



# **Reproductive Health and Disease Education**

St. Johns County School District



# **Complete Life Goals Worksheet**

# Sexually Transmitted Diseases (STDs)

- 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.

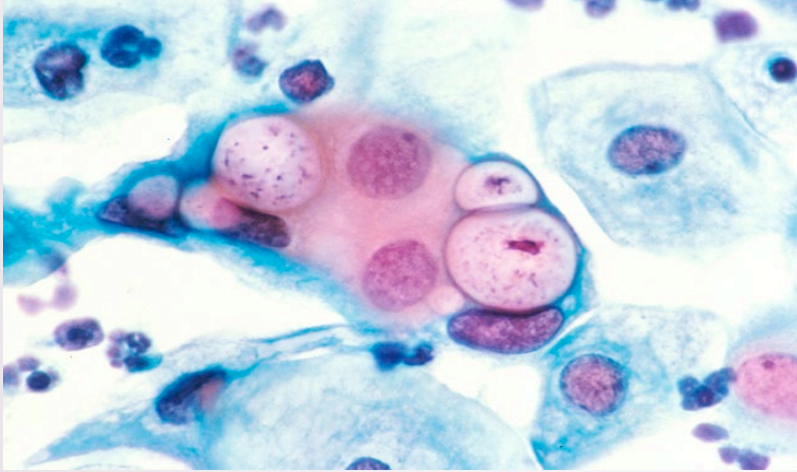
# Sexually Transmitted Diseases (STDs)

- 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: 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

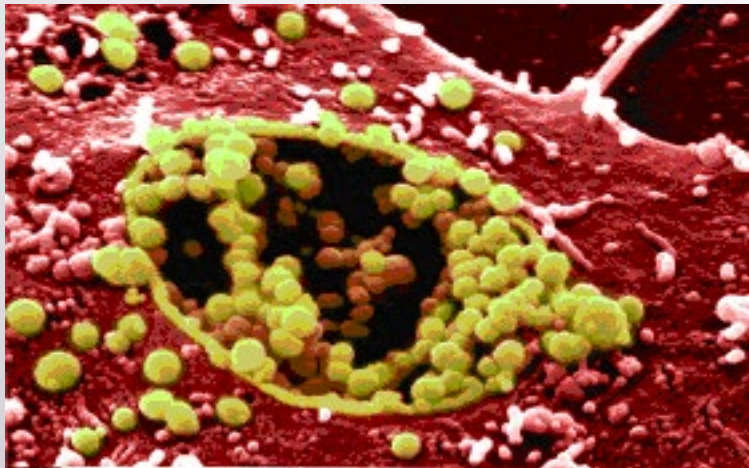
# Chlamydia

- 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



**Eye Infection**



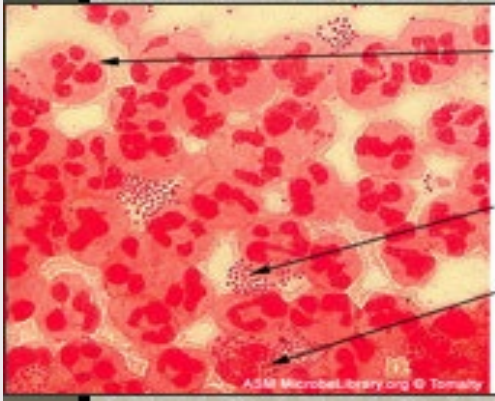
**Chlamydia in the  
mouth**



# 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.

# Gonorrhea



Gonorrhea Bacteria



Skin Lesions



Tongue



Mouth



Adult Eye



# 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.

# Syphilis



Skin Lesions



Tongue



# 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?

**H**uman

**A**cquired

**I**mmunodeficiency

**I**mmune

**V**irus

**D**eficiency

**S**yndrome

\*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 2022	39 million
Children (ages 0-14) living with HIV in 2022	1.5 million
People newly infected with HIV in 2022	1.3 million
AIDS & AIDS related illness deaths in 2022	630,000

Since the beginning of the AIDS epidemic, nearly 40.4 million people have died from AIDS-related causes.

# HIV/AIDS in the United States

- In 2021, **36,136 people received an HIV diagnosis** in the United States (US) and dependent areas (American Samoa, Guam, the Northern Mariana Islands, Puerto Rico, the Republic of Palau, and the US Virgin Islands)
- By the end of 2021, an estimated **1.2 million people aged 13 and older had HIV in the United States**, including an estimated 153,500 people whose infections had not been diagnosed.
- In 2021, there were **19,986 deaths** among adults and adolescents with diagnosed HIV in the US and dependent areas.
- People aged 13 to 34 accounted for **58% of the new HIV infections** in 2021.

# Florida HIV/AIDS Facts

- 117,244 people living with HIV in Florida as of 2021; Florida was 3rd in the nation with 4,072 people newly diagnosed in 2020.
- In Florida roughly 15% of all new infections are in the under 25 age group.
- About 1 out of every 9 new diagnoses in the United States occurs in Florida.
- Florida is 3<sup>rd</sup> among adults in the nation living with HIV/AIDS.
- Florida is 1<sup>st</sup> among children in the nation living with HIV/AIDS.

# Is there a cure for AIDS?

- Through advances in HIV/AIDs 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

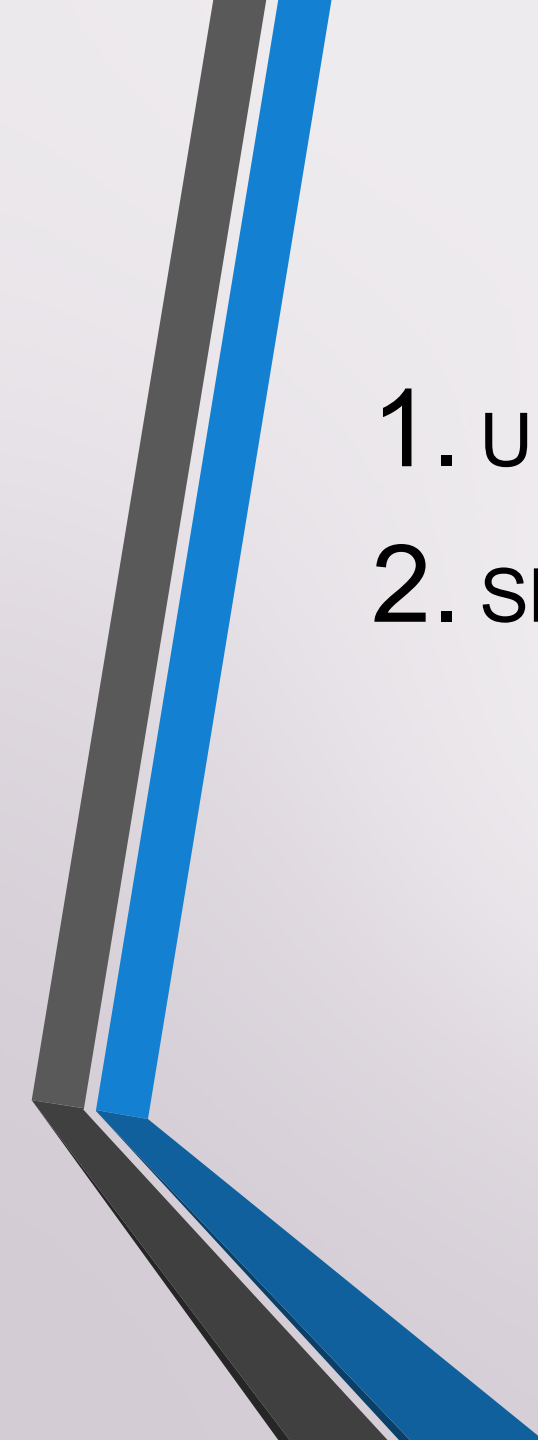
- Is a pandemic; it occurs all over the world and is an epidemic in parts of the world.
- HIV/AIDs virus weakens the immune system.
- Is fatal: people don't die of AIDS but of diseases that attack their weakened immune system.
- Pneumonia is a common cause of death.



# 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 and 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 repellant 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.
- Talking with a trusted parent/guardian, teacher, or counselor can help you make good decisions.
- 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:

	Select and answer for each question	
	Yes	No
1. I want to complete high school.		
2. I want to work full-time after I graduate.		
3. I want to attend college		
4. I want to go into the military.		

## CAREER:

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

## FAMILY:

	Select and answer for each question	
	Yes	No
1. I want to be single.		
2. I want to get married.		
3. I want to have children.		

## 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. \_\_\_\_\_

## **HIV/AIDS Risk Behaviors**

Can you sort them out?

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

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

**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. unprotected sexual activity
  - 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 drugs and alcohol
  - 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, unprotected sex
  - 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