
SEPA Facilitators Guide

Introduction to Session 2

Session 2 of SEPA is called “HIV and AIDS, Other Sexually Transmitted Diseases, Human Anatomy, and Human Sexuality.” Key topics include human reproductive anatomy and sexuality, and STD transmission, testing, and treatment.

The agenda for Session 2 is found on the following page. The session lasts about two hours and there is a note in the guide that indicates the halfway point for the session. If participants are actively engaged in discussion, as we hope, it is likely that the session will last close to two and one-half hours. Please ask participants to schedule two and one-half hours for each session.

After the agenda, we list the materials, supplies, and equipment you need for Session 2.

We also provide the core elements and associated activities that apply to Session 2 to emphasize the importance of maintaining fidelity to core elements by not eliminating related discussions and activities.

Building Rapport

Remember, there is typically a week in between sessions, so it is important to take time during the early sessions of SEPA to build rapport — between yourself and participants as well as among participants. Positive rapport building will create an open and safe environment for information to be delivered and digested. Rapport building also encourages SEPA participants to share and engage in the intervention. There are many ways to facilitate rapport. Strategies that can be used include the following:

- **Provide the initial five minutes of the intervention for SEPA participants to socialize.** Provide snacks during each session (typically served buffet style on a table in the back of the room) and allow time for socialization.

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- **Use icebreakers.** During facilitator training, you conducted icebreaker exercises to help build rapport between facilitators. These same icebreakers can be used at the beginning of Session 2. For additional icebreakers, use the following resources: *The Big Book of Icebreakers: Quick, Fun Activities for Energizing Meetings and Workshops* by Edie West, or *Team-Building Activities for Every Group* by Alanna Jones. These resources may be available at your local bookstore. Searching the Internet for icebreakers is also easy to do. Just use a search engine, such as Google or Yahoo, and type in “icebreakers.” You’ll find many Web sites with interactive icebreakers.

After you and SEPA participants get reacquainted, the session should begin.

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Session 2: HIV and AIDS, Other Sexually Transmitted Diseases, Human Anatomy, and Human Sexuality Agenda

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Equipment, Supplies, and Materials for Session 2

- Facilitators Guide
- Participant Workbooks
- CD of Session 2 PowerPoint slides
- LCD projector
- Laptop computer
- Screen
- Podium
- Newsprint
- Easel stand
- Paper
- Markers
- Pens and pencils
- Nametags

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Core Elements

<p>Core Element 1: Provide culturally and linguistically appropriate information to sexually active women at risk of acquiring HIV from unprotected sex with male partners in interactive, small group sessions that focus on</p> <ul style="list-style-type: none">• HIV and STD transmission and prevention;• human sexuality and male and female anatomy;• interpersonal communications; and• relationship violence.	<p><u>Discussions</u></p> <ul style="list-style-type: none">• Human reproductive anatomy• Human sexuality• Sexually transmitted diseases: the story of Juanita• STD testing, transmission, and treatment• Viral and bacterial STDs• Oral sex and STD transmission <p><u>Group Activities</u></p> <ul style="list-style-type: none">• Rumors and truths about HIV and AIDS• STDs: What's true and what's false
<p>Core Element 3: Build self-efficacy and knowledge for safer sex behaviors, improved communication with partners, and violence management through homework exercises and the sharing of personal experiences.</p>	<p><u>Homework</u></p> <ul style="list-style-type: none">• Homework review• Homework assignment

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SESSION 2: HIV AND AIDS, OTHER SEXUALLY TRANSMITTED DISEASES (STDs), HUMAN ANATOMY, AND HUMAN SEXUALITY

WELCOME PARTICIPANTS



Discussion



Purpose: To welcome participants back, review Session 1, review Session 1 homework, and introduce Session 2



Needed Equipment, Supplies, and Materials: Session 2 slides 1–6, Participant Workbooks



Time: 10 minutes

Welcome participants back to the group.

Welcome back. I'm happy to see each and every one of you. Thank you for taking the time to participate in SEPA. I hope you enjoyed our first session and learned from it. Remember that you need to attend at least three sessions to receive a certificate at our last session.

Today we will continue to discuss HIV. We will also learn about other sexually transmitted diseases. By participating in SEPA, you help yourself, your family, and your community. This is a theme we will repeat during our time together.

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By sharing information from SEPA, you can help the people you care about stay healthy.

Question to prompt discussion:

- *What other benefits, in addition to staying healthy, can you think of that will come from sharing what you learn from SEPA?*

Possible responses:

- The conversation can help you learn more about the other person and strengthen your relationship.
- You can make it easier for people to talk about important subjects not usually discussed.
- People you talk to will talk to others and pass messages about HIV prevention on to more members of the community.
- When more people in the community stay healthy, the community itself is stronger.

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Session 1 Review

Review the key messages from Session 1 and discuss the homework assignment.

Session reviews help reinforce lessons learned from the prior session. Use this time to answer remaining questions from Session 1.

Let's review what we learned from Session 1.

We learned a lot about HIV and its impact on Latinos last week. Here are some questions to help us remember what we learned.

- *What is the difference between HIV and AIDS?*
- *How is HIV transmitted?*
- *If you are worried that you may have been exposed to HIV, when is the best time to get an HIV test?*

(Answer: About three months after exposure)

As a reminder, here are the key messages from Session 1.



Session 1 Key Messages

- HIV stands for Human Immunodeficiency Virus. HIV causes AIDS — Acquired Immune Deficiency Syndrome.
- Being HIV positive, or living with HIV disease, is not the same as having AIDS. HIV disease advances to AIDS when the immune system of an infected person is seriously damaged.
- Of all the cumulative AIDS cases reported to CDC through 2007, Hispanics/Latinos accounted for 19% of the total number of cases and 19% of the total number of AIDS cases among women.



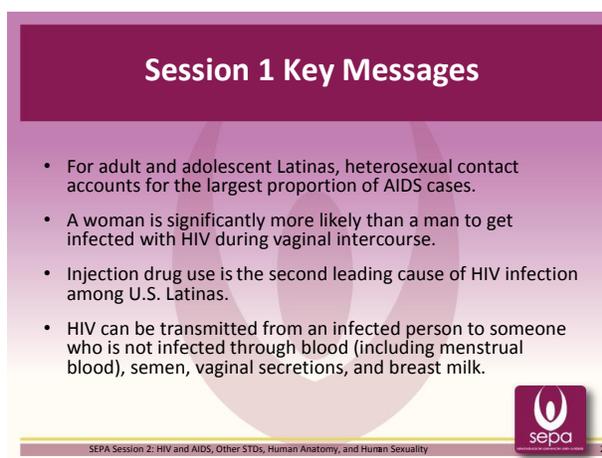
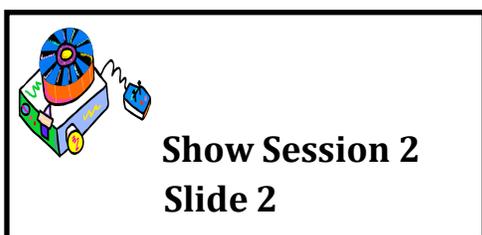
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HIV stands for Human Immunodeficiency Virus. It causes AIDS, which is an abbreviation for Acquired Immune Deficiency Syndrome.

Being HIV positive, or living with HIV disease, is not the same as having AIDS. HIV disease advances to AIDS when the immune system of an infected person is seriously damaged.

Of all the cumulative AIDS cases reported to CDC through 2007, Hispanics/Latinos accounted for 19 percent of the total number of cases and 19 percent of the total number of AIDS cases among women.



Session 1 Key Messages

- For adult and adolescent Latinas, heterosexual contact accounts for the largest proportion of AIDS cases.
- A woman is significantly more likely than a man to get infected with HIV during vaginal intercourse.
- Injection drug use is the second leading cause of HIV infection among U.S. Latinas.
- HIV can be transmitted from an infected person to someone who is not infected through blood (including menstrual blood), semen, vaginal secretions, and breast milk.

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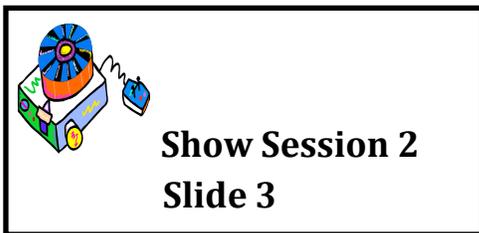


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Session 1 Key Messages

- Blood contains the highest concentration of HIV, followed by semen and vaginal fluids.
- The most common ways to get infected with HIV are unprotected sexual intercourse with an infected partner and injecting drugs with equipment used by someone who is infected.



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Session 1 Key Messages

- All pregnant women should get tested for HIV. A woman living with HIV can transmit the virus to her baby during pregnancy, labor, and delivery (perinatal transmission), and through breastfeeding.
- Antiretroviral therapy during pregnancy can greatly reduce perinatal transmission — the transmission of HIV to the baby.



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Antiretroviral therapy during pregnancy can greatly reduce perinatal transmission — the transmission of HIV to the baby.



Session 1 Key Messages

- There are tests that can detect HIV, including rapid tests that use blood or oral fluid to look for HIV antibodies.
- HIV tests are available from your doctor, and confidential tests are available from your local health department.
- Information about HIV testing sites is available from CDC at 1-800-232-4636 and www.hivtest.org.
- There is currently no cure for HIV or AIDS, but HIV medications can help infected persons stay healthy for many years.
- We can protect ourselves from HIV by choosing safer behaviors.



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There is currently no cure for HIV or AIDS, but HIV medications can help infected persons stay healthy for many years.

We are at risk of getting HIV because of what we do. We can protect ourselves from HIV by choosing safer behaviors.



Facilitator's Note:

Thank the participants for completing their homework and sharing with the group.

Homework Review

For your homework, you were asked to talk to a friend, coworker, neighbor, or even your husband or partner about HIV.

Questions to prompt discussion:

- *Who is willing to share her discussion with the rest of the group?*
- *Who did you talk to and what did you say?*
- *Did you find it difficult to talk about HIV?*
- *How do you feel about what your friends or partners said about HIV and AIDS?*
- *Were you able to provide any new information about HIV to the person you talked to?*

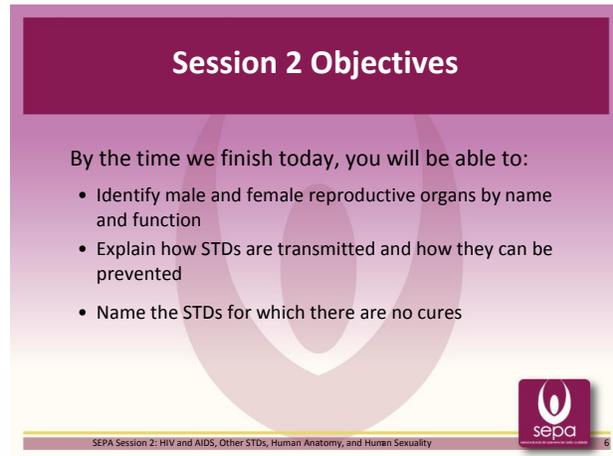
Thank you for your participation. We will continue to learn from each other during additional discussions.

Now we are going to learn more about HIV prevention. We'll begin with an activity to learn the truth about HIV and AIDS.

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Session Objectives

Inform SEPA participants that there is a lot to cover during this session and review session objectives.



Session 2 Objectives

By the time we finish today, you will be able to:

- Identify male and female reproductive organs by name and function
- Explain how STDs are transmitted and how they can be prevented
- Name the STDs for which there are no cures

SEPA Session 2: HIV and AIDS, Other STDs, Human Anatomy, and Human Sexuality



These are the objectives of Session 2.

By the time we finish today, you will be able to:

- *Identify male and female reproductive organs by name and function*
- *Explain how STDs are transmitted and can be prevented*
- *Name the STDs for which there are no cures*

THE TRUTH ABOUT HIV AND AIDS



Group Activity



Purpose: To learn the facts about HIV and AIDS



Needed Equipment, Supplies, and Materials: Participant Workbooks, Slides 7–13



Time: 10 minutes

Many Latinas do not have the facts about HIV and AIDS. The goal of this activity is to provide participants with correct information about HIV and AIDS.

There are many myths and rumors about HIV and AIDS. As you learned from your discussions with friends, neighbors, and husbands or boyfriends, people have different beliefs about HIV. Let's use this time to learn the facts.

Remember, everything we say in the group stays in the group. It's important to maintain each other's confidentiality so that we can feel comfortable in being open and honest with each other. As I said last time, I hope that the knowledge you gain today about HIV, AIDS, and other sexually transmitted diseases will be shared with your partner, husband, family, and friends. However, please don't share personal information about other members of this group. This means never mentioning anyone's name.

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This is a true or false exercise; it is not a test. The goal is to learn the truth about HIV and AIDS. Please ask questions and keep an open mind. We are here to learn, not to critique others for what they don't know. Turn to "Session 2, Worksheet 1: The Truth about HIV and AIDS" in your workbook. Write whether the statements are true or false as we go over them. If a statement is false, write the true statement in the space provided.



Facilitator's Note:

Slides 7 through 13 are meant to be read aloud. Either the facilitator can read the slides or participants can take turns reading the slides. Ask group members to shout out "true" or "false" after each slide is read.



Show Session 2 Slide 7

The Truth about HIV and AIDS

- An HIV test will always indicate whether or not a person is infected with HIV.

FALSE

There is a short period of time after infection when an HIV test will not indicate if a person has been infected with HIV because antibodies have not yet developed. Most people develop antibodies that detect the presence of HIV in the blood within two to eight weeks after infection; the average time is 25 days. Almost everyone will have antibodies that can be found in their blood during the first three months after being infected.



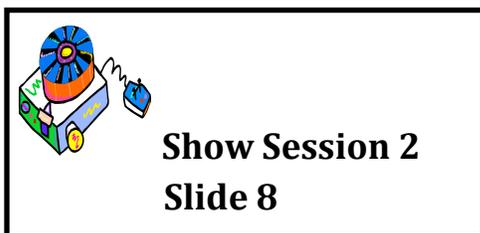
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7

An HIV test will always indicate whether or not a person is infected with HIV.

Answer:

This statement is false. There is a period of time after infection when an HIV test will not indicate if a person has been infected with the virus because antibodies have not yet developed. Most people develop antibodies that detect the presence of HIV in the blood within two to eight weeks after infection; the average time is 25 days. Almost everyone will have antibodies that can be found in their blood during the first three months after being infected.



The Truth about HIV and AIDS

- If you have one sex partner, you will not get HIV.

FALSE

If your one partner is infected, you too can get infected if you have unprotected sex. It takes only one unprotected sexual experience with an infected person to contract HIV.



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If you have one sex partner, you will not get HIV.

Answer:

This is false. If your one partner is infected, you too can get infected if you have unprotected sex. It takes only one unprotected sexual experience with an infected person to contract HIV. This is similar to getting pregnant. Although you cannot get pregnant every time you have unprotected sex, it's possible to get pregnant the first time you have unprotected sex.

If you do not know your partner's HIV status, it is important to abstain from sex or to use condoms until you and any partners have been tested and know your results. Without testing, someone can have HIV or AIDS, not know it, and transmit the virus. And don't forget that you can get infected by sharing injection drug equipment with someone who is infected.

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The Truth about HIV and AIDS

- HIV cannot be transmitted by a mosquito or insect bite.

TRUE

Studies from the CDC show that HIV cannot be transmitted by mosquitoes or any other insects, even in areas where there are many cases of AIDS and large populations of mosquitoes.

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HIV cannot be transmitted by a mosquito or insect bite.

Answer:

This statement is true. From the start of the HIV epidemic, there has been concern about HIV transmission from biting and bloodsucking insects, such as mosquitoes. Studies from the CDC show that HIV cannot be transmitted by mosquitoes or any other insects — even in areas where there are many cases of AIDS and large populations of mosquitoes.



The Truth about HIV and AIDS

- Homosexual men are the only group that can be infected with HIV.

FALSE

Anyone can be infected with the virus that causes AIDS. Women account for more than one quarter of all new HIV/AIDS diagnoses. In 2005, HIV infection was the fourth leading cause of death for Hispanic women between the ages of 35 and 44 in the United States.

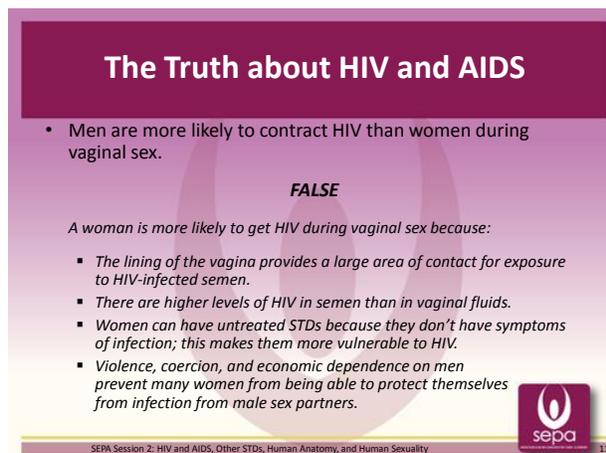
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Homosexual men are the only group that can be infected with HIV.

Answer:

This is false. Anyone can be infected with the virus that causes AIDS. Women account for more than one quarter of all new HIV/AIDS diagnoses. Latinas account for about 19 percent of the total number of AIDS cases among women. In 2005, HIV infection was the fourth leading cause of death for Hispanic women between the ages of 35 and 44 in the United States.



The Truth about HIV and AIDS

- Men are more likely to contract HIV than women during vaginal sex.

FALSE

A woman is more likely to get HIV during vaginal sex because:

- The lining of the vagina provides a large area of contact for exposure to HIV-infected semen.
- There are higher levels of HIV in semen than in vaginal fluids.
- Women can have untreated STDs because they don't have symptoms of infection; this makes them more vulnerable to HIV.
- Violence, coercion, and economic dependence on men prevent many women from being able to protect themselves from infection from male sex partners.

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Men are more likely to contract HIV than women during vaginal sex.

Answer:

This is false. A woman is more likely than a man to get HIV during vaginal sex because:

- *The lining of the vagina provides a large area of contact for exposure to HIV-infected semen.*
- *There is more exposed surface area in the female genitals than in the male genitals.*
- *There are higher levels of HIV in semen than in vaginal fluids.*

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- *Women can have untreated STDs because they don't have symptoms of infection; this makes them more vulnerable to HIV.*
- *Violence, coercion, and economic dependence on men prevent many women from being able to protect themselves from infection by male sex partners. We will discuss intimate partner violence during Session 5.*



The Truth about HIV and AIDS

- You cannot get infected with HIV by donating blood in the United States.

TRUE

You cannot "catch" HIV or other infectious diseases from donating blood in the United States.

New, sterile, "one-time-use" needles and collection equipment are used for each and every donor.

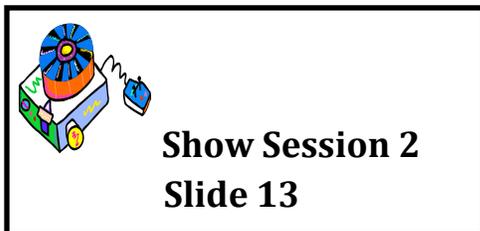


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You cannot get infected with HIV by donating blood in the United States.

Answer:

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The Truth about HIV and AIDS

- HIV can only be transmitted by sexual contact.

FALSE

The most common way of getting HIV is unprotected sexual intercourse. HIV can also be transmitted from an infected mother to her child during pregnancy and from sharing injection drug equipment with someone who has HIV.



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HIV can only be transmitted by sexual contact.

Answer:

This is false. HIV can also be transmitted from an infected mother to her child during pregnancy and breastfeeding and from sharing injection drug equipment with someone who has HIV.

It is true that the most common ways HIV is transmitted are unprotected anal and vaginal intercourse. When a woman has unprotected anal intercourse with her male partner, she is engaging in very risky sex. When two men have unprotected anal intercourse, the man on the bottom is having very risky sex.

HUMAN REPRODUCTIVE ANATOMY



Discussion



Purpose: To review human reproductive anatomy



Needed Equipment, Supplies, and Materials: Slides 14–16



Time: 15 minutes

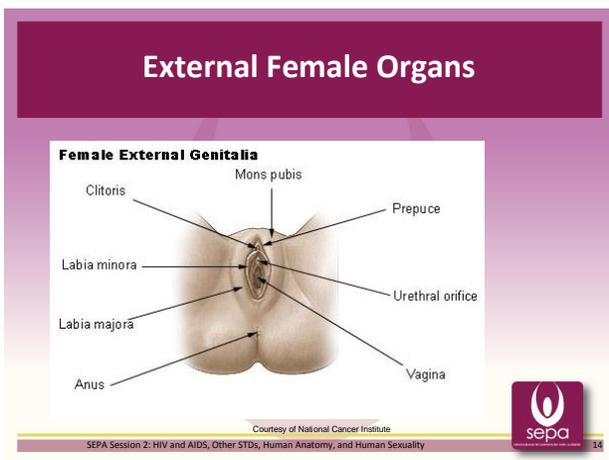
Many Latinas are not familiar with their reproductive anatomy. Before discussing ways to prevent HIV and STDs, it's important to make sure that everyone is familiar with sexuality and human reproductive anatomy. The following discussion uses technical medical terminology. Feel free to use jargon or culturally relevant terminology when describing reproductive organs. Ask participants to brainstorm other words for reproductive organs as you discuss each body part.

So far, we have spent time learning how HIV is transmitted. Before we discuss how to protect ourselves, we will discuss human sexuality and familiarize ourselves with reproductive anatomy.

In our community, the subject of sexuality, including our physical reproductive systems, is rarely talked about. Discussing sexuality and our bodies may make you feel a bit uneasy, and that's OK. What is important is that we don't let feelings of uneasiness stop us from learning. So let's relax and create an environment where we feel comfortable discussing these topics.

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The following slides present diagrams of healthy anatomy. These drawings are presented to help us learn about our bodies. This is important for HIV and STD prevention because you need to know how STDs affect different parts of the body. Knowing more about anatomy will also help you use condoms correctly.



This is a drawing of external female genital organs. It is important to recognize each organ and understand its function.

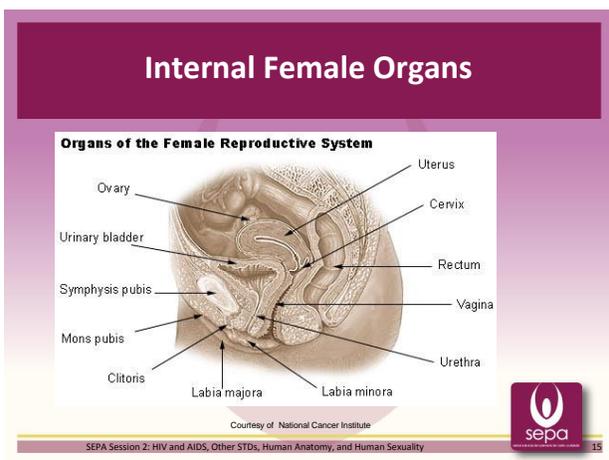
Review each organ listed in the diagram with the notes below.

- The **mons pubis** is the fatty tissue above the pubic bone where pubic hair grows.
- The **clitoris** is a firm, small organ located at the upper part of the labia minora. Its function is to produce pleasure during sexual intercourse. The tip, or glans, has more than 8,000 sensory nerve endings — more than any other part of the human body.
- The **prepuce** is skin that surrounds the clitoris. It is similar to the foreskin of a man's penis.

¹ <http://training.seer.cancer.gov/anatomy/reproductive/female/genitalia.html>

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- The **labia minora** covers the delicate genital area where the external urethral orifice and the entrance to the vagina are located.
- The **labia majora** are folds that extend downward and backward from your pubis area to the perineum (the general region between the anus and the vaginal organs).
- The **urethral orifice** is where urine comes out. It is located under the clitoris.
- The vaginal opening is located under the urethral orifice. The **vagina** is where the penis is inserted during sexual intercourse. Women naturally produce vaginal lubrication before and during sexual intercourse. This lubrication makes the sexual experience more satisfying and prevents the surrounding tissue of the cervix from being damaged. It is through the vagina that we bleed during our periods. The vagina is also the birth canal through which our babies are delivered.
- The **anus** is where feces (bowel movements) and gas are expelled.



Continue to review female reproductive anatomy and pregnancy. The bullets below can help with the discussion.

² <http://training.seer.cancer.gov/anatomy/reproductive/female/>

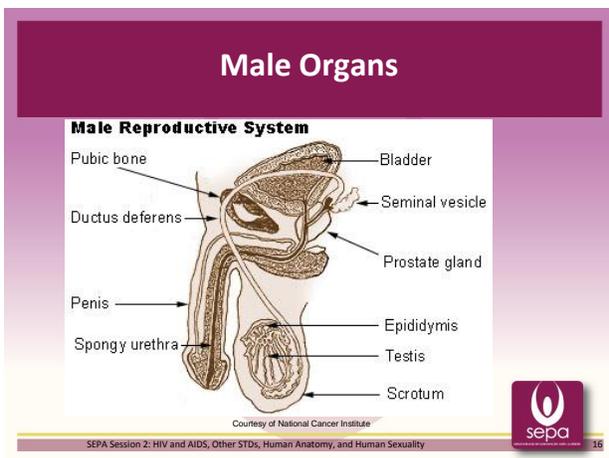
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This slide shows internal and external organs and helps us understand pregnancy.

- *We have two **ovaries**, one on each side of the uterus. Every month during ovulation, either the right or left ovary produces an egg for fertilization.*
- *The egg travels down the fallopian tubes toward the **uterus**. There are two fallopian tubes, each attached to a side of the uterus.*
- *Male sperm travel up the vagina to the uterus and to the fallopian tubes.*
- *If sperm enters the egg, the egg is fertilized and the female becomes pregnant.*
- *The uterus is the organ where the fertilized egg grows during pregnancy. Non-pregnant women menstruate; in other words, they eliminate the lining of the uterus by menstrual bleeding (having a period).*
- *The uterus is the size of a fist, is similar in shape to a pear, and it grows during pregnancy.*
- *The **cervix** is the lower portion of the uterus that opens into the vagina. The narrow opening of the cervix allows menstrual blood to flow out and widens during labor to allow the fetus to pass through the vagina during childbirth.*
- *The **urinary bladder** is the organ that collects urine excreted by the kidneys prior to urination.*
- *The **symphysis pubis** is the area in front of the pelvis where the pubic bones meet.*
- *The **rectum** consists of the last six to eight inches of the large intestine. It stores solid waste until it leaves the body through the anus.*

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Females have normal vaginal secretions called cervical mucus. This mucus is naturally produced by the cervix as part of the hormonal function of the ovaries. It is important for us to understand our bodies and cervical mucus secretions. The secretions increase in amount and change texture during the monthly menstruation cycle. By understanding your secretions, you may be able to detect when something is wrong if you have symptoms of infection from an STD.



This is a drawing of male reproductive organs.

Review each organ listed in the diagram.

- The **pubic bone** is part of the pelvic bone or pelvis (the area of the body surrounded by the hips).
- The **penis** is the external male sex organ used to have sexual intercourse, ejaculate semen, and urinate. The shaft or the body of the penis is made of spongy tissue and blood vessels.
- The **bladder** is the organ in men and women that collects urine excreted by the kidneys.

³ <http://training.seer.cancer.gov/anatomy/reproductive/male/>

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- The **spongy urethra** is part of the urethra, a tube that drains urine from the bladder. It is located between the base and the tip of the penis.
- The male's **prostate gland** is located at the base of the bladder. One function of the prostate gland is to help control urination; another function is to produce some of the substances found in semen, the fluid that transports sperm, the male's reproductive cells. The **seminal vesicles** also secrete fluid that becomes semen.
- The **epididymis** is a small tube where sperm collect after they leave the **testis**. There are two testes, also called testicles, behind the penis in a pouch of skin called the **scrotum**. The testes are glands that produce testosterone and sperm.
- The **ductus deferens** transports sperm from the **epididymis** in anticipation of ejaculation. Semen is released through the penis during ejaculation, also called orgasm.
- When males are sexually aroused, the penis becomes erect. When a male ejaculates, millions of sperm in the semen leave his body. During ejaculation, a valve in the bladder closes so that urine does not mix with semen. When sperm fertilize a woman's egg, pregnancy occurs.
- **If a man is infected with HIV, the virus will be in his semen. If you have vaginal or anal sex with an infected partner without using a condom, you expose yourself to the virus.**

HUMAN SEXUALITY: EXPECTATIONS AND BELIEFS



Discussion



Purpose: To discuss human sexuality



Time: 15 minutes

The following discussion focuses on human sexuality.

Now that we understand what to call our sexual body parts and how our reproductive system works, we will talk about sexuality. Human sexuality refers to how women and men experience and express themselves as sexual persons.

Question to prompt discussion:

- *How do you think men express themselves as sexual beings?*

Possible responses:

- Men who are not gay think it's sexy to take charge of their relationships with women.
- Men think it's masculine to have sex with as many women as possible.
- Some men express themselves by flirting and by acting like a big shot.

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Question to prompt discussion:

- *What about women? How do you think women express themselves as sexual beings?*

Possible responses:

- Women like to look and smell good.
- Women also like to flirt and they like to wear sexy clothing.
- Some women want men to take charge of things, to be the boss, and to make decisions, and they think it's sexy to be passive.

Many people believe that men have a stronger desire for sex than women. Some people believe that women do not have sex for their own pleasure, but only to please men. Some women say that men will try to have sex whenever they desire, and that sex for men is a sign of their masculinity.

Questions to prompt discussion:

- *Do you think that men need to have sex?*
- *Are there times when your male partner wanted to have sex and you didn't? What happened?*
- *Are there times when you wanted to have sex and your partner didn't? What happened?*
- *How often should women have sex?*

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Possible responses:

- Whenever they want
- As often as they want if their partners are clean and don't have HIV or STDs
- At least once a month
- About once a week

After discussion, say:

Men and women can abstain from all forms of sex and be perfectly healthy.

It is not physically harmful to have sexual intercourse with a man who has been tested and knows that he does not have HIV or another STD.

Adults who do not know each other's HIV status can have protected sex as frequently as they want. The point to remember is that sex with a condom – protected sex – can prevent many sexually transmitted diseases.

Other than vaginal, what are other types of sex?

Explain the differences between vaginal, anal, and oral sex, and note that each type of sexual contact can place a person at risk for HIV.

Oral sex — also known as "fellatio," "blowjob," "giving head," and "cunnilingus" — is when one partner stimulates the other partner's genitals with his or her mouth and tongue.

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Anal sex refers to sexual intercourse where the penis is inserted into the anus.

Vaginal sex is sexual intercourse where the penis is inserted into the vagina.

Unprotected vaginal, anal, and oral sex can put a person at risk of HIV infection as well as infection from many sexually transmitted diseases. As we noted, unprotected anal sex is especially risky for the person who is the receptive partner — that is, the person on the bottom.



Facilitator's Note:

At this point you should be halfway through implementation of Session 2.

Right now we are about halfway through Session 2. Are there any questions?

Would anyone like to share what you think or feel about what we are learning so far?

SEXUALLY TRANSMITTED DISEASES: THE STORY OF JUANITA



Discussion



Purpose: To introduce the topic of STDs to participants



Needed Equipment, Supplies, and Materials: Participant Workbooks



Time: 10 minutes

The story of Juanita is a fictional example of STD transmission that illustrates the dangers of unprotected sex. Read the following vignette to participants (or ask a participant to volunteer to read the vignette). Ask participants to follow along in their workbook “Session 2, Worksheet 2: The Story of Juanita.”

Questions to prompt discussion:

- *Who can explain how José got infected and how he infected Juanita?*
- *Do you know anyone who has had a similar experience to Juanita?*
- *How does this story make you feel?*

Possible response:

- José got infected from another woman who gave him a blow job. When he had intercourse with Juanita, he gave her herpes.

STD TESTING, TRANSMISSION, AND TREATMENT



Discussion



Purpose: To review STD basics, viral and bacterial STDs, oral sex and STD transmission, and what STDs look like



Needed Equipment, Supplies, and Materials: Slides 17–33, Participant Workbooks



Time: 40 minutes

The following discussion reviews basic information on STDs.

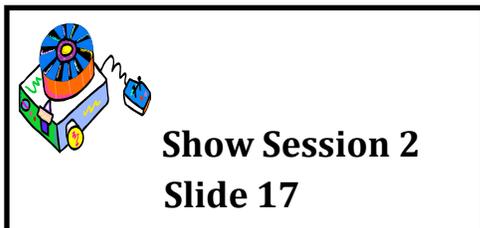
Before we discuss specific STDs, we will cover some basic information. There are more than 25 diseases transmitted through sexual activity. According to the Centers for Disease Control and Prevention, there are more than 15 million sexually transmitted disease cases reported annually in the United States. Not including HIV, the most common STDs in the United States are chlamydia, trichomoniasis, human papillomavirus (HPV), and gonorrhea. Adolescents and young adults up to age 29 are the age groups at greatest risk for acquiring an STD.

There is no one test for all STDs. Some STDs can be detected in blood and some can be detected in urine. Others are detected by taking cultures, such as a fluid sample from the mouth, vagina, or anus.

You can get tested for an STD at one of your local health department's STD clinics, and you can find locations of sites for STD testing at www.hivtest.org. If

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you test positive, after health department staff provide treatment, they can inform your sex partners that they may have been exposed to an STD and should get an STD test. This is called partner notification or partner services. Health department staff never reveal the names of persons who test positive for an STD.



How STDs are Transmitted

STDs are spread through:

- Bodily fluids, including blood, vaginal secretions, semen, and breast milk
- Vaginal, anal, and oral sex
- Sharing injection drug equipment
- Contact with infected skin and mucous membranes
- Childbirth and breastfeeding

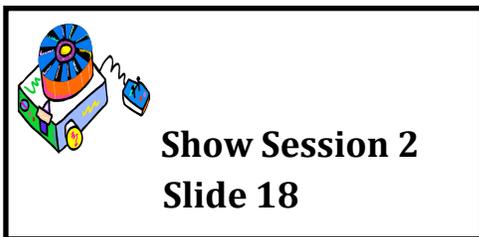
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Explain to participants that there are many types of sexually transmitted diseases that will be discussed later after a review of what all STDs have in common.

Just like HIV, most STDs are spread through contact with infected bodily fluids, including blood, vaginal secretions, semen, and breast milk. Most STDs are spread through direct sexual contact, including vaginal, anal, and oral sex with an infected person. When we say that STDs are spread by vaginal, anal, and oral sex, we mean unprotected sex – sex without the use of a male or female condom. So please remember that we mean unprotected sex when we talk about the sexual transmission of HIV and other STDs.

Even though they are called sexually transmitted diseases, sex is not the only way STDs are transmitted. Other ways STD transmission takes place include sharing needles; direct contact with infected skin or mucous membranes, such as sores in the mouth; contact with clothing; and childbirth. STDs can be transmitted from men to women, women to men, men to men, and women to women.



Other Ways STDs are Transmitted

- Pubic lice and scabies
 - spread through contact with an infected person or with infested clothes, sheets, or towels
- Trichomoniasis
 - spread through genital contact with damp or moist objects, such as towels, wet clothing, or a toilet seat
- Hepatitis B
 - can be contracted from sharing needles with an infected person

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Pubic lice and scabies are considered STDs and can be spread through close personal contact with an infected person, or with infested clothes, sheets, and towels.

You may have heard of trichomoniasis. Trichomoniasis can be spread by genital contact with damp objects, such as towels, clothing, and toilet seats.

Sharing needles with an infected person can cause Hepatitis B. Like HIV, Hepatitis B can be spread by sex as well as by using injection drug equipment that contains infected blood.

Let's go back to Juanita's story.

Juanita got genital herpes, which is a virus, by having unprotected vaginal sex with José who contracted the herpes virus from a woman who gave him oral sex. The woman who performed the oral sex had the herpes virus that causes cold sores, also called fever blisters. Genital herpes can be caused by the strain of virus that causes cold sores. When José had unprotected vaginal intercourse with Juanita, he transmitted the virus to her and it caused genital herpes.

Ask participants:

How could Juanita have prevented contracting genital herpes?

Answer:

Insist that José wear a condom or not have sex with him — abstain.

Viral and Bacterial STDs

The following discussion provides additional information on the most common STDs.

Most STDs are caused by viruses or bacteria. Remember that a virus -- HIV -- causes AIDS and that there are no cures for viral STDs.



Viral STDs

In addition to HIV, viral STDs include:

- Genital herpes
 - spread by skin-to-skin contact and vaginal, anal, and oral sex
 - a woman can transmit it to her baby during labor and delivery
- Human papillomavirus (HPV)
 - can produce genital warts and cancers of the cervix, vulva, vagina, anus, penis, tonsils, tongue, head, and neck
 - a vaccine can protect women from the types of HPV that cause most cervical cancers and genital warts
- Hepatitis B
 - can cause chronic liver infection that can develop into cirrhosis of the liver or liver cancer
 - a vaccine can protect against Hepatitis B infection



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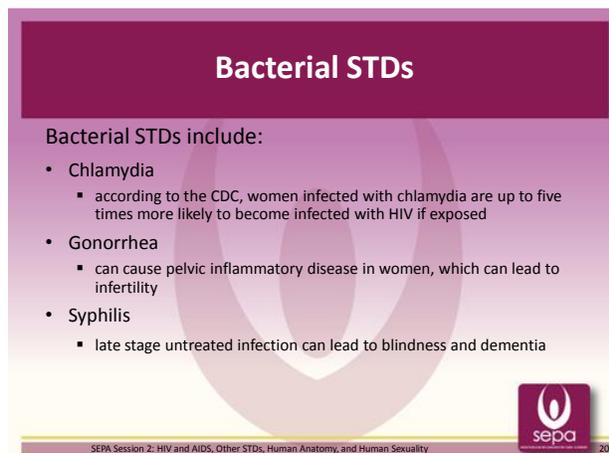
In addition to HIV, viral STDs include:

Genital herpes, which is spread by skin-to-skin contact and vaginal, anal, and oral sex. A pregnant woman can transmit the virus to her baby during labor and delivery.

Human papillomavirus (HPV) is spread by skin-to-skin contact and vaginal, anal, and oral sex. A pregnant woman can transmit the virus to her baby during vaginal delivery. HPV can produce genital warts and cancers of the cervix, vulva, vagina, anus, penis, tonsils, tongue, head, and neck. A vaccine can protect women from the types of HPV that cause most cervical cancers and genital warts. The

CDC recommends that young women, especially adolescents, get the HPV vaccine.

Hepatitis B is spread by sharing contaminated needles to inject drugs and by vaginal, anal, and oral sex. A pregnant woman can transmit the virus to her fetus. Hepatitis B can cause chronic liver infection that can develop into cirrhosis of the liver or liver cancer. A vaccine can protect against Hepatitis B infection.



Bacterial STDs

Bacterial STDs include:

- Chlamydia
 - according to the CDC, women infected with chlamydia are up to five times more likely to become infected with HIV if exposed
- Gonorrhea
 - can cause pelvic inflammatory disease in women, which can lead to infertility
- Syphilis
 - late stage untreated infection can lead to blindness and dementia

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Bacterial STDs include:

Chlamydia, which is the most common STD spread by vaginal, anal, and oral sex. A pregnant woman can transmit the infection to her baby during vaginal delivery. In up to 40 percent of women, untreated infection can spread into the uterus or fallopian tubes and cause pelvic inflammatory disease (PID). PID can lead to infertility and dangerous ectopic pregnancy (pregnancy outside the uterus). According to the CDC, women infected with chlamydia are up to five times more likely to become infected with HIV if exposed to the virus.

Gonorrhea is spread by direct contact with the penis, vagina, mouth, and anus of an infected person. A pregnant woman can transmit infection to her baby during vaginal childbirth. Gonorrhea can cause pelvic inflammatory disease in women, which can lead to infertility.

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Syphilis is spread by vaginal, anal, and oral sex; skin-to-skin contact; and the sharing of contaminated needles to inject drugs. A pregnant woman can transmit infection to the fetus. Late stage untreated infection can lead to blindness and dementia.



Other STDs

Other STDs include:

- Trichomoniasis
 - a parasitic STD that is spread by vaginal intercourse, genital contact with damp or moist objects, such as towels, wet clothing, or a toilet seat



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Trichomoniasis is another common STD. It is a parasitic STD that is spread through vaginal intercourse, genital contact with damp or moist objects, such as towels, wet clothing, or a toilet seat.



Key Facts about STDs

- STDs caused by a virus cannot be cured. There is no cure for HIV, genital herpes, Hepatitis B, or HPV.
- Women suffer more frequent and more serious complications from STDs than men.
- You can have an STD and not know it. Sometimes it takes weeks or months for symptoms to appear.
- If you have an STD, you increase the chance of contracting HIV through sex.
- A pregnant woman can expose her baby to an STD during delivery.



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Although most STDs can be cured, STDs that are caused by a virus cannot be cured. There is no cure for HIV, genital herpes, hepatitis B, and human

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papillomavirus (HPV). However, there are vaccines available that prevent hepatitis B and HPV.

Women suffer more frequent and more serious complications from STDs than men.

You can have an STD, or even more than one STD, and not know it because women and men often have no symptoms of infection. Sometimes it takes weeks or months for symptoms to appear.

If you have an STD, you increase the chance of contracting HIV through sex.

A pregnant woman can expose her baby to an STD during delivery.

Oral Sex and STD Transmission among Women

The following discussion focuses on oral sex and STD transmission other than HIV.

If you perform oral sex on a man and he is infected, you can get chlamydia, gonorrhea, HPV, and syphilis. Possible risks include herpes and Hepatitis A and B.⁴

If you receive oral sex and your partner is infected, you could get herpes and syphilis.

A man can get chlamydia, gonorrhea, herpes, and syphilis from receiving oral sex, and can transmit these STDs during vaginal intercourse.

⁴ Hepatitis A is transmitted through feces.

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Ask participants to open their workbooks to “Session 2, Worksheet 3: Reference Information on Sexually Transmitted Diseases (STDs).”

This table is a reference on STDs that you can review at home. Please look it over when you have time and let me know if you have questions. I won't go over this table with you but will cover the information as we continue to learn about STDs. I know this is a lot of information. Thank you for paying attention.

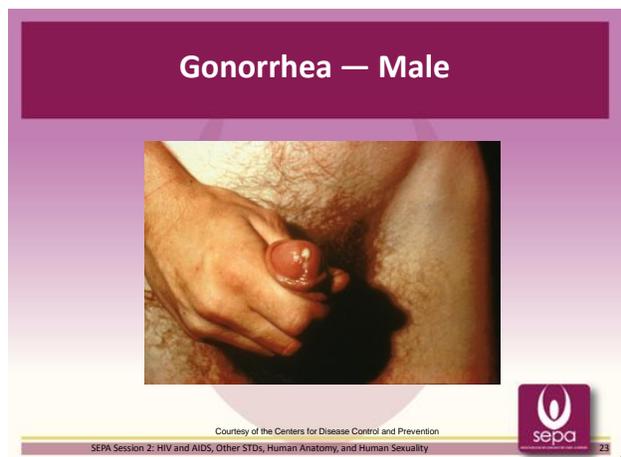
For both men and women, there are often no symptoms of having an STD. Men are more likely to have symptoms of infection than women.

For women, vaginal discharge and burning during urination are the most common symptoms. Discharge consists of secretions that are not normal and that have a bad odor and a yellow or green color. Women may feel pain during sexual intercourse or there may be bleeding other than normal monthly menstruation. There may be pain in the pelvis or vagina.

Symptoms in men may include discharge from the penis, burning during urination, and sores on the genitals and rectum.

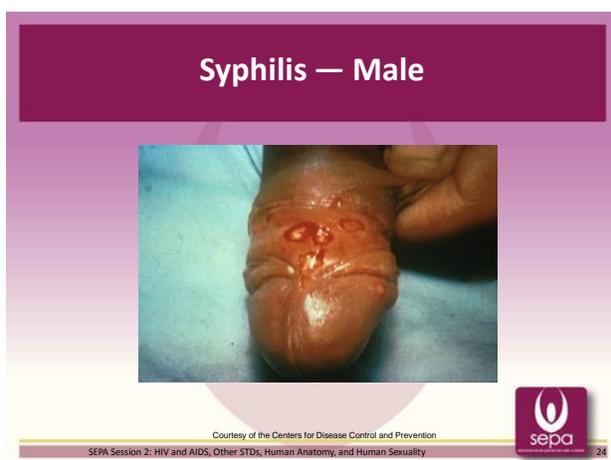
What STDs Look Like

The next series of slides presents graphic pictures of diseased reproductive organs. These pictures are not designed for shock value, but rather to reinforce that these diseases are serious and place the health of our SEPA participants at risk.



This photo shows symptoms of gonorrhea in a man. The majority of women do not have symptoms of gonorrhea until it is in a very advanced stage of the disease. The principal symptom is a pus-like secretion in the genitals or eyes. Gonorrhea can cause infertility. In addition, this disease can cause arthritis, heart disease, and blindness in newborn children from mothers infected with the disease during pregnancy. Making sure your sex partners wear condoms can help prevent this and other STDs.

⁵ <http://www.cdc.gov/std/training/clinicalslides/slides-dl.htm>



These photos show symptoms of syphilis during the primary stage of the disease, when symptoms are visual. Syphilis can cause miscarriage, stillbirth, or death soon after birth. Although an infected baby may be born without signs of disease, skin sores, rashes, fever, jaundice (yellow skin), anemia (a blood problem), or a swollen liver and spleen may develop within a few weeks. All pregnant women should be tested for syphilis and, if infected, they must be treated right away with penicillin.

There are different stages of syphilis. First we'll talk about the primary stage.

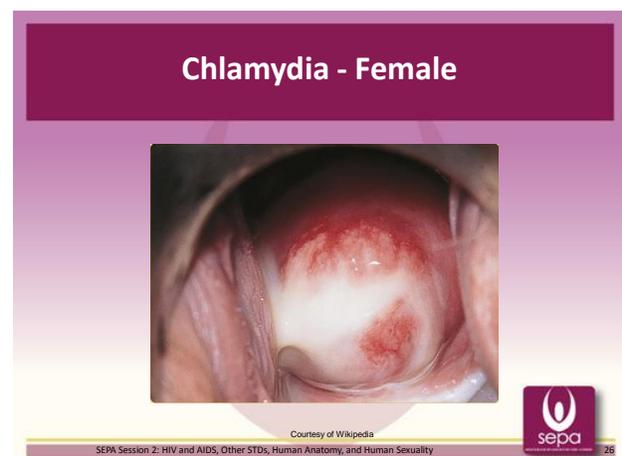
⁶ <http://www.cdc.gov/std/training/clinicalslides/slides-dl.htm>

⁷ <http://www.cdc.gov/std/training/clinicalslides/slides-dl.htm>

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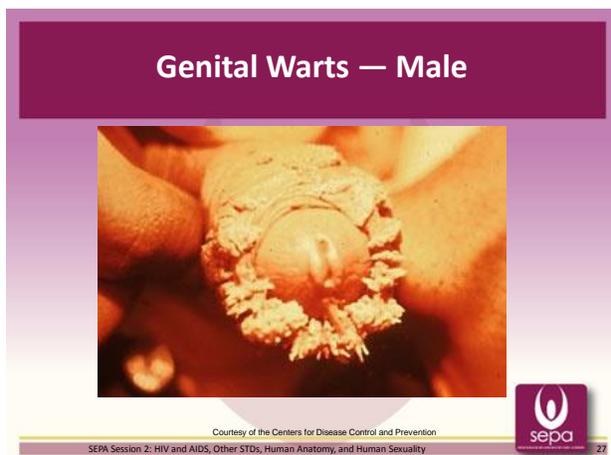
The time between infection with syphilis and the start of the first symptom can range from 10 to 90 days, with 21 days being the average. The sore that appears, called a chancre, is usually firm, round, small, and painless. It appears at the spot where syphilis entered the body. The chancre lasts three to six weeks, and it heals without treatment. However, if treatment is not received, the infection progresses. Because the symptoms of primary stage syphilis are easy to overlook, many individuals do not seek treatment.

If not treated, syphilis will continue to develop and move into the secondary stage. The secondary stage occurs two to 10 weeks after the chancre sore appears. The most common symptom is a rash on the palm of the hands and the bottoms of the feet. A pregnant woman can transmit infection to the fetus. Late stage untreated infection can lead to blindness and dementia.



This is a picture of a woman with chlamydia, the most frequently reported STD in the United States. The majority of women with chlamydia do not have symptoms. Cervicitis (infection of the uterine cervix) is the most common symptom of infection. Other symptoms include vaginal discharge and abdominal pain. Infection of the urethra is often associated with chlamydial infection of the cervix. Women with infection of the urethra (urethritis) have pain upon urination and a frequent and urgent need to urinate. In men, symptoms include pain when urinating. Chlamydia can cause infertility in women.

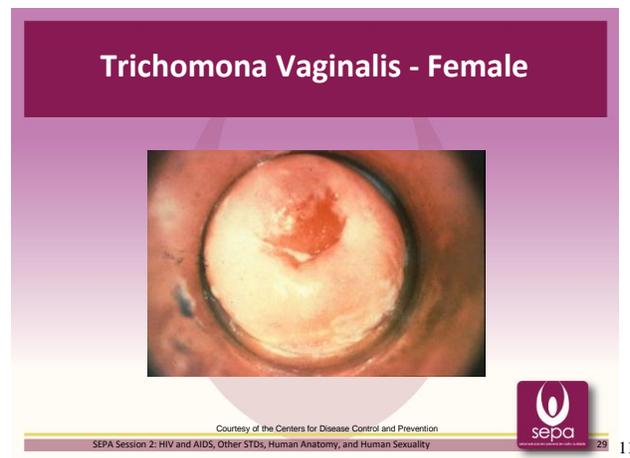
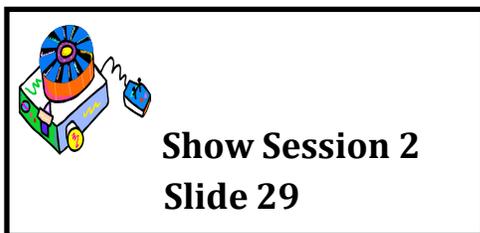
⁸ <http://en.wikipedia.org/wiki/File:SOA-Chlamydia-trachomatis-female.jpg>



These photos show warts on a penis and vagina. Genital warts are signs of HPV and occur in a small percentage of persons infected with HPV. Genital warts can start as very small, light-colored dots. A full-blown genital wart looks like a cauliflower and is usually fleshy and raised above the skin. Genital warts may bleed easily and itch. They can occur in singles or in clumps and in multiple locations, including on or inside the penis, vagina, anus, and mouth.

⁹ <http://www.cdc.gov/std/training/clinicalslides/slides-dl.htm>

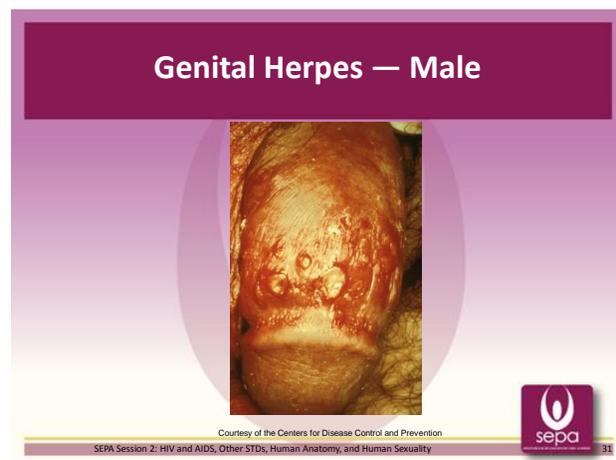
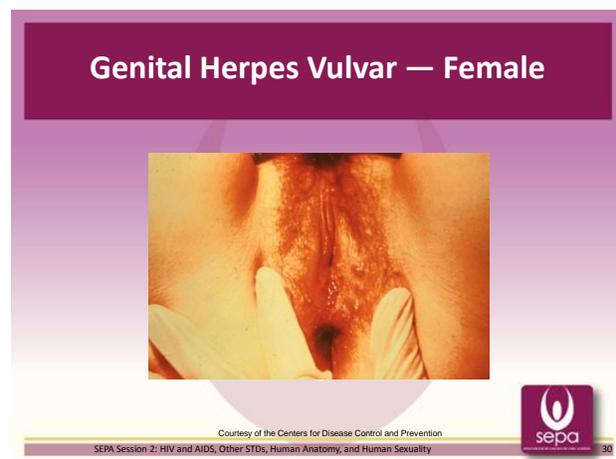
¹⁰ <http://www.cdc.gov/std/training/clinicalslides/slides-dl.htm>



This photo shows symptoms of trichomoniasis in a woman's cervix.

Trichomoniasis is a parasitic STD transmitted through vaginal intercourse that affects both women and men; symptoms are more common in women. Symptoms include a yellow-green vaginal discharge with a strong odor, discomfort during sexual intercourse and urination, and irritation and itching of the female genital area. Symptoms usually appear in women within five to 28 days of exposure. The vagina is the most common site of infection in women, and the urethra (urine canal) is the most common site for infection in men. Women can acquire the disease from infected men and women, but men usually contract it from infected women.

¹¹ <http://www.cdc.gov/std/training/clinicalslides/slides-dl.htm>



Symptoms of genital herpes include blisters in the genital area and other areas of the body, such as the mouth, eyes, and skin. Genital herpes is contagious when the blisters burst and the liquid comes in contact with skin. Genital herpes can be transmitted to your baby during delivery as the baby passes through the birth canal. If a woman has active genital herpes lesions at the time of delivery, a cesarean delivery (c-section) may be recommended to protect the baby from infection. There is no cure for genital herpes; treatment exists to control symptoms.

¹² <http://www.cdc.gov/std/training/clinicalslides/slides-dl.htm>

¹³ <http://www.cdc.gov/std/training/clinicalslides/slides-dl.htm>



What To Do if You Think You May Have an STD

- If you or your partner have symptoms of an STD, see your health care provider or go to a local STD clinic.
- If you are infected, follow the recommended treatment.
- Ask your partner to get tested and treated.
- Abstain from sex until treatment is complete.



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If you or your husband or partner have symptoms of an STD, you should immediately see your health care provider to find out if you are infected. You can also go to a local STD clinic for confidential testing. If you are diagnosed with an STD, get the treatment your health care provider suggests. Your partner must also be treated. You should not have sex until both of you have completed treatment. Without treatment, an infected partner can continue to transmit the STD.



Facilitator's Note:
Inform participants that STD exams are not routine or part of a general health care visit.

Question to prompt discussion:

- *Continuing with the story of Juanita, do you think José should be tested for genital herpes?*

Possible response:

- Yes. José probably doesn't believe he had an STD because he didn't know you can get infected from receiving oral sex. Juanita went to the doctor at the clinic and found out she had genital herpes. Although she told José, he probably thinks she got infected by someone else. Juanita's doctor could arrange for the health department to contact José and tell him he was exposed to the virus.

The majority of STDs are treatable. There are many risks to not treating STDs. Women can transmit infection during pregnancy and childbirth. HPV can lead to infertility and cervical cancer in women and it can also cause cancer in men. Hepatitis B can cause severe liver damage. Having an STD makes men and women more vulnerable to HIV infection during unprotected sex.

Women who have unprotected sex should get tested for STDs regularly. Early diagnosis and treatment are very important for a woman's health and the health of future children. You can find a local STD test site by visiting www.hivtest.org.

THE TRUTH ABOUT STDs



Group Activity



Purpose: To learn the truth about STDs



Needed Equipment, Supplies, and Materials: Participant Workbooks, Slides 33–40



Time: 10 minutes

The following activity focuses on the facts about STDs and reinforces the previous discussion.

Let's review the facts about STDs using another true and false activity. Remember, this is not a test, but a way to help us all understand the facts about STDs. Keep an open mind and remember we are here to learn, not to critique others about their beliefs.

Ask participants to turn to “Session 2, Worksheet 4: The Truth about STDs” in their workbooks. Give participants five minutes to complete the worksheet, and then review slides 33–40.



The Truth about STDs

- STDs are sexually transmitted diseases, which means they can only be transmitted through sexual intercourse.

FALSE

Although STDs are called sexually transmitted diseases, sex is not the only way transmission can occur. Skin-to-skin contact can transmit the following STDs from an infected person to someone who is not infected: HPV, genital herpes, gonorrhea, and syphilis.



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STDs are sexually transmitted diseases, which means that they can only be transmitted through sexual intercourse.

Answer:

This is a false statement. Although STDs are called sexually transmitted diseases, sex is not the only way transmission can occur. Skin-to-skin contact can transmit the following STDs from an infected person to someone who is not infected: HPV, genital herpes, gonorrhea, and syphilis. Hepatitis B can be transmitted by injection drug use.



The Truth about STDs

- People always know when they have a sexually transmitted disease because there are symptoms.

FALSE

Men and women often don't have symptoms of infection from an STD. For example, chlamydia and gonorrhea are STDs for which there are often no symptoms.



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People always know when they have a sexually transmitted disease because there are symptoms.

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Answer:

This is false. Men and women often don't have symptoms of infection from an STD. For example, chlamydia and gonorrhea are STDs for which there are often no symptoms.



The Truth about STDs

- If signs and symptoms of STDs disappear, the individual is no longer infected.

FALSE

Having symptoms that disappear does not mean a person with an STD is no longer infected.

Many STDs do not produce symptoms. A person with syphilis can have symptoms that clear up on their own, even when the infected person has not received treatment.

It is very important for persons with STDs, and their partners, to receive treatment and to complete the medications prescribed by their health care providers.



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If signs and symptoms of STDs disappear, the individual is no longer infected.

Answer:

This, too, is false. Having symptoms that disappear is not an indication that a person with an STD is no longer infected. Many STDs do not produce symptoms in men and women. A person with syphilis can have symptoms that clear up on their own, even when the infected person has not received treatment. It is very important for persons with STDs, and their partners, to receive treatment and to complete the medications prescribed by their health care providers.



The Truth about STDs

- If your husband or partner has a bacterial STD, you should be treated even if you have no symptoms.

TRUE

If your partner has been diagnosed with chlamydia, gonorrhea, or syphilis, you and your partner should get treatment.

During treatment, both partners should abstain from sex.



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If your husband or partner has a bacterial STD, you should be treated even if you have no symptoms.

Answer:

This is true. If your partner has been diagnosed with chlamydia, gonorrhea, or syphilis, you and your partner should get medication to cure the infection. During treatment, both of you should abstain from sex.



The Truth about STDs

- You cannot get an STD from giving or receiving oral sex.

FALSE

Many STDs are transmitted by oral sex. A man who receives oral sex from an infected partner can get chlamydia, gonorrhea, herpes, and syphilis. A woman who receives oral sex from an infected partner can get herpes and syphilis.



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You cannot get an STD from giving or receiving oral sex.

Answer:

This is false. Many STDs are transmitted by oral sex. A man or woman who receives oral sex from an infected partner can get chlamydia, gonorrhea, herpes, and/or syphilis.

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**Show Session 2
Slide 38**

The Truth about STDs

- There is a vaccine that prevents infection from the Hepatitis B virus.

TRUE

Your doctor can tell you about this vaccine.



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There is a vaccine that prevents infection from the Hepatitis B virus.

Answer:

This is true. Your doctor can tell you about this vaccine. There is also a vaccine to prevent infection from HPV. Ask your doctor about both of these.



**Show Session 2
Slide 39**

The Truth about STDs

- You don't have to have sex to get gonorrhea and syphilis.

TRUE

Both gonorrhea and syphilis can be transmitted by skin-to-skin contact.

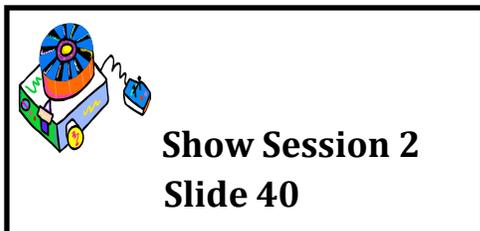


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You don't have to have sex to get gonorrhea and syphilis.

Answer:

This is true. Both gonorrhea and syphilis can be transmitted by skin-to-skin contact.



The Truth about STDs

- If you have an STD and have unprotected sex with a person who is infected with HIV, you increase your chances of getting HIV.

TRUE

Individuals who are infected with STDs are at least two to five times more likely than uninfected individuals to acquire HIV if they are exposed to the virus through sexual contact.

If an HIV-infected individual is also infected with another STD, that person is more likely to transmit HIV through sexual contact than other HIV-infected persons.



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If you have an STD and have unprotected sex with a person who is infected with HIV, you increase your chances of getting HIV.

Answer:

This is true. According to the CDC, individuals who are infected with STDs are at least two to five times more likely than uninfected individuals to acquire HIV infection if they are exposed to the virus through sexual contact. In addition, if an HIV-infected individual is also infected with another STD, that person is more likely to transmit HIV through sexual contact than other HIV-infected persons.



Facilitator's Note:

Consider learning more about STDs from the CDC's web site. You can print out factsheets for participants and find other valuable information. The web site is <http://www.cdc.gov/std/>.

Wrap-Up Activities



Wrap up activities are designed to review key messages, assign homework, and provide time for session evaluations.

Now we will review and summarize the main ideas we have discussed today. If you have any doubts or questions, this is the time to talk about them.



Refer participants to “Session 2, Worksheet 5: Session 2 Key Messages” in their workbooks. Show slides 41 and 42 as key messages are reviewed.



Session 2 Key Messages

- You can be infected with an STD and have no symptoms.
- It can take years for symptoms of some STDs to develop.
- Having an STD raises the risk of contracting HIV infection.
- You can get an STD test from your health care provider, local health department’s STD clinic, or go to www.hivtest.org for a list of local testing centers.
- The National STD-CDC Hotline: 1-800-232-4636



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You can be infected with an STD and have no symptoms.

It can take years for symptoms of some STDs to develop.

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Having an STD raises the risk of contracting HIV infection.

You can get an STD test from your health care provider, local health department's STD clinic, or go to www.hivtest.org for a list of local testing centers.

STD information, including clinics for testing, is available in English and Spanish from the Centers for Disease Control and Prevention, 24 hours a day, 7 days a week, 365 days a year, by calling 1-800-232-4636.



Session 2 Key Messages

- There is no cure for some STDs, such as HPV.
- Many STDs that can't be cured can be treated, such as genital herpes. However, there are vaccines available that prevent hepatitis B and HPV.
- If you have an STD, you and your partner should both be treated.
- To reduce the risk of getting an STD, your partner should wear latex condoms.

SEPA Session 2: HIV and AIDS, Other STDs, Human Anatomy, and Human Sexuality



There is no cure for viral STDs, such as HPV, but some viral STDs can be treated, such as genital herpes. However, there are vaccines available that prevent hepatitis B and HPV.

If you have an STD, you and your partner should both be treated.

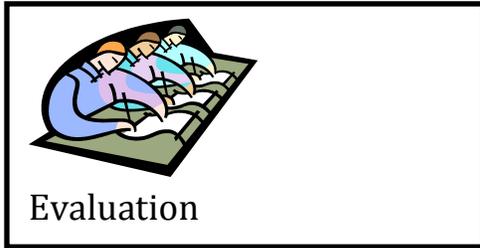
To reduce the risk of getting an STD, your partner should wear latex condoms.



Let's turn to "Session 2, Worksheet 6: Learning about Myself" in your workbooks. This is your second homework assignment.

We have spent time today learning about our anatomy. Your second assignment is to look at your genitals in the mirror because it's important to know what they look like. By knowing what your genitals look like normally, you will be able to notice an abnormality that may be a symptom of an STD. In addition, knowing more about your anatomy will help you correctly use condoms. After you have looked at your genitals, answer the questions on the worksheet.

SEPA Facilitators Guide



Refer participants to “Session 2, Worksheet 7: Session 2 Evaluation” in their workbooks. Ask them to complete the evaluation worksheet.

Before we leave, please complete these evaluation sheets. When you are finished, tear the sheets out of your workbook and place them on the table. I will review them and see where improvements are needed.

Thank you for your time and attention. I look forward to seeing you at our next session, which is [date/day/time]. We will spend more time on HIV and STD prevention and learn how to use condoms correctly. It will be a great session. Please do your best to attend and have a good week.