

# STDs & AIDS

7<sup>th</sup> Grade

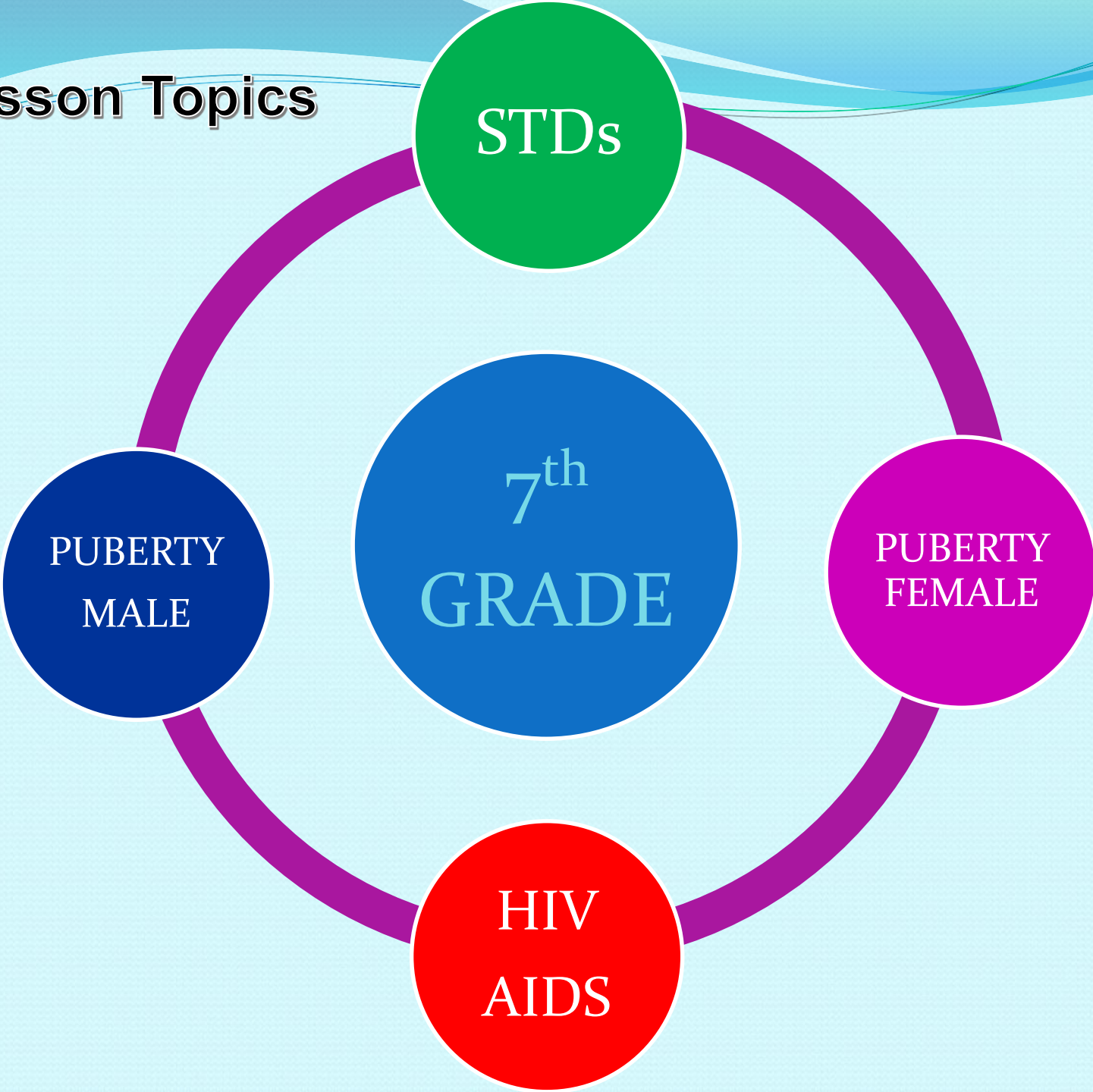
*The mission of Polk County Public Schools is to provide high quality education for all students.*

# Champs expectations

- C** Conversation: Level o 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



# Lesson Topics



STDs

PUBERTY  
MALE

7<sup>th</sup>  
GRADE

PUBERTY  
FEMALE

HIV  
AIDS

# ESSENTIAL QUESTIONS:

**How are STDs transmitted and what is the only 100% way to prevent their transmission?**

**What are three symptoms that may be present with an STD infection?**

**What should a person do if they suspect they may have an STD?**

**What are some long-term consequences associated with STDs?**



# STD

**Sexually Transmitted Disease**

a **disease** which is spread through sexual contact

# STI

**Sexually Transmitted Infection**

an **infection** which is spread through 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** – a person who is infected with a pathogen but has no symptoms of disease.

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

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

**communicable** – able to be passed 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** – the flowing out of fluid from a body opening.

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

**genital herpes** – a sexually transmitted disease, 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 clusters of tissue usually seen on the genitals or near the anus.

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

**herpes simplex II** - the virus that causes genital herpes



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

**immune** – protected against a disease.

**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 infectious process that involves one or more pelvic structures and can cause sterility; primarily caused by sexually transmitted disease of the female reproductive system.

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

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

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

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

**syphilis** – a sexually transmitted disease that if untreated may result in crippling, heart disease, blindness, insanity, and death.

**virus** – an infectious agent that reproduces only in living cells; the smallest of all pathogens.

Did you  
know?



STDs are the second most common communicable disease a teen will get each year in the U.S. - second only to the common cold

75% of all reported STDs occur in teens and young adults under age 25.

Not all STDs can be cured; some cause permanent lifelong infection.

You can catch some STDs over and over again!

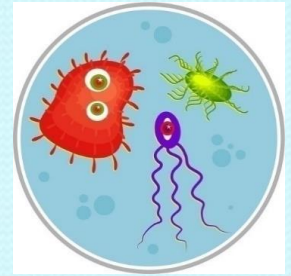
**THE YOUNGER a person is when sexual activity begins, the more likely they are to get a STD.**



**STI/STDs** are spread through  
**intimate sexual contact.**

**What does that mean?**

There are many types of germs that can cause STDs.

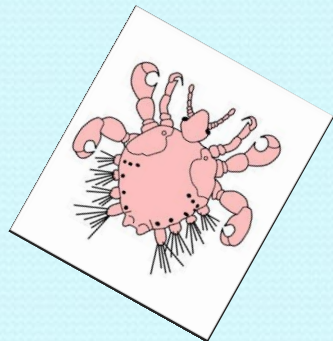


**Bacteria**-can be cured with an antibiotic.

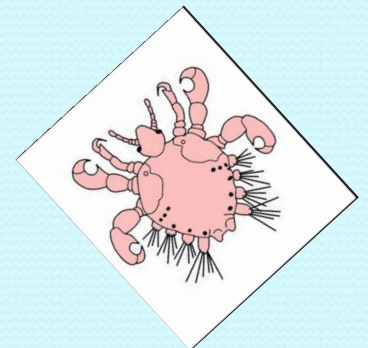
**Virus**-Most have no cure but can be treated.

**Parasite/Protozoan**-can be cured with medication.

**Fungal**-can be cured with medication.



**Anyone who is exposed to these germs through sexual contact can become infected.**





**OFTEN  
NO  
SYMPTOMS**

ANTIBIOTIC

Discharge

(The flowing out of fluid from a body opening)

Burning with urination

Pelvic Inflammatory Disease (PID)

(An infectious process in females that involves one or more pelvic structures and can cause sterility.)

Bacteria

1. Chlamydia
2. Gonorrhea



# Primary (1<sup>st</sup>) Stage

CHANCRE

**SYPHILIS**

BACTERIA  
ANTIBIOTIC



**CHANCRE**

# Secondary (2<sup>nd</sup>) Stage

Copper Spots  
Joint Pain  
Sore Throat  
Hair Loss

**Latent Stage**

# Tertiary (3<sup>rd</sup>) Stage

Heart Damage  
Seizures  
Mental Illness



**INFECTIOUS  
WITHOUT  
BLISTERS  
PRESENT**

**NO  
CURE**

BLISTERS, FEVER,  
HEADACHES, MUSCLE  
ACHES, ENLARGED  
LYMPH NODES

**VIRUS**

**GENITAL  
HERPES**

Herpes blisters



# GENITAL WARTS

Human Papilloma

Virus (HPV)

NO CURE

PAINLESS WHITE  
PATCHES TO  
CLUSTERS OF  
TISSUE

VIRUS

GENITAL  
WARTS  
HPV





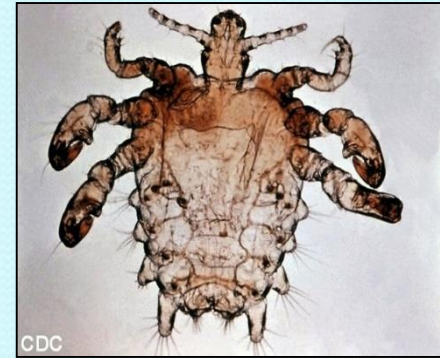
# Pubic Lice

MEDICATED  
SHAMPOO/  
LOTION

ITCHING

PARASITE

PUBIC LICE  
CRABS



**Pubic Lice in Eyelashes**

## Sexually Transmitted Disease Chart

B = Bacteria V = Viruses P = Parasite A = Antibiotics NC = No Cure

Disease	Agent	Symptoms	Treatment
<u>Chlamydia</u> (most common)	<b>B</b>	Males –Penile discharge Burning on urination Female –Slight vaginal discharge Burning on urination P.I.D. – fever, abdominal pain	<b>A</b>
<u>Gonorrhea</u> “G.C.” “clap”	<b>B</b>	Males –Penile discharge Burning on urination Female – Slight vaginal discharge Burning on urination P.I.D. – fever, abdominal pain	<b>A</b>
<u>Syphilis</u>	<b>B</b>	Chancre – (Painless sore) Enlarged lymph nodes	<b>A</b>
Primary (1 <sup>st</sup> ) Stage	<b>B</b>		<b>A</b>
Secondary (2 <sup>nd</sup> stage)	<b>B</b>	Copper spots Hair loss Joint pain Sore throat	<b>A</b>
Latent Stage	<b>B</b>	-No visible sign of disease. Can last for many years. Without treatment, progress to the tertiary stage (3 <sup>rd</sup> stage).	Can still treat with <b>Antibiotics.</b>
Tertiary Stage (3 <sup>rd</sup> Stage)	<b>B</b>	-Heart damage, Seizures, Mental illness	Possible death may occur without treatment.



<b>B = Bacteria   V = Viruses   P = Parasite   A = Antibiotics   NC = No Cure</b>			
<b>Disease</b>	<b>Agent</b>	<b>Symptoms</b>	<b>Treatment</b>
<b><u>Herpes Type II</u></b>	<b>V</b>	Blister formation Muscle aches Enlarged lymph nodes Fever Headaches	<b>NC</b>
<b><u>Genital Warts</u> <b>HPV</b> <b>Gardasil</b></b>	<b>V</b>	Painless flat white patches to clusters of tissue	Chemical Laser Freezing Surgery <b>NC</b>
<b><u>Pubic Lice</u> "crabs"</b>	<b>P</b>	Itching	<b><u>Special lotion or shampoo</u></b>



**Warning signs may include:**



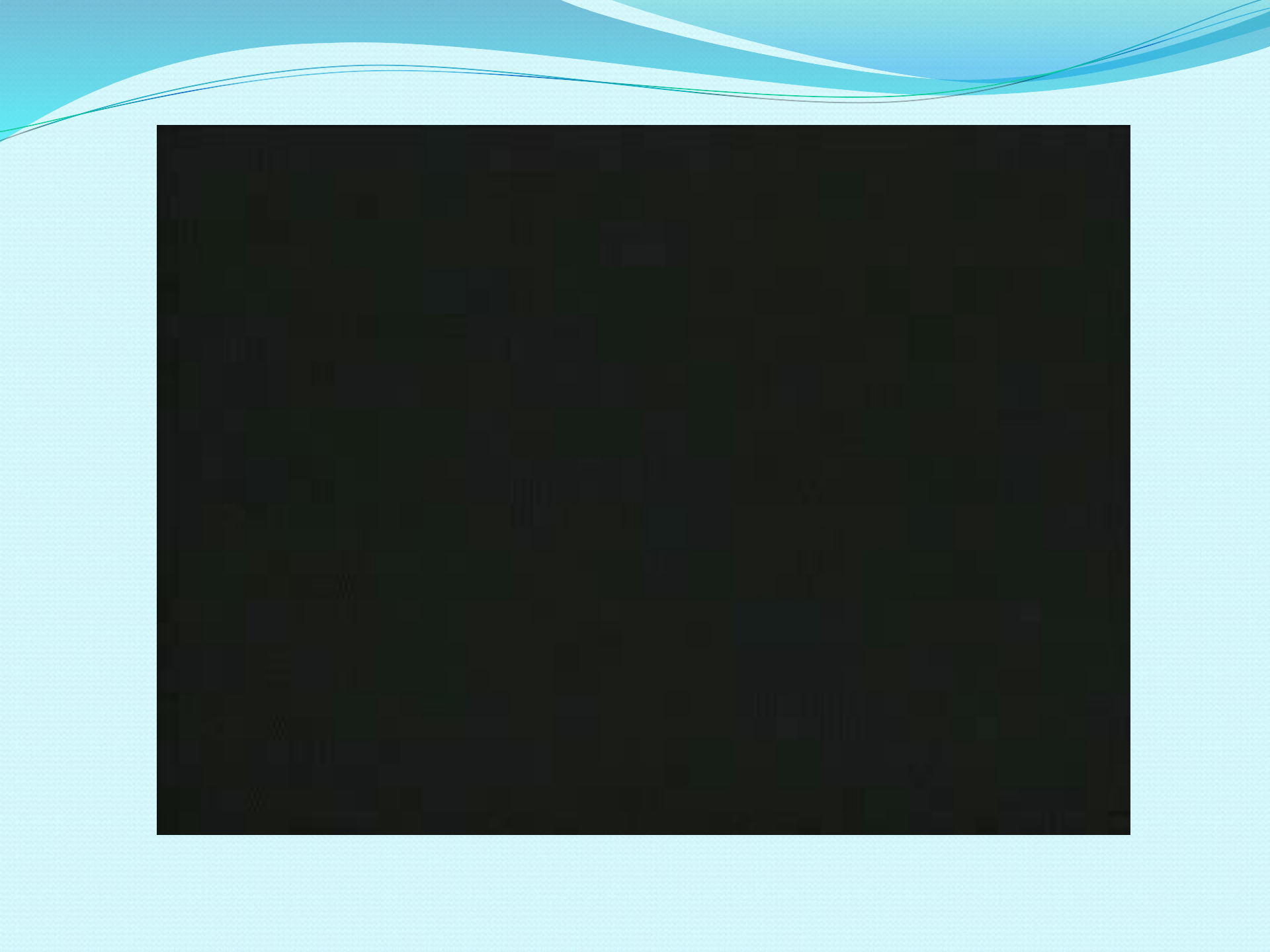
**The most common warning sign of all is nothing!**

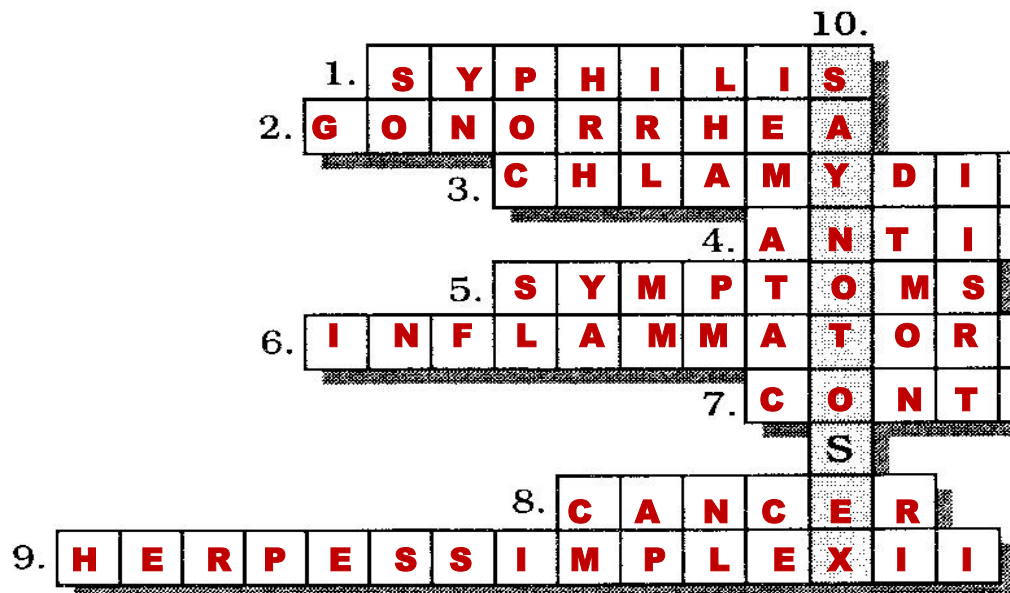
- Pus-like fluid coming from penis or vagina.
- Itching, burning, rash, or pain around penis or vagina.
- Blisters, sores, or growths in the genital area.
- Need to urinate frequently.
- Pain with urination.
- Bad smelling odor from genitals.
- Swollen glands and fever.

**Talk with your parent about your symptoms**

**Seek medical attention if any of these problems occur or if you feel you may have been exposed to an STD/STI!**







**Words**  
 antibiotics  
 cancer  
 chlamydia  
 contact  
 discharge  
 gonorrhea  
 Herpes Simplex II  
 inflammatory  
 pathogen  
 symptoms  
 syphilis

- \_\_\_\_\_ is a sexually transmitted disease (STD) that has three stages.
- An STD that is sometimes called GC, Clap, or the drip \_\_\_\_\_.
- The most common STD is \_\_\_\_\_.
- \_\_\_\_\_ are medicines used to treat STDs caused by bacteria.
- Painful urination, unusual fluids coming from the reproductive organs, and sores on the reproductive organs are \_\_\_\_\_ of STDs.
- A painful infection of the female reproductive organs is pelvic \_\_\_\_\_ disease.
- Pubic lice can be spread by direct or indirect \_\_\_\_\_.
- Human Papilloma Virus (HPV) that causes genital warts can lead to \_\_\_\_\_ of the cervix or penis.
- The virus that causes genital herpes is \_\_\_\_\_.

10. The secret phrase tells how teens can avoid getting STDs:

**SAY NO TO SEX**



# HIV/AIDS



**HIV** – **H**uman **I**mmunodeficiency **V**irus

**AIDS** – **A**cquired **I**mmune **D**eficiency **S**yndrome

What do you remember about HIV and AIDS?

# Activity time...





# Can I get HIV from...?

Place the answers from the center in the correct category.

YES?

Kissing?  
Hugging?  
Sexual Contact?  
Shaking hands?  
Blood?  
Mosquitos?  
Dirty needles?  
Mom to baby?  
Cups?  
Toilet seat?  
Air?

NO?

# Can I get HIV from...?

## YES?

Sexual Contact  
Blood  
Dirty needles  
Mom to baby

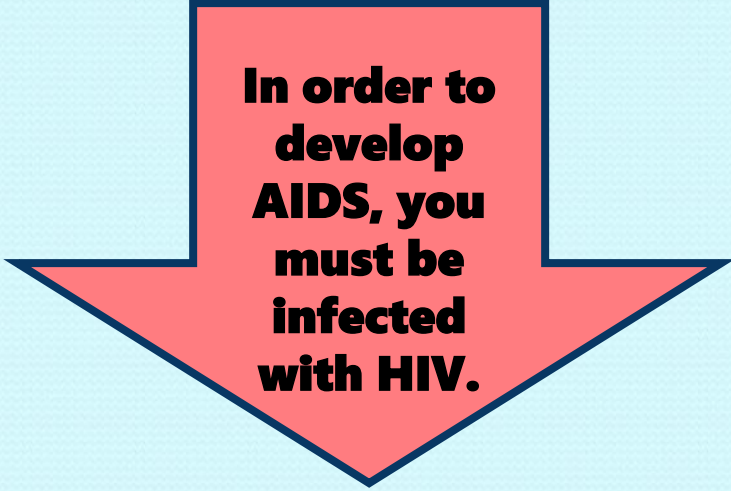
Kissing  
Hugging  
Sexual Contact  
Shaking hands  
Blood  
Mosquito's  
Dirty needles  
Mom to baby  
Cups  
Toilet seat  
Air

## NO?

Kissing  
Hugging  
Shaking hands  
Mosquitos  
Cups  
Toilet seat  
Air



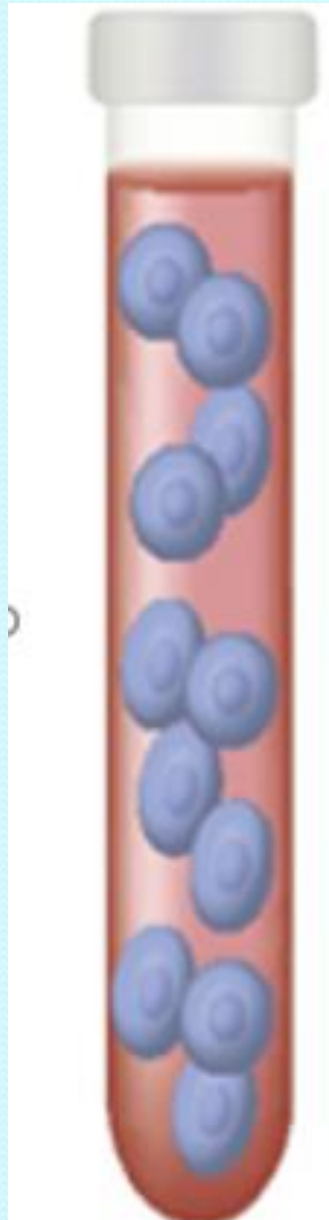
HIV attacks and destroys the T-Cells.




**In order to  
develop  
AIDS, you  
must be  
infected  
with HIV.**

In AIDS, the number of T-Cells is very low.

**Before HIV  
infection**



**Healthy blood  
sample**

 = T Cells     = HIV



# STAGE #1



(Stage 1)  
Acute HIV  
Infection



## ACUTE HIV INFECTION

### “Primary HIV Infection”

- ◇ Initial HIV infection.
- ◇ Large amount of HIV in the blood.
- ◇ Many people are unaware of infection because they do not feel sick right away or at all.
- ◇ Some people have flu like symptoms within 2-4 weeks.

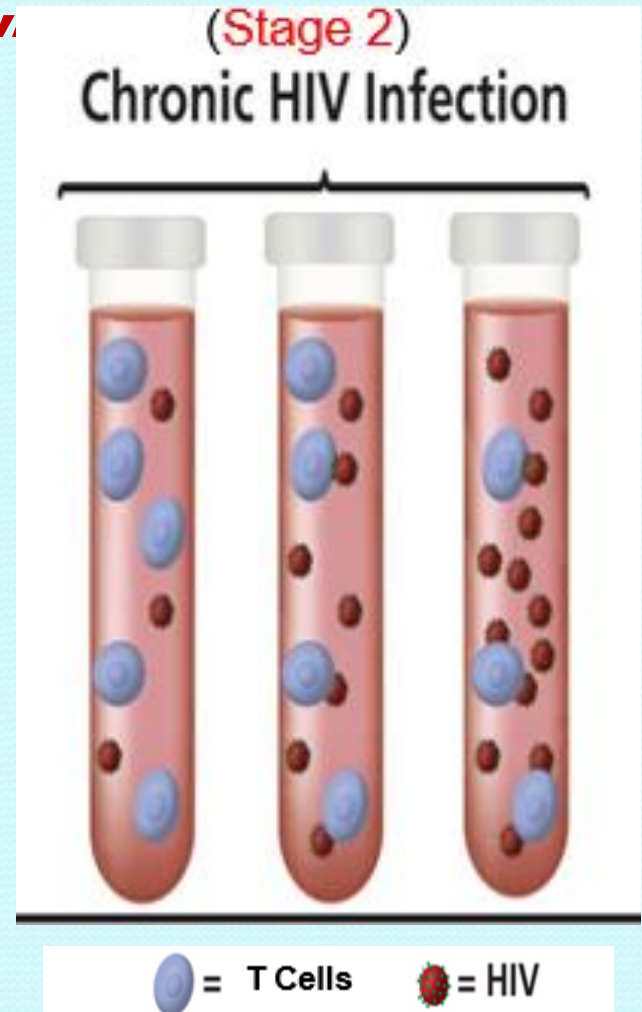
 = T Cells     = HIV

# STAGE #2

## CHRONIC HIV INFECTION

“Clinical Latency”

- ◇ 10 Years or Longer
- ◇ No symptoms or Mild Symptoms
- ◇ Virus continues to multiply and take over slowly.
- ◇ At the end of this stage, the virus multiplies quickly.






# STAGE #3

## "AIDS"

- ◇ Most severe stage of HIV.
- ◇ The T-cell count is below 200 cells/mm<sup>3</sup>.  
(normal 500-1600 cells/mm<sup>3</sup>)
- ◇ The person can develop one or more opportunistic diseases.
- ◇ Without treatment, survival is about 3 years.
- ◇ If the person has an opportunistic disease, survival is about 1 year.

(Stage 3)  
AIDS



 = T Cells     = HIV

## **WAYS HIV IS SPREAD**

- ~ Blood
- ~ Sexual Contact
- ~ Contaminated Needles/Sharps
- ~ Transfusion with HIV Infected Blood
- ~ HIV Infected Mother to Baby

## **Some Ways HIV is NOT Spread**

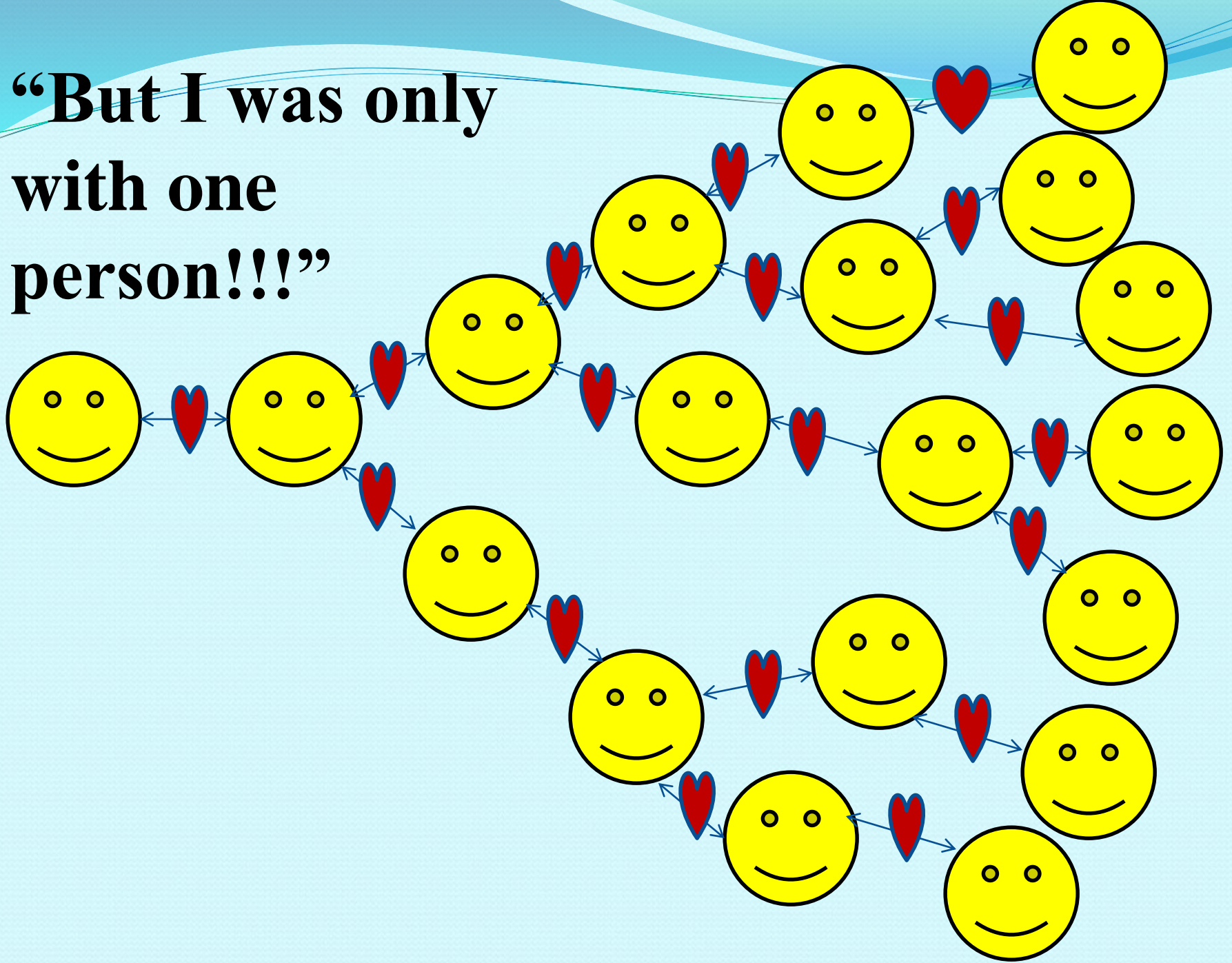
- ~ Casual Contact—hugging/sitting together
- ~ Objects—drinking fountains/silverware
- ~ Air—coughing/sneezing
- ~ Animals/Insects—pets/mosquitoes/flies

## **RISKY BEHAVIORS INCLUDE:**


- ~ **having sex with an HIV infected person**
- ~ **having multiple sexual partners**
- ~ **sharing needles and sharps**
- ~ **using alcohol or other drugs**



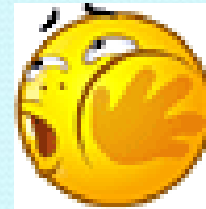
**“But I was only  
with one  
person!!!”**



Jim  and Carolyn  are freshmen in high school.

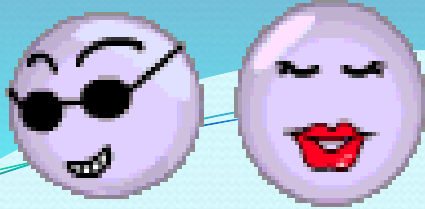
After dating each other for several months they are beginning to experience strong feelings  when they are together.

Describe three ways these young people can resist the pressure to have sex.



- 1.
- 2.
- 3.





What can you do? Describe ways these young people can resist the pressure to have sex.

- ❖ Go to public places
- ❖ Group dates
- ❖ Have parents or other adults around
- ❖ Discuss and set boundaries
- ❖ Respect yourself and your date
- ❖ Say no—do other activities
- ❖ Talk to a trusted adult
- ❖ Think about your future and think about the consequences of your actions
- ❖ Spend time with people who respect your decision not to have sex.

**Avoid risky situations**

**What is the only 100% sure way  
to avoid pregnancy, STD's and  
decrease the risk of HIV  
exposure?**

**ABSTINENCE**

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



# WHAT SHOULD YOU DO IF YOU THINK YOU HAVE A STD/HIV???



TELL YOUR PARENT or GUARDIAN

**SEEK TESTING/TREATMENT!!**

**TELL YOUR PARTNER!!!**

If you think you may  
have an **STD/HIV**:

**talk**

**Talk to a parent,  
guardian or health  
care professional!**

**Florida Department of Health in Polk County: 863-519-8233**

**Walk in testing and treatment is available; however, an appointment is recommended. To get an appointment, call 863-519-7910.**

**National Hotline Numbers for STDs and HIV**

**-STDs/STIs: 1-800-227-8922**

**-HIV/AIDS: 1-800-232-4636**



# Additional Activities/Quizzes



# Knowing Health Terms and Concepts

- C 1. a person who is infected with a pathogen but has no symptoms of disease.
- B 2. a deadly disease that attacks and interferes with the immune system's ability to protect the body against pathogens.
- F 3. diseases that take advantage of a weakened immune system.
- D 4. virus that causes AIDS.
- G 5. instrument used to inject drugs into veins.
- A. Antibodies  
B. Acquired Immune Deficiency Syndrome  
C. Carrier  
D. HIV  
E. Immune  
F. Opportunistic diseases  
G. Intravenous needle



**C** 6. The best way to prevent the spread of HIV is to avoid

- a. giving blood .
- b. shaking hands with someone who has AIDS
- c. sexual contact.
- d. none of the above.

**A** 7. HIV spreads by means of

- a. sexual contact
- b. contact with bacteria
- c. contact with insects
- d. contaminated food

**D** 8. The goal of health officials who are fighting AIDS is to

- a. educate the public
- b. find a cure
- c. find a vaccine
- d. all of the above

**B** 9. HIV is deadly because it attacks the

- a. circulatory system
- b. immune system
- c. nervous system
- d. none of the above

**D** 10. Someone can get HIV from an infected person by?

- a. swimming in the same pool
- b. having casual contact with the person
- c. using the person's cups and plates
- d. none of the above

# STDs: What do you know?

- \_\_\_ 1. Being in good health will keep a sexually active person from getting an STD.
- \_\_\_ 2. A sexually active person can have only one STD at a time.
- \_\_\_ 3. There is no known way to prevent the spread of STDs.
- \_\_\_ 4. Untreated STDs usually go away in time.
- \_\_\_ 5. Health problems associated with STDs are usually more serious in males.
- \_\_\_ 6. STDs are basically a problem for adults.
- \_\_\_ 7. Having only one sex partner will prevent a sexually active person from getting an STD.
- \_\_\_ 8. Once the symptoms of an STD have disappeared, the disease has been cured.
- \_\_\_ 9. Having a STD is a private matter, so a sexually active person should not have to tell their partner they have an STD.
- \_\_\_ 10. All STDs can be treated and there are known cures for all of them.



# ESSENTIAL QUESTIONS:

**How are STDs transmitted and what is the only 100% way to prevent their transmission?**

**What are three symptoms that may be present with an STD infection?**

**What should a person do if they suspect they may have an STD?**

**What are some long-term consequences associated with STDs?**