

Reproductive Health and Disease Education

ST. JOHNS COUNTY SCHOOL DISTRICT

Complete Worksheet

Life Goals

Sexually transmitted disease (STD)

- There are more than 25 different significant STD's
- More than 50% of people will have an STD at some point in their lifetime
- The Center for Disease Control and Prevention (CDC) estimates that there are approximately 20 million new STD infections each year
- Approximately half of all STDs occur in the 15-24 age group

STDs

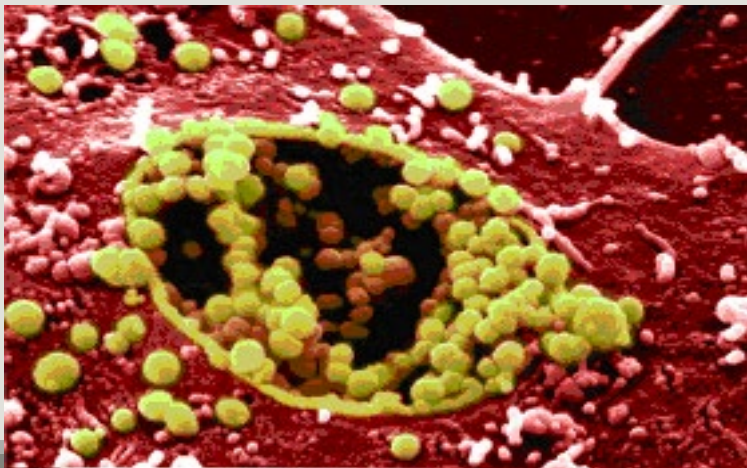
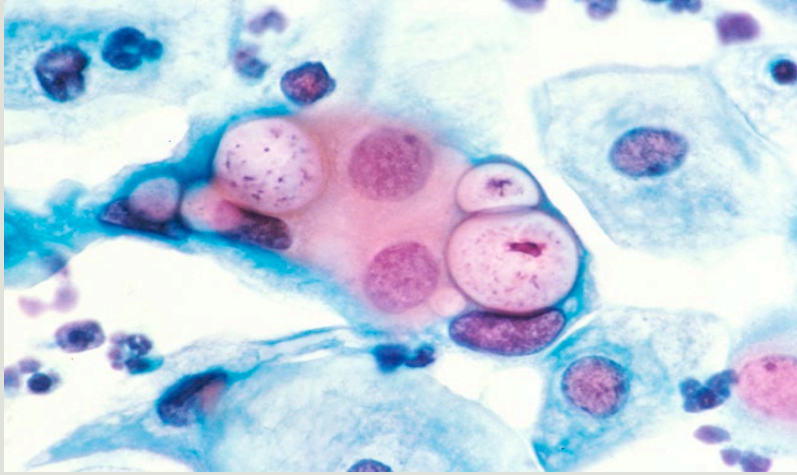
- Sexually transmitted diseases caused by infection which are passed from 1 person to another during sexual contact.
- Many STDs have no symptoms.
- There are many kinds of sexually transmitted disease.
- Examples are: Gonorrhea, Syphilis, and Chlamydia.
- 1 out of 4 sexually active teenagers will carry an STD.
- Studies confirm a high correlation between alcohol use and STDs

(<https://www.alcoholrehabguide.org/resources/medical-conditions/alcohol-and-stds/>)

Chlamydia

- A highly contagious bacterial infection; the most frequently reported bacterial STD in the United States.
- Mild symptoms/no symptoms.
- There is no vaccine for chlamydia.
- Left untreated, may cause a disease in women that leaves them unable to have children.
- Causes sterility in males; they will be unable to father a child.

Chlamydia



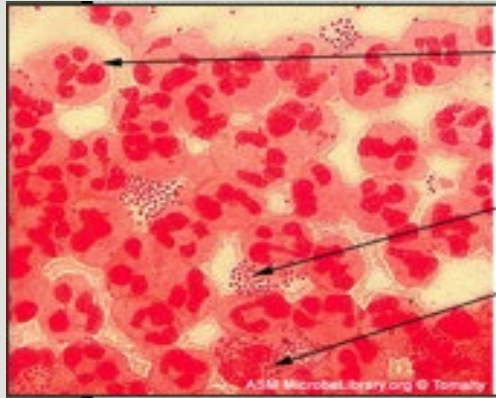
Chlamydia in
the mouth



Gonorrhea

- In the United States, the highest reported rates of infection are among sexually active teenagers and young adults.
- Is a bacterial infection
- There is no vaccine to prevent gonorrhea.
- One symptom is a burning sensation when urinating
- Drug-resistant strains of gonorrhea are increasing, and successful treatment of gonorrhea is becoming more difficult.

Gonorrhoea



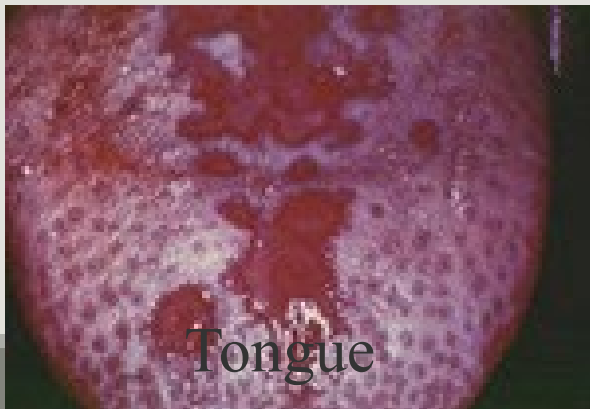
Gonorrhoea Bacteria



Skin Lesions



Adult Eye



Tongue



Mouth

Arthur Nouel

Syphilis

- Highly contagious bacterial STD.
- Symptoms may include sores or a rash where the disease entered the body.
- Left untreated causes heart disease/brain damage/blindness.
- There is no vaccine for Syphilis.

Source: Centers for Disease Control and American Social Health Association

Syphilis



Skin Lesions



HPV - Human Papilloma Virus

- The most common viral STD.
- Most people who become infected don't know they have it.
- Causes genital warts that can become cancerous on internal and/or external reproductive organs
- It's the cause of about **90%** of cervical cancers.
- Vaccines on the market only target a small number of more than 100 types of HPV.

Herpes

- Highly contagious, caused by the herpes virus.
- There is no vaccine and no cure for herpes.
- Is spread by skin-to-skin contact or contact with sexual fluids from male or female.
- Symptoms may include tiny bumps or blisters appearing within days to weeks of infections.
- Many people do not know they are infected with herpes and show no signs or symptoms.

HIV/AIDS

What do these letters mean?

Human

Acquired

Immunodeficiency

Immune

Virus

Deficiency

Syndrome

HIV is the virus that causes AIDS

What is HIV? AIDS?

- HIV stands for human immunodeficiency virus.
- Left untreated, HIV can lead to AIDS (acquired immunodeficiency syndrome).
- AIDS is the final stage of infection that occurs when your immune system has become damaged by HIV.
- There is no cure for AIDS.

HIV/AIDS STATISTICS – WORLDWIDE

Adults living with HIV in 2021 **38.4 million**

Children (ages 0-14) living with HIV in 2021 **1.7 million**

People newly infected with HIV in 2021 **1.5 million**

AIDS & AIDS related illness deaths in 2021 **650,000**

Since the beginning of the AIDS epidemic, nearly **40.1 million** people have died from AIDS-related causes. (World Health Organization)

HIV/AIDS in the United States

- In **2020**, **30,635** people received an HIV diagnosis in the United States (US) and dependent areas.^a
 - ^a American Samoa, Guam, the Northern Mariana Islands, Puerto Rico, the Republic of Palau, and the US Virgin Islands.
- By the end of **2019**, an estimated 1,190,000 million people aged 13 and older had HIV in the United States, including an estimated 159,000 people whose infections had not been diagnosed.
- In **2020**, there were **18,490** deaths among adults and adolescents with diagnosed HIV in the US and dependent areas.
- **1 out of 4** people with HIV were infected as teenagers.

Florida HIV/AIDS Facts

Florida leads the nation in new HIV infections

- **114,541** people living with HIV in Florida as of **2020**; Florida was 3rd in the nation with **3,408** people newly diagnosed in **2020**.
- Florida is 3rd among adults in the nation living with HIV/AIDS.
- Florida is 2nd among children in the nation living with HIV/AIDS.
- In Florida roughly 25% of all new infections are in the under 25 age group.
- 1 out of every 9 new diagnoses in the United States occurs in Florida.

Is there a cure for AIDS?

- Through advances in HIV/AIDSs research efforts, there are three areas that scientists are working on:
 1. Developing/testing new drugs for patients
 2. Developing vaccines
 3. Education in schools and to the public

AIDS



- Is a pandemic; it occurs all over the world and is an epidemic in parts of the world.
- HIV/AIDS virus weakens the immune system.
- Is fatal: people don't die of AIDS but of diseases that attack their weakened immune system.
- Pneumonia is a common cause of death.

How does someone get HIV or AIDS?

- It can spread through body fluids: blood, semen, vaginal fluid, breast milk.
- It can also spread from a mother to her unborn baby, through sharing needles (drugs), body piercing and tattoo needles.
- You only need a microscopic amount of contaminated fluid or blood to enter your body in order to become infected with HIV or AIDS.

The two main ways that HIV/AIDS spreads is through:

1. Unprotected sex
2. Sharing needles

Abstinence is the best way to avoid getting infected with HIV/AIDS.

Detection of & facts about HIV/AIDS

- To become infected with HIV/AIDS, the HIV virus must get into the person's blood.
- A person can be infected with the virus up to 10 years before they show signs of illness.
- The only way to know if someone has been infected with HIV/AIDS is through a blood test.
- A person can be infected with the HIV/AIDS virus for up to 6 months before it is diagnosed with a blood test.
- You must be at least 13 years old to get an HIV/AIDS test without parent consent.

No Risk Behaviors

Low Risk Behaviors

High Risk Behaviors

NO RISK Behaviors:

Abstinence (100% effective)

Hugging

Giving Blood

Not wearing repellent for Insect Bites

Sitting on Toilet Seats

Mutual monogamy in a long-term relationship with a person you know to be uninfected

LOW RISK Behaviors

Deep kissing

Handling body fluids without wearing gloves

Sharing a toothbrush

Sharing a razor

HIGH RISK Behaviors

Sharing injectable drugs, syringes or steroid injections

Unprotected sexual activity of any kind

Not wearing gloves while drawing/handling blood

Tattooing with unsterile equipment

Ear/body piercing with unsterile equipment

Using alcohol or drugs. Young people are far more likely to engage in a high-risk behavior if they are under the influence of drugs or alcohol.

Decision Making and Refusal Skills

Decision Making

- Adolescents will be exposed to new things and will face greater challenges in everyday life.
- Adolescence should be a time for personal development.
- **Decisions you make today will have effects you cannot even imagine, later in life.**
- STOP, THINK, then you can PLAN a good decision.
- If you think ahead about consequences in advance, BEFORE you find yourself in a tight spot, you can PLAN a good decision in advance.

What are factors that could influence your decisions?

- Your hormones
- Social media, TV, Songs, magazines
- The internet
- Friends or peers
- A boyfriend or girlfriend
- Drugs and/or alcohol

Unexpected results of teen sex

- Contracting an STD
- Pregnancy or fathering a child
- Participate in other high-risk behaviors
- Life goals can be changed
- Health can be impaired long term
- It may not make you feel more mature or loved

How might these unexpected results interfere with the life goals you have set for your self?

Learn Refusal Skills

- When you clearly communicate that you do NOT want something, you are using a refusal skill.
- It's not easy to tell someone "NO", especially if they pressure you.
- It is always our right to change our mind and to say "NO".
- Always backup your verbal response with appropriate body language.

Refusal Skills

- Avoid places of people if you suspect they may place you in a pressured situation
- If you do find yourself being asked or pressured to do something:
 - Say NO in a strong, firm voice
Say NO repeatedly (broken record)
 - Use clear, confident body language that says NO
 - Leave the situation

What ideas do you have to prepare yourself if you find yourself in a situation where you feel pressured?

Remember.....

STOP!

THINK!

KNOW THE FACTS!

ABSTINENCE is 100% safe!

Setting Your Life Goals

Complete the following:

EDUCATION:

1. I want to complete high school. yes or no
2. I want to work full-time after I graduate. yes or no
3. I want to attend college. yes or no
4. I want to go into the military. yes or no

CAREER:

I want to become a(n) _____
after I finish my education.

FAMILY:

1. I want to be single. yes or no
2. I want to get married. yes or no
3. I want to have children. yes or no

HOME:

1. I want to live (name a place)_____.
2. I want to drive (name a vehicle)_____.

TRAVEL:

Four places I want to see before I am 30 years old.

1. _____
2. _____
3. _____
4. _____

Name_____

Per._____

ANSWER SHEET for Student Note Taking Sheet

1. Fill in the meaning of the following letters:

Acquired

Human

Immune

Immune

Deficiency

Virus

Syndrome

2. HIV virus causes AIDS.

3. Is there a cure for AIDS?

There is no cure for AIDS

4. What system of the body does the HIV/AIDS virus damage?

Immune System

5. Does an infected person actually die from AIDS? No

If not, then what does the person usually die from?

Other diseases like pneumonia.

6. What are the ways the HIV virus is spread?

1. Body fluids

2. Mother to unborn child

3. Sharing needles (drug abuse)

4. Body piercing

5. Tattoo needles

7. All you need is a microscopic amount of contaminated blood to enter your body to become infected with HIV/AIDS.

8. What are the two main ways HIV/AIDS is spread?

1. Unprotected sex

2. Sharing needles

9. What is the best way to avoid getting infected with HIV/AIDS?
Abstinence

10. How long can the virus stay in your body until you start to show symptoms of AIDS?
10 years

HIV/AIDS Risk Behaviors

Can you sort them out?

Please check the correct risk category for each behavior listed below:

<u>Risk Behaviors</u>	<u>High Risk</u>	<u>Low Risk</u>	<u>No Risk</u>
1. Sharing injectable drugs	<u>X</u>	_____	_____
2. Abstinence (not doing sex or drugs)	_____	_____	<u>X</u>
3. Handling body fluids without wearing gloves	_____	<u>X</u>	_____
4. Ear/body piercing with un-sterile equipment	<u>X</u>	_____	_____
5. Giving blood	_____	_____	<u>X</u>
6. Unprotected sexual activity of any type	<u>X</u>	_____	_____
7. Sharing someone's toothbrush	_____	<u>X</u>	_____
8. Insect bites	_____	_____	<u>X</u>
9. Using alcohol or drugs	<u>X</u>	_____	_____
10. Tattooing with un-sterile equipment	<u>X</u>	_____	_____
11. Sharing syringes	<u>X</u>	_____	_____
12. Sharing razors	_____	<u>X</u>	_____
13. Toilet seats	_____	_____	<u>X</u>
14. Deep kissing	_____	<u>X</u>	_____
15. Handling blood without wearing gloves	<u>X</u>	_____	_____
16. Sharing steroid injections	<u>X</u>	_____	_____
17. Dry kissing	_____	_____	<u>X</u>

**DO NOT WRITE ON THIS TEST
USE A SEPARATE SHEET FOR ANSWERS**

HIV/AIDS AWARENESS TEST

1. You can get HIV if you have had contact with which of the following body fluids of an infected person:
 - a. semen
 - b. vaginal fluid
 - c. blood
 - d. breast milk
 - e. all of the above

2. The only way to know if someone has been infected by the HIV/AIDS virus is:
 - a. a blood test
 - b. a fecal test
 - c. a saliva test
 - d. a urine test

3. Which of the following statements are true?
 - a. There is no cure for AIDS
 - b. People can be infected by the HIV virus and not know it
 - c. Drug users who share needles can spread the HIV virus
 - d. All of the above

4. The letters in AIDS stand for:
 - a. actual intermediate disease state
 - b. adapted immunodeficiency state
 - c. acquired intermediate disease
 - d. acquired immune deficiency syndrome

5. Which of the following is in the **no-risk** category?
 - a. mosquito bites
 - b. condom use
 - c. sharing razors
 - d. using drugs or alcohol

6. Which body system does HIV damage to cause AIDS?
 - a. digestive system
 - b. immune system
 - c. endocrine system
 - d. circulatory system

7. The only 100% effective way to avoid HIV infection is:
 - a. abstinence
 - b. unprotected sex
 - c. using condoms
 - d. universal precautions

8. How long can a person be infected with the HIV/AIDS virus before they begin to show signs of illness?
- 2 weeks to 6 months
 - 6 months to 1 year
 - 1 year to 5 years
 - up to 10 years
9. You can tell if a person is infected with HIV by just looking at them.
- True
 - False
10. Which one of the following behaviors is in the **high-risk** category:
- abstinence
 - donating blood
 - kiss on the cheek
 - body piercing with unsterile equipment
11. Which of the following groups of behaviors is in the **low-risk** category:
- sitting on public toilet seats, abstinence, hugging
 - sharing needles, tattooing with unsterile equipment and unprotected sex
 - condom use, sharing toothbrushes, deep kissing
 - all of the above
12. What has to happen for a person to become infected with the HIV virus?
- The person has to breathe air with HIV in it.
 - The HIV has to get into the person's blood.
 - The HIV has to come in contact with the person's hair.
 - The person has to be coughed on by an HIV infected person.
13. HIV stands for:
- Human Intermediate Virus
 - Human Irate Virus
 - Human Immunodeficiency Virus
 - Hazardous Involuntary Vaccine
14. All sexually transmitted infections are curable.
- true
 - false
15. The two main ways HIV is spread is through unprotected sex and sharing needles.
- true
 - false

Answers:

1. E
2. A
3. D
4. D
5. A
6. B
7. A
8. D
9. B
10. D
11. C
12. B
13. C
14. B
15. A