

## STI Quiz and Tutorial

Sexually transmitted infections (STIs) are caused by pathogenic microbes that are transmitted from one person to another by sexual intercourse.

Some STIs, such as HIV, can also be caught in other ways, for example through contact with contaminated blood when infected drug users share needles, or from mother to baby during the birthing process. However, it is important to note that the microbes that cause STIs cannot survive outside the body for long so infection from toilet seats, etc. is extremely unlikely.

Any individual who engages in unprotected intimate sexual contact could catch an STI – young, old, male, female, straight, gay or lesbian – STIs don't discriminate! You do not have to be promiscuous (have lots of sexual partners) to catch an STI: you could become infected after having unprotected sex just once if your partner is already infected.

STIs can cause unpleasant and sometimes life-threatening symptoms so it is important to avoid catching one. Anyone who suspects they may have contracted an STI should get it identified and treated as soon as possible. You can get screened for STIs at your local genitourinary medicine clinic (GUM), sexual health clinic or GP surgery. As many STIs are very infectious it is essential that all sexual partners of an infected individual are traced and treated to stop the infection from spreading further.

For many, STIs can be asymptomatic and show no symptoms of the disease, but still be infectious.

To prevent the spread of STIs, safe sex must always be practised. STIs require a physical barrier to stop transmission of organisms from one person to another. 'Barrier' contraceptives such as condoms are the best method of prevention.

Take the STI quiz to see how STI aware you are.

### Created in 2013



*Many thanks to Anne Melhuish who compiled this quiz as part of her undergraduate project on Sexual health education for teenagers: developing a computer based learning resource, and to Dr John Heritage, her project supervisor for all his support in developing this resource.*

## Part 1: Sexually Transmitted Infections

First, let's tackle what 'sexually transmitted infection' actually MEANS.

Working backwards...

### **Infection**

'Infection' means an invasion of your body by something foreign.

A virus is one example of 'something foreign' – there are lots of other examples. Infections often, but not always, cause illness.

### **Transmitted**

'Transmitted' refers to the way in which an infection is passed on. For example, an infection could be transmitted through the air – this would happen if you breathed in a virus that someone else has sneezed out.

### **Sexually**

'Sexually' means 'through sexual contact'.

Therefore...

A sexually transmitted infection is:

'An invasion of your body by something foreign passed on to you through sexual contact.'

Get it? Got it? – GOOD!

### **Check yourself out!**

Throughout this lesson, you'll be asked to answer questions about what you've learnt. This is because some intelligent people worked out that the best way to REMEMBER information is to TEST YOURSELF again, and again, and AGAIN!

And in my opinion, there are few things more important to remember than stuff about your SEXUAL HEALTH.

### **STI stands for:**

Fill in the correct letters:

**SEXUALLY**

**TRANSMITTED**

**INFECTION**

### **Place the correct words in the correct spaces:**

A good definition of an STI could be: an **infection** of your body by something **foreign** passed on to you through **sexual contact**.

## Part 2: How STIs are transmitted

We know we get STIs through sexual contact, but what exactly do we mean by 'sexual contact'?

STIs can be transmitted during the following forms of sexual contact:

- Vaginal sex – where the penis enters the vagina.
- Anal sex – where the penis enters the anus.
- Oral sex – where either:
  - the penis of one partner makes contact with the mouth of the other partner,
  - the mouth of one partner makes contact with the vulva or vagina of the other partner.

SOME STIs, but NOT ALL, can be passed on through:

- Close intimate contact, such as if the genitals of each partner touch (but no sex occurs) or through sharing towels or bedding.
- A form of sexual contact that is unlikely to allow an STI to be passed on is mutual masturbation, when the hand of one partner touches the penis or the vulva/vagina of the other partner.

This is because the skin on the hand is a strong barrier. If there is an infection present in the semen, vaginal secretions or genital skin of your sexual partner, it is unlikely to get past the skin on your hand and into your body.

However, if you are at all concerned, you should get some help.

### How can an STI be transmitted:

Select ALL of the correct answers:

- anal sex
- mutual masturbation
- shaking hands
- vaginal sex
- kissing
- oral sex
- sharing towel

## Part 3: Why care about STIs

**We know what an STI is and how we might catch one. But so what?**

## Why do we need to care about STIs?

STIs can make you feel really uncomfortable. Symptoms can include itching, a discharge from your penis or vagina, burning when you wee or even sores on your genitals. Nasty. However, as many as 8 out of 10 people with an STI won't get any of these symptoms. Great, yeah?

NO!

So...

- If you have no symptoms, you won't know you have an STI.
- You won't get any treatment from a doctor because you think there's nothing wrong with you.
- Untreated, an STI can travel further inside you – in a woman, it can travel up through the womb to the fallopian tubes and ovaries, and in a man it can travel down the penis to the testicles.
- Here it can WREAK HAVOC, and can cause INFERTILITY – in simple terms, you won't be able to conceive a baby.

As if that wasn't bad enough, some STIs are INCURABLE – nothing will make them go away.

Worse still, some STIs, although rare, can kill you.

## Symptoms of STIs include...

Select ALL of the correct answers:

- A burning feeling when you wee.
- Getting a red rash on your forehead that spells out STI so everyone knows you have one.
- Getting a smelly discharge from your penis or vagina.
- Getting blister-like sores on your genitals.
- Getting warts on your genitals.
- No symptoms at all.
- Turning green and spotty all over.

Select ALL of the true statements below:

- All STIs can be cured.
- All STIs have symptoms.
- Some STIs make you infertile.
- Some STIs can be cured.
- All STIs make you infertile.
- Some STIs can kill you.

## Part 4: STIs summary

Our progress so far:

We know what STIs are, how we catch them, what symptoms they produce and the serious consequences they can have.

All in all, they're pretty horrible.

So how do we protect ourselves from STIs, I hear you cry?

If you're going to have sex, the sole method of protecting yourself is through using... the one... the only... CONDOM.

In all seriousness, that's it. The condom. Male or female, whichever. This is the ONLY way.

Not the pill, or the implant, or the injection, or the diaphragm or the coil – all good for stopping pregnancy, but RUBBISH against STIs.

When it comes to sexually transmitted infections, the CONDOM is the ONLY method that protects you.

So just use one.

Of course, if you don't want to have sex, or you want to have sex but not just yet, this in itself will protect you!

No sex, no STIs. Simple as that.

Good, eh?

## Check yourself out!

Select ALL of the ways of protecting yourself against STIs:

- not having sex
- the coil
- the diaphragm
- the injection
- the Femidom (female condom)
- the condom
- the implant
- the pill

## Part 5: Causes of STIs — bacteria

Ok, so we know our STI basics, and we know only a condom protects us. But what EXACTLY are we protecting ourselves against?

Earlier on, we said an STI was ‘an invasion of your body by something foreign passed on to you through sexual contact’.

What is this ‘something foreign’? Sounds a bit vague to me...

To understand exactly what causes STIs, we have to think a bit about biology. Except that the biology we need to think about is microbiology. This is the biology of stuff that is very, very, very, very, very, very, very, very small.

Surprisingly, these tiny, titchy things cause BIG problems when it comes to STIs. Anyone heard of bacteria? How about viruses? Or parasites? ...you're about to hear a whole lot more...

### Bacteria

Bacteria are up first in our rundown of STI culprits. There are a few things you should know about bacteria.

1. Bacteria are tiny. Each bacterium is made of just one cell. Considering a human is made of over 100 trillion cells, bacteria must be REALLY small.
2. Bacteria are ALIVE. Bacteria RESPIRE to make ENERGY in order to live, just like animals and plants. Ok?
3. Bacteria are everywhere – in the soil, on the desk, in your intestines, on the skin of your genitals.
4. Some bacteria are ok. They live in your nose, on your skin and in your intestines and don't cause you any harm. Sometimes they help out by stopping other nasty bacteria from setting up home inside you.
5. Some bacteria are harmful. When they grow where they shouldn't normally, they can cause disease. Some STIs are caused by bacteria growing in places that they shouldn't.

The ‘Big Three’ bacterial STIs are CHLAMYDIA, GONORRHOEA and SYPHILIS.

Bacteria can cause other sexually transmitted infections, but we're going to concentrate on these three.

### Place the correct words in the correct spaces:

Bacteria are made of one cell (s), so they are really small. Bacteria are alive, meaning that they respire to get energy to live. You can find bacteria everywhere.

### Place the correct words in the correct spaces:

Some bacteria live inside you and don't harm you. Examples of places they live include your **nose** and your **intestines**. Other bacteria are harmful. When they grow in places they shouldn't they cause **disease**.

## The 'BIG THREE' bacterial STIs are:

Fill in the correct letters:

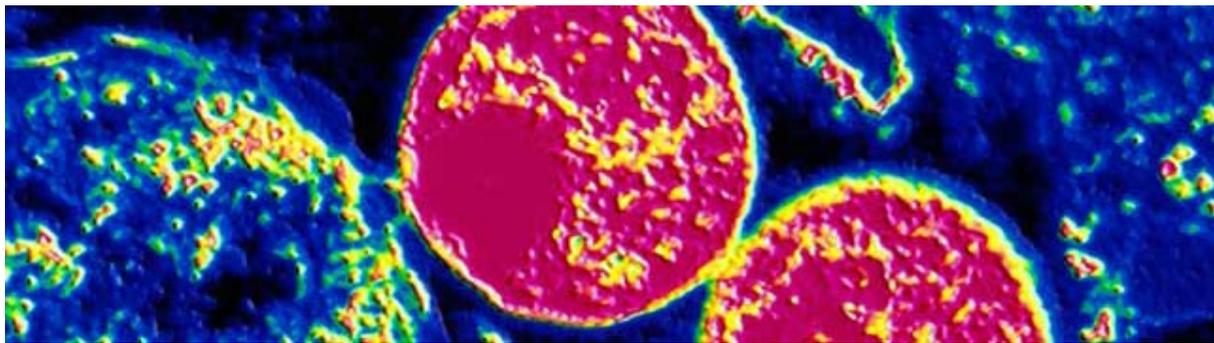
**CHLAMYDIA**

**GONORRHOEA**

**SYPHILIS**

## Part 6: Most common bacterial STIs

### Chlamydia

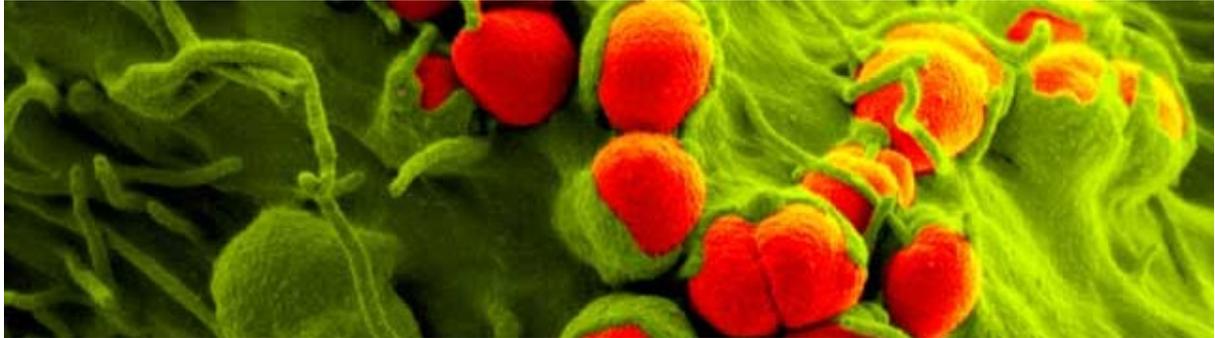


Chlamydia is the most common STI in England. As we've said before, it is caused by a bacterium.

- The chlamydia bacterium is transmitted through vaginal, anal and oral sex.
- It can grow and live inside the vagina, the penis, the urethra (the hole where you wee from), the anus and the throat (think about oral sex!).
- Chlamydia can cause a discharge from your penis or vagina. The discharge can be creamy or yellow.
- Chlamydia can also make going for a wee really painful, causing a burning feeling.
- If chlamydia lives in your throat it can make it very sore.
- However, chlamydia doesn't have ANY symptoms in up to 8 out of 10 of us.

Sadly, chlamydia can travel inside us, causing pelvic inflammatory disease in women, or giving men sore, swollen testicles. This can make us INFERTILE, which ain't good.

## Gonorrhoea

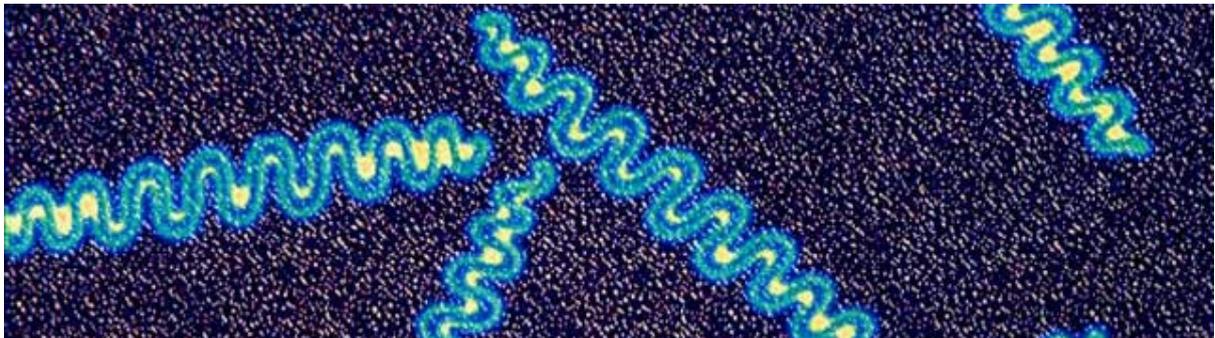


Gonorrhoea produces symptoms that are pretty similar to chlamydia. It is also caused by a bacterium.

- The gonorrhoea bacterium is transmitted through vaginal, anal and oral sex. Gonorrhoea can grow in the vagina, penis, anus, urethra and throat.
- Gonorrhoea can cause a discharge from your penis or vagina. The discharge can be more yellow than the chlamydial discharge, and is sometimes greenish.
- Gonorrhoea can also cause a burning sensation when you go for a wee.
- Gonorrhoea can give you a very sore throat.

Like chlamydia, gonorrhoea can also have no symptoms. Also like chlamydia, gonorrhoea can travel further inside us, and yes – you’ve got it - can make us INFERTILE.

## Syphilis



Syphilis is a very complicated STI. It was quite rare, but now it’s getting more common.

- Syphilis is caused by a bacterium, like chlamydia and gonorrhoea. The bacterium is passed on through vaginal, anal and oral sex.
- Syphilis has three stages: primary, secondary and tertiary.
- The single symptom of primary syphilis is an ulcer, which is like a blister, on the genitals or on the lip. The important thing about this ulcer is that it does not hurt. This ulcer will heal by itself, but this does NOT mean syphilis has gone away...

- After the ulcer comes secondary syphilis. Symptoms include feeling tired and generally ill, getting a rash on your hands or feet, and developing more ulcers on the genitals. Eventually, these symptoms will also go away, but syphilis is STILL there...

The tertiary stage of syphilis is very serious. It damages your heart, brain and nerves, and can kill you.

## Treatment of the 'Big Three': chlamydia, gonorrhoea, syphilis

So, the 'Big Three' sound pretty nasty.

Thankfully, they CAN be treated if you've caught one of them.

But how do you know if you've got chlamydia or gonorrhoea if you don't get any symptoms?

Simple – you don't.

But what you DO know is if you've had sex without a condom. If you have, you need to go to a doctor and give a sample of your wee to be tested.

Easy? Yes. So do it.

If you get an ulcer on your genitals or lips after unprotected sex, see your doctor immediately as it could be syphilis. You cannot have your wee tested to check for syphilis, instead you'll need to have your blood tested. A bit uncomfortable, but surely it's worth it?

The good thing about BACTERIAL infections is that they can be treated with ANTIBIOTICS.

Antibiotics only kill bacteria – this can be remembered by thinking about a certain Swedish group...

AntiBiotics kill BacteriA → ABBA!

Ok, I know, it's a bit rubbish. But I bet you remember it now!

## The 'Big Three' bacterial STIs are:

Fill in the correct letters:

**CHLAMYDIA**

**GONORRHOEA**

**SYPHILIS**

## The 'Big Three' bacterial STIs are passed on through:

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Select ALL of the correct answers:

- anal sex
- kissing
- sharing towels
- holding hands
- oral sex
- vaginal sex

**Which two of the 'Big Three' bacterial STIs can cause a discharge and a burning sensation when you wee?**

Select ALL of the correct answers:

- chlamydia
- HIV
- pubic lice
- gonorrhoea
- herpes
- syphilis

**Which two of the 'Big Three' bacterial STIs can have NO SYMPTOMS at all?**

Select ALL of the correct answers:

- chlamydia
- HIV
- pubic lice
- gonorrhoea
- herpes
- syphilis

**A blood sample is used to test for...**

Select the correct answer ONLY:

- chlamydia
- hungarian meatballs
- pubic lice
- gonorrhoea
- herpes
- syphilis

**A wee sample is used to test for...**

Select ALL of the correct answers:

- chlamydia
- HIV
- pubic lice
- gonorrhoea
- herpes
- syphilis

## Antibiotics kill:

Fill in the correct letters:

**BACTERIA**

## Because of this, antibiotics can be used to treat the following STIs:

Fill in the correct letters:

**CHLAMYDIA**

**GONORRHOEA**

**SYPHILIS**

## Part 7: Causes of STIs — virus

### Viruses

Up next are the viruses. Viruses are pretty difficult to understand – even more so than bacteria.

1. Viruses are incredibly small. Much, much smaller than bacteria.
2. Scientists can't agree whether viruses are ALIVE or NOT. Sounds stupid? It's not that easy. Viruses are really simple structures – they're just made up of a core of genetic material, either DNA or RNA, surrounded by a protective coat called a capsid, which is made up of protein.
3. Viruses CAN grow and reproduce, but only if they're inside someone else's cell. This could be inside any living organism's cell: a plant cell, a bacterial cell, an animal cell or a human cell.

When viruses get inside someone else's cell, they use the resources inside that cell to grow and reproduce. For this reason, they are called 'intra-cellular parasites'...

Intra – 'inside'

Cellular – 'a cell'

Parasite – 'living off someone else's resources!'

Some viruses are transmitted through sexual contact.

These cause VIRAL STIs.

There are four STIs caused by VIRUSES that you MUST remember. I like to call them 'The 'H' Team'...

- herpes
- human papillomavirus (HPV)
- hepatitis B
- human immunodeficiency virus (HIV)

Get it? 'The 'H' Team'? They all start with an H?

Good, isn't it!

## Comparing the size of viruses to the size of bacteria, viruses are:

Select the correct answer ONLY:

- inter-well parachutes
- intracellular parasites
- much bigger
- **much smaller**
- on their own without anyone else's help
- on your bedroom carpet
- only inside someone else's cell
- outer cellular parasites
- the same size

## Viruses grow and reproduce:

Select the correct answer ONLY:

- inter-well parachutes
- intracellular parasites
- much bigger
- much smaller
- on their own without anyone else's help
- on your bedroom carpet
- **only inside someone else's cell**
- outer cellular parasites
- the same size

## Because of how they grow and reproduce, viruses are known as:

Select the correct answer ONLY:

- inter-well parachutes
- intracellular parasites
- much bigger
- much smaller
- on their own without anyone else's help
- on your bedroom carpet
- only inside someone else's cell
- outer cellular parasites
- the same size

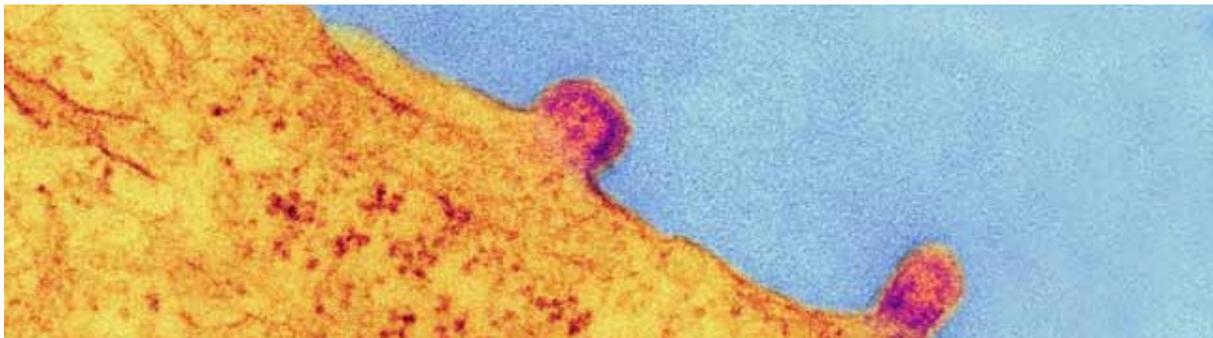
## The four viral STIs we need to remember are:

Select ALL of the correct answers:

- chlamydia
- HIV
- hepatitis B
- pubic lice
- gonorrhoea
- HPV
- herpes
- syphilis

## Part 8: Most common viral STIs

### Herpes



HERPES is caused by HERPES SIMPLEX VIRUS.

Herpes simplex virus has two types – type one usually causes the cold sore blisters that you get on your lips. Type two causes similar sores, except these are found on your genitals. Ouch.

- You might have worked out that because of ORAL SEX, type one can also be found on the genitals, and type two can also end up on the lips.
- Herpes simplex virus is also transmitted through vaginal and anal sex.

- Herpes simplex virus causes very tender, red sores that form blisters filled with clear fluid. The clear fluid is filled with loads of virus particles – all it takes is for the fluid to leak and herpes gets passed on.
- Herpes is INCURABLE. Once you have it, you have it for life.
- There are periods of time when you won't have any blisters – the virus 'goes to sleep' somewhere in your body. However, stress, hot weather, cold weather or getting your period can 'flare up' the virus again, and back come those blisters.

Your doctor can give you medicine to help clear up the blisters, but they will keep going to sleep then flaring up, in a vicious cycle.

Because it is the clear fluid that transmits the herpes virus, you CANNOT have sex during a flare-up, otherwise you will pass herpes on to your sexual partner.

### Herpes is caused by:

Select the correct answer ONLY:

- a bacterium
- a fungus
- a rabid shark
- a virus

### Herpes can be passed on through:

Select ALL of the correct answers:

- anal sex
- oral sex
- vaginal sex
- holding hands
- sharing towels

### The main symptom you might notice if you have herpes:

Select the correct answer ONLY:

- Are sore blisters on your genitals.
- Is a burning sensation when you wee.
- Is a discharge from your penis or vagina.

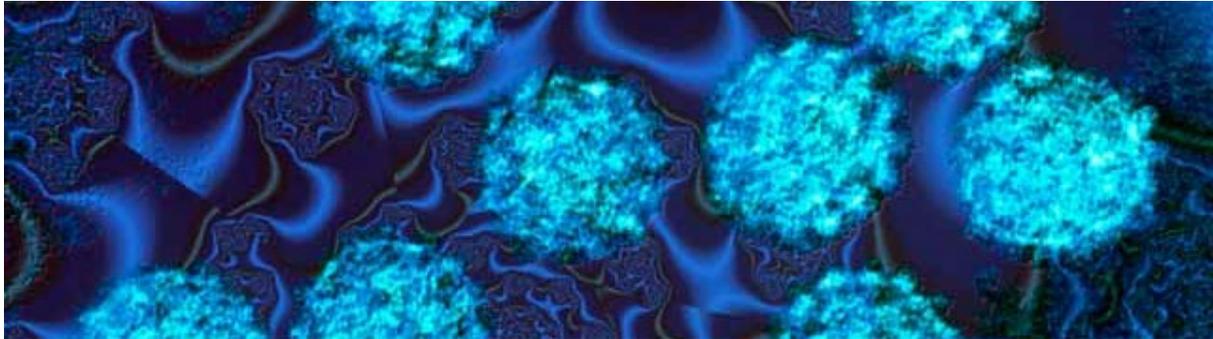
### Once you have herpes, it:

Select the correct answer ONLY:

- Can be cured by taking antibiotics.

- Goes away after two weeks.
- Will keep coming back again and again and again.

## Human papillomavirus (HPV)



HPV is a very common virus that causes GENITAL WARTS.

- There are loads of types of HPV. Some types cause the common warts you get on your hands, and some cause verrucas – warts on the soles of your feet.
- Certain types of HPV are passed on through anal and vaginal sex, causing GENITAL WARTS that grow on the penis, on the vulva, on the neck of the womb (cervix) and around the anus. These warts are usually painless (like a common wart) but occasionally can be tender or itchy.
- The big problem with HPV is that SOME types are associated with cancer.

In women, HPV can lead to cancer of the cervix or the vulva, and in men it can lead to cancer of the penis.

Genital warts are difficult to treat. They can be burned or frozen off, but this is not always successful, and... well, burning on your genitals? Sounds pretty painful to me. Some really good news is that scientists have developed a VACCINE against certain types of HPV which are associated with CANCER. This means that an injection will protect people against these types of HPV.

### HPV stands for:

Fill in the correct letters:

**HUMAN**

**PAPILLOMA**

**VIRUS**

**On your hands, HPV causes common:**

Select the correct answer ONLY:

- cancer
- toadstools
- verrucas
- pineapples
- ulcers
- warts

### On your feet, HPV causes common:

Select the correct answer ONLY:

- cancer
- toadstools
- verrucas
- pineapples
- ulcers
- warts

### Some types of HPV cause genital

Select the correct answer ONLY:

- cancer
- toadstools
- verrucas
- pineapples
- ulcers
- warts

### Some types of HPV that affect your genitals can lead to:

Select the correct answer ONLY:

- cancer
- toadstools
- verrucas
- pineapples
- ulcers
- warts

### HPV is transmitted through:

Fill in the correct letters:

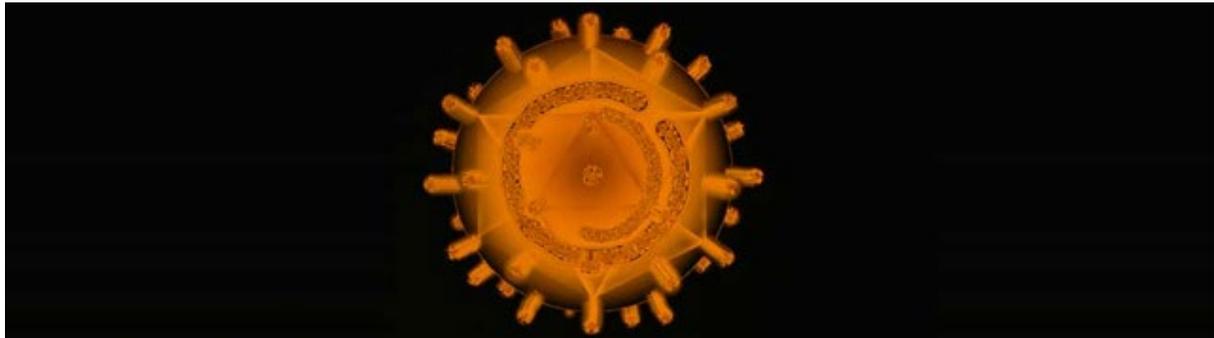
vaginal

and

anal

sex

## Hepatitis B



Hepatitis B is a complicated VIRUS. It is not very common in the UK, but it is extremely serious.

- Hepatitis B virus affects your liver. Your liver is a really important organ, because it does LOADS of stuff, like managing sugars and fats, destroying toxins and helping food digestion. If your liver doesn't work properly, you can die.
- Because hepatitis B stops your liver from working properly, it can kill you.
- Hepatitis B virus is passed on through vaginal and anal sex. It is also passed on NON-SEXUALLY through sharing needles during drug use or getting a needle-stick injury. If a pregnant mother has hepatitis B, she can pass it on to her baby.

Some medicines that work against viruses have been developed for people with hepatitis B. In some people with hepatitis B they work effectively. But in some people they don't work, and these people get very ill.

Thankfully, there is a VACCINE against hepatitis B. This means that an injection will protect people against hepatitis B if they've never had it before.

## Hepatitis B is:

Select the correct answer ONLY:

- a bacterium
- a virus
- a protozoan parasite
- an 80s rock band

## Which major organ(s) does hepatitis B affect?

Select the correct answer ONLY:

- the brain
- the kidneys
- the lungs
- the heart
- the liver

## Hepatitis B can kill you.

Select the correct answer ONLY:

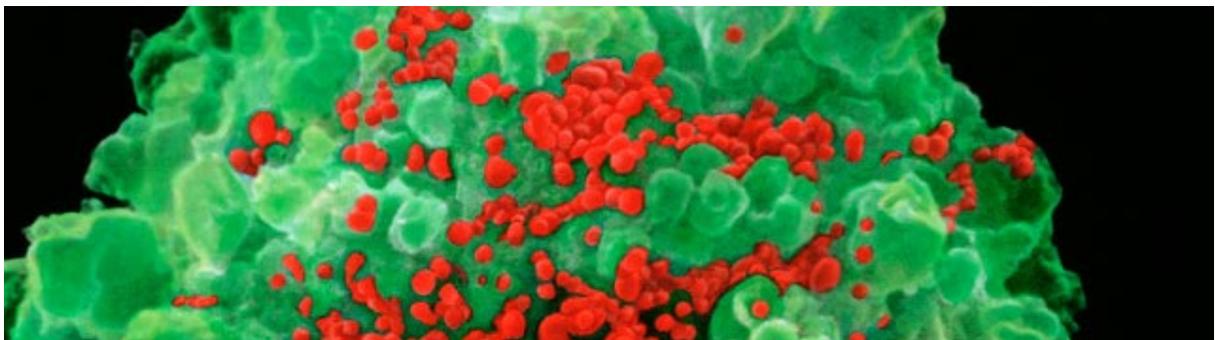
- true
- false

## Check all the ways hepatitis B can be transmitted

Select ALL of the correct answers:

- anal sex
- kissing
- sharing needles
- through a needle-stick injury
- from a pregnant mum to her baby
- shaking hands
- sharing towels
- vaginal sex

## Human immunodeficiency virus – HIV



There are over 36 MILLION PEOPLE worldwide living with HIV/AIDS. That's a LOT of people.

- More people than ever are living with HIV in the UK and each year new infections occur.

- HIV targets your immune system. This is pretty clever, as it destroys the system that is trying to destroy it.
- HIV clearly thinks 'attack is the best form of defence'.
- If you have HIV, you are 'HIV-positive'. You can remain HIV positive for years.
- You might not know you are HIV positive, as symptoms are very vague. When some people are first infected with HIV, they might get a flu-like illness, but nothing really obvious.
- When HIV has attacked the immune system so much that it is really, really weak, an HIV positive person will develop AIDS. This stands for acquired immuno-deficiency syndrome.
- The person with AIDS is so weak that they get lots of illnesses such as pneumonia or meningitis. These illnesses kill them.
- HIV is transmitted through vaginal and anal sex.
- It is also passed on NON-SEXUALLY through sharing needles during drug use or getting a needle-stick injury.
- If a pregnant mother has HIV, she can pass it on to her baby.

There are lots of medicines that have been developed for people who are HIV-positive. These medicines are good at helping a person's immune system to stay strong, but they don't kill HIV completely. A HIV-positive person might live for years and years taking these medicines, but eventually, the medicines will stop working and the person will die from AIDS.

There is NO CURE for HIV.

## HIV is:

Select the correct answer ONLY:

- a bacterium
- a new type of MP3 player
- a fungus
- a virus

## Place the correct words in the correct spaces:

HIV targets your immune **system**. A person who has HIV is called HIV **positive**. HIV eventually makes people really weak. When this happens, people with HIV develop **AIDS** and will die.

## Check all the ways HIV can be transmitted.

(Select ALL of the correct answers)

- anal sex
- holding hands

- sharing towels
- vaginal sex
- from a pregnant mum to her baby
- sharing needles
- through a needle-stick injury

## Select the true statement:

There is a cure for HIV.

There is no cure for HIV.

## Parasites

We said before that viruses were 'intra-cellular parasites': they lived inside someone else's cell, using resources that didn't belong to them.

The parasites we are going to think about now don't live INSIDE cells, but they still use resources that don't belong to them.

## Part 9: Causes of STIs - parasite

### Pubic lice



Pubic lice are PARASITES that live in pubic hair and survive by biting and sucking human blood. Nice.

- Compared to bacteria and viruses, pubic lice are huge! You can see them with your own eyes.
- Pubic lice mate and lay eggs, which hatch, making more pubic lice.
- If you have pubic lice, you will not only see them, but you will FEEL them. They are really, REALLY itchy.
- They can also make your genital area feel quite sore, because they're constantly biting you.

Pubic lice are passed on through vaginal and anal sex, but also CLOSE INTIMATE CONTACT. For example, if your genitals touched your partner's genitals but you didn't have sex, you

can still catch pubic lice. They can also be transmitted through sharing towels or bedding that have lice or eggs on them.

Pubic lice – thankfully – can be treated. A doctor can prescribe a lotion that will kill them.

### **Pubic lice are:**

Select the correct answer ONLY:

- a discharge
- blisters on your genitals
- eyes
- hair
- **parasites**
- bacteria
- blood
- fungi
- itching

### **Pubic lice survive by biting humans and sucking their:**

Select the correct answer ONLY:

- a discharge
- blisters on your genitals
- eyes
- hair
- parasites
- bacteria
- **blood**
- fungi
- itching

### **The main symptom of pubic lice is:**

Select the correct answer ONLY:

- a discharge
- blisters on your genitals
- eyes
- hair
- parasites
- bacteria
- blood
- fungi
- **itching**

### **Pubic lice are transmitted through:**

Select ALL of the correct answers:

- anal sex
- shaking hands
- sharing towels
- kissing
- sharing bedding
- vaginal sex

**Pubic lice can be killed by a lotion prescribed by your doctor.**

Select the correct answer ONLY:

- true
- false

## Part 10: Summary

I told you to fasten your seatbelt! That was a LOT of information, right?

### Re-cap

Let's just summarise.

STIs are infections that are passed on through sexual contact. This includes vaginal sex, anal sex, oral sex and sometimes close intimate contact.

STIs can be really uncomfortable to have. They can also make you infertile if they're not treated. Worse still, some STIs are incurable. Some can even kill you.

Using a CONDOM will protect you against STIs.

### Bacterial STIs

The 'Big Three' bacterial STIs are chlamydia, gonorrhoea and syphilis.

They can have no symptoms at all, and are really serious if they're not treated.

Thankfully, AntiBiotics kill Bacteria (ABBA!) If you have one of the 'Big Three', antibiotics can clear up the infection.

### Viral STIs

There are four major viral STIs – 'The 'H' Team' – Herpes, HPV, Hepatitis B and HIV.

Once you have them, you have them for life.

HPV can cause cancer of the cervix, vulva or penis.

Hepatitis B and HIV can kill you.

There are no cures for these viruses. It is MUCH better to use a condom and not catch them in the first place.

### Parasitic STIs

Pubic lice are parasites that suck your blood. They live in your pubic hair making it really ITCHY.

They can be cured by getting a lotion from your doctor.

### Where to get help

If you have sex without a condom, you could have an STI. Considering all the nasty stuff we've just learnt about, it would be wise to get checked out, don't you think?

When you go to get tested for an STI, this is what will happen:

- You will be asked for a sample of your wee, called a URINE SAMPLE
- You might have a SWAB (cotton wool) wiped inside your vagina or just inside your penis
- Sometimes you might be asked for a sample of your BLOOD

The wee, swab sample and blood will then be used by microbiologists at the hospital laboratory to look for STIs in your body.

If you need to be checked out, you can go to:

1. A sexual health clinic or genito-urinary medicine (GUM) clinic. This is a department of the hospital that specialises in STIs.
2. Your family doctor, or GP. Your doctor can help you, and it is confidential. No-one will be told.
3. Young people's services.

Examples of young people's services include:

- The Brook Advisory Centre
- The Terrence Higgins Trust
- NHS Direct is a phone service. You speak to a qualified nurse who will give you advice and help you decide where to get help.

If you've had unprotected sex, go and get checked out - *don't just leave it.*

It's not worth it.

## STIs are transmitted through...

Select ALL of the correct answers:

- anal sex
- mutual masturbation
- shaking hands

- vaginal sex
- kissing
- oral sex
- sharing towels

## The 'Big Three' bacterial STIs are:

Fill in the correct letters:

CHLAMYDIA

GONORRHOEA

SYPHILIS

## Place the correct words in the correct spaces:

The 'Big Three' bacterial STIs can be cured with antibiotics because they kill bacteria.

Remember ABBA!

## The 'H' Team are:

Select ALL of the correct answers:

- HAT
- HPV
- hernia
- Hungarian meatballs
- HIV
- hepatitis B
- herpes

## The 'H' Team are caused by:

Select the correct answer ONLY:

- bacteria
- fungi
- party
- curable
- incurable
- viruses

**Once you have caught an STI in The 'H' Team, you have that STI for life. Another word for this is:**

Select the correct answer ONLY:

- bacteria
- fungi
- party
- curable
- **incurable**
- viruses

**Pubic lice are:**

Select the correct answer ONLY:

- bacteria
- fungi
- viruses
- computers
- **parasites**

**Place the correct words in the correct spaces:**

Pubic lice cause your genitals to get really **itchy**. They can be cured by using a **lotion** prescribed by your doctor. The only way of protecting yourself against STIs is to use a **condom** during sex. Also, simply NOT having sex AT ALL is equally as effective.

**If you are worried that you might have an STI, where can you go for help?**

Select ALL of the correct answers:

- **call NHS Direct**
- **GUM clinic**
- **the Terrence Higgins Trust**
- **a sexual health clinic**
- **the Brook Advisory Centre**
- **your family doctor or GP**