# Sexually Transmitted Infections (STIs) and HIV
# Content Knowledge 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 aged 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.** Which of the following STIs are caused by bacteria? (Select the best answer)
   a. Chlamydia, Gonorrhea, Syphilis
   b. HIV, Chlamydia, Scabies
   c. Trichomoniasis, Herpes, Hepatitis B
   d. HIV, HPV, Herpes

**4.** Which of the following STIs are viral? (Select the best answer)
   a. Chlamydia, Gonorrhea, Syphilis
   b. HIV, Chlamydia, Scabies
   c. Trichomoniasis, Herpes, Hepatitis B
   d. HIV, HPV, Herpes

**5.** All STIs are treatable. Which types of STIs are curable? (Select the three best answers)
   a. Viral
   b. Bacterial
   c. Parasitic
   d. Fungal

**6.** Which of the symptoms below could be signs of an STI? (Select all that apply)
   a. Itching or pain
   b. Burning during urination
   c. Sores or Lesions
   d. Unusual discharge from the penis, vagina, or rectum

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**7.** 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

**8.** Which bodily fluids cannot transmit an STI? (Select the best answer)
   a. Saliva, Urine
   b. Rectal Fluid, Breast Milk
   c. Vaginal Fluid, Blood
   d. Semen, Pre-ejaculatory Fluid

**9.** Which of the following behaviors could put a person at risk of contracting an STI? (Select the two best answers)
   a. Sharing a toilet seat with someone who has an STI
   b. Sex without a condom with someone who has an STI
   c. Being in a hot tub with someone who has an STI
   d. Sharing needles with someone who has an STI

**10.** People can reduce the risk of contracting STIs by _____. (Select all that apply)
   a. Not having sex
   b. Using condoms or other barrier methods like dental dams or latex gloves during sex
   c. Taking prophylactic antibiotics
   d. Sharing needles

**11.** There are vaccinations to prevent: (Select the best answer)
   a. Herpes & HIV
   b. Chlamydia & Gonorrhea
   c. HPV & Hepatitis A/B
   d. Trichomoniasis & Syphilis

**12.** If someone tested positive for an STI, which of the following behaviors can help decrease risk of transmission? (select the three best answers)
   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

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

**14.** Which of the following are true statements about HIV? (select the two best answers)
   a. HIV Is generally a manageable, chronic disease

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b. HIV is ultimately fatal
c. HIV can be asymptomatic
d. HIV is highly contagious

**15.** **Pre-exposure** prophylaxis (PrEP) is_____. (Select the three best answers)
a. A pill taken daily or can be administered through a long-lasting injection.
b. Is highly effective in preventing HIV transmission if taken as prescribed.
c. Greatly reduces the risk of contracting HIV from sex or sharing needles.
d. Is designed to be taken within 72 hours of exposure.

**16.** **Post exposure** prophylaxis (PEP) is _____. (Select the three best answers)
a. A pill taken daily or can be administered through a long-lasting injection.
b. Is highly effective in preventing HIV transmission if taken as prescribed.
c. Greatly reduces the risk of contracting HIV from sex or sharing needles.
d. Is designed to be taken within 72 hours of exposure.

**17.** Effective ways for a person who is HIV positive to reduce transmission of HIV to their sexual partners is to _____. (Select the three best answers)
a. Take Doxy PEP.
b. Use condoms consistently.
c. Take anti-retroviral medication.
d. Have an undetectable viral load for at least six months.

**18.** Higher rates of STIs & HIV among marginalized and/or minority communities are largely due to: (select the best answer)
a. Low rates of condom usage
b. Systemic inequities
c. High rates of multiple partners
d. Individual behaviors

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**STIs and HIV**

**Content Knowledge Assessment Answer Key**

| Question # | Correct Answer |
|---|---|
| Question 1 | a, b & d |
| Question 2 | a |
| Question 3 | a |
| Question 4 | d |
| Question 5 | b, c & d |
| Question 6 | a, b, c, & d |
| Question 7 | b & d |
| Question 8 | a |
| Question 9 | c & d |
| Question 10 | a, b, c |
| Question 11 | c |
| Question 12 | a & d |
| Question 13 | c |
| Question 14 | a & c |
| Question 15 | a, b, & c |
| Question 16 | b, c & d |
| Question 17 | b, c & d |
| Question 18 | b |

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**STIs and HIV: Content Knowledge Assessment Resources**

| Q | Topic | Citation | Summary |
|---|---|---|---|
| **1** | **STI Facts** | *Teaching About STIs and HIV*<br>Spark*ED | Online self-paced course on teaching young people about STIs and HIV treatment, prevention, and transmission, and stigma. |
| | | *Fundamentals of STIs*<br>SparkEd.net, LLC | A concise, informative one pager on teaching STIs. |
| | | *Fundamentals of HIV*<br>SparkED.net, LLC | A concise, informative one pager on teaching HIVs. |
| | | *Sexually Transmitted Diseases*<br>Centers for Disease Control and Prevention | Overview of different types of STIs, testing, and prevention. |
| | | *Sexually Transmitted Infections Surveillance, 2024 (Provisional)*<br>Centers for Disease Control and Prevention | Provides information on the data behind who is accessing health care and the quality of it. |
| | | *STI Testing \| Healthy Youth Parent Resources \| CDC*<br>STI Testing Information for Parents and Adolescents<br>Centers for Disease Control and Prevention | Information on STI rates among young adults and adolescents. syphilis increased for both adolescent and young adults. |
| | | *Sexually Transmitted Infection Treatment Guidelines, 2021*<br>Adolescents Section<br>Centers for Disease Control and Prevention | Provides information on the regulations from state to state. |

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| **2** | **STI Symptom Frequency** | *Teaching About STIs and HIV*<br>Spark*ED | Online self-paced course on teaching young people about STIs and HIV treatment, prevention, and transmission, and stigma. |
| | | *Fundamentals of STIs*<br>SparkEd.net, LLC | A concise, informative one pager on teaching STIs. |
| | | *6 STDs/STIs you can have without symptoms*<br>Jose Bazan, DO, The Ohi State University, Wexner Medical Center, 2022 | Provides information on which STIs may not show symptoms. |
| | | *Get Tested*<br>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 & 4** | **Types of STIs** | *Teaching About STIs and HIV*<br>Spark*ED | Online self-paced course on teaching young people about STIs and HIV treatment, prevention, and transmission, and stigma. |
| | | *Fundamentals of STIs*<br>SparkEd.net, LLC | A concise, informative one pager on teaching STIs. |
| | | *Fundamentals of HIV*<br>SparkED.net, LLC | A concise, informative one pager on teaching HIVs. |
| | | *Stay STI Free*<br>Victorian Sexual Health Network | Fact sheets for individual STIs provide information about type, testing, and treatment. |
| | | *Sexually transmitted diseases (STDs)*<br>Mayo Clinic | Provides information on the general types of STIs and examples of viral, bacterial, and parasitic STIs. |

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| **5** | **Curable vs. Treatable STIs** | *Teaching About STIs and HIV*<br>Spark*ED | Online self-paced course on teaching young people about STIs and HIV treatment, prevention, and transmission, and stigma. |
| | | *Fundamentals of STIs*<br>SparkEd.net, LLC | A concise, informative one pager on teaching STIs. |
| | | *Fundamentals of HIV*<br>SparkED.net, LLC | A concise, informative one pager on teaching HIVs. |
| | | *Sexually Transmitted Infections (STIs)*<br>World Health Organization | Overview section provides information on which STIs are curable and which are treatable. |
| **6** | **STI Symptoms** | *Teaching About STIs and HIV*<br>Spark*ED | Online self-paced course on teaching young people about STIs and HIV treatment, prevention, and transmission, and stigma. |
| | | *Fundamentals of STIs*<br>SparkEd.net, LLC | A concise, informative one pager on teaching STIs. |
| | | *Sexually Transmitted Infections*<br>The Cleveland Clinic | Lists common symptoms of STIs. |
| **7** | **STI transmission** | *Teaching About STIs and HIV*<br>Spark*ED | Online self-paced course on teaching young people about STIs and HIV treatment, prevention, and transmission, and stigma. |
| | | *Fundamentals of STIs*<br>SparkEd.net, LLC | A concise, informative one pager on teaching STIs. |
| | | *What do I need to know about STDs?*<br>Planned Parenthood Federation of America | Overview of STI prevention, transmission, and symptoms. Answer to question is in “How are STDs spread?” section. |

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| | | *What causes sexually transmitted diseases (STDs) or sexually transmitted infections (STIs)?*<br>US Department of Health and Human Services, 2017 | Overview of the causes of STIs. |
| | | *STI transmission via skin-to-skin contact?*<br>Go Ask Alice! Columbia Health | Answers how STIs can be transmitted from skin-to-skin contact. |
| **8** | **STI transmission through which bodily fluids** | *Teaching About STIs and HIV*<br>Spark*ED | Online self-paced course on teaching young people about STIs and HIV treatment, prevention, and transmission, and stigma. |
| | | *Fundamentals of STIs*<br>SparkEd.net, LLC | A concise, informative one pager on teaching STIs. |
| | | *Fundamentals of HIV*<br>SparkED.net, LLC | A concise, informative one pager on teaching HIVs. |
| | | *What do I need to know about STDs?*<br>Planned Parenthood Federation of America | Overview of STI prevention, transmission, and symptoms. Answer to question is in “How are STDs spread?” section. |
| | | *STI Exposure*<br>Seattle Children’s Hospital | Section on STI facts lists bodily fluids that do not spread HIV and listings for individual STIs includes specific information about spread. |
| **9** | **Sexual behaviors that can transmit an STI** | *Teaching About STIs and HIV*<br>Spark*ED | Online self-paced course on teaching young people about STIs and HIV treatment, prevention, and transmission, and stigma. |
| | | *Fundamentals of STIs*<br>SparkEd.net, LLC | A concise, informative one pager on teaching STIs. |

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| | | *I Need To Better Understand How Condoms Can Protect Me From STIs*<br>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. |
| | | *What do I need to know about STDs?*<br>Planned Parenthood Federation of America | Overview of STI prevention, transmission, and symptoms. Answer to question is in "How are STDs spread?" section. |
| | | *Sexually Transmitted Diseases*<br>Centers for Disease Control and Prevention | Overview of different types of STIs, testing, and prevention. |
| **10** | **Reducing risk of STI Transmission** | *Teaching About STIs and HIV*<br>Spark*ED | Online self-paced course on teaching young people about STIs and HIV treatment, prevention, and transmission, and stigma. |
| | | *Fundamentals of STIs*<br>SparkEd.net, LLC | A concise, informative one pager on teaching STIs. |
| | | *How to Prevent STIs*<br>Centers for Disease Control and Prevention | Shares effective methods for reducing transmission of STIs, including abstinence, condoms, |
| | | *Antibiotic can help prevent common sexually transmitted infections*<br>National Institutes of Health | Reviews how Doxy-PEP can reduce the risk of bacterial STIs. |
| | | *Preventing STIs with Doxy PEP*<br>Centers for Disease Control and Prevention | Provides key points and an overview for the use of Doxy PEP reduce the chances of getting syphilis, chlamydia, and, in some studies, gonorrhea. |
| | | *Surgical gloves as a mechanical barrier against human immunodeficiency viruses*<br>NIH National Library of Medicine | Research that supports use of surgical gloves to reduce transmission of HIV. |

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| | | *Sexually Transmitted Infections*<br>Cleveland Clinic | Addresses the risk factors for sexually transmitted infections, including sharing personal items like needles that contain blood. |
| **11** | **STI Vaccinations** | *Teaching About STIs and HIV*<br>Spark*ED | Online self-paced course on teaching young people about STIs and HIV treatment, prevention, and transmission, and stigma. |
| | | *Fundamentals of STIs*<br>SparkEd.net, LLC | A concise, informative one pager on teaching STIs. |
| | | *Sexually Transmitted Diseases*<br>American Sexual Health Association | Overview of different types of STIs, testing, and prevention with specific information about currently available vaccines and guidelines for use. |
| **12 & 13** | **STI Prevention and Testing** | *Teaching About STIs and HIV*<br>Spark*ED | Online self-paced course on teaching young people about STIs and HIV treatment, prevention, and transmission, and stigma. |
| | | *Fundamentals of STIs*<br>SparkEd.net, LLC | A concise, informative one pager on teaching STIs. |
| | | *How does STD testing work?*<br>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. |
| | | *How Do I Talk To My Partner About STD Testing*?<br>Planned Parenthood Federation of America | Guide on how to talk to partner about STI testing and a positive test result. |
| | | *Get Tested*<br>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. |

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| **14** | **HIV Facts and Prevention** | *Teaching About STIs and HIV*<br>Spark*ED | Online self-paced 4-hour course on teaching about STIs and HIV treatment, prevention, and transmission, and stigma. |
| | | *Fundamentals of HIV*<br>SparkED.net, LLC | A concise, informative one pager on teaching HIVs. |
| | | *HIV and AIDS: What's the Difference?*<br>HIV.gov | Infographic provides bullet points and a visual to highlight differences between HIV and AIDs. |
| **15** | **PreP: Pre-Exposure Prophylaxis** | *Teaching About STIs and HIV*<br>Spark*ED | Online self-paced course on teaching young people about STIs and HIV treatment, prevention, and transmission, and stigma. |
| | | *Fundamentals of HIV*<br>SparkED.net, LLC | A concise, informative one pager on teaching HIVs. |
| | | *Pre-Exposure Prophylaxis (PREP)*<br>American Sexual Health Association | Defines PrEP, explains how PrEP prevents HIV, answers questions of effectiveness, availability, duration, and side effects. |
| | | *10 Things to know about HIV Suppression*<br>National Institute of Health | Information explaining "undetectable = untransmittable," including multiple short videos on viral suppression and HIV treatment. |
| **16** | **PEP: Post-Exposure Prophylaxis** | *Teaching About STIs and HIV*<br>Spark*ED | Online self-paced course on teaching young people about STIs and HIV treatment, prevention, and transmission, and stigma. |
| | | *Fundamentals of HIV*<br>SparkED.net, LLC | A concise, informative one pager on teaching HIVs. |

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| | | *Emergency HIV prevention (post-exposure prophylaxis)*<br>Be In the Know | Defines PEP, who can and when to take it, what to expect to be asked when seeking PEP, how it works and potential side effects. |
| | | *Clinical Guidance for PEP*<br>Centers for Disease Control and Prevention | General information about PEP evaluation, usage/recommendations, options and effectiveness. |
| | | *Post-Exposure Prophylaxis*<br>HIV.gov | General information about what PEP is, how to know if you need it, where it can be obtained (including insurance usage), how long to take it, effectiveness, and potential side effects. |
| **17** | **HIV Transmission: Undetectable = Untransmittable** | *Teaching About STIs and HIV*<br>Spark*ED | Online self-paced course on teaching young people about STIs and HIV treatment, prevention, and transmission, and stigma. |
| | | *Fundamentals of HIV*<br>SparkED.net, LLC | A concise, informative one pager on teaching HIVs. |
| | | *10 Things to know about HIV Suppression*<br>National Institute of Health | Information explaining "undetectable = untransmittable," including multiple short videos on viral suppression and HIV treatment. |
| | | *Undetectable = Untransmittable*<br>Centers for Disease Control and Prevention, Global HIV and TB | Overview and messaging of U=U. |
| | | *What does undetectable = untransmittable (U=U) mean?*<br>Kasadha, aidsmap, 2019 | An article explaining what undetectable viral load means. Includes clickable links for additional resources. |

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| **18** | **STIs and systemic inequities** | *Teaching About STIs and HIV*<br>Spark*ED | Online self-paced course on teaching young people about STIs and HIV treatment, prevention, and transmission, and stigma. |
| | | *Fundamentals of STIs*<br>SparkEd.net, LLC | A concise, informative one pager on teaching STIs. |
| | | *How can racism affect a person's sexual health?*<br>MedicalNewsToday | Article describing the link between racism and accessing sexual health care. |
| | | *HIV Disparities Persist Among Black Americans*<br>MedScape | Article highlighting how disparities in HIV rates are driven by systemic inequities. |
| | | *National Overview of STIs in 2023*<br>Disparities in STIs section<br>Centers for Disease Control and Prevention<br>(Restored CDC website) | Provides information on the data behind who is accessing health care and the quality of it. |

**STIs and HIV: General Resources**

| General STI and HIV Resources | Summary |
|---|---|
| *Teaching About STIs and HIV*<br>Spark*ED | Online self-paced course on teaching young people about STIs and HIV treatment, prevention, and transmission, and stigma. |
| *Fundamentals of STIs*<br>SparkEd.net, LLC | A concise, informative one pager on teaching STIs. |
| *Fundamentals of HIV*<br>SparkED.net, LLC | A concise, informative one pager on teaching HIVs. |
| *Sexually Transmitted Diseases (STDs)*<br>Planned Parenthood Federation of America | Interactive webpage with information about the STDs, testing, having conversations with partners. Also a short video about testing. |
| *Sexually Transmitted Diseases*<br>Centers for Disease Control and Prevention | Overview of different types of STIs, testing, and prevention. |
| *United States HIV & STIs*<br>Guttmacher Institute | Interactive site that allows users to explore HIV and State policies, screenings, and treatment options by state. |
| *Get the facts about sexual health and HIV*<br>Be In the Know | Overview of STIs & HIV, including understanding what they are, prevention and testing information. |
| *HIV.Gov*<br>U.S. Health and Human Services | Overview of HIV, testing, prevention and services for people living with HIV. |

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