



SEXUALLY TRANSMITTED INFECTIONS (STIS) AND HIV

Content Knowledge Assessment & Resources

Sexually Transmitted Infections (STIs) and HIV Assessment

This assessment is based on knowledge we believe educators should know when delivering sex education to youth. Participating in the assessment will help you identify what information you currently manage as well as current knowledge gaps to address. This document consists of an assessment, an answer key for the assessment, a specific resource to address knowledge gaps for each question, and a list of general resources on the topic.

1. Which of the **three** of the following statements are true about STIs?
 - a. STIs (Sexually Transmitted Infections) and STDs (Sexually Transmitted Diseases) are the same thing.
 - b. People ages 15-24 account for half of all new STI infections each year in the US.
 - c. STIs have the same impact across all demographics in the US.
 - d. Laws around accessing STI testing and treatment for teens vary from state to state.

2. Most STIs have no symptoms.
 - a. True
 - b. False

3. All STIs are treatable. Which **three** types of STIs are curable?
 - a. Viral
 - b. Bacterial
 - c. Parasitic
 - d. Fungal

4. Which bodily fluid can transmit an STI?
 - a. Saliva
 - b. Urine
 - c. Pre-ejaculatory fluid
 - d. Sweat

5. Which **two** of the following statements are true?
 - a. STIs can be transmitted from infected genitals to hand
 - b. STIs can be transmitted from infected skin to susceptible skin
 - c. Wearing an external condom always protects against STIs
 - d. Someone can contract an STI without having intercourse

6. Which of the following behaviors could put a person at risk of contracting an STI?
 - a. Sharing a toilet seat with someone who has an STI
 - b. A mosquito bite by an infected mosquito
 - c. Being in a hot tub with someone who has an STI
 - d. Sharing needles with someone who has an STI

7. Which of the following **three** behaviors can prevent someone from contracting an STI?.
 - a. Not having sex
 - b. Using condoms or dental dams during sex
 - c. Not sharing needles
 - d. Taking prophylactic antibiotics

8. There are vaccinations to prevent:
 - a. Herpes & HIV
 - b. Chlamydia & Gonorrhea
 - c. HPV, & Hepatitis A/B
 - d. Trichomoniasis & Syphilis

9. If someone tested positive for an STI, which of the **three** following behaviors can help decrease risk of transmission?
 - a. Taking any medication as prescribed
 - b. Splitting medication half-and-half with their partner
 - c. Practicing abstinence or using barrier methods
 - d. Telling current and past sexual partners

10. The only way to know if someone has an STI is to _____.
 - a. Talk with their sexual partner(s)
 - b. Do a thorough visual exam
 - c. Get tested
 - d. Monitor for symptoms

11. Select the **two** correct statements about HIV.
 - a. HIV is generally a manageable, chronic disease
 - b. HIV is ultimately fatal

- c. HIV is frequently asymptomatic
 - d. HIV is highly contagious
12. Select the **three** correct answers about pre-exposure prophylaxis (PrEP).
- a. PrEP is a medication taken every day that can prevent someone from contracting HIV
 - b. PrEP greatly reduces the risk of contracting HIV from sex
 - c. PrEP greatly reduces the risk of contracting HIV from sharing needles
 - d. PrEP is most effective when taken immediately after sex
13. A person who is HIV positive is highly unlikely to transmit HIV to their sex partners if they _____ . (Select the best answer)
- a. Avoid anal-penetrative sex
 - b. Take anti-retroviral medication and have only one partner
 - c. Use condoms frequently and their partner gets tested every three months
 - d. Take anti-retroviral medication and have an undetectable viral load for at least six months
14. Higher rates of STIs among marginalized and/or minority communities are largely due to:
- a. Low rates of condom usage
 - b. Systemic inequities
 - c. High rates of multiple partners
 - d. Individual behaviors



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Content Knowledge Assessment Answer Key

Question #	Correct Answer
Question 1	a, b, & d
Question 2	a
Question 3	b, c & d
Question 4	c
Question 5	b & d
Question 6	d
Question 7	a, b & c
Question 8	c
Question 9	a, c, & d
Question 10	c
Question 11	a & c
Question 12	a, b, & c
Question 13	d
Question 14	b



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STIs and HIV: Content Knowledge Assessment Resources

Q	Topic	Citation	Summary
1	STI Facts	<i>Teaching About STIs and HIV</i> Spark*ED, 2022	Online self-paced course on teaching young people about STIs and HIV treatment, prevention, and transmission, and stigma.
		<i>Sexually Transmitted Diseases</i> Centers for Disease Control and Prevention	Excerpt from “Ask the Experts” includes information about not showing symptoms.
		<i>STD Health Equity</i> Centers for Disease Control and Prevention	Provides information on the data behind who is accessing health care and the quality of it.
		<i>STDs in Adolescents and Young Adults</i> Centers for Disease Control and Prevention	Information on STI rates among young adults and adolescents. syphilis increased for both adolescent and young adults.
		<i>Laws, Policies, & Legal Review Tools for TB, HIV, & STD Prevention Programs</i> Centers for Disease Control and Prevention	Provides information on the regulations from state to state.
		<i>Fundamentals of STIs</i> Planned Parenthood of the Greater Northwest and Hawaiian Islands, 2019.	A concise, informative one pager on teaching STDs.
2	STI Symptom Frequency	<i>Teaching About STIs and HIV</i> Spark*ED, 2022	Online self-paced course on teaching young people about STIs and HIV treatment, prevention, and transmission, and stigma.



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		<p><u><i>STIs you can have with no symptoms</i></u> Michael Cackovic, MD, The Ohio State University, Wexner Medical Center, 2019</p>	Provides information on which STIs may not show symptoms.
		<p><u><i>Get Tested</i></u> Planned Parenthood Federation of America</p>	Short video accompanied by information on how to get tested for an STI, when to get tested, and if one should get tested without symptoms.
3	Curable vs. Treatable STIs	<p><u><i>Teaching About STIs and HIV</i></u> Spark*ED, 2022</p>	Online self-paced course on teaching young people about STIs and HIV treatment, prevention, and transmission, and stigma.
		<p><u><i>What are STDs?</i></u> Centers for Disease Control and Prevention</p>	Information on the most common STIs, which can be cured with treatment, and which can be managed with treatment.
4	STI transmission through which bodily fluids	<p><u><i>Teaching About STIs and HIV</i></u> Spark*ED, 2022</p>	Online self-paced course on teaching young people about STIs and HIV treatment, prevention, and transmission, and stigma.
		<p><u><i>What do I need to know about STDs?</i></u> Planned Parenthood Federation of America</p>	Overview of STI prevention, transmission, and symptoms. Answer to question is in “How are STDs spread?” section.
5	STI transmission	<p><u><i>Teaching About STIs and HIV</i></u> Spark*ED, 2022</p>	Online self-paced course on teaching young people about STIs and HIV treatment, prevention, and transmission, and stigma.
		<p><u><i>What do I need to know about STDs?</i></u> Planned Parenthood Federation of America</p>	Overview of STI prevention, transmission, and symptoms. Answer to question is in “How are STDs spread?” section.



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		<u><i>STI transmission via skin-to-skin contact?</i></u> Go Ask Alice!	Answers how STIs can be transmitted from skin-to-skin contact.
6	STI transmission	<u><i>Teaching About STIs and HIV</i></u> Spark*ED, 2022	Online self-paced course on teaching young people about STIs and HIV treatment, prevention, and transmission, and stigma.
		<u><i>What causes sexually transmitted diseases (STDs) or sexually transmitted infections (STIs)?</i></u> US Department of Health and Human Services, 2017	Overview of the causes of STIs.
7	Sexual behaviors that can transmit an STI	<u><i>Teaching About STIs and HIV</i></u> Spark*ED, 2022	Online self-paced course on teaching young people about STIs and HIV treatment, prevention, and transmission, and stigma.
		<u><i>I Need To Better Understand How Condoms Can Protect Me From STIs</i></u> Scarleteen: Sex Ed For The Real World	Explains how an STI can be transmitted from vagina to penis, and how a condom can prevent transmission.
		<u><i>What do I need to know about STDs?</i></u> Planned Parenthood Federation of America	Overview of STI prevention, transmission, and symptoms. Answer to question is in “How are STDs spread?” section.
		<u><i>STI transmission via skin-to-skin contact?</i></u> Go Ask Alice!	Answers how STIs can be transmitted from skin-to-skin contact.
		<u><i>Arm yourself with basic information about STDs</i></u> Centers for Disease Control and Prevention	Information on behaviors that prevent STI transmission.
8	STI vaccinations	<u><i>Teaching About STIs and HIV</i></u> Spark*ED, 2022	Online self-paced course on teaching young people about STIs and HIV treatment, prevention, and transmission, and stigma.



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		<i>Arm yourself with basic information about STDS</i> Centers for Disease Control and Prevention	Read “Vaccination” section.
9	STI Transmission Prevention	<i>Teaching About STIs and HIV</i> Spark*ED, 2022	Online self-paced course on teaching young people about STIs and HIV treatment, prevention, and transmission, and stigma.
		<i>How does STD testing work?</i> Planned Parenthood Federation of America	Overview of how one can get tested for an STI, how to know what STI tests are needed, what happens when getting testing, and what to do a test is positive
		<i>How Do I Talk To MY Partner About STD Testing?</i> Planned Parenthood Federation of America	Guide on how to talk to partner about STI testing and a positive test result.
10	STI prevention and testing	<i>Teaching About STIs and HIV</i> Spark*ED, 2022	Online self-paced course on teaching young people about STIs and HIV treatment, prevention, and transmission, and stigma.
		<i>How does STD testing work?</i> Planned Parenthood Federation of America,	Overview of how one can get tested for an STI, how to know what STI tests are needed, what happens when getting testing, and what to do a test is positive
		<i>Get Tested</i> Planned Parenthood Federation of America	Short video accompanied by information on how to get tested for an STI, when to get tested, and if one should get tested without symptoms.
11	HIV facts and prevention	<i>Teaching About STIs and HIV</i> Spark*ED, 2022	Online self-paced 4 hour course on teaching about STIs and HIV treatment, prevention, and transmission, and stigma.



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		<u>What are HIV and AIDS?</u> Be in the Know, 2022	Two-minute video that provides visual explanation on how HIV impacts the body. Site provides basic facts about HIV and AIDs.
		<u>HIV prevention programmes</u> Be In the Know, 2022	Information on the preventative measures to reduce the transmission of HIV. Includes biomedical, behavioral and structural interventions.
		<u>Sex and HIV</u> Be in the Know, 2022	Information on how HIV is transmitted during sex, how to have sex and prevent HIV transmission, and the HIV risk for different types of sexual behaviors (i.e. anal sex, vaginal sex, oral sex). Provides information on PrEP, condoms, PEP, testing, and antiretroviral treatment options.
		<u>Fundamentals of HIV</u> Planned Parenthood of the Greater Northwest and Hawaiian Islands, 2019	A concise, informative one pager on teaching about HIV.
12	PreP	<u>Teaching About STIs and HIV</u> Spark*ED, 2022	Online self-paced course on teaching young people about STIs and HIV treatment, prevention, and transmission, and stigma.
		<u>Pre-Exposure Prophylaxis (PREP)</u> Be in the Know	Defines PrEP, explains how PrEP prevents HIV, answers questions of effectiveness, availability, duration, and side effects.
		<u>10 Things to know about HIV Suppression</u> National Institute of Health, 2020	Information explaining “undetectable = untransmittable,” including multiple short videos on viral suppression and HIV treatment.



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13	HIV Transmission: Undetectable = Untransmittable	<u>Teaching About STIs and HIV</u> Spark*ED, 2022	Online self-paced course on teaching young people about STIs and HIV treatment, prevention, and transmission, and stigma.
		<u>10 Things to know about HIV Suppression</u> National Institute of Health, 2020	Information explaining “undetectable = untransmittable,” including multiple short videos on viral suppression and HIV treatment.
		<u>U=U: Ending stigma and empowering people living with HIV</u> Olson & Goldstein, Harvard Health Publishing, 2020	An article explaining U=U and the need to end stigma against people living with HIV
		<u>What does undetectable = untransmittable (U=U) mean?</u> Kasadha, aidsmap, 2019	An article explaining what undetectable viral load means. Includes clickable links for additional resources.
14	STIs and systemic inequities	<u>Teaching About STIs and HIV</u> Spark*ED, 2022	Online self-paced course on teaching young people about STIs and HIV treatment, prevention, and transmission, and stigma.
		<u>How can racism affect a person’s sexual health?</u> MedicalNewsToday, 2021	Article describing the link between racism and accessing sexual health care.
		<u>HIV Disparities Persist Among Black Americans</u> MedScape, 2022	Article highlighting how disparities in HIV rates are driven by systemic inequities.
		<u>STD Health Equity</u> Centers for Disease Control and Prevention	Data behind who is accessing health care, quality of health care, and how social conditions lead to an increased number of minority groups being affected by disease and health complications.



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STIs and HIV: General Resources

General STI and HIV Resources	Summary
<u>Teaching About STIs and HIV</u> Spark*ED, 2022	Online self-paced 4 hour course on teaching about STIs and HIV treatment, prevention, and transmission, and stigma.
<u>Fundamentals of STIs</u> Planned Parenthood of the Greater Northwest and Hawaiian Islands, 2019.	A concise, informative one pager on teaching STDs.
<u>Fundamentals of HIV</u> Planned Parenthood of the Greater Northwest and Hawaiian Islands, 2019.	A concise, informative one pager on teaching about HIV.
<u>Sexually Transmitted Diseases (STDs)</u> Planned Parenthood Federation of America	Interactive webpage with information about the STDs, testing, having conversations with partners. Also a short video about testing.
<u>Sexually Transmitted Diseases</u> Centers for Disease Control and Prevention,	CDC information about the individual diseases, trends, demographics and breaking news.
<u>United States HIV & STIs</u> Guttmacher Institute	Interactive site that allows users to explore HIV and State policies, screenings, and treatment options by state.