



Sexual Health and Relationship Education

High School DAY 2



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What is an STI?



An **STI** is an **infection** that is passed from one person to another during **sexual activity**.



transmitted **health**
condom **prevention** **transmitted** **plant** **awareness**
health

The State of STIs in the U.S. in 2024



1.5 million cases of **CHLAMYDIA**;
4% decrease since 2020.



543,409 cases of **GONORRHEA**;
20% decrease since 2020.



190,242 cases of **SYPHILIS**;
42% increase since 2020.



3,941 cases of **SYPHILIS**
AMONG NEWBORNS;
82% increase since 2020.

Data are provisional. Details:
www.cdc.gov/sti-statistics



Check the Numbers

- For homework, research the number of TEEN (depending on the source, this could be recorded as 13-19, 14-18, or 15-24) STI cases in the state of Texas or in your county.
- Look for how many reported cases of a specific STI (ex: HPV, syphilis, etc.).
- Bring in your information with a URL citation to share in class tomorrow and you will get a treat!




STIs pass from one person to another through vaginal, oral, and anal sex. They also can spread through intimate physical contact. Some STIs can also be transmitted from mother-to-child during pregnancy, childbirth and breastfeeding, and unsafe blood transfusion.

STIs can also be spread through genital skin to skin touching,



**especially *HPV*,
Herpes, and *Syphilis*.**

di **TRUTH** di
ite.

A pair of hands is shown holding a small, realistic-looking globe of the Earth. The globe is centered in the frame, showing continents and oceans. The hands are positioned around the globe, with fingers slightly curled as if supporting it. The background is a soft, out-of-focus light blue and white. A semi-transparent purple rectangular box is overlaid on the center of the globe, containing white text. The word 'reported' is highlighted in yellow.

**2.2 Million new STI
cases were **reported** in
our country in 2024!**

**Nearly half (48%) of them
are in 15 – 24 year olds.**

**1 in 4 sexually active adolescent females
has an STI.**

I can get an
STI from someone
who has no
symptoms.

TRUTH



Most people
have no symptoms !
(Asymptomatic)

STI Video



What are the Potential results of STIs?

Embarrassment/Fear of rejection

Pain and suffering⁴

Extended treatment/Finances⁶

Damage to important organs⁵

Cancer¹

HIV¹

Death¹

Miscarriage³/Infertility²

Damage to baby¹

Our bodies are different.

Reproductive system is on the inside.

The cervix is more defenseless.

More serious long-term consequences.

**STIs will affect both guys and girls,
but they will do more damage to
a female body than a male body.**

Why Are Teens More at Risk for STIs?

Brain and body are still developing^{1,2}

Don't use condoms consistently³

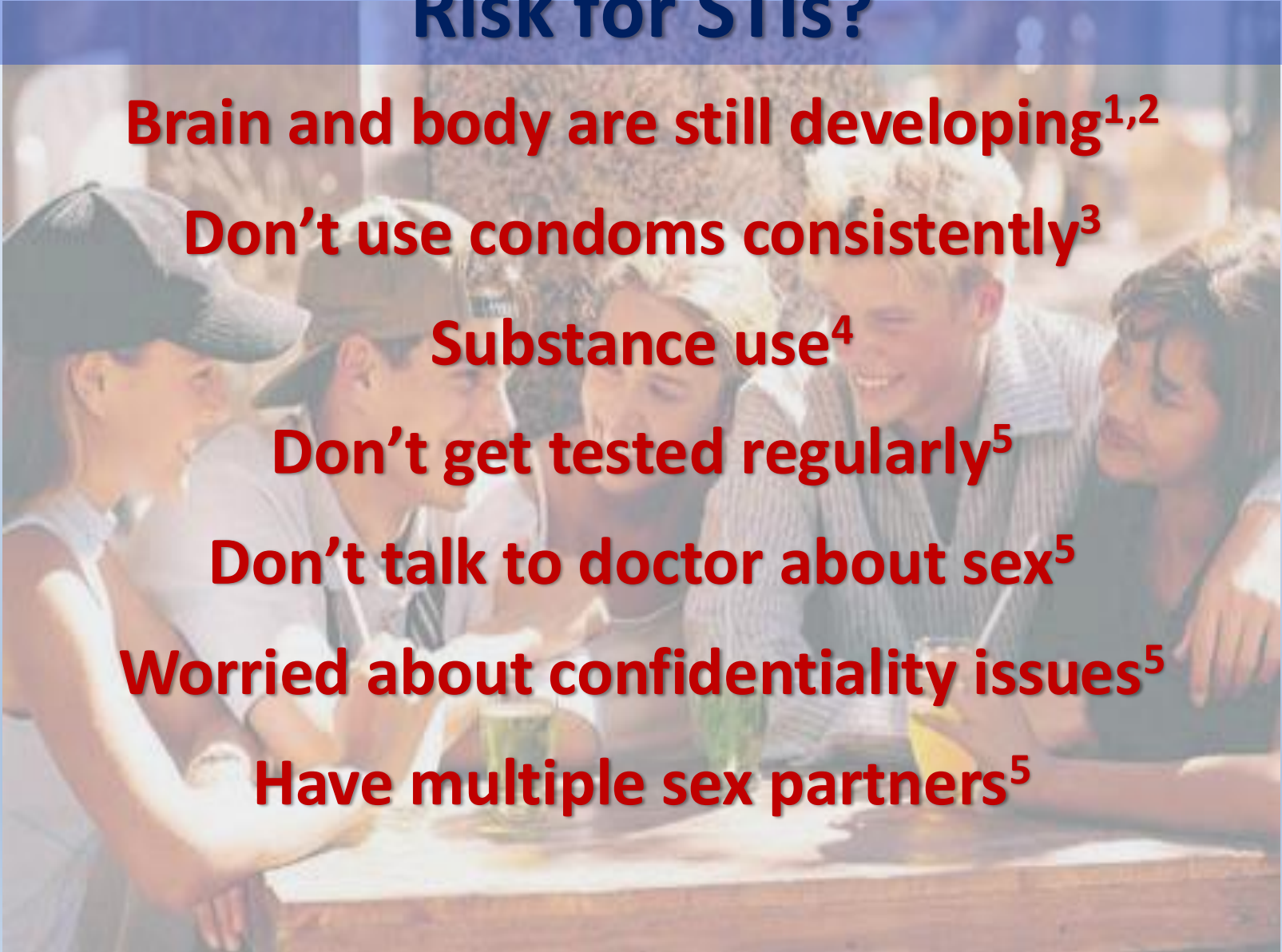
Substance use⁴

Don't get tested regularly⁵

Don't talk to doctor about sex⁵

Worried about confidentiality issues⁵

Have multiple sex partners⁵



Your Sexual Exposure

Each time you choose another partner, your chance of getting an *STI* goes up *dramatically*.



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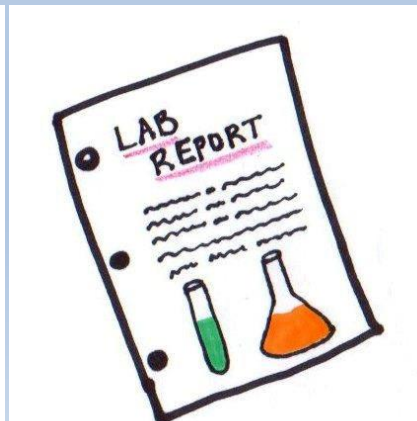
Who Should Get Tested?

Everyone Who Is Sexually Active!

If you are sexually active, getting tested for STIs is one of the most important things you can do to protect your health.

You should talk honestly with your doctor about your risk for STIs, get tested annually (or every time you change partners or if you have a concern), and get treated right away to prevent spread and long-term consequences.

Telling your parents (guardian) is best for most teens. There are many clinics that provide confidential and free or low-cost testing.

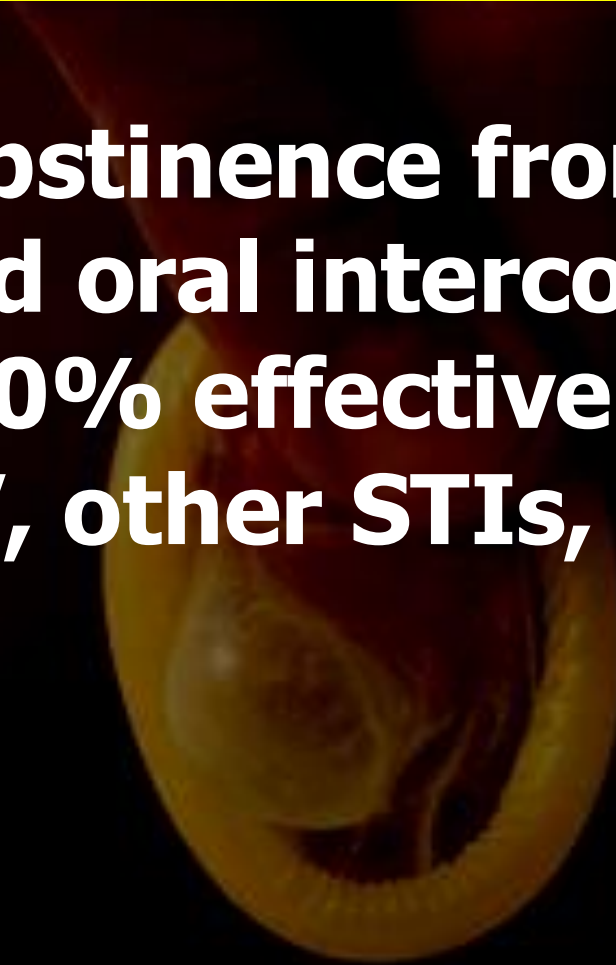


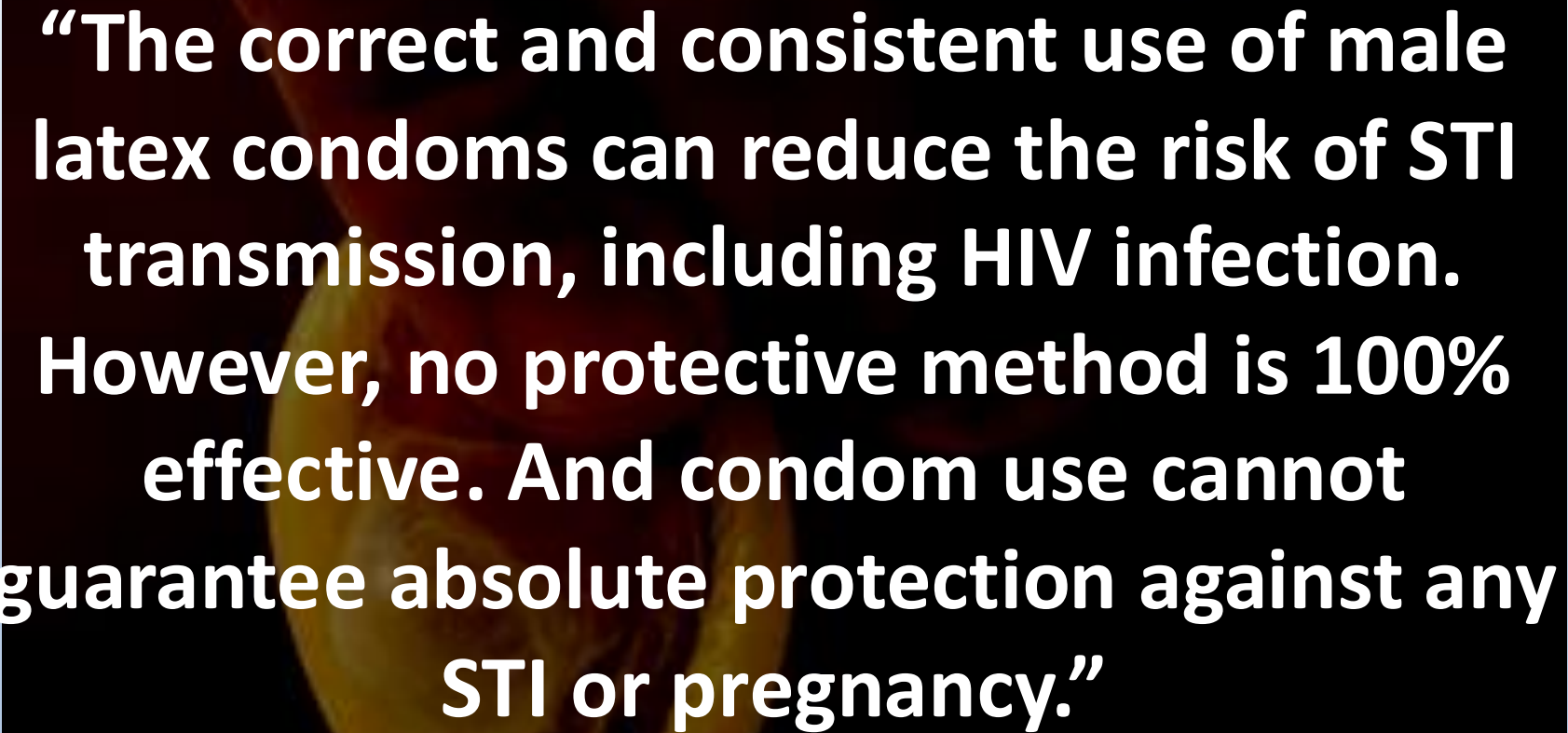
**What Does
“Safe Sex”
Mean?**



According to the CDC:

“Abstinence from vaginal, anal, and oral intercourse is the only 100% effective way to prevent HIV, other STIs, and pregnancy.”





“The correct and consistent use of male latex condoms can reduce the risk of STI transmission, including HIV infection. However, no protective method is 100% effective. And condom use cannot guarantee absolute protection against any STI or pregnancy.”

Condoms

- Condoms act as a barrier to prevent sperm from entering the female's reproductive tract.
 - For PREGNANCY prevention
 - Typical Use: 87% effective
 - 13% FAILURE Rate
 - For STI prevention
 - Effectiveness varies based on the STI
 - Does NOT protect against STIs that transmit via skin-to-skin contact
 - Herpes
 - HPV
 - Syphilis
- *Condoms may cause irritation or an allergic reaction in the case of a latex allergy*

The Pill-Oral Contraception

- ▶ Oral contraception prevents your ovaries from releasing eggs or prevents sperm from getting to the egg.
- ▶ For PREGNANCY prevention
 - ▶ Typical Use: 93% effective
 - ▶ 7% FAILURE Rate
- ▶ For STI prevention
 - ▶ Does NOT protect against STIs

Even though birth control pills are very safe, using the combination pill can slightly increase your risk of health problems. Complications are rare, but they can be serious. These include heart attack, stroke, blood clots, and liver tumors. In very rare cases, they can lead to death. For the most part, progestin-only pills (mini pills) don't have these risks.

Intrauterine Device (IUD)

- ▶ The copper-coated IUD prevents pregnancy by not allowing the sperm to move in order to fertilize the egg.
- ▶ An IUD coated with progestin thickens the cervical mucus and thins the uterine lining. This prevents sperm from fertilizing the egg and implanting.
- ▶ For PREGNANCY prevention
 - ▶ Typical Use: 99% effective
 - ▶ LESS THAN 1% FAILURE Rate
- ▶ For STI prevention
 - ▶ Does NOT protect against STIs

IUDs can slightly raise your risk of an ectopic pregnancy in the rare case that pregnancy occurs. Ectopic pregnancies happen when a fertilized egg implants somewhere outside of the uterus (womb), usually in one of the fallopian tubes. An ectopic pregnancy is a serious medical problem that should be treated as soon as possible. IUDs also have a very rare but serious risk of puncture of the uterus.

There are many different types of sexually transmitted infections, which can be broken down into three basic types:

Viral

Bacterial

- Chlamydia
- Gonorrhea
- Syphilis

Curable

- Herpes
- HPV
- Hepatitis B
- HIV

Not Curable/Can be treated

Parasitic

- Trichomoniasis
- Curable**





TREATABLE

The background of the slide is a dark blue field filled with numerous microscopic images of HIV virus particles. These particles are spherical with a textured surface and several spikes or protrusions extending from their outer shell. The particles are scattered across the entire frame, with some appearing larger and more detailed than others.

HIV/AIDS

Human Immunodeficiency Virus/ Acquired Immunodeficiency Syndrome

HIV is the virus that causes **AIDS**.

HIV attacks the body's
Immune System

Proper treatment can help prevent **HIV**
from becoming **AIDS**.

HIV

Can get HIV from any kind of sex, infected body fluids, and IV Drugs

HIV symptoms: fever, sore throat, fatigue, night sweats, rash, muscle aches, mouth ulcers, and chills

Having other STIs makes it more likely for you to give and to get HIV

Condoms, if used correctly and 100% of the time, reduce but do not eliminate the risk of getting the infection.

Human Papilloma Virus (HPV)

Most *common STI in the US*

Most people who get HPV do not know they have it

Generally harmless however
certain types lead to
genital warts or *cancers*

Condoms, if used correctly and 100% of the time, **reduce** but do not eliminate the risk of getting the infection.

Have you been vaccinated?

Gardasil

**MUST GET ALL
RECOMMENDED
SHOTS!**

Recommended for people aged 16 to 26, including those up to age 21. It is a vaccine for HPV.

It protects against HPV types 16 and 18, which cause most HPV-related cancers.

It does not protect against all HPV; it does not protect against all HPV; it does not protect from all warts or cancer.

vaccine

The background of the slide is a microscopic image of Herpes Simplex Virus Type 1 (HSV-1) particles. The virus particles are spherical and covered in numerous long, thin, hair-like projections called glycoproteins. The image is rendered in a monochromatic cyan/green color scheme against a dark background. The text is overlaid on semi-transparent cyan rectangular boxes.

Herpes Simplex Virus Type 1

Often causes Cold Sores or Fever Blisters

Herpes Simplex Virus Type 2

Commonly known as Genital Herpes

I can't get
happy partner
how to ask
that up been.



Herpes Symptoms



Most people have no symptoms or very mild symptoms.

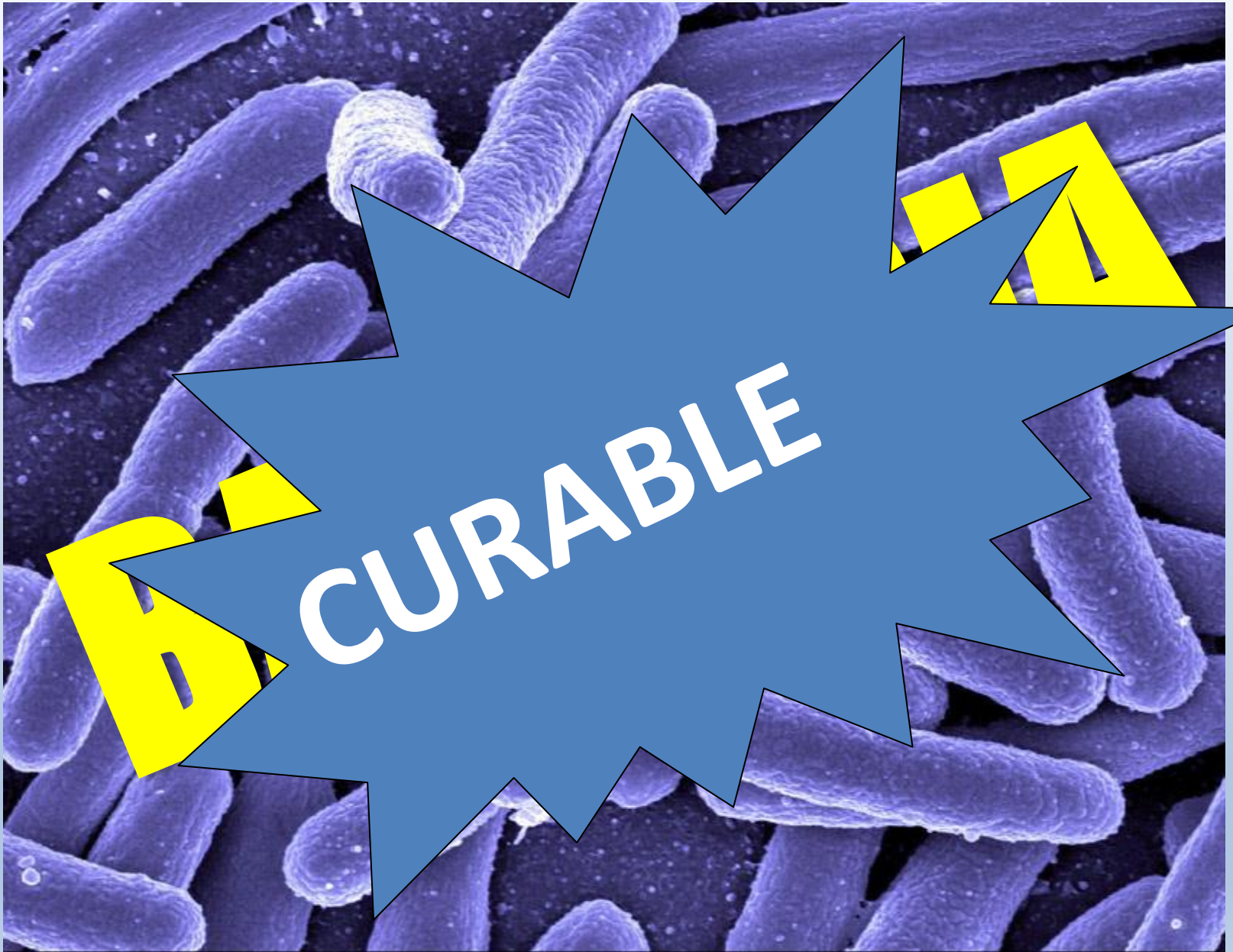
During a herpes outbreak, sores appear as one or more blisters on or around the genitals, rectum, or mouth. The blisters break and leave painful sores that may take a week or more to heal. Flue-like symptoms may also occur during the first outbreak.

How is Herpes Treated?

There is **NO cure** for Herpes,
but it is **manageable**.

Antiviral drugs can prevent and shorten outbreaks and make it less likely you will pass the infection on to your partner.

They **DO NOT ELIMINATE** infection.



Take your medicine as prescribed.

Both

Go

**STOPPING
MEDICATION**



Chlamydia

VERY COMMON, but often asymptomatic

May have serious complications if left untreated, even without symptoms

Condoms, if used correctly and 100% of the time, reduce but do not eliminate the risk of getting the infection.

Symptoms of Chlamydia

Often has no symptoms!

Symptoms in women: abnormal vaginal discharge, burning sensation when peeing.

Symptoms in men: penis discharge, burning sensation when peeing, pain and swelling in one or both testicles.

Symptoms from rectal infections: rectal pain, discharge, bleeding.

Untreated Chlamydia

Damages the reproductive systems.

Increases risk of getting HIV.

Can also lead to infertility issues and **Pelvic Inflammatory Disease** in women.

Gonorrhea

VERY COMMON IN TEENS!

May have serious complications if left untreated, even without symptoms

Condoms, if used correctly and 100% of the time, reduce but do not eliminate the risk of getting the infection.

Symptoms of Gonorrhea

Often has no symptoms!

Symptoms in women: increased vaginal discharge, painful or burning sensation when peeing, vaginal bleeding between periods.

Symptoms in men: white, yellow, or green discharge from the penis, burning sensation when peeing, painful or swollen testicles.

Symptoms from rectal infections: anal itching, discharge, bleeding, soreness, painful bowel movements.

Untreated Gonorrhea

Untreated gonorrhea can spread to your blood and joints. This is rare but life-threatening.

Increases risk of getting HIV.

Can also lead to infertility issues and **Pelvic Inflammatory Disease** in women.

Pelvic Inflammatory Disease

PID may cause:

Formation of scar tissue outside and inside the fallopian tubes, tubal blockage, ectopic pregnancy, infertility, long-term pelvic/abdominal pain.

1 in 8 women with a history of PID experience difficulties getting pregnant.



Syphilis

Can cause serious problems if not treated.

Infection develops in stages

Primary Stage

Secondary Stage

Latent Stage

Tertiary Stage

Condoms, if used correctly & 100% of the time, reduce the risk of getting the infection **only** when the infected area or site of potential exposure is protected. Infections can occur in areas that are **not** covered.

Symptoms of Syphilis

Primary Stage

Chancre sore(s)

Usually Painless

Sore at entry
location

Chancre lasts
3 –6 weeks



Syphilis Chancre

Secondary Stage

Sores may appear in mouth, anus, or vagina.

Rash may appear on one or more areas of body.

Can include fever, swollen lymph glands, sore throat, patchy hair loss, headaches, weight loss, muscle aches & fatigue.



Latent Stage

This is the “hidden stage”

No visible signs or symptoms

Syphilis is still present

Without treatment, syphilis can remain in your body for years

Symptoms of Syphilis

Tertiary Stage

Affects many different organ systems

Damages internal organs

Heart and blood vessels

Brain and nervous system

Death (if left untreated)

**May occur 10–30 years
after your infection began**

Trichomoniasis (Trich)

Parasite

Most people (70%) have no symptoms.
Symptoms range from mild irritation to severe inflammation.

For men: itching or irritation inside the penis, burning after peeing or ejaculating, discharge from penis.

For women: itching, burning, redness or soreness of the genitals; discomfort when peeing; vaginal discharge with a fishy smell

Condoms, if used correctly & 100% of the time reduce but do not eliminate the risk of getting the disease.

My doctor will

dramatically

that I can't

ask to be tested.

I do not want to

ask to be tested.



What do I do if I have symptoms?



Test
Urine Sample

Visual
RESULTS

If you have

OR leaving

"Show me your results!"



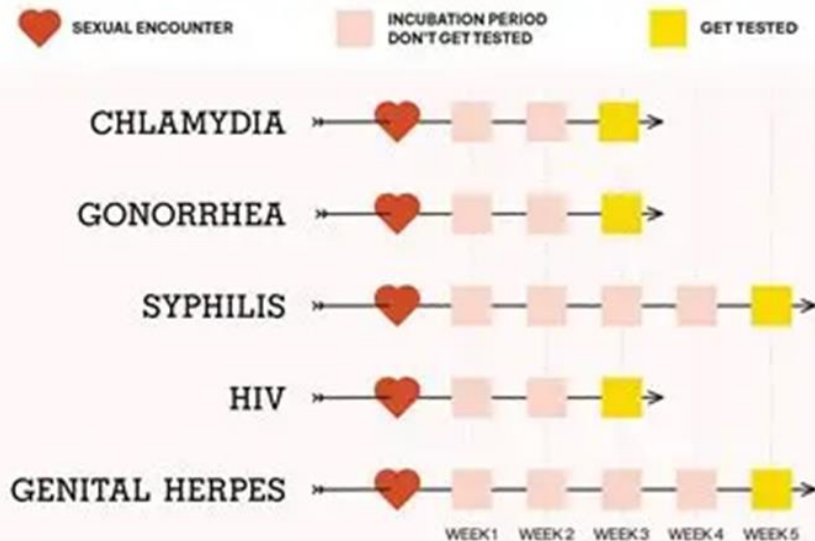
TESTED.

When to Get Tested for an STI

1 in 5 people in the U.S. have an STI.*

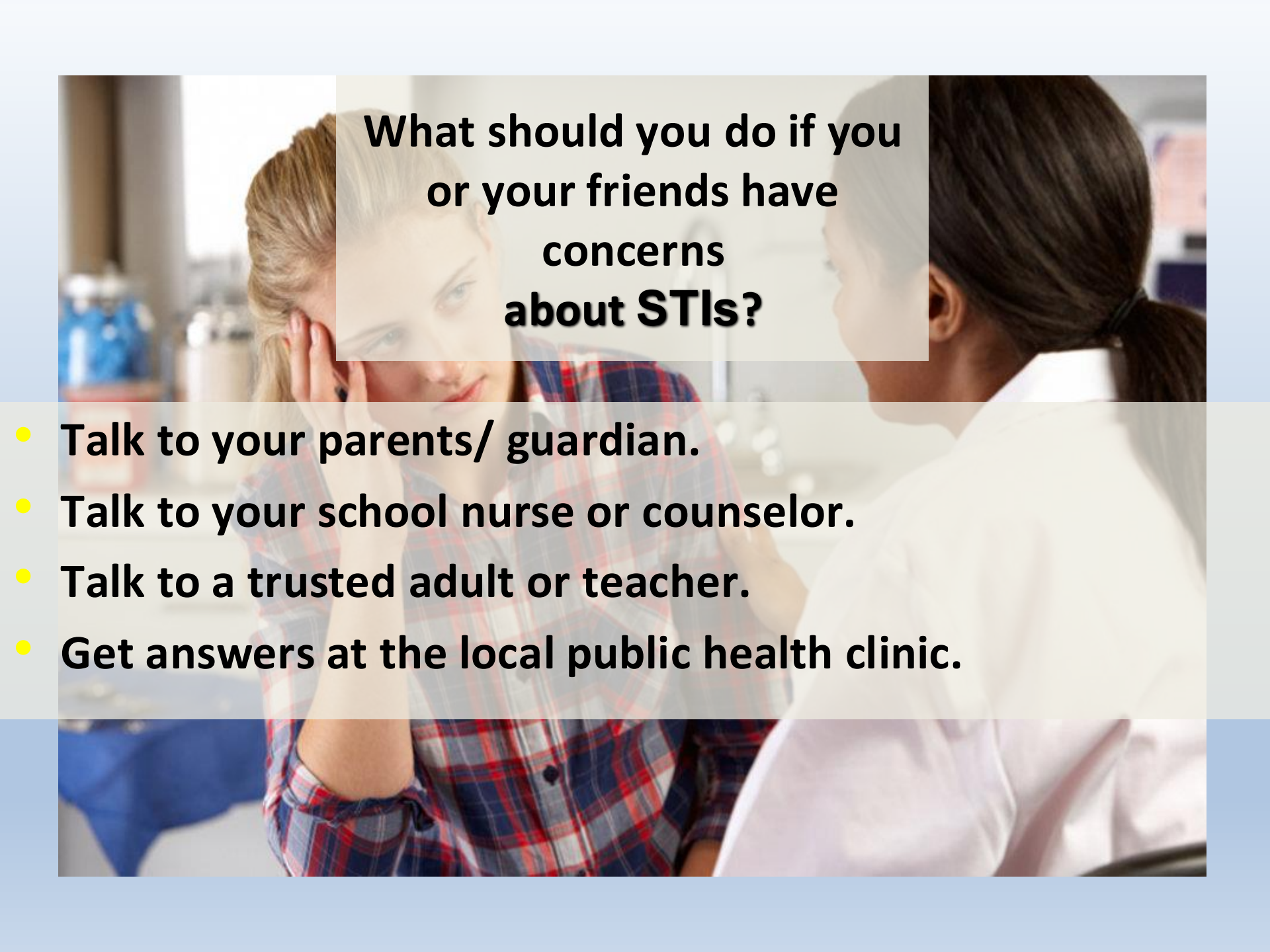


STIs don't show up on testing immediately.
Wait to get tested to ensure accurate results:



* Source: CDC

Where do
I go
do from
here

A young woman with blonde hair, wearing a red and blue plaid shirt, is sitting at a desk and talking to a healthcare professional with dark hair in a ponytail, wearing a white lab coat. The woman is looking down and slightly to the side, with her hand near her face. The healthcare professional is looking towards her. The background is a clinical setting with a sink and some equipment.

**What should you do if you
or your friends have
concerns
about STIs?**

- **Talk to your parents/ guardian.**
- **Talk to your school nurse or counselor.**
- **Talk to a trusted adult or teacher.**
- **Get answers at the local public health clinic.**

Preventable

**Don't Have Sex!
(or any sexual contact)**

Practice Mutual Monogamy

**Reduce the Number of
Sexual Partners**

**Wear a Condom –
Correctly and Consistently**

Regular Testing

Vaccinate

preventable

Mock STI Testing

