

Independent Living Program Activity Card **Category: SELF CARE**

Activity: Learn About STDs

Description: **The objective of this activity is to:** Help you better understand Sexual health, STIs and how to get in contact with Planned Parenthood for any Sexual Health questions.

How do I get credit for this assignment?

- Read through all of the information provided.
- Match the STD related words to their correct definitions.
- Email the completed work along with this cover sheet to: Michelle Estrada at mestrada@orangewoodfoundation.org

You may earn up to \$15.00 ILP dollars for completing this assignment.

Total Dollars Earned: \$
(ILP use only) Notes:

Date: _____

Youth Signature	Date of Birth
Print Name (Youth)	Group Home (If Applicable)

Receipt

(ILP use only)

Learn About Sexually Transmitted Diseases

Why is sexual education and safety important?

Sexually transmitted infections are passed during sexual contact with another person. It is important to know how you can get them in order to help you treat them as soon as possible and to help you prevent further spread. It can give you peace of mind knowing you are healthy and free of symptoms.

Resources

Video by Planned Parenthood - <https://youtu.be/pBMhfIHUP8M>

- You can make an in-person appointment or telehealth appointment online or by calling 1-800-230-PLAN
- You can also text “PPNOW” to 774636 (PPINFO) to get answers about pregnancy, birth control, STDs, and emergency contraception.
- Testing is also available through your primary health professional.
- You can pick up free condoms at any Planned Parenthood location or at Orangewood Foundation’s Resource Center (1575 E 17th Street, Santa Ana CA, 92705).

TO COMPLETE ACTIVITY MATCH THE FOLLOWING WORDS TO THE CORRECT DEFINITION BELOW.

Pelvic Inflammatory Disease (PID)
Sexually Transmitted Disease (STD)

Human Papillomavirus (HPV)
Human Immunodeficiency Virus (HIV)

Acquired Immune Deficiency Syndrome (AIDS)

Chlamydia
Genitals

Pubic Lice
Condom

Abstinence
Gonorrhea

Genital Herpes
Bacterial Vaginosis (BV)

Scabies
Syphilis

Vaginitis

1. _____
Not having sex play. This is the best way to prevent STD infection and pregnancy.

2. _____
This is a sexually transmitted disease (STD) caused by the herpes simplex viruses type 1 (HSV-1) and type 2 (HSV-2). This is mostly caused by HSV-2. Most individuals have no or only minimal signs or symptoms from HSV-1 or HSV-2 infection. When signs do occur, they typically appear as one or more blisters on or around the genitals or rectum. The blisters break, leaving tender ulcers (sores) that may take two to four weeks to heal the first time they occur. Typically, another outbreak can appear weeks or months after the first, but it almost always is less severe and shorter than the first outbreak. Although the infection can stay in the body indefinitely, the number of outbreaks tends to decrease over a period of years.

3. _____
A sheath of thin rubber, plastic, or animal tissue that is worn on the penis during sexual intercourse. It is an over-the-counter, reversible barrier method of birth control, and it also provides protection against the most serious sexually transmitted infections.

4. _____
Condition in women where the normal balance of bacteria in the vagina is disrupted and replaced by an overgrowth of certain bacteria. It is sometimes accompanied by discharge, odor, pain, itching, or burning. This is the most common vaginal infection in women of childbearing age. Any woman can get BV. However, some activities or behaviors can upset the normal balance of bacteria in the vagina and put women at increased risk including, having a new sex partner or multiple sex partners, douching, and using an intrauterine device (IUD) for contraception.

5. _____
This is a common sexually transmitted disease (STD) caused by the bacterium, *Chlamydia Trachomatis*,

which can damage a woman's reproductive organs. Even though symptoms of this are usually mild or absent, serious complications that cause irreversible damage, including infertility, can occur "silently" before a woman ever recognizes a problem. This also can cause discharge from the penis of an infected man.

6. _____

This is the virus that causes AIDS. This virus may be passed from one person to another when infected blood, semen, or vaginal secretions come in contact with an uninfected person's broken skin or mucous membranes. In addition, infected pregnant women can pass this to their baby during pregnancy or delivery, as well as through breast-feeding. Some of these people will develop AIDS as a result of this infection.

7. _____

This is the name of a group of viruses that includes more than 100 different strains or types. More than 30 of these viruses are sexually transmitted, and they can infect the genital area of men and women including the skin of the penis, vulva (area outside the vagina), or anus, and the linings of the vagina, cervix, or rectum. Most people who become infected with HPV will not have any symptoms and will clear the infection on their own. Most people who have this infection do not know they are infected. The virus lives in the skin or mucous membranes and usually causes no symptoms. Some people get visible genital warts, or have pre-cancerous changes in the cervix, vulva, anus, or penis. Very rarely, HPV infection results in anal or genital cancers.

8. _____

Also called "crabs," they are parasitic insects found in the genital area of humans. Infection is common and found worldwide. They are usually spread through sexual contact. Rarely, infestation can be spread through contact with an infested person's bed linens, towels, or clothes. A common misunderstanding is that infestation can be spread by sitting on a toilet seat. This isn't likely, since they cannot live long away from a warm human body. Also, they do not have feet designed to walk or hold onto smooth surfaces such as toilet seats.

9. _____

This is an infestation of the skin with the microscopic mite *Sarcoptes scabiei*. This spreads rapidly under crowded conditions where there is frequent skin-to-skin contact between people, such as in hospitals, institutions, child-care facilities, and nursing homes. Symptoms may include pimple-like irritations, burrows or rash of the skin, especially the webbing between the fingers; the skin folds on the wrist, elbow, or knee; the penis, the breast, or shoulder blades, intense itching, especially at night and over most of the body, or sores on the body caused by scratching. These sores can sometimes become infected with bacteria. Someone can get these by direct, prolonged, skin-to-skin contact with a person already infested. Contact must be prolonged (a quick handshake or hug will usually not spread infestation). Infestation is easily spread to sexual partners and household members. Infestation may also occur by sharing clothing, towels, and bedding.

10. _____

These are infections that are spread by having sex with someone who has this. You can get a this from sexual activity that involves the mouth, anus or vagina. STDs include Herpes, HIV/AIDS, Genital Warts (caused by human papilloma virus, or HPV), Hepatitis B, Chlamydia, Syphilis, Gonorrhea, Trichomoniasis.

11. _____

This is a general term that refers to infection of the uterus (womb), fallopian tubes (tubes that carry eggs from the ovaries to the uterus) and other reproductive organs. It is a common and serious complication of some sexually transmitted diseases (STDs), especially chlamydia and gonorrhea. This can damage the fallopian tubes and tissues in and near the uterus and ovaries. If untreated, this can lead to serious consequences including infertility, ectopic pregnancy (a pregnancy in the fallopian tube or elsewhere outside of the womb), abscess formation, and chronic pelvic pain.

12. _____

External sex and reproductive organs — the penis and scrotum in men, the vulva in women. Sometimes the internal reproductive organs are also referred to by this term.

13. _____

This is caused by *Neisseria gonorrhoeae*, a bacterium that can grow and multiply easily in the warm, moist areas of the reproductive tract, including the cervix (opening to the womb), uterus (womb), and fallopian tubes (egg canals) in women, and in the urethra (urine canal) in women and men. The bacterium can also grow in

the mouth, throat, eyes, and anus. Any sexually active person can be infected.

14. _____

This is a sexually transmitted disease (STD) caused by the bacterium *Treponema pallidum*. It has often been called “the great imitator” because so many of the signs and symptoms are indistinguishable from those of other diseases. This is passed from person to person through direct contact with a sore caused by this infection. Sores occur mainly on the external genitals, vagina, anus, or in the rectum. Sores also can occur on the lips and in the mouth. Transmission of the organism occurs during vaginal, anal, or oral sex. Pregnant women with the disease can pass it to the babies they are carrying. This cannot be spread through contact with toilet seats, doorknobs, swimming pools, hot tubs, bathtubs, shared clothing, or eating utensils.

15. _____

Characterized by a weakening of the immune system that may lead to a group of symptoms that collectively indicate or characterize a disease. In the case of this disease this can include the development of certain infections and/or cancers, as well as a decrease in the number of certain cells in a person’s immune system.

“The surest way to avoid transmission of sexually transmitted diseases is to abstain from sexual intercourse, or to be in a long-term mutually monogamous relationship with a partner who has been tested and is known to be uninfected.”

The majority of this information is from the Center for Disease Control website at <http://www.cdc.gov/std/>.