sexual contact, including vaginal sex, anal sex, and oral sex.
2. You can be treated, but not cured.
3. Condoms offer very good protection against you.
4. You are not one of the most common STDs among adolescents in the US.
5. You can be detected by a blood test.
6. You can be transmitted through oral sex.
7. You are not transmitted via skin-to-skin contact.
8. You do not cause an outbreak of sores within two weeks of having it.
9. You are not caused by a parasite or “bug.”
10. You do not have a vaccine.

CHLAMYDIA

GONORRHEA

SYPHILIS

GENITAL HERPES

HIV/AIDS

TRICHOMONIASIS

HUMAN PAPILLOMAVIRUS (HPV)

HEPATITIS B

PUBIC LICE

CLUE WORKSHEET #7 PUBIC LICE

1. You are spread through sexual contact, including vaginal sex, anal sex, and oral sex.
2. You can be easily cured.
3. Condoms do not offer any protection against you.
4. You are not one of the most common STDs among adolescents in the US.
5. You are not detected by a blood test.
6. You can be transmitted through oral sex.
7. You are transmitted via skin-to-skin contact.
8. You do not cause an outbreak of sores within two weeks of having it.
9. You are caused by a parasite or “bug.”
10. You do not have a vaccine.

CHLAMYDIA

GONORRHEA

SYPHILIS

GENITAL HERPES

HIV/AIDS

TRICHOMONIASIS

HUMAN PAPILLOMAVIRUS (HPV)

HEPATITIS B

PUBIC LICE

CLUE WORKSHEET #8 SYPHILIS

1. You are spread through sexual contact, including vaginal sex, anal sex, and oral sex.
2. You can be easily cured.
3. Condoms offer very good protection against you.
4. You are not one of the most common STDs among adolescents in the US.
5. You are detected by a blood test.
6. You can be transmitted through oral sex.
7. You are transmitted via skin-to-skin contact.
8. You cause a sore within two weeks to three months of having it
9. You are not caused by a parasite or “bug.”
10. You do not have a vaccine.

CHLAMYDIA

GONORRHEA

SYPHILIS

GENITAL HERPES

HIV/AIDS

TRICHOMONIASIS

HUMAN PAPILLOMAVIRUS (HPV)

HEPATITIS B

PUBIC LICE

CLUE WORKSHEET #9 TRICHOMONIASIS

1. You are spread through sexual contact, including vaginal sex, anal sex, and oral sex.
2. You can be easily cured.
3. Condoms offer very good protection against you.
4. You are one of the most common STDs among adolescents in the US.
5. You are not detected by a blood test.
6. You can be transmitted through oral sex.
7. You are transmitted via skin-to-skin contact.
8. You do not cause an outbreak of sores within two weeks of having it.
9. You are caused by a parasite or a “bug”.
10. You do not have a vaccine.

CHLAMYDIA

GONORRHEA

SYPHILIS

GENITAL HERPES

HIV/AIDS

TRICHOMONIASIS

HUMAN PAPILLOMAVIRUS (HPV)

HEPATITIS B

PUBIC LICE

STD Clue #1

Are you **spread through sexual contact**, including vaginal sex, anal sex, and oral sex?

You could be...

CHLAMYDIA

GONORRHEA

SYPHILIS

GENITAL HERPES

HIV/AIDS

TRICHOMONIASIS

HUMAN PAPILLOMAVIRUS (HPV)

HEPATITIS B

PUBIC LICE

STD Clue #2

Can you be **cured** easily?

You could be...

CHLAMYDIA

GONORRHEA

SYPHILIS

TRICHOMONIASIS

PUBIC LICE

STD Clue #3

Can you be **TREATED**, but NOT cured?

You could be...

GENITAL HERPES

HIV/AIDS

HUMAN PAPILLOMAVIRUS (HPV)

HEPATITIS B

STD Clue #4

Does a condom offer **really good protection** against you?

You could be...

CHLAMYDIA

GONORRHEA

SYPHILIS

HIV/AIDS

TRICHOMONIASIS

HEPATITIS B

STD Clue #5

Are you one of the **MOST COMMON STIs** among adolescents in the US?

You could be...

CHLAMYDIA

GONORRHEA

GENITAL HERPES

TRICHOMONIASIS

HUMAN PAPILLOMAVIRUS (HPV)

STD Clue #6

Can you be transmitted through **ORAL SEX**?

You could be...

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SYPHILIS

GENITAL HERPES

HIV/AIDS

TRICHOMONIASIS

HUMAN PAPILLOMAVIRUS (HPV)

HEPATITIS B

PUBIC LICE

STD Clue #7

Can you be transmitted via **SKIN-TO-SKIN CONTACT**?

You could be...

SYPHILIS

GENITAL HERPES

TRICHOMONIASIS

HUMAN PAPILLOMAVIRUS (HPV)

PUBIC LICE

STD Clue #8

Do you cause a sore or outbreak of sores within two weeks of having it?

You could be...

SYPHILIS

GENITAL HERPES

STD Clue #9

Are you CAUSED BY A PARASITE or “bug”?

You could be...

TRICHOMONIASIS

PUBIC LICE

STD Clue #10

Can you be detected by a **BLOOD TEST**?

You could be...

HERPES

HEPATITS B

HIV/AIDS

SYPHILIS

STD Clue #11

Do you have a **VACCINE**?

You could be...

HPV

HEPATITS B

HOW HIGH IS THE RISK FOR STIs?**ANSWER KEY****HIGH RISK FOR STIs**

Unprotected vaginal sex

Unprotected anal sex

Unprotected oral sex

LOW RISK FOR STIs

Deep (“tongue”) kissing

Vaginal sex using an external or internal condom correctly

Anal sex using a condom correctly

Oral sex using a latex or non-latex barrier or cut-open condom correctly

NO RISK FOR STIs

Bathing together

Kissing on the lips

Mutual masturbation

Solo masturbation

Holding hands

Abstaining from sexual activity

HIGH RISK FOR STIs

Unprotected oral, vaginal and anal intercourse are high risk behaviors for transmitting STIs. “Unprotected” means not using a latex or non-latex barrier, such as a condom.

LOW RISK FOR STIs

Just as the key to the high-risk behaviors was “unprotected,” the key word for low risk behaviors is “correctly.” These behaviors are only low-risk if condoms or other barriers are used consistently and correctly – which means every time two people are sexual together, from the beginning of the sex act to the end. As soon as body parts come into contact with each other, and/or mouths come into contact with body parts, STI transmission is possible.

The level of risk also depends on the STI. For example, deep or “tongue” kissing is high risk for herpes, but not for HIV.

In addition, although using external and internal condoms and latex and non-latex barriers significantly reduce the risk of STI transmission, they don’t protect partners completely. While semen and vaginal fluids are blocked by the condom, they do not cover bodies completely. When bodies rub against each other, they can also cause microscopic openings in the skin, which are small enough for some viruses to pass through in order to transmit an STI.

NO RISK FOR STIs

Aside from continuous abstinence – meaning, not having oral, anal or vaginal sex with another person for a period of time – very few shared sexual behaviors carry no risk for STIs. The activities here are more related to intimacy – with the exception of masturbation and mutual masturbation. These behaviors are important because they can help people learn about their bodies and build connection between people without any risk of STIs (or pregnancy).

LOW STI RISK

HIGH STI RISK

NO STI RISK

**Unprotected
Vaginal sex**

Unprotected
anal sex

Vaginal sex using
an external or
internal condom
correctly

**Kissing on
the lips**

**Unprotected
oral sex**

**Mutual
masturbation**

**Anal sex using a
condom
correctly**

Solo masturbation

Oral sex using a
latex or non-latex
barrier or condom
correctly

Holding Hands

Abstaining from
sexual activity

Bathing together

Deep tongue
kissing