



Pregnancy and STIs: Symptoms, Impacts, and Care

10th Grade Sexual Health Education Lesson

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Worksheet for Pregnancy and STIs Lesson 3 for tenth grade sexual health education. Section 1 has a chart showing common Sexually Transmitted Infections (STIs) and pregnancy options. Section 2 is a STI and Pregnancy Trivia Q&A.

Section 1: Common Sexually Transmitted Infections (STIs)

Since many STIs have no symptoms, a sexually active person should get tested for STIs every 3-6 months or any time they have a new sexual partner. People get STIs from someone who has an STI (often even if they don't have symptoms).

| Type of S.T.I. | How They're Spread | Possible Symptoms | Treatments |
|--|--|---|--|
| Bacterial STIs: <i>Gonorrhea</i> <i>Chlamydia</i> <i>Syphilis</i> | <p>All bacterial STIs are spread through oral, anal or vaginal sex with someone who is infected.</p> <p>*Syphilis can also sometimes be spread by genital touching with an infected person.</p> | <p>The most common symptom is <u>NO SYMPTOM AT ALL.</u></p> <p>Other symptoms can include: discharge from penis or vagina with an unusual color or odor, burning or pain during urination, swollen or tender testicles, abdominal cramps, need to urinate more often than usual, bleeding between periods, sore or rash on the mouth or genitals, flu-like symptoms.</p> | <p>All bacterial STIs can be cured with antibiotics.</p> |
| Viral STIs: <i>H.P.V.</i> <i>H.I.V./AIDS</i> <i>Hepatitis B</i> <i>Herpes</i> | <p>All viral STIs are carried in vaginal fluid, semen and blood. They can be spread through oral, anal or vaginal sex with someone who is infected.</p> <p>*H.P.V. can also be spread by genital touching with an infected person</p> <p>*H.I.V, Hepatitis B and Herpes can also be spread by: sharing needles with an infected person and can be passed by an infected pregnant person to a fetus.</p> <p>*H.I.V. can also be spread through infected breast milk</p> | <p>The most common symptom is <u>NO SYMPTOM AT ALL.</u></p> <p>Other symptoms can include: bumps, sores, blisters or warts on the genitals or in the mouth, itching or burning around the genitals, flu-like symptoms, tiredness that doesn't go away after resting.</p> | <p>All viral STIs are treatable, but are <u>not curable.</u> A healthcare provider can provide medication to manage symptoms, but the virus will always be present in the body. One viral STI, HPV can be prevented with a vaccine.</p> |
| Parasitic STIs: <i>Pubic Lice</i> <i>Trichomoniasis</i> | <p>Parasitic STIs can be spread by direct or indirect physical contact, such as shared clothing and towels. They can also be spread during vaginal or anal sex.</p> | <p>Symptoms may include: genital itching, small red bumps, unusual discharge from the vagina or penis, burning or pain during urination, or <u>NO SYMPTOMS AT ALL</u></p> | <p>Curable with a prescription from a healthcare provider.</p> |

Pregnancy Options

Many people ***do not experience any symptoms*** when they become pregnant. So if a teen thinks there is a chance they might be pregnant, it is important to get a pregnancy test as soon as possible. The earlier a person finds out about a pregnancy, the more options they have. In Washington, youth (including undocumented youth) can receive free or low cost, confidential pregnancy tests, prenatal care, and abortion.

| Option | Important things to know |
|---|--|
| Continue the pregnancy and become a parent | <ul style="list-style-type: none"> ● The earlier someone receives prenatal care (healthcare during pregnancy) the better their chances of having a safe birth and healthy baby. ● A pregnant teen has the right to stay in school. ● Washington State provides a range of services for pregnant and parenting teens, you can learn more about the rights of pregnant teens here. |
| Continue the pregnancy and make an adoption plan | <ul style="list-style-type: none"> ● It is still very important to receive prenatal care to increase chances of a safe birth and healthy baby. ● The birth parent has the right to select the adoptive parents and to decide whether they would prefer to have an “open adoption” or a “closed adoption.” ● In an open adoption the birth parents may have a relationship with the baby and the adoptive family after the adoption is finalized, in a closed adoption they cannot. |
| Have an abortion | <ul style="list-style-type: none"> ● Abortion is a safe method to end a pregnancy when performed by a medical professional. Having an abortion does not impact a person’s ability to get pregnant later. ● Abortion is legal in Washington State until about 24 weeks of pregnancy and later if the pregnancy threatens the life or health of the pregnant person. ● Medication Abortion is available until about 10 weeks of pregnancy and involves taking 2 pills to end the pregnancy supervised by a healthcare provider. In-Clinic Abortion is available up to about 24 weeks of pregnancy and involves a procedure at a clinic. ● As of June 2022, each state now makes its own laws about abortion, so if you move outside of Washington, you can check the laws in your new state of residence by visiting https://reproductiverights.org/maps/abortion-laws-by-state/ ● In the U.S. abortion is common; about 1 in 3 people with a uterus will have at least one abortion by age 45. |
| Safe Surrender | <ul style="list-style-type: none"> ● Under Washington’s Safety of Newborn Children Law (RCW 13.34.360, 9A.42.060-080, and 26.20.030-035) a parent can safely surrender a baby to a staff person at a hospital ER or fire station within 72 hours of birth. The parent will not get in trouble or be asked any questions. The Safe Haven 24-hour hotline can help: 1-888-510-2229. After surrendering a baby, the parent has 14 days in which they may change their mind and come to reclaim the baby. More information can be found here. |

Section 2: STI & Pregnancy Trivia

Instructions: Record your answer to each trivia question in the chart below.

| Question | Your Answer |
|--|-------------|
| 1. What are the 4 behaviors that can pose a risk for spreading STIs? | |
| 2. What are the 4 fluids that can spread HIV? | |
| 3. True or False? Saliva (spit) and sweat can also spread HIV. | |
| 4. What are 5 common symptoms a person might experience if they have an STI? | |
| 5. True or False? The most common symptom for an STI is to have no symptoms at all. | |
| 6. True or False? All STIs can be cured | |
| 7. If you realize you are at risk of getting an STI, what should you do? | |
| 8. How often should a sexually active person get tested for STIs? | |
| 9. True or False? A person can always tell if they are pregnant. | |
| 10. If a person finds out they are pregnant, what are their 4 options? | |
| 11. What are the two different types of abortion? | |
| 12. If a person gives birth and decides to safely surrender the baby-- how many hours do they have to do so? | |
| 13. True or False? Abortion is a safe and common procedure. | |