

SEXUALLY TRANSMITTED INFECTIONS (STIs)

QUIZ: GRADE 7

Questions

1. True or False: An STI is the same thing as an STD.
2. True or False: STI stands for Sexually Trained Infections.
3. True or False: Birth control can help protect you from STIs?
4. True or False: STIs can be transmitted through skin to skin contact or an exchange of bodily fluids.
5. Explain why it is possible to get an STI from oral sex.
6. True or False: There is a vaccine to help protect against HPV (Human Papilloma Virus)
7. True or False: An STI that is very easily treated is Chlamydia.
8. True or False: A cold sore on the mouth is caused by the herpes virus.
9. What is the most common symptom of an STI?
10. How do you get tested for STIs?

Answers

1. **True.** STI stands for Sexually Transmitted Infection and STD stands for Sexually Transmitted Disease. The term STI is used more commonly because an infection is a more positive and accurate term. Many STIs are infections, such as chlamydia, gonorrhea and syphilis or viruses such as Hepatitis, HIV, HPV and Herpes – not diseases. This means that many STIs are treatable and/or curable.
2. **False.** STI stands for Sexually Transmitted Infections.
3. **False.** Birth control only helps (no birth control is 100% effective) prevent pregnancy. It does not help prevent STI transmission. Condoms however can help prevent pregnancy and STIs
4. **True.** STIs can be transmitted through skin to skin contact like rubbing or touching bodies, especially through mucous membranes (e.g. mouth, vagina, anus) as well as through bodily fluids (e.g. blood, semen, vaginal fluids).
5. The mouth and throat, just like the vagina or anus is a mucus membrane that easily allows STIs to be passed. Any infection or virus that genitals can get, a mouth or throat can also get.
6. **True.** The vaccine called Gardasil 9 is given to all Ontario students in grade 7 to help protect them against future infections of HPV (Human Papilloma Virus). HPV can potentially lead to cancer and this vaccine can help prevent cancer of the cervix, vagina, vulva, anus, head and neck. All health care providers in Canada endorse the vaccine.
7. **True.** To treat chlamydia, a person is given antibiotics to treat the infection. Once the round of antibiotics is finished, getting re-tested to ensure the infection is cleared is important.
8. **True.** A cold sore is another way of saying oral herpes. It is a small sore on or around the lips and mouth. This virus can be passed to others through kissing or oral sex. Outbreaks of the virus can be treated or prevented with medications and/or creams but the virus stays inside the body forever.
9. The most common symptom of an STI is **no** symptom at all. Usually, it is impossible to tell if a person has an STI simply by looking at them or their genitals. Often people feel healthy when they have an STI. The only way to know if you have an STI is to get tested.
10. You can get STI testing at your family doctor or at Public Health. STI tests include urine tests, blood tests, a pelvic exam and/or a swab (e.g. vaginal, cervical, anal, throat). The test will depend on the STI(s) you are being tested for. The most common STIs are Chlamydia and Gonorrhea which only require urine tests.