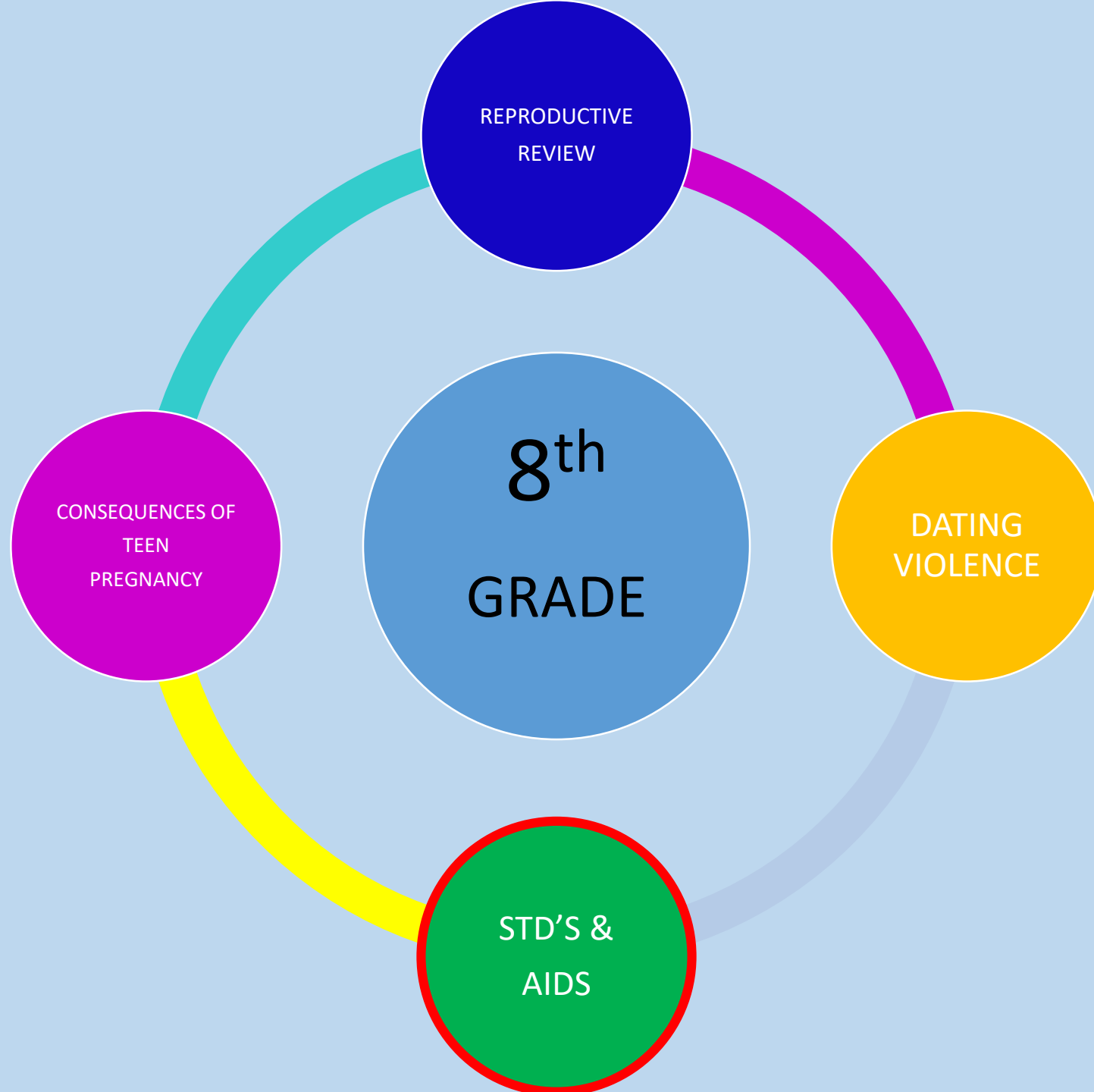


# 8<sup>th</sup> Grade: STDS

The mission of Polk County Public Schools is to provide high-quality education for all students.

# Champs Expectations

- C** Conversation: Level 0 while teaching
- H** Help: Yes, raise your hand
- A** Activity: Workbooks
- M** Movement: None without permission
- P** Participation: Ask questions & be respectful
- S** Success: YES! Nurse lessons



# **ESSENTIAL QUESTIONS:**

**How are STDs transmitted and how can they be prevented?**

**What are some possible symptoms of STD infection?**

**What should you do if you think you may have been exposed to an STD?**

**What may be some long-term consequences of contracting an STD?**

# What are STDs?

**STD = Sexually Transmitted Disease**

**They are spread through intimate sexual contact.**

## STD Vocabulary

**abstinence** – not taking part in any high-risk behavior such as sexual activity or drug use including alcohol and tobacco.

**antibiotics** – medication used to destroy bacteria. Penicillin is an antibiotic.

**bacteria** – a group of one-celled microorganisms, some of which cause disease.

**carrier** – someone who is infected with a pathogen but has no symptoms of disease.

**chancre** – painless sore that is one of the first signs of syphilis.

**chlamydia** – (the most common STD) caused by a bacteria that infects the lining of the male urethra or female vagina; left untreated, it can damage the reproductive system.

**communicable** – able to be spread from one person to another.

**confidential** - private, secret

**contacts** – in reference to STDs: those with whom one has had sex.

**copper spots** – copper-colored spots found all over the body or on the palms of the hands and soles of the feet. A distinctive symptom of secondary syphilis.

**discharge** – fluid flowing out of a body opening.

**epidemic** – the spread of a communicable disease to a large number of people.

**genital herpes** – an STD caused by a virus; the main symptom of which is the formation of painful blisters on the sexual organs.

**genital warts** – painless, flat white patches to cluster of tissue usually seen on the genitals or near the anus.

**gonorrhea** – an infectious disease of the mucous membranes spread by sexual contact; left untreated, it can damage the reproductive system.

**Hepatitis B** – a viral infection which can result in long-term damage to the liver and can cause death. There is no cure for this disease, but it can be prevented through immunization

**Herpes Simplex II** – the virus that causes genital herpes.

**HPV** – Human Papilloma Virus, the virus that causes genital warts

**immune** – protected from the disease by the body's defense system.

**infectious** – capable of spreading a disease to others.

**lymph nodes** – glands located throughout the body which produce white blood cells.

**mucous membrane** – the soft moist tissue that lines the openings of the human body.

**Non-communicable** - not able to be passed from one person to another.

**parasite** – an organism that lives within or on another organism.

**pathogen** – another word for germ.

**P.I.D.** – **Pelvic Inflammatory Disease** – an infection that involves the female reproductive system and can cause sterility.

**pubic lice** – a type of parasite which infects the pubic area.

**scar tissue** – thick, inflexible tissue that the body forms to replace damaged tissue.

**Sexually Transmitted Disease** – (STD) a disease which is spread through sexual contact.

**sterile** – infertile, unable to have children.

**symptom** – changes in the body or its functions which indicate the presence of a disease.

**syphilis** - a bacterial infection with three stages that if untreated may result in heart disease, insanity, and death.

**Trichomoniasis** - an infection caused by a parasite (protozoa); spread by direct or indirect sexual contact.

**Venereal Disease (VD)** - a disease spread through sexual contact.

**virus** - an infectious agent that reproduces only in living cells. It is the smallest of all pathogens.

**virgin** – a person who has never had sexual intercourse.

## Testing Your Knowledge of STDs

Do you know the facts about STDs? Indicate whether each statement is true or false.

- T 1. A person can be infected with more than one STD at a time.
- F 2. Once cured of an STD a person cannot be infected again?
- F 3. If the symptoms of an STD disappear, it means the disease is cured.
- T 4. **Some** STDs can be successfully treated or cured.
- T 5. Certain STDs can be passed on to newborn babies if the mother is infected.
- T 6. Symptoms or signs of certain STDs are less noticeable sometimes even nonexistent, especially in females.
- T 7. A woman should have a Pap smear to test for cervical cancer.
- T 8. The best way to prevent contracting an STD is to abstain from sexual contact.
- T 9. Treatment for STDs is available at public health clinics and is confidential.
- F 10. Genital herpes can only be spread to another person when the blisters are present.
- T 11. STDs, especially genital warts, can make females more susceptible to cervical cancer.
- T 12. Herpes Type I, the cold sore, can be transmitted to the genital area even though it is not an STD.
- T 13. Herpes Type II, genital herpes, can be transmitted to the mouth by direct contact.
- F 14. Pain and discomfort are always present with a sexually transmitted disease.
- T 15. Many STDs inflict permanent, lifelong physical damages, whether they are curable or not.

Adapted from Teen Health, Handout 25 and Sexuality and STDs.





# Bacterial STDs

.....are STDs that are caused by bacteria. They can be cured with antibiotics.



Chlamydia  
Gonorrhea

*Symptoms can include:*

*Discharge*

*Burning*

*PID = Pelvic Inflammatory  
Disease*



Gonorrhea

*Symptoms can include:*

*Discharge*

*Burning*

*PID = Pelvic Inflammatory  
Disease*



Syphilis

Symptoms can include:

Stage 1 – Chancre

Stage 2 – Joint pain, Hair loss, Copper spots

Latent Stage- No symptoms

Stage 3 – Heart damage, Seizures, Mental  
illness

# Viral STDs

.....are STDs that are caused by viruses. They cannot be cured.

You can take medications to help relieve your symptoms.



Genital Herpes

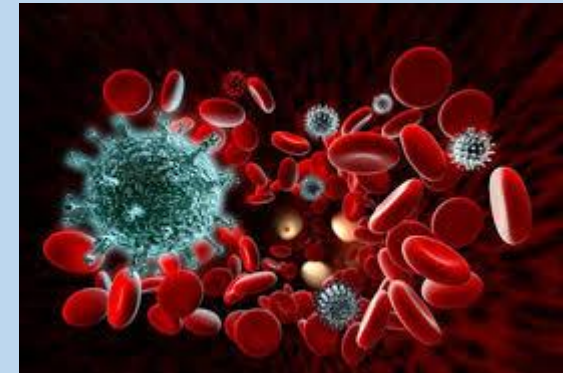
Symptoms can include:  
Blisters, Fever, Headaches,  
Muscle aches, Enlarged lymph  
nodes



Genital Warts

HPV

*Symptoms can include:  
Painless white patches to  
clusters of tissue*



HIV



# HIV / AIDS

## HIV=Virus

Human Immunodeficiency Virus

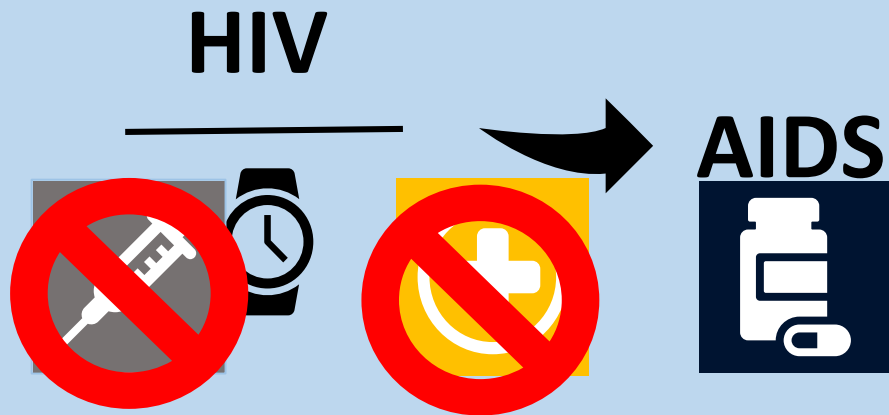
## AIDS=disease

Acquired Immune Deficiency Syndrome

**NO VACCINE / NO CURE**



# HIV = Human Immunodeficiency Virus



Left untreated, **HIV** progresses  
in **3 STAGES:**

- 1. Acute infection**
- 2. Clinical latency  
(Chronic HIV Infection)**
- 3. AIDS**

1

2

3

# How can HIV be spread?

Body fluids that can contain the virus include blood, semen and vaginal fluids, and breast milk.

Infected  
blood

Contaminated  
needles

Sexual  
contact

Mother to  
baby

# HIV/AIDS Fact Sheet




2021-2022



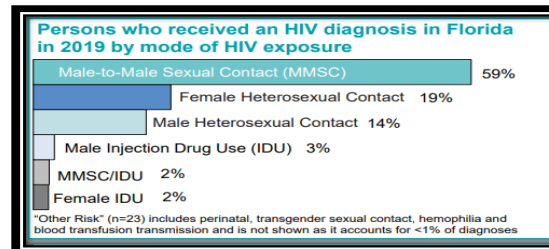
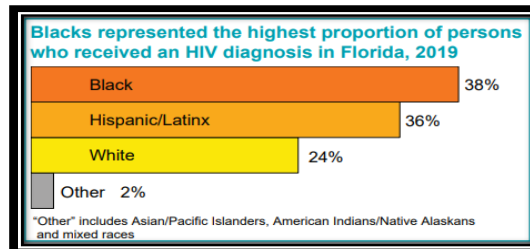
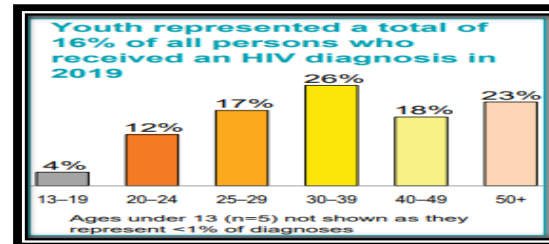
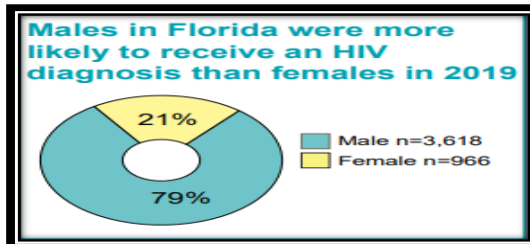
<u>Worldwide</u> 2020		<u>Living with HIV</u> 2020		<u>HIV Newly Diagnosed by State</u> 2019	
Living with HIV	37.7 million	United States	1.2 million		#1 Florida
New HIV Infections	1.5 million	Florida	116,689		#2 California
AIDS Related Deaths	680,000	Polk County	3,078 (06/2021)		#3 Texas

The five leading counties in Florida reporting the highest number of HIV cases in 2019:  
1) Miami-Dade 2) Broward 3) Orange 4) Duval 5) Hillsborough

## HIV and YOUTH

-  Young people most likely to be unaware of their infection. Among young people aged 13-24 with HIV, an estimated 51% do not know.
-  Young people aged 13-24 are especially affected by HIV; however, all young people are not equally at risk. Risk factors include alcohol/drug use, sexual contact/multiple partners, etc.
-  It is important for young people to know their HIV status so they can take medicine to treat HIV if they have the virus. Taking HIV medication every day can make the viral load undetectable. People who get and keep an undetectable viral load can stay healthy for many years and have effectively lower or no risk of transmitting HIV. Treatments have improved for HIV.

## Do You Know?



Sources: CDC; UNAIDS; Kaiser Foundation; Florida Department of Health/ HIV/AIDS; Florida Department of Health in Polk County  
Note: Data and reporting trends 1-2 years behind current date. (Rev. 11/2021)



# HIV/AIDS Fact Sheet

2021-2022



## Worldwide

2020

Living with HIV 37.7 million  
New HIV Infections 1.5 million  
AIDS Related Deaths 680,000

## Living with HIV

2020

United States 1.2 million  
Florida 116,689  
Polk County 3,078 (06/2021)

## HIV Newly Diagnosed by State

2019

#1 Florida  
#2 California  
#3 Texas

The five leading counties in Florida reporting the highest number of HIV cases in 2019:  
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## HIV and YOUTH



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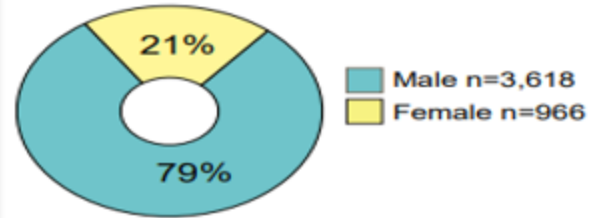
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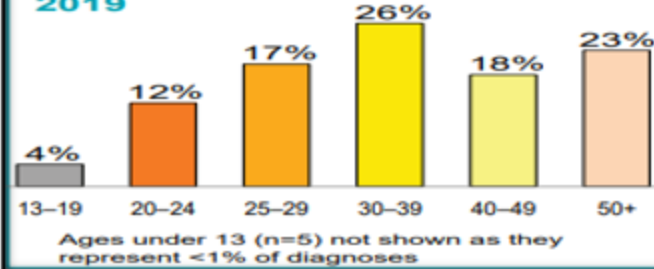
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## Do You Know?

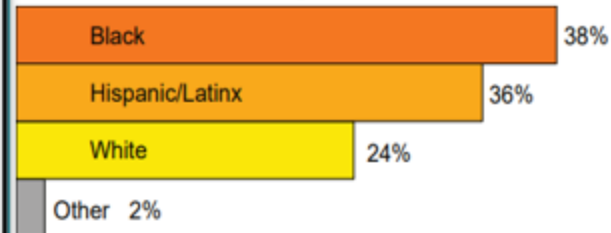
**Males in Florida were more likely to receive an HIV diagnosis than females in 2019**



**Youth represented a total of 16% of all persons who received an HIV diagnosis in 2019**

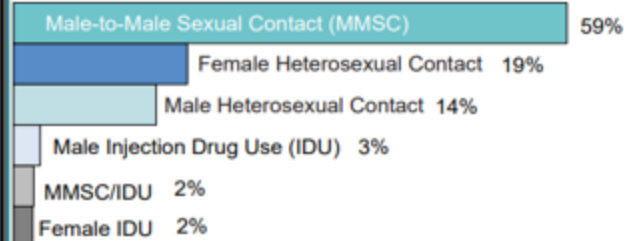


**Blacks represented the highest proportion of persons who received an HIV diagnosis in Florida, 2019**



\*Other\* includes Asian/Pacific Islanders, American Indians/Native Alaskans and mixed races

**Persons who received an HIV diagnosis in Florida in 2019 by mode of HIV exposure**



\*Other Risk\* (n=23) includes perinatal, transgender sexual contact, hemophilia and blood transfusion transmission and is not shown as it accounts for <1% of diagnoses

Sources: CDC; UNAIDS; Kaiser Foundation; Florida Department of Health/ HIV/AIDS; Florida Department of Health in Polk County

Note: Data and reporting trends 1-2 years behind current date. (Rev. 11/2021)

## AIDS Facts and Myths

Identify each fact by circling fact and each myth by circling myth in the column at the left.

- |      |      |   |
|------|------|---|
| fact | myth | 1. HIV weakens the body's immune system.  |
| fact | myth | 2. Injecting drugs with infected needles can spread HIV.  |
| fact | myth | 3. Unborn babies can get HIV from their mothers.  |
| fact | myth | 4. There is nothing people can do to avoid getting HIV.   |
| fact | myth | 5. There is no cure for AIDS.   |
| fact | myth | 6. People can catch HIV from infected mosquitoes.   |
| fact | myth | 7. One way to get HIV is by donating blood.   |
| fact | myth | 8. Carriers can spread HIV even though they show no signs of the disease themselves.                          |
| fact | myth | 9. There is no way to determine if a person has HIV by looking at them.                                       |
| fact | myth | 10. Being infected with HIV makes it possible for other pathogens to attack the body.                         |
| fact | myth | 11. Shaking hands with an AIDS patient can spread the disease.  |
| fact | myth | 12. One way to get AIDS is to touch something an AIDS patient has touched.                                    |
| fact | myth | 13. Saying "no" to sexual relations is a good way to avoid getting infected with HIV.                         |
| fact | myth | 14. The blood used for transfusions during operations today has been tested and probably doesn't contain HIV. |
| fact | myth | 15. HIV can be transmitted to another individual through minute cuts or openings in the skin.                 |

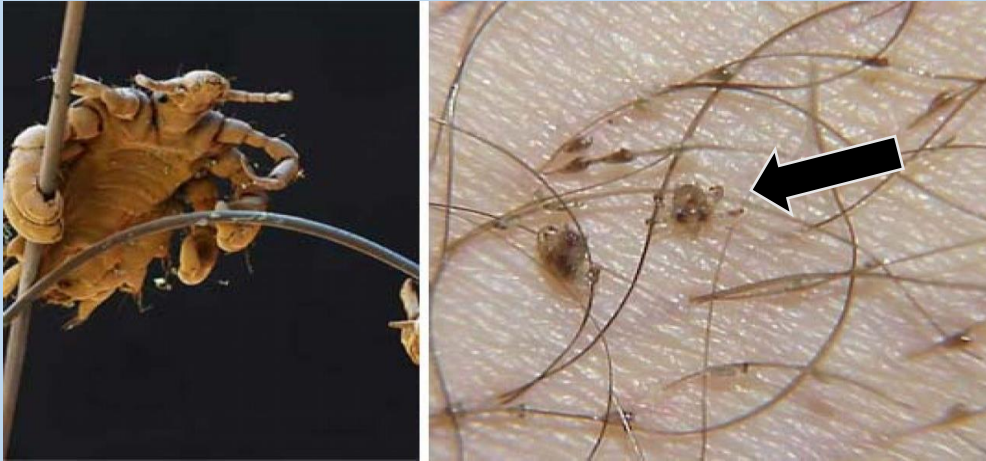
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| <u>fact</u> | myth        | 15. HIV can be transmitted to another individual through minute cuts or openings in the skin.                 |

# Parasitic STDs

.....are STDs that are caused by parasites. They can be cured.



Pubic Lice  
“Crabs”

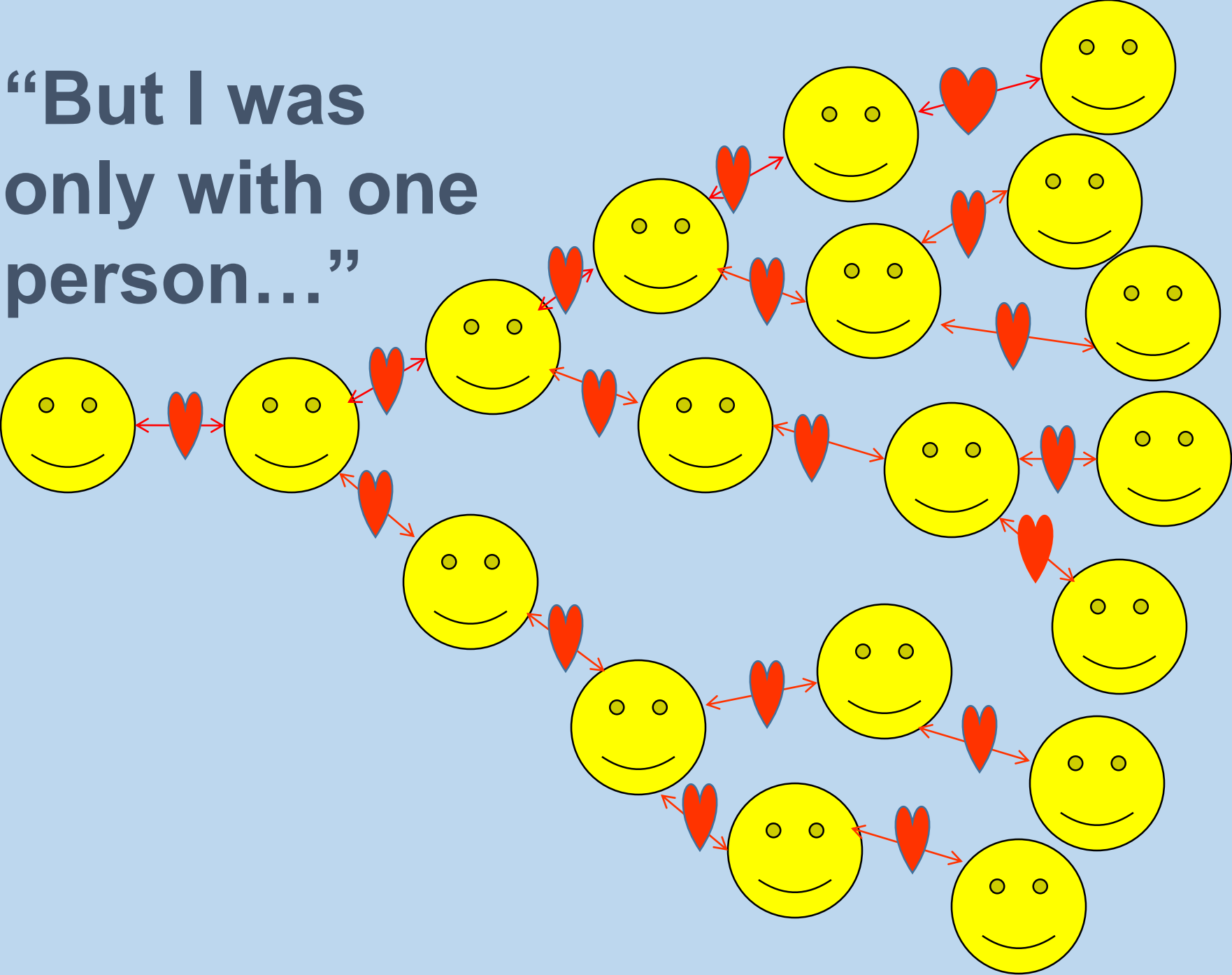
Symptoms can include:  
Itching



Trichomoniasis

Symptoms can include:  
Itching  
Burning  
Bad odor  
Discharge

**“But I was  
only with one  
person...”**



# Long Term Consequences of STDs

**Permanent  
Damage**

**Recurrence**

**Pass to  
newborn**

**Death**

**Sterility**

**Affects future  
relationships**





## Review Question:

Which of the following types of STDs cannot be cured with Antibiotics or Antibiotic types of Medication?

- a. Bacterial STDs
- b. Viral STDs
- c. Parasitic STDs

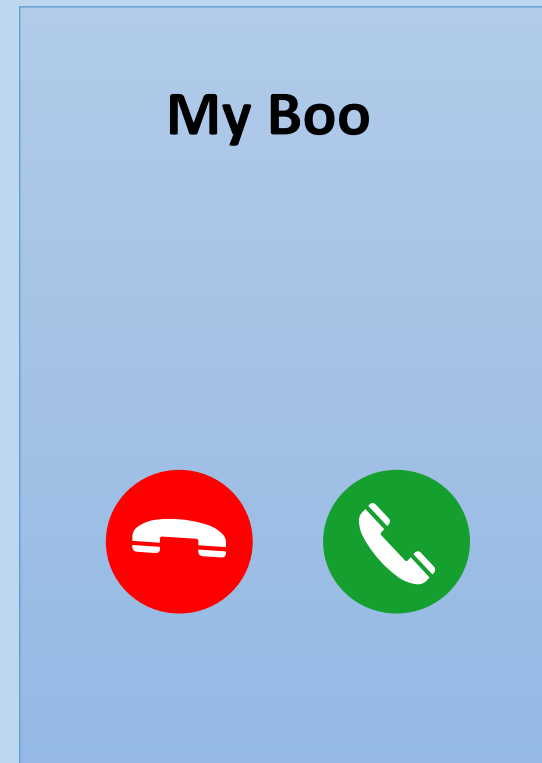
# What should you do if you think you may have an STD?

1. **STOP**

2. Talk with your parent or guardians about symptoms

3. Get tested and seek treatment

4. Tell your partner!



What is the MOST EFFECTIVE way to prevent STDs?



**Abstinence**

Abstinence = not taking part in any high-risk behavior (sexual activity, drug use, alcohol use)

# Sexually Transmitted Disease Chart

B = Bacteria

A = Antibiotics

P = Parasite

V = Virus

NC = No Cure

## GERM

Disease	Agent Incubation Period	Symptoms	Diagnosis	Consequences
<b>Chlamydia</b> most common	bacteria 7-50 days	may have no symptoms <u>Males</u> Penile discharge Burning on urination <u>Female</u> slight vaginal discharge P.I.D.-fever, abdominal pain	culture	sterility in both males and females
			<b>Treatment</b>	
			antibiotics	
<b>Gonorrhea</b> "G.C." "clap" "drip"	bacteria 2-8 days	may have no symptoms <u>Males</u> Penile discharge Burning on urination <u>Female</u> slight vaginal discharge P.I.D.-fever, abdominal pain	<b>Diagnosis</b>	Arthritis, heart disease, eye infections, blindness, sterility
			culture	
			<b>Treatment</b>	
<b>Syphilis</b> "syph," "bad blood," "the pox" Primary <u>(1<sup>st</sup> stage)</u>	bacteria 2-4 weeks	chancre (painless sore) enlarged lymph nodes		Sterility in males and females
			blood test	
Secondary <u>(2<sup>nd</sup> stage)</u>	2-10 weeks after 1st	copper spots, hair loss, joint pain, sore throat	<b>Treatment</b>	
<b>ANTIBIOTICS</b>				
<i>Latent Stage</i>				
Tertiary <u>(3<sup>rd</sup> stage)</u>	3-20 years after 2nd stage	heart damage, seizure disorder, symptoms of mental illness	<b>Diagnosis</b> But damage is NOT reversed	If untreated, death will occur. Fetus: rashes, damage to bones, liver, lungs, death.

# Sexually Transmitted Disease Chart

B = Bacteria

A = Antibiotics

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V = Virus

NC = No Cure

## GERM

Disease	Agent Incubation Period	Symptoms	Diagnosis	Consequences
<b>Genital Herpes Type II</b>	virus weeks to years <u>direct or indirect contact</u>	<u>blister formation</u> , muscle aches, enlarged lymph nodes, fever, headaches	Culture/Blood test	not life threatening premature labor fetus: death brain damage
			<b>Treatment</b>	
			<b><u>NO CURE</u></b>	
<b>Genital Warts HPV (Human Papilloma Virus)</b>	virus H.P.V. 1-3 months to years	painless flat white patches to clusters of tissues	<b>Diagnosis</b>	recurrence of warts cancer of penis in males cancer of cervix in females baby: growth on vocal cords  <b>*Can cause cancer*</b>  <b>Vaccine available</b>  <b>NO CURE</b>
			by symptoms visual inspection biopsy	
			<b>Treatment</b>	
			chemical laser freezing surgery	
<b>Hepatitis B</b>	virus (H.B.V.) 3 weeks to 6 months	fever, dark urine, fatigue, jaundice, nausea/vomiting, weight loss	<b>Diagnosis</b>	can be a carrier liver damage or cirrhosis cancer of liver death baby: carrier/cancer of liver
			blood test	
			<b>Treatment</b>	
			<b>NO CURE</b> treat symptoms	
			<b>Vaccine</b>	

Disease	Agent Incubation Period	Symptoms	Diagnosis	Consequences
<b>Pubic Lice</b> “crabs”	<b>parasite</b> (insect) direct or indirect contact	itching    <b>Medicated -&gt;</b>	visual inspection	none
			<b>Treatment</b>	
			special lotion or shampoo treat environment	
<b>Trichomoniasis</b> “trich”	<b>parasite</b> (protozoa) direct or indirect contact weeks to months	burning on urination, vaginal itching or burning, bad odor from genitals, discharge (frothy, green), painful intercourse	<b>Diagnosis</b>	can be a carrier
			smear	
			<b>Treatment</b>	
			flagyl for both partners	

# ESSENTIAL QUESTIONS:

**How are STDs transmitted and how can they be prevented?**

**What are some possible symptoms of STD infection?**

**What should you do if you think you may have been exposed to an STD?**

**What may be some long-term consequences of contracting an STD?**



Resources:

Florida Department of Health in Polk County  
**Floridahealth.gov**  
**863-519-8233**



Activity Time...



# Case File #1

- Patient Name: SP
- Gender: Male
- Age: 16

## Medical History:

SP has come to the clinic complaining of pain when he passes urine for the past 3 weeks, and a slight discharge from the penis. He has NO sores, blisters, or growths in the genital area. He states he has been sexually active with one partner.

## Physical Assessment:

- Temperature: 99.1 (slight fever)
- Urine sample: cloudy with white blood cells and bacteria
- Slight redness around tip of penis with small amount of discharge

# Case File #1

## Suspected Diagnosis:

- What do you think SP may have?
- Could there be more than one possible infection?
- What clues led you to this diagnosis?
- What is the treatment?
- Do sexual partners need to be notified?

# Case File #2

- Patient Name: TG
- Gender: Female
- Age: 17

## Medical History:

TG has come to the Emergency Room complaining of severe abdominal pain. She says her last menstrual period was 6 weeks ago. She has been sexually active.

## Physical Assessment:

- AJ appears to be in pain, holding her abdomen. She complains of pain when the doctor presses on her lower abdomen. She has a slight discharge coming from the vagina.
- Temperature: 102 (fever)

# Case File #2

## Suspected Diagnosis:

- What do you think TG may have?
- Could there be more than one infection?
- What clues led you to this diagnosis?
- Should the doctor do a pregnancy test?
- What is the treatment?
- Could this patient have any long-term health consequences?
- Do sexual partners need to be notified?

# Case File #3

- Patient Name: SN
- Gender: Female
- Age: 18

## Medical History:

SN has come to the clinic complaining of painful sores on her labia. The blisters have been there for 4 days. She has been sexually active.

## Physical Assessment:

- SN has 3 wet open blisters on her inner labia that are painful when touched. No abnormal discharge from the vagina.

# Case File #3

## Suspected Diagnosis:

- What do you think SN may have?
- What clues led you to believe this?
- What is the treatment?
- What is the long-term prognosis?
- Do sexual partners need to be notified?

# Case File #4

- Patient Name: MG
- Gender: Male
- Age: 15

## Medical History:

MG has come to the clinic complaining of intense itching around the pubic/genital area. He has no discharge from the penis, no pain with urination, no blisters, or sores. He has been sexually active.

## Physical Assessment:

- MG has reddened skin around genital area. Upon close observation nits (eggs) are found on the pubic hair.



# Case File #4

## Suspected Diagnosis:

- What do you think MG may have?
- What is the treatment?
- Are there any long-term consequences?
- What should MG do about clothing, bed linens, towels, etc?
- Do sexual partners need to be notified?

# Case File #5

- Patient Name: KT
- Gender: Male
- Age: 24

## Medical History:

- KT has come to the health department complaining of cough, lack of energy, and low-grade fever for 3 weeks. He has been sexually active since the age of 15 and has a history of IV drug abuse. He was diagnosed with Genital Herpes at age 16 and takes medication for the herpes.

## Physical Assessment:

- Temp: 101.2
- KT has lung sounds of a respiratory infection. He is coughing up mucus.

# Case File #5

## Suspected Diagnosis:

- What do you think KT may have?
- What disease should KT be tested for?
- What clues led you to this conclusion?
- What is the treatment?
- Are there any long-term health consequences?
- Do sexual partners need to be notified?

# Case File #6

- Patient Name: DN
- Gender: Female
- Age: 21

## Medical History:

- DN has come to the clinic complaining of painless bumps around her genitals. She states she has had them for 3 months. She also states she has been sexually active. She has never had a pelvic exam or Pap Smear.

## Physical Assessment:

- DN has a cluster of white/pink colored patches of tissue around the vaginal opening. No abnormal discharge is noted. A Pap Smear was performed during the exam.

# Case File #6

## Suspected Diagnosis:

- What do you think DN may have?
- Why does DN need a Pap Smear?
- What is the treatment?
- Are there any long-term consequences?
- Do sexual partners need to be notified?

# Case File #7

- Patient Name: JK
- Gender: Male
- Age: 21

## Medical History:

- JK comes to the clinic complaining of a rash on the palms of his hands and a sore throat. He also states that he had a painless sore in his mouth 2 weeks ago that went away. He has engaged in oral sex but denies having intercourse.

## Physical Assessment:

- Temperature: 99.9 (slight fever)
- Brown spotted rash noted on the palms of both hands and back.
- Lymph glands in the neck are swollen.

# Case File #7

## Suspected Diagnosis:

- What do you think JK may have?
- What disease should JK be tested for?
- What clues led you to this conclusion?
- What is the treatment?
- Are there any long-term consequences?
- Do sexual partners need to be notified?