


# SEXUALLY TRANSMITTED INFECTIONS EXERCISE\*

## ▶ ABOUT THIS ACTIVITY

 **Time:** 20 minutes

 **Objectives:** By the end of this session, participants will be able to:

- List 5 STIs and their primary symptoms.

 **In This Activity You Will...**

- Discuss the difference between STI and STD (5 minutes).
- Ask participants to split into 3 groups and to list all the STIs they can think of in 5 minutes including symptoms and whether or not the STI is curable (5 minutes).
- Review lists and correct any misinformation (10 minutes).

 **Materials:**

- Newsprint - 5 STIs (one for each table group)
- Handout - STIs answer
- Handout - STI definition
- Flip chart and easel
- Markers
- Eraser

 **Preparation:**

- Prepare newsprints and post on wall in separate areas
- Prepare handout

## Instructions

1. Introduce session.
2. Ask participants if they know the difference between STD and STI. Review the difference. “The concept of “disease,” as in STD, implies a clear medical problem, usually some obvious signs or symptoms. But in truth several of the most common STDs have no signs or symptoms in the majority of persons infected. Or they have mild signs and symptoms that can be easily overlooked. So the sexually transmitted virus or bacteria can be described as creating “infection,” which may or may not result in “disease.” (From American Social Health Association website)
3. Ask participants to count off and break into 3 groups.
4. Instruct each group to go up to a newsprint and to write down all the STIs that they can think of. Next they should list the symptoms for the STI whether or not it is curable. They will get extra points if they can list any nicknames for the STI.
5. Give each group 10 minutes.
6. Ask a group to present its list.
7. Ask a second group to discuss its list, mentioning only items that do not appear on the first group’s list.
8. Repeat for third group.

## Summary

- Hand out STIs information packet. Remind participants that this was just a brief overview/review and that more information is included in the information packet.
- Wrap up session.

\* This module is part of the online toolkit Building Blocks to Peer Success. For more information, visit [http://www.hdwg.org/peer\\_center/training\\_toolkit](http://www.hdwg.org/peer_center/training_toolkit).

This module comes from the Comprehensive Peer Worker Training, Peer Advanced Competency Training (PACT) Project Harlem Hospital Center, Division of Infectious Diseases, 2008.

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## SESSION NEWSPRINT

### SEXUALLY TRANSMITTED INFECTIONS

STI	Symptoms	Curable?

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## STI EXERCISE ANSWER SHEET

### SESSION HANDOUT # 1 of 2

STI	Other Names	Symptoms	Curable?
Chancroid		Ulcers, sores	Yes
Chlamydia		Generally asymptomatic	Yes
Crabs	Pubic lice	Itching	Yes
Gonorrhea	The clap, drip	Men: discharge; burning when peeing Women: often no symptoms; if symptoms, abnormal yellow discharge; burning when peeing (can lead to PID – see symptoms for PID)	Yes
Hepatitis B		Flu-like symptoms; Many people asymptomatic	No
Herpes		Mouth or genital sores	No
Human papillomavirus (HPV)	Genital warts	Generally asymptomatic	No
Lymphoma granuloma (LGV) (A strain of chlamydia)		Pimple on penis or vagina – can spread to groin area; swollen lymph glands	Yes
Molluscum contagiosum (MCV)		Lesions on thighs, buttocks, groin, lower abdomen, sometimes genital or anal region	Yes
Non-Gonococcal urethritis (NGU)		Men: discharge; burning when peeing; itching; underwear stain Women: discharge; burning when peeing; abdominal pain; abnormal vaginal bleeding	Yes
Pelvic Inflammatory Disease (PID)		Dull pain in lower abdomen; burning when peeing; nausea/ vomiting; abnormal vaginal bleeding; fevers/chills	Yes
Syphilis		Primary stage (10-90 days): chancre sore at site of infection Secondary stage (17 days to 6.5 months): rash on palms of hands and soles of feet Latent stage (2-30 years): no symptoms Tertiary/Late stage (2-30 years): small bumps, tumors on skin or other organs; blindness; insanity; paralysis	Yes
Vaginitis/ Trichomoniasis 1. bacterial vaginitis 2. yeast infection (not an STI) 3. trichomoniasis		1. Strong, fishy smell; discharge 2. thick cottage cheese-like discharge; pain; itching; burning 3. discharge; bad smell; itching; pain when peeing	Yes

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## SESSION HANDOUT # 1 of 2 (cont.)

### STI EXERCISE ANSWER SHEET (CONT.)

STI	Curable?
Chlamydia	yes
Gonorrhea	yes
Syphilis	yes
Trichomoniasis	yes
Vaginal infections	yes
Genital Herpes	Treatment but no cure
Genital Warts (HPV)	Treatment but no cure
Hepatitis B	Treatment but no cure
HIV/AIDS	Treatment but no cure

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## SESSION HANDOUT # 2 of 2

### STI DEFINITION

“The concept of “disease,” as in STD, implies a clear medical problem, usually some obvious signs or symptoms. But in truth several of the most common STDs have no signs or symptoms in the majority of persons infected. Or they have mild signs and symptoms that can be easily overlooked. So the sexually transmitted virus or bacteria can be described as creating “infection,” which may or may not result in “disease.”

from the American Social Health Association [www.ashastd.org](http://www.ashastd.org)