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CENTERSTONE

## Sexually Transmitted Diseases

This publication was made possible by Grant Number **TP1AH000081-01-01** from the Department of Health and Human Services, Office of Adolescent Health; its contents are solely the responsibility of the authors and do not necessarily represent the official views of the Department of Health and Human Services.

# STD

What do the letters S.T.D. stand?

- Sexually
- Transmitted
- Disease

You may hear the term STI used instead of STD. STI stands for Sexually Transmitted Infection. They mean the same thing.



# What are the names of some STDs?

- Chlamydia
- Gonorrhea
- Syphilis
- Trichomoniasis
- Human Papillomavirus
- Herpes
- HIV
- Hepatitis B
- Pubic Lice



Brainstorm  
Session



# Categorizing STDs

## With a Cure (Bacterial)

- Syphilis
- Gonorrhea
- Chlamydia

## Without Cure (Viral)

- HIV
- Herpes
- Hepatitis B
- HPV

## With a Cure (Parasitic)

- Trichomoniasis
- Pubic Lice



# Symptoms of STDs

Can include:

- Abnormal discharge and/or bleeding from the genitals of infected body part
- Pain, fever, swelling and tenderness
- Frequent urination, itching and burning in the infected area
- Warts, bumps, rashes and oozing sores which can be itchy, sore or painful

**The most common symptom is no symptoms at all!**



# No Symptoms?

- The majority of people who contract an STD will **never experience symptoms** or will experience symptoms so mild that they go unnoticed.
- You **cannot** tell just by looking at a person whether or not they have an STD. While external symptoms are possible, every person's body responds to STDs differently.
- This is important because even if a person is not having symptoms, STDs can still be causing damage to their reproductive system!
- The only way to know you have an STD is to get tested!



# How can someone contract an STD?

STDs are primarily spread through:

- Vaginal, anal and oral sex

Other ways STDs can be transmitted:

- From mother to child during pregnancy or child birth
- Blood contact (through needles or syringes)
- Skin to skin contact with the infected body part. This does not include HIV!



# A special note on HIV



- HIV stands for Human Immunodeficiency Virus.
- HIV is a virus that can be sexually transmitted.
- When a person becomes infected with HIV, their white blood cell count is reduced and their immune system is compromised.
- This means that the individual can become sick very easily.
- If left untreated, HIV can develop into AIDS which stands for Acquired Immune Deficiency Syndrome.
- HIV is the virus that causes AIDS. A person cannot have AIDS without having first contracted HIV.





# A special note on HIV



HIV can be transmitted through the following bodily fluids:

- Blood
- Semen
- Vaginal Fluids
- Breast Milk

This means that not only can HIV be transmitted through vaginal, anal and oral sex, but the disease can also be transmitted through childbirth, breastfeeding or by sharing needles of any kind.



# A special note on HIV



When a person contracts HIV, their body begins to produce a specific type of antibody.

HIV is not contained in saliva (meaning HIV cannot be transmitted through kissing!). However, HIV antibodies can be found in saliva. The oral rapid test is a simple mouth swab that tests for HIV antibodies.

It can take up to three months after a person contracts HIV for their antibody count to be elevated enough to show up on a test. This means high risk individuals should be getting tested every three to six months.



# Who can get an STD?

- Anyone can get an STD.
- They are diseases that are spread primarily through sexual contact.
- Teens and young people are affected by STDs more than any other age group.
- According to the CDC, half of the 20 million new STD cases each year occur in youth ages 15 to 24.



# How can a person avoid getting an STD?

- Not engaging in sexual activity that puts them at risk!
- This includes vaginal, anal and oral sex.



# In Review

- We know how STDs are transmitted. We know the signs and symptoms of an STD infection. We know some STDs don't have symptoms. We know how to avoid getting an STD. But why would we want to avoid getting an STD?
- Let's brainstorm some of the long-term physical and emotional consequences of getting an STD.



# Long-term Physical Consequences

- Death (AIDS, syphilis, Hep B, and HPV related cancer – if left untreated)
- Blindness (syphilis – if left untreated)
- Paralysis (syphilis – if left untreated)
- Heart disease (syphilis – if left untreated)
- Brain damage (syphilis – if left untreated)
- Cervical, vaginal, penile, anal or throat cancers (HPV)
- Infertility (gonorrhea and chlamydia)
- Ectopic pregnancy (gonorrhea and chlamydia)
- Pelvic inflammatory disease (gonorrhea and chlamydia)
- Chronic pelvic pain (gonorrhea and chlamydia)
- Liver damage (Hep B)



# Emotional Consequences of an STD

- Sad
- Angry
- Confused
- Embarrassed
- Afraid
- Depressed

Anyone engaging in sexual behaviors can be at risk for contracting an STD. It does not mean they are a dirty or a bad person.



# Testing and Treatment

- Treatment requires the care of a doctor.
- Bacterial STD's can typically be detected in the urine or by taking a swab of the infected area. In some cases a blood test is used.
- Treatment with antibiotics will cure a bacterial STD but any damage already done to the body cannot be reversed.
- Bacterial or parasitic STDs can be cured.





# Testing and Treatment

- Viral STDs are not curable. There are medications to make the symptoms more manageable.
- Human Papilloma Virus (HPV) and Hepatitis B both have preventative vaccinations that can help the body develop immunities. You can talk to your physician, or visit your local health department, to learn more about these vaccinations.
- Free or reduce cost testing and treatment are available at your local health department.



# A special note on Human Papilloma Virus

- Human Papilloma Virus is a group of more than 150 related viruses.
- HPV can be transmitted through skin to skin contact.
- For most people, HPV will clear up on its own within about two years.
- However, for some individuals, HPV can develop into cancer or genital warts.



# Important Things to Remember about STDs

1. STDs make you more vulnerable to HIV. Having an STD makes you 2 to 5 times more likely to catch HIV through sex.
2. You often can't tell a person has an STD just by looking at them.
3. STDs are sexist – women are twice as likely to catch them than men.
4. Many STDs are not curable, but they are **ALWAYS** preventable!



# How can I prevent the spread of STDs?

- Getting tested, and having all of your partners get tested, will help REDUCE your risk of STDs including HIV.
- Condoms can also help REDUCE the risk of STDs including HIV, but remember that risk REDUCTION is very different from risk AVOIDANCE.
- ABSTINENCE, or not engaging in sexual activity, is the only 100% effective way to prevent the spread of STDs.



# In closing

- You now know the basic information that will help you avoid getting an STD.
- Remember how STDs are transmitted, how to avoid them, why you should avoid them and what can happen if you get infected.
- You can avoid STDs by abstaining from behaviors that put you at risk.

