

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 following statements are true about STIs? (select the three best answers)
 - 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 types of STIs are curable? (Select the three best answers)
 - a. Viral
 - b. Bacterial
 - c. Parasitic
 - d. Fungal

4. Which bodily fluid can transmit a STI? (select the best answer)
 - a. Saliva
 - b. Urine
 - c. Pre-ejaculatory fluid
 - d. Sweat

5. Which of the following statements are true? (select the two best answers)
 - 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? (Select the best answer)
- Sharing a toilet seat with someone who has an STI
 - A mosquito bite by an infected mosquito
 - Being in a hot tub with someone who has an STI
 - Sharing needles with someone who has an STI
7. Which of the following behaviors can prevent someone from contracting an STI? (select the best answer)
- Not having sex
 - Using condoms or dental dams during sex
 - Not sharing needles
 - Taking prophylactic antibiotics
8. There are vaccinations to prevent: (select the best answer)
- Herpes & HIV
 - Chlamydia & Gonorrhea
 - HPV, & Hepatitis A/B
 - Trichomoniasis & Syphilis
9. If someone tested positive for an STI, which of the following behaviors can help decrease risk of transmission? (select the three best answers)
- Taking any medication as prescribed
 - Splitting medication half-and-half with their partner
 - Practicing abstinence or using barrier methods
 - Telling current and past sexual partners
10. The only way to know if someone has an STI is to _____. (select the best answer)
- Talk with their sexual partner(s)
 - Do a thorough visual exam
 - Get tested
 - Monitor for symptoms
11. Select the correct statements about HIV. (select the two best answers)
- HIV is generally a manageable, chronic disease
 - HIV is ultimately fatal
 - HIV is frequently asymptomatic
 - HIV is highly contagious



SEXUALLY TRANSMITTED INFECTIONS (STIS) AND HIV

Content Knowledge Assessment & Resources

12. Select the correct answers about pre-exposure prophylaxis (PrEP). (Select the three best answers)
- PrEP is a medication taken every day that can prevent someone from contracting HIV
 - PrEP greatly reduces the risk of contracting HIV from sex
 - PrEP greatly reduces the risk of contracting HIV from sharing needles
 - 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)
- Avoid anal-penetrative sex
 - Take anti-retroviral medication and have only one partner
 - Use condoms frequently and their partner gets tested every three months
 - 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: (select the best answer)
- Low rates of condom usage
 - Systemic inequities
 - High rates of multiple partners
 - Individual behaviors



SEXUALLY TRANSMITTED INFECTIONS (STIS) AND HIV

Content Knowledge Assessment & Resources

STIs and HIV

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



SEXUALLY TRANSMITTED INFECTIONS (STIS) AND HIV

Content Knowledge Assessment & Resources

STIs and HIV: Content Knowledge Assessment Resources

Q	Topic	Citation	Summary
1	STI Facts	<u>Teaching About STIs and HIV</u> Spark*ED	Online self-paced course on teaching young people about STIs and HIV treatment, prevention, and transmission, and stigma.
		<u>Fundamentals of STIs</u> SparkEd.net, LLC	A concise, informative one pager on teaching STIs.
		<u>Fundamentals of HIV</u> SparkED.net, LLC	A concise, informative one pager on teaching HIVs.
		<u>Sexually Transmitted Diseases</u> Centers for Disease Control and Prevention	Overview of different types of STIs, testing, and prevention.
		<u>National Overview of STIs in 2023</u> Disparities in STIs section Centers for Disease Control and Prevention	Provides information on the data behind who is accessing health care and the quality of it.
		<u>Sexually Transmitted Infection Treatment Guidelines, 2021</u> Adolescents Section Centers for Disease Control and Prevention	Information on STI rates among young adults and adolescents. syphilis increased for both adolescent and young adults.
		<u>Laws, Policies, & Legal Review Tools for TB, HIV, & STD Prevention Programs</u> Centers for Disease Control and Prevention	Provides information on the regulations from state to state.



SEXUALLY TRANSMITTED INFECTIONS (STIS) AND HIV

Content Knowledge Assessment & Resources

2	STI Symptom Frequency	<u>Teaching About STIs and HIV</u> Spark*ED	Online self-paced course on teaching young people about STIs and HIV treatment, prevention, and transmission, and stigma.
		<u>STIs you can have with no symptoms</u> Michael Cackovic, MD, The Ohio State University, Wexner Medical Center, 2019	Provides information on which STIs may not show symptoms.
		<u>Get Tested</u> 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.
3	Curable vs. Treatable STIs	<u>Teaching About STIs and HIV</u> Spark*ED	Online self-paced course on teaching young people about STIs and HIV treatment, prevention, and transmission, and stigma.
		<u>Fundamentals of STIs</u> SparkEd.net, LLC	A concise, informative one pager on teaching STIs.
		<u>Sexually Transmitted Infections (STIs)</u> World Health Organization	Overview section provides information on which STIs are curable and which are treatable.
4	STI transmission through which bodily fluids	<u>Teaching About STIs and HIV</u> Spark*ED	Online self-paced course on teaching young people about STIs and HIV treatment, prevention, and transmission, and stigma.
		<u>What do I need to know about STDs?</u> Planned Parenthood Federation of America	Overview of STI prevention, transmission, and symptoms. Answer to question is in “How are STDs spread?” section.



SEXUALLY TRANSMITTED INFECTIONS (STIS) AND HIV

Content Knowledge Assessment & Resources

5	STI transmission	<u><i>Teaching About STIs and HIV</i></u> Spark*ED	Online self-paced course on teaching young people about STIs and HIV treatment, prevention, and transmission, and stigma.
		<u><i>Fundamentals of STIs</i></u> SparkEd.net, LLC	A concise, informative one pager on teaching STIs.
		<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.
6	STI transmission	<u><i>Teaching About STIs and HIV</i></u> Spark*ED	Online self-paced course on teaching young people about STIs and HIV treatment, prevention, and transmission, and stigma.
		<u><i>Fundamentals of STIs</i></u> SparkEd.net, LLC	A concise, informative one pager on teaching STIs.
		<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	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.



SEXUALLY TRANSMITTED INFECTIONS (STIS) AND HIV

Content Knowledge Assessment & Resources

		<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>Sexually Transmitted Diseases</i></u> Centers for Disease Control and Prevention	Overview of different types of STIs, testing, and prevention.
8	STI vaccinations	<u><i>Teaching About STIs and HIV</i></u> Spark*ED	Online self-paced course on teaching young people about STIs and HIV treatment, prevention, and transmission, and stigma.
		<u><i>Sexually Transmitted Diseases</i></u> Centers for Disease Control and Prevention	Overview of different types of STIs, testing, and prevention.
9	STI Transmission Prevention	<u><i>Teaching About STIs and HIV</i></u> Spark*ED	Online self-paced course on teaching young people about STIs and HIV treatment, prevention, and transmission, and stigma.
		<u><i>Fundamentals of STIs</i></u> SparkEd.net, LLC	A concise, informative one pager on teaching STIs.
		<u><i>Fundamentals of HIV</i></u> SparkED.net, LLC	A concise, informative one pager on teaching HIVs.
		<u><i>How does STD testing work?</i></u> 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



SEXUALLY TRANSMITTED INFECTIONS (STIS) AND HIV

Content Knowledge Assessment & Resources

		<u>How Do I Talk To MY Partner About STD Testing?</u> 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	<u>Teaching About STIs and HIV</u> Spark*ED	Online self-paced course on teaching young people about STIs and HIV treatment, prevention, and transmission, and stigma.
		<u>How does STD testing work?</u> 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
		<u>Get Tested</u> 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	<u>Teaching About STIs and HIV</u> Spark*ED	Online self-paced 4 hour course on teaching about STIs and HIV treatment, prevention, and transmission, and stigma.
		<u>Fundamentals of HIV</u> SparkED.net, LLC	A concise, informative one pager on teaching HIVs.
		<u>What are HIV and AIDS?</u> Be in the Know	Two-minute video that provides visuals explanation on how HIV impacts the body. Site provides basic facts about HIV and AIDs.
		<u>HIV prevention programmes</u> Be In the Know	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	Information on how HIV is transmitted during sex, how to have sex and prevent HIV transmission, and the HIV



SEXUALLY TRANSMITTED INFECTIONS (STIS) AND HIV

Content Knowledge Assessment & Resources

			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.
12	PreP	<u><i>Teaching About STIs and HIV</i></u> Spark*ED	Online self-paced course on teaching young people about STIs and HIV treatment, prevention, and transmission, and stigma.
		<u><i>Fundamentals of HIV</i></u> SparkED.net, LLC	A concise, informative one pager on teaching HIVs.
		<u><i>Pre-Exposure Prophylaxis (PREP)</i></u> Be in the Know	Defines PrEP, explains how PrEP prevents HIV, answers questions of effectiveness, availability, duration, and side effects.
		<u><i>10 Things to know about HIV Suppression</i></u> National Institute of Health	Information explaining “undetectable = untransmittable,” including multiple short videos on viral suppression and HIV treatment.
13	HIV Transmission: Undetectable = Untransmittable	<u><i>Teaching About STIs and HIV</i></u> Spark*ED	Online self-paced course on teaching young people about STIs and HIV treatment, prevention, and transmission, and stigma.
		<u><i>Fundamentals of HIV</i></u> SparkED.net, LLC	A concise, informative one pager on teaching HIVs.
		<u><i>10 Things to know about HIV Suppression</i></u> National Institute of Health	Information explaining “undetectable = untransmittable,” including multiple short videos on viral suppression and HIV treatment.



SEXUALLY TRANSMITTED INFECTIONS (STIS) AND HIV

Content Knowledge Assessment & Resources

		<p><u>U=U: Ending stigma and empowering people living with HIV</u> Olson & Goldstein, Harvard Health Publishing</p>	An article explaining U=U and the need to end stigma against people living with HIV
		<p><u>What does undetectable = untransmittable (U=U) mean?</u> Kasadha, aidsmap, 2019</p>	An article explaining what undetectable viral load means. Includes clickable links for additional resources.
14	STIs and systemic inequities	<p><u>Teaching About STIs and HIV</u> Spark*ED</p>	Online self-paced course on teaching young people about STIs and HIV treatment, prevention, and transmission, and stigma.
		<p><u>Fundamentals of STIs</u> SparkEd.net, LLC</p>	A concise, informative one pager on teaching STIs.
		<p><u>How can racism affect a person's sexual health?</u> MedicalNewsToday</p>	Article describing the link between racism and accessing sexual health care.
		<p><u>HIV Disparities Persist Among Black Americans</u> MedScape</p>	Article highlighting how disparities in HIV rates are driven by systemic inequities.
		<p><u>National Overview of STIs in 2023</u> Disparities in STIs section Centers for Disease Control and Prevention</p>	Provides information on the data behind who is accessing health care and the quality of it.



SEXUALLY TRANSMITTED INFECTIONS (STIs) AND HIV

Content Knowledge Assessment & Resources

STIs and HIV: General Resources

General STI and HIV Resources	Summary
<u>Teaching About STIs and HIV</u> Spark*ED	Online self-paced course on teaching young people about STIs and HIV treatment, prevention, and transmission, and stigma.
<u>Fundamentals of STIs</u> SparkEd.net, LLC	A concise, informative one pager on teaching STIs.
<u>Fundamentals of HIV</u> SparkED.net, LLC	A concise, informative one pager on teaching HIVs.
<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	Overview of different types of STIs, testing, and prevention.
<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.