

Sexually Transmitted Infections (STI)

Recommended for Grades 7-12

Adapted from Middlesex London Health Unit

Presentation Overview

- ▶ Consent
- ▶ Sexually Transmitted Blood Born Infections (STBBIs)
- ▶ Prevention
- ▶ Testing
- ▶ Where to go for help

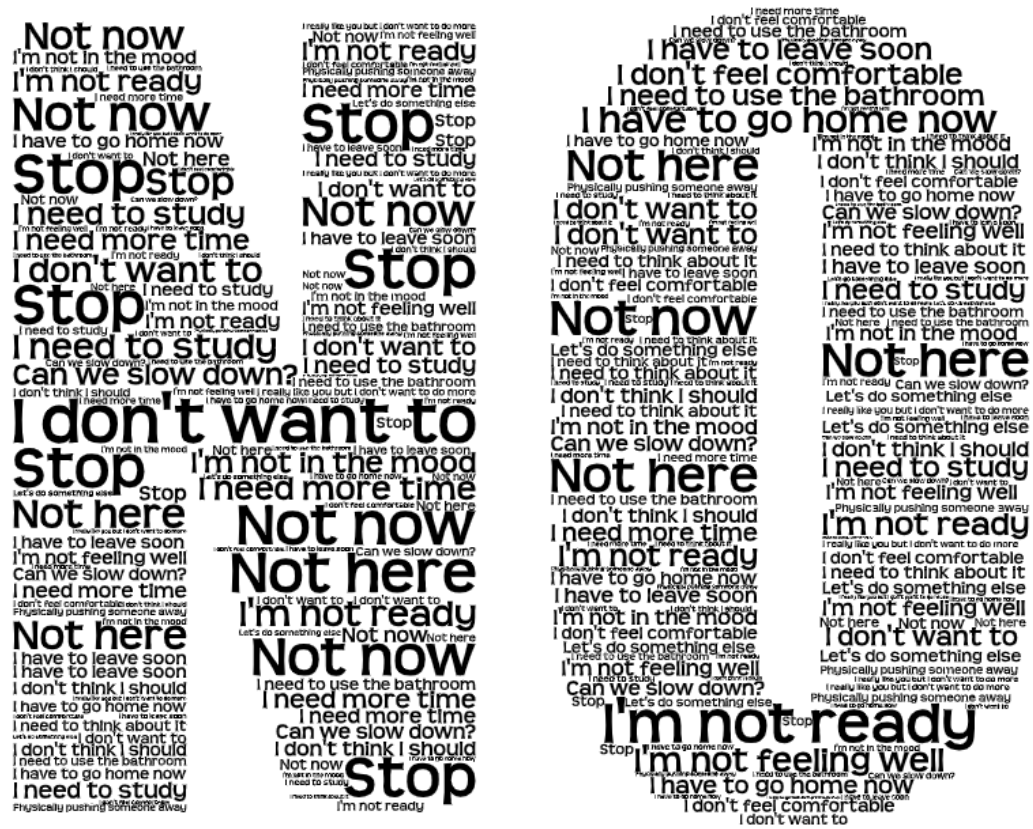
Everyone has the right to choose:

- ▶ If they want to be in a relationship
- ▶ Who they want to be in a relationship with
- ▶ How intimate they want to be with their partner



Consent

If someone doesn't say "No", it doesn't mean Yes



Consent-Elementary Video (see next slide for secondary)



▶ <https://www.youtube.com/watch?v=h3nhM9UIJjc>

Consent – Secondary Video



<https://www.youtube.com/watch?v=-JwIKjRaUaw>

What does STBBI stand for?

S Sexually

T Transmitted

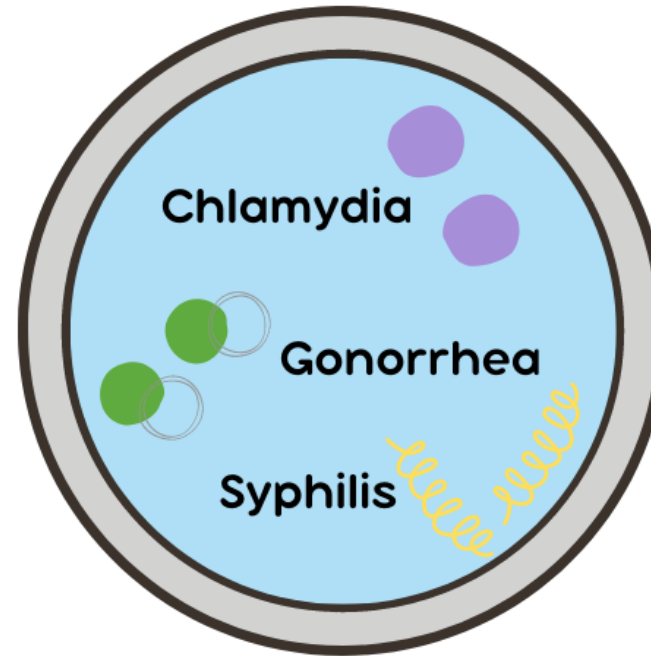
B Blood

B Borne

I Infection

Bacterial Infections

- Caused by bacteria
- Can be cured with antibiotics
- Long-term consequences if not treated



Chlamydia

- ❖ The most common bacterial STI
- ❖ Most people with chlamydia have no symptoms
- ❖ **Highest incidence in females aged 15-24 years**

Symptoms can include:

Itching and pain when urinating

Discharge from the penis or vagina

Vaginal bleeding after sex or between periods

- ❖ Treated with antibiotics

Gonorrhoea

- ❖ Individuals can be co-infected with chlamydia
- ❖ Highest incidence in males aged 20-29 years

Symptoms can include:

No symptoms

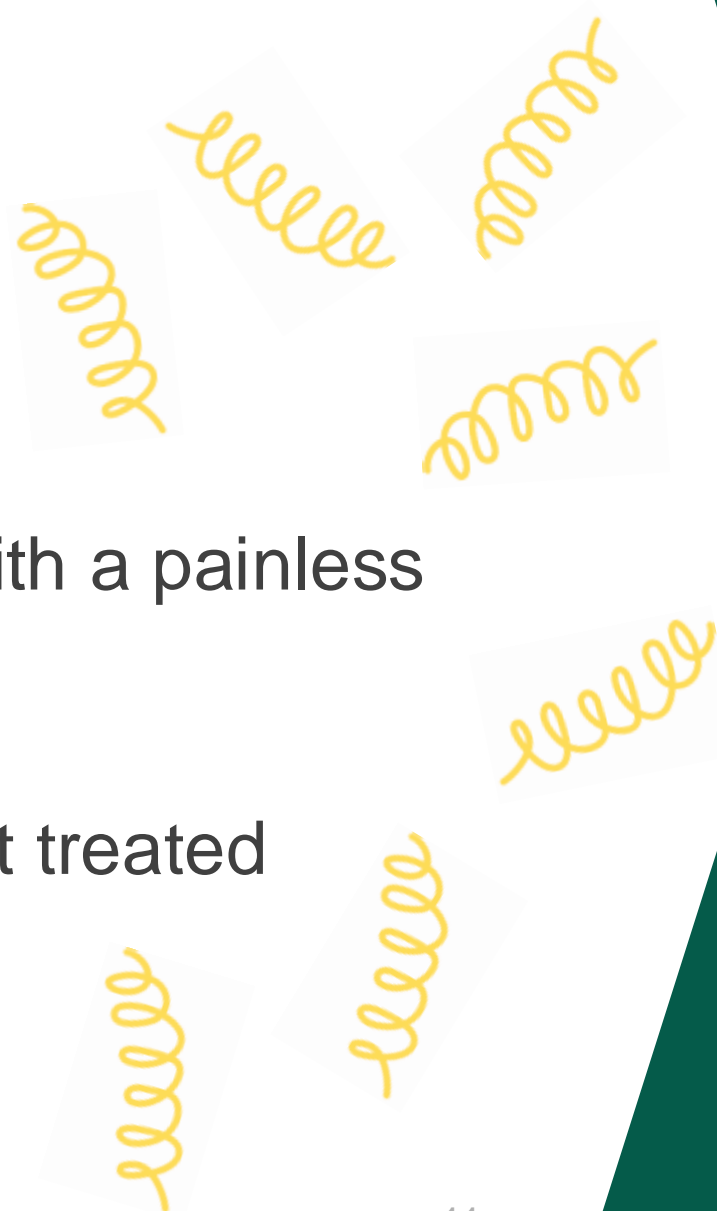
Pain during sexual intercourse

Discharge from the penis or vagina

Testicular pain

- ❖ Treated with antibiotics

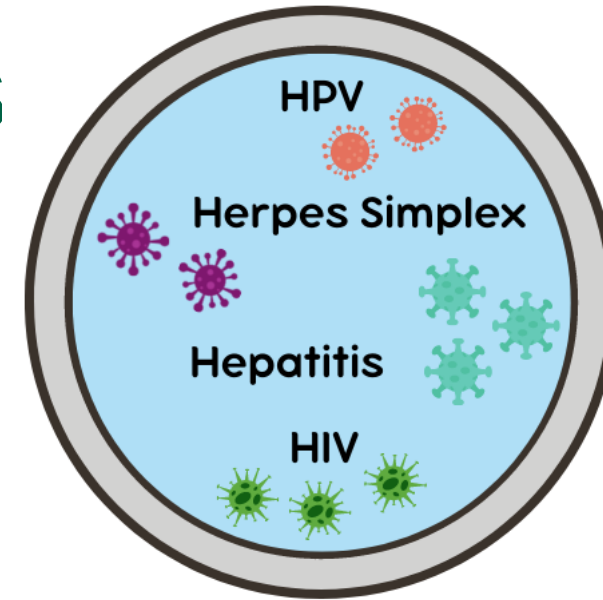
Syphilis



- Can have no symptoms
- Progresses in stages, beginning with a painless open sore
- Serious health consequences if not treated
- Treated with antibiotics

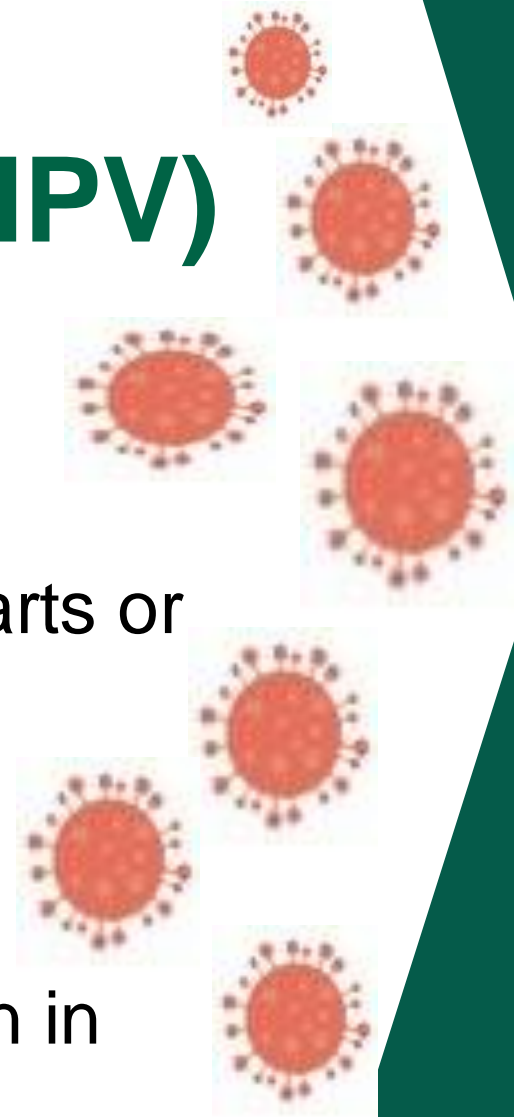
Viral Infections

- Caused by a virus
- There is no cure
- Treatments are available to manage symptoms
- Some viral STIs will resolve on their own while others will remain in the body for life



Human Papillomavirus (HPV)

- There are over 200 different HPV viruses
- 40 of the 200 viruses cause either genital warts or cancer
- If not immunized, 75% of sexually active Canadians will get at least one HPV infection in their lifetime



Human Papillomavirus (HPV)



Presentation: Genital Warts



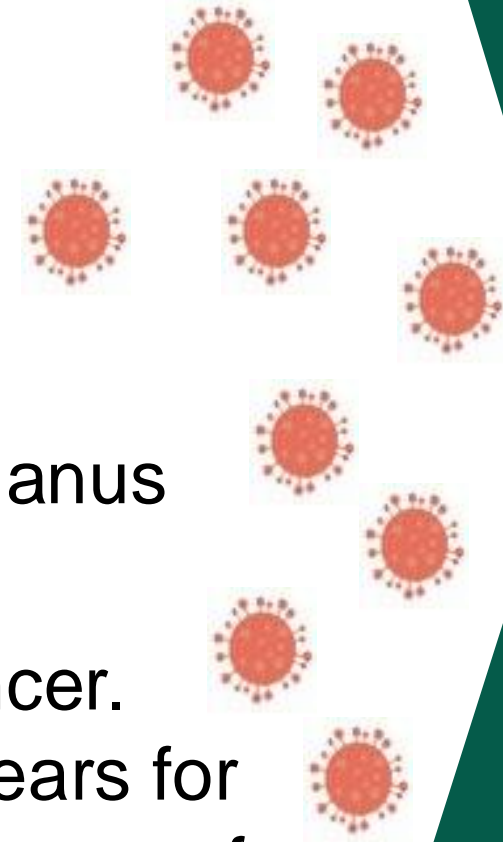
- Lower risk HPV viruses cause genital warts and usually clear on their own within a few years
- Genital warts are small cauliflower-like growths on the vulva, penis or anus
- Can cause itching and bleeding/discomfort during intercourse



Human Papillomavirus (HPV)

Presentation: Cancer

- ▶ Higher risk HPV viruses cause cancer
- ▶ Most commonly in the vulva, cervix, penis, anus and throat
- ▶ PAP tests detect early signs of cervical cancer. PAP tests are recommended every three years for sexually active individuals who are over the age of 21.



Human Papillomavirus (HPV)

Prevention: Vaccination

- ▶ Vaccination is the best prevention against HPV
- ▶ Current vaccine products reduce the risk of both cancer and genital warts
- ▶ The HPV vaccine is offered routinely with the grade 7 vaccination campaign in schools



Herpes

Virus: Herpes Simplex Virus 1 and 2

- ▶ Herpes Simplex Virus (HSV) is not curable and does not resolve on its own

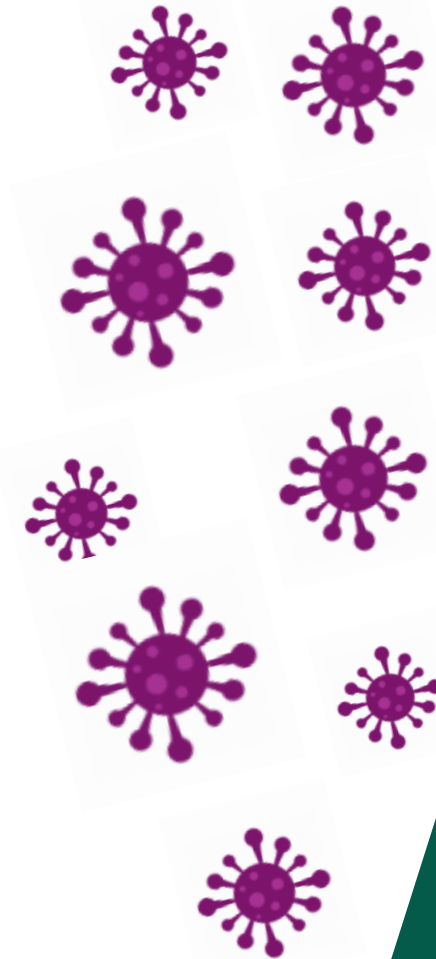
HSV-1	HSV-2
Primarily associated with oral infection .	Primarily associated with genital infection .
Example: cold sores	Example: genital ulcers (small blister-like sores on the penis, anus or vulva)

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Herpes

Virus: Herpes Simplex Virus-2

- ▶ Symptoms can include:
 - ▶ Small blisters on the genitals
 - ▶ Genital pain and pain while urinating
- ▶ There are medications that can be taken to manage symptoms, reduce the number of outbreaks and reduce the severity of outbreaks experienced



Hepatitis



Subgroups: A, B, C

▶ Hepatitis is a virus that affects the liver

Type A	Type B	Type C
Fecal oral transmission (ingesting contaminated food or water often while travelling)	Sexually transmitted	Transmitted through blood, usually spread through the sharing of needles

Hepatitis

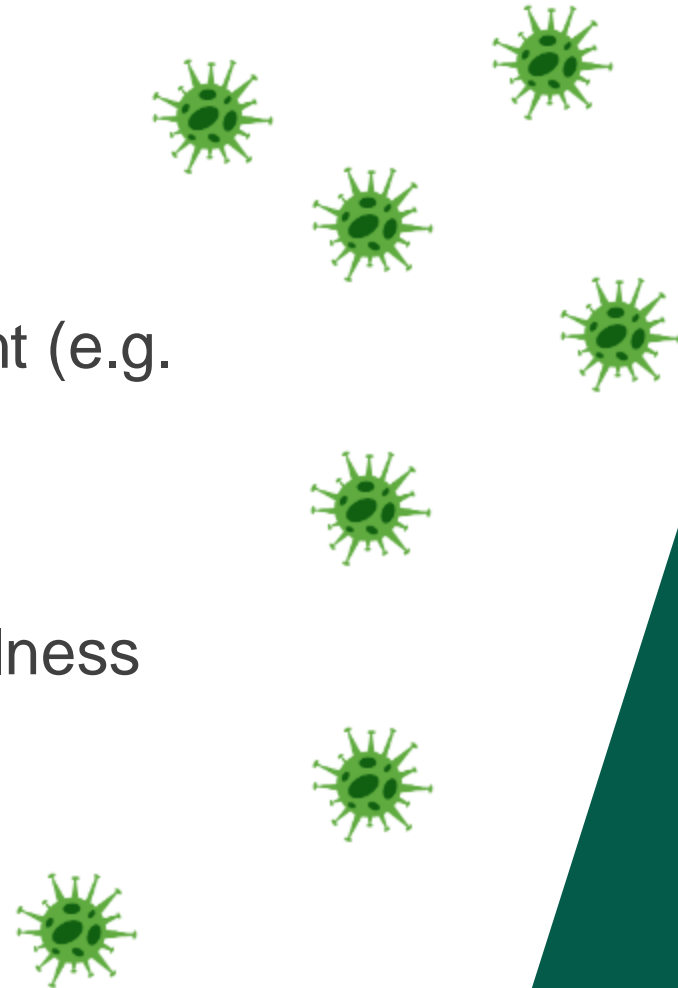
Subgroup: B

- ▶ Hepatitis B is transmitted through oral, anal or vaginal sex
- ▶ Symptoms can include:
 - ▶ Flu-like symptoms
 - ▶ Joint pain
 - ▶ Jaundice (yellowing of the eyes and skin)
- ▶ Once infected, there is no cure
- ▶ Hepatitis B is a vaccine preventable disease



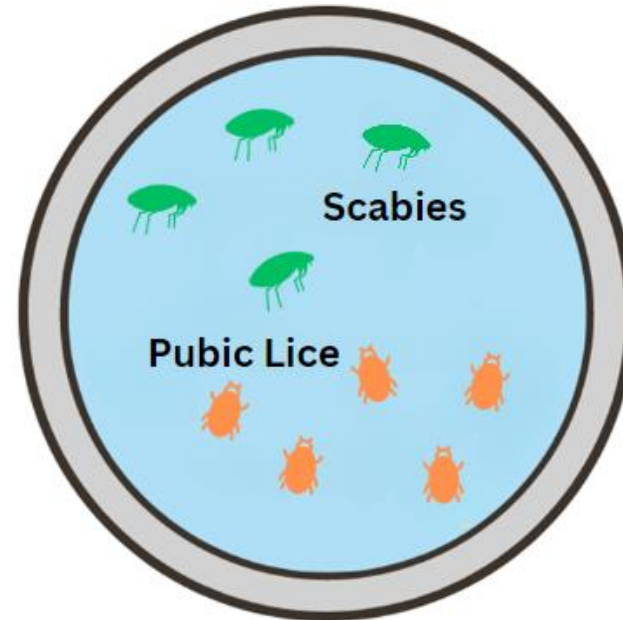
Human Immunodeficiency Virus (HIV)

- ▶ Spread through:
 - ▶ Unprotected sex (oral, vaginal and anal)
 - ▶ Using contaminated needles or equipment (e.g. tattooing, drug use)
- ▶ Attacks the immune system
- ▶ Daily HIV treatment can reduce severity of illness
- ▶ Untreated HIV can result in AIDS
- ▶ There is no vaccine for HIV



Parasitic Infections

- Caused by parasite
- Can be cured with proper treatment



Most STIs Have No Symptoms!

How can someone know if they or their partner has a sexually transmitted or blood-borne infection?



Testing

Prevention

- Abstinence
- Harm Reduction
- Barrier Methods



What is Abstinence?

- ▶ Abstinence means *to not do something*
- ▶ Sexual abstinence means to abstain from different levels of sexual activity
- ▶ Possible choices for sexual abstinence could be:
 - ▶ Avoiding vaginal and anal intercourse
 - ▶ Avoiding oral-genital contact
 - ▶ Avoiding genital contact



Harm Reduction

- ▶ Limit the number of sexual partners
 - ▶ more partners=more STI risk
- ▶ Talk about sexual history and STI testing with partners
- ▶ Avoid sexual contact if you or your partner have an active outbreak
- ▶ Use barrier methods
- ▶ **Get Vaccinated!**

Barrier Methods

Condom “External”

Worn on an erect penis as a barrier between the penis and a partner's body parts/fluids.



Condom “Internal”

Polyurethane sheath inserted into the vagina before sex.



Dental Dam

Latex sheet placed over the vulva or anus before oral sex.



Who to talk to

- ▶ Partner
- ▶ Parents or other family members
- ▶ Other trusted adults (teachers)
- ▶ Health professionals (Your school public health nurse)

Where to get more information

- ▶ <https://www.sexandu.ca/stis/>
- ▶ <https://sexualhealthontario.ca/en/stis>



Sexual Health Clinics

Haldimand-Norfolk

- ▶ Call 519-426-6170 Ext. 3285 to contact your School Health Nurse
- ▶ Or email at sexualhealth@hnhss.ca

- ▶ Community Sexual Health Clinics:

Norfolk Family Health Team

Delhi

519.582.2323 ex 231

Haldimand Family Health Team

Caledonia

P: 365.206.0303
245 Argyle St. S

Dunnville

P: 289.335.1263
334 Broad St. W

Hagersville

P: 905.768.9599
75 Parkview Rd

Q and A Period

- ▶ You can get an STI from a drinking fountain or toilet seats
- ▶ The symptoms of STIs are often not noticed
- ▶ If your symptoms go away you no longer need to see a doctor
- ▶ The first time you have sex you cannot get an STI
- ▶ You can get an STI from oral sex
- ▶ Untreated STIs can cause someone to not be able to reproduce (become sterile).
- ▶ STIs cannot be transmitted through oral sex.
- ▶ If a person has an STI but has no symptoms, they can't pass the infection to a sexual partner.
- ▶ Sharing needles can transmit STIs.
- ▶ STIs caused by a virus can not be cured



Serving the community in the areas of public health, social services, children's services, housing and long-term care.