



F O R Y O U R H E A L T H

What is an STD?

An STD is a “**Sexually Transmitted Disease**”. Doctors use this name to refer to many infectious diseases. An STD can pass from one person to another person through unprotected sex. Having sex with many partners increases the risk of passing an STD. Anyone can get STDs, even teenagers!

Vocabulary Words

- Infectious disease
- Unprotected sex
- Antibiotic
- Discharge

What causes STDs?

There are many different types of bacteria and viruses that cause STDs.

- The most common types of STDs caused by bacteria are: chlamydia, gonorrhea, and syphilis. Doctors **CAN TREAT** these STDs. Many times these STDs can be cured with antibiotics.
- The most common STDs that are caused by viruses are: HIV/AIDS, genital herpes, and Human Papilloma Virus (HPV). Doctors can help **CONTROL** the symptoms of these diseases. They **CAN NOT CURE** them. If you get an STD that is caused by a virus, you will have it for the **REST OF YOUR LIFE**.

To learn more about each type of STD, visit the following website:
<http://www.cdc.gov/std/>

Materials are in both English and Spanish.

What are some symptoms of STDs?

At first, people with an STD may not have any symptoms. As the disease grows, they may see or feel:

- Bumps, sores, or warts near the mouth, anus, penis, or vagina
- Swelling or redness near the penis or vagina
- A skin rash
- Pain when peeing (urinate)
- Discharge from the penis or vagina (discharge from the vagina may smell bad)
- Bleeding from the vagina when you do not have your period
- Pain when having sex
- A lot of itching in the genital area (near the penis or vagina)

How do you know if you have an STD?

The only way to know if you have an STD is to go to a doctor's office or clinic and be tested. If you have had or are having sex, you need to be checked. Many STDs do not have any symptoms. Yet, they can still cause serious problems **BEFORE** you know you are infected. These problems include some types of cancer, heart disease, and not being able to have children. So, do not wait. If you think you have an STD, talk to your doctor right away and get treatment.

If you think you have an STD, should you let your partner know?

Yes. You should talk with the person you are having sex with NOW. This is important because both of you will need treatment. If you get treatment, but your partner does not, you can get the STD again or your partner could pass it to someone else if he/she has sex with someone else.

How can you protect yourself from STDs?

Here are some basic tips:

- If you are a teenager, think about waiting to have sex until you get older. Young people, who have sex for the first time, have a higher chance of getting an STD.
- The best way is NOT to have sex (vaginal, oral, or anal).
- Use a latex condom every time you have sex. Be aware that condoms cannot protect you 100%. Some STDs can still be passed on to others. Check the condom expiration date. Condoms of different shapes or materials or that glow in the dark will NOT protect you. Do not use them. Always use condoms made of latex.
- The more partners you have, the more likely you are to get an STD. That is why it is important to limit the number of people you have sex with.
- If you are sexually active, get checked for STDs. Do not risk passing one on to someone else.
- Do not use alcohol or drugs before you have sex. You may be less likely to use a condom if you are drunk or high.

Getting treatment is very important. If you have an STD, the more quickly you are tested and treated, the less likely the STD will hurt you or others.

Helpful tips



- Learn more about each type of STD.
- Get help. Talk to someone you can trust like a parent, nurse, or teacher.
- Make a doctor's appointment.
- Get treatment as soon as you can.
- Follow your treatment. Finish all the medicine, even if the symptoms go away.
- During your treatment, do not have sex, because you can still pass the disease on to someone else.

Vocabulary & Definitions

Infectious disease:	A disease that can be caused by bacteria, virus, parasites, etc. Infectious diseases pass from person to person through physical contact. The infection can be passed through food, body fluids, air, etc.
Unprotected sex:	When someone has vaginal, oral, or anal sex without using a condom.
Antibiotic:	A type of medicine that can kill bacteria.
Discharge:	A liquid that comes out from the penis or vagina. It may be white, yellow, or green. It could have a bad smell. It is usually a symptom of an STD.



What is an STD? Practice Worksheet

Name: _____

Date: _____

➤ Let's Read!

Daniel is a teenager who works with the tomato crop in Florida. His friends know that he has never had sex. They want Daniel to know what it is like to have sex. Daniel is not so sure. They all live in a camp far away from the city. When it is payday, prostitutes come to the camp. They offer sex for money.

1. What can happen to Daniel if he decides to have sex with a prostitute?

2. What advice would you give him?

3. How can he tell if a person has an STD?

➤ Help Me!

Listen carefully to your teacher's instructions.

Mauricio is a farmworker who just moved to the United States. He thinks he has an STD. Mauricio is at the doctor's office. He does not speak English. You work at the clinic as an interpreter. Would you please help Mauricio describe his symptoms to the doctor?

➤ True or False?

Listen to your teacher's instructions carefully.

True or False?

Sentence	True	False
1	<input type="radio"/>	<input type="radio"/>
2	<input type="radio"/>	<input type="radio"/>
3	<input type="radio"/>	<input type="radio"/>
4	<input type="radio"/>	<input type="radio"/>
5	<input type="radio"/>	<input type="radio"/>

Lesson Plan

What is an STD?

Materials needed	Handouts	Estimated time
<ul style="list-style-type: none"> • Dry erase board and dry erase markers • Pencils 	<ul style="list-style-type: none"> • “What is an STD?” Lesson • “Listening Activity” Handout • Skills Practice Worksheet • Pre-post workshop Survey 	<ul style="list-style-type: none"> • 1 Hour

NOTE TO INSTRUCTOR: To accommodate the literacy levels and educational experiences of the participants, oral and/or group activities may be substituted for reading, writing, skills practice, and survey activities.

Elements	Activities	Notes
Preparation	<ul style="list-style-type: none"> • Introduce the topic Time: 5 minutes • Conduct the Pre-Test Time: 5 minutes • Introduce the new vocabulary Time: 5 minutes 	<ol style="list-style-type: none"> 1. What have you heard about STD’s? 2. How can you protect yourself from an STD? <ul style="list-style-type: none"> • Distribute Pre-Test, and ask students to turn it in when it is complete. • Write the vocabulary words on the board, and ask the students to read them aloud. Ask the students if they know what the words mean. Provide students with the definitions. (Use “What is an STD?” Lesson.)
Instructions	<ul style="list-style-type: none"> • Read the lesson on “What is an STD?” Time: 10 minutes • Identify the vocabulary words in the reading Time: 5 minutes • Distribute and review the <i>skills practice worksheet</i> with the students, and ask them to complete it Time: 25 minutes 	<ul style="list-style-type: none"> • Instructor leads guided reading of topic. • Students identify the vocabulary words by circling them in the lesson. • Activity 1: Students have 5 minutes to answer this activity. • Activity 2: Ask students to read the given situation. After they have finished, give them 5 minutes to practice how to talk with their doctor about some of the most common symptoms of an STD. Randomly choose some students to role-play the situation to the rest of the group. • Activity 3: Use the “Listening Activity” Handout and follow the instructions specified.
Concept Check	<ul style="list-style-type: none"> • Conduct Post Test Time: 5 minutes 	<ul style="list-style-type: none"> • Students complete Post Test.

Listening Activity
What is an STD?

Listening Activity
True or False?

Purpose: To practice listening comprehension

Time: 10 minutes

1. Tell your students that in this activity they will practice their listening comprehension skills.
2. Let them know that you are going to read 5 sentences out loud.
3. Let them know that after you finish reading each sentence, they need to answer whether the statement is true or false by checking the appropriate circle.
4. At the end, check the student's answers to make sure they are correct. If some students do not have the right answer, invite other students to participate in the discussion until the information is clarified.

True or False?

Sentences	True	False
1) The more partners you have, the more likely you are to get an STD.	<input checked="" type="radio"/>	<input type="radio"/>
2) All STDs can be cured.	<input type="radio"/>	<input checked="" type="radio"/>
3) You know if someone has an STD by just looking at them.	<input type="radio"/>	<input checked="" type="radio"/>
4) You should talk to your partner if you have an STD.	<input checked="" type="radio"/>	<input type="radio"/>
5) Condoms of different shapes or materials or that glow in the dark will NOT protect you from an STD.	<input checked="" type="radio"/>	<input type="radio"/>



What is an STD?
Post-Assessment

Date: _____

Name: _____

1. Is an STD a sexually transmitted disease?

Yes

No

2. Which of the following is a type of STD?

- a. gonorrhea
- b. syphilis
- c. genital herpes
- d. all of the above

3. If you have an STD, who should you tell?

your
partner

your
boss

4. You should not have sex while using drugs or alcohol.

True

False

5. Can an *infectious disease* be passed through your body fluids?

Yes

No

Total Correct: _____

What do you need to do to protect yourself from getting an STD?

(not scored) _____

