

STI Feud Instructions

This game works best with groups of 4 – 20.

What you will need: The STI question cards, 2 easy buttons from staples, chart paper, markers (if no black or white board)

1. Break the group into 2 teams.
2. The teams can decide on a team name if they like.
3. Each team gets an “easy button” from staples.
4. Each team must decide who is in charge of using the easy button, or they can all take turns.
5. The facilitator has the STI question cards (the cards must be read in a specific order which is why they are numbered).
6. The facilitator reads the first question.
7. The participants must wait until the facilitator is done reading the card before they can hit the easy button.
8. The team to hit their easy button first gets to answer the question. Any member of the team can answer. It does not have to be the person who hit the easy button.
9. If the team answers right and you are keeping score they get one point. For question 2 give them a point for every STI they can name. It is optional whether or not you would like to keep score. You can ask the participants if they would like to keep score or play for fun. If you like you can have a prize for everyone at the end.
10. If they answer wrong or do not know the answer the other team has a chance to steal.
11. If no one knows the answer, tell them the answer.

12. After the participants have answered questions 1, 2 and 3 write the STIs in their categories on the black board, white board or on chart paper. This way the participants have a list of all the STIs to look at for the remainder of the game.

13. Have a discussion about each question to ensure participants understand and can ask any questions they may have.

STI Categories

Bacterial

- Chlamydia
- Gonorrhea
- Syphilis

Parasitic

- Pubic Lice
- Scabies
- Trichomoniasis (Trich)

Fungal

- Yeast Infection

Viral

- Herpes
- Human Immunodeficiency Virus (HIV)
- Acquired Immunodeficiency Syndrome (AIDS)
- Human Papillomavirus (HPV)
- Hepatitis A, B, C (Hep)

*Some of the answers in questions 2, 4 and 5 have an asterisk behind them. This is because the answer is not simple and requires more discussion.

Question 2

- Yeast infection* - a yeast infection is not usually considered an STI, but it can be transmitted through sexual activity. A vagina sometimes becomes overgrown with yeast and a yeast infection occurs on its own without being contracted from someone else. This vagina can then pass on the infection to other vaginas and penises.
- Hepatitis A, B and C are listed; however Hepatitis B is usually considered the STI. Hepatitis A and C can be contracted sexually, however it is more difficult.

Question 4

- Gonorrhea* - is becoming drug resistant and therefore a person may not be cured, this is discussed in question 6. You can address this there so you do not give away the answer to the question.
- Hepatitis* - most people infected with Hepatitis B (90%) naturally produce antibodies to fight the disease, but some (10%) develop chronic Hepatitis and carry the virus for the rest of their lives. They are infectious for life.

Question 5

- HPV* - most HPV infections clear on their own within 1-2 years, however this is dependent upon factors such as age and health.
- Hepatitis * - same as above for question 4

<p>#1 What does STI stand for?</p>	<p>Sexually Transmitted Infection</p>
<p>#2 Name as many STIs as you can.</p>	<ul style="list-style-type: none">• Chlamydia• Gonorrhea (the clap)• Syphilis• Herpes• Human Immunodeficiency Virus (HIV)• Acquired Immunodeficiency Syndrome (AIDS)• Human Papillomavirus (HPV)• Hepatitis A B C• Pubic Lice (crabs)• Scabies• Trichomoniasis (Trich)• Yeast Infection*

<p>#3</p> <p>What are the 4 categories of STIs?</p>	<ul style="list-style-type: none">• Bacterial• Viral• Parasitic• Fungal
<p>#4</p> <p>What STIs are curable?</p>	<ul style="list-style-type: none">• Chlamydia• Gonorrhea*• Syphilis• Pubic Lice• Scabies• Hepatitis*• Trich• Yeast Infection

#5
What STIs are not curable?

- HIV/AIDS
- Herpes
- HPV*
- Hepatitis*

#6
What STI is becoming drug resistant?

Gonorrhoea

<p>#7</p> <p>Can you tell by looking at a person, or their genitals, if they have an STI?</p>	<p>Not usually, however, you can often see genital warts, herpes outbreaks, syphilis chancres and rashes or notice a person scratching their genitals.</p>
<p>#8</p> <p>These STIs may have no symptoms?</p>	<ul style="list-style-type: none">• Chlamydia• Gonorrhea• HPV• HIV• Hepatitis• Herpes

<p>#9</p> <p>If there are symptoms, what are the signs and symptoms of Chlamydia and Gonorrhoea?</p>	<ul style="list-style-type: none">• Vaginal/penile discharge• Painful urination• Lower abdominal pain• Pain during intercourse• Vaginal bleeding after sex or between periods
<p>#10</p> <p>How are Chlamydia and Gonorrhoea contracted?</p>	<ul style="list-style-type: none">• Vaginal, anal or oral sex with an infected person• Infected mother to infant during child birth

#11

Condoms are important, but they do not cover the entire genital area. What STIs are often contracted even with condom use?

- HPV
- Herpes
- Pubic lice
- Scabies

#12

Where can you get free condoms?

- SHORE Centre
- ACCKWA
- Public Health
- School Nurses
- Some teachers
- Health Services at Universities and Colleges

<p>#13</p> <p>Besides condoms, what can help stop the spread of STIs?</p>	<ul style="list-style-type: none">• Getting tested and treated• Partner(s) getting tested and treated• Knowing your HIV status• communication• vaccinations• Internal condoms, dental dams, gloves• education• Abstinence• Partaking in low risk sexual activities• Not sharing sex toys, underwear, towels etc.
<p>#14</p> <p>What STIs can you be vaccinated for?</p>	<ul style="list-style-type: none">• Some strains of HPV• Hepatitis A,B

<p>#15</p> <p>What STIs can you contract through oral sex?</p>	<ul style="list-style-type: none">• Chlamydia• Gonorrhea• HPV• Herpes• HIV• Hepatitis B• Syphilis
<p>#16</p> <p>Where can you get tested for STIs?</p>	<ul style="list-style-type: none">• Physician• Public Health (99 Regina Street Waterloo, 150 Main Street Cambridge)• ACCKWA (HIV)

#17

How do people with vaginas and vulvas get tested for STIs?

- Urine test
- Vaginal swab
- Pap test (cervical swab)
- Blood test
- Throat swab
- Anal swab

#18

How do people with penises and testicles get tested for STIs?

- Urine test
- Blood test
- Throat swab
- Anal swab

<p>#19</p> <p>What STI is referred to as the clap?</p>	<p>Gonorrhoea</p>
<p>#20</p> <p>It is estimated that 75% of the population will have this STI at least once in their lifetime.</p>	<p>HPV</p>

<p>#21</p> <p>What are the signs and symptoms of HIV?</p>	<ul style="list-style-type: none">• Frequent fever or sweats• Joint or muscle pain• Flu-like symptoms• Persistent skin rashes• Swollen glands/sore throat• Nausea, vomiting, diarrhea• Fatigue/lack of energy• Headaches• Rapid, unexplained weight loss
<p>#22</p> <p>Part 1 ♦</p> <p>Can you contract HIV from kissing an infected person?</p>	<p>No, you cannot contract HIV from saliva.</p>

<p>#23 Part 2 ♦ What body fluids can contain the HIV virus?</p>	<ul style="list-style-type: none">• Blood and blood products• Vaginal fluid• Semen• Anal fluids• Breast milk
<p>#24 What is the most common reportable* STI in Waterloo Region?</p>	<p>Chlamydia</p> <p>*A reportable disease is one that must be reported to the public health authorities. This helps public health officials to accurately determine trends, detect unusual occurrences, and monitor the effectiveness of public health interventions. Chlamydia, Gonorrhea, Syphilis, HIV/AIDS and Hepatitis A, B, C are reportable diseases.</p>

<p>#25</p> <p>What STI can give you genital warts?</p>	<p>HPV</p>
<p>#26</p> <p>These STIs may cause discharge to come out of the urethral opening in the penis?</p>	<ul style="list-style-type: none">• Chlamydia• Gonorrhoea

<p>#27 Part 1 ♠ This STI may cause cancer.</p>	<p>HPV</p>
<p>#28 Part 2 ♠ What types of cancer might it cause?</p>	<ul style="list-style-type: none">• Vaginal• Cervical• Penile• Ovarian• Uterine• Testicular• Prostate• Anal• Throat/Mouth

#29

What STI is referred to as crabs?

Pubic Lice

#30

Having which STI increases your chances of contracting HIV?

Having any STI will increase your chances of contracting HIV.

<p>#31</p> <p>What should you do if you find out you have Pubic Lice or Scabies?</p>	<ul style="list-style-type: none">• Wash infected area with lice-killing shampoo (can buy at pharmacies without a prescription)• There are also lice-killing lotions• Wash clothes, bedding, towels etc. in hot water, dry clean or throw away• Place infected items in sealed bag for one week• Vacuum mattresses and furniture
<p>#32</p> <p>If left undetected and untreated these STIs could cause death?</p>	<ul style="list-style-type: none">• HIV• Syphilis• HPV (if leads to cancer)

<p>#33</p> <p>If you have genital herpes what could cause an outbreak?</p>	<ul style="list-style-type: none">• Menstrual cycle• Stress• Illness• Sexual intercourse• Surgery• Exposure to sun• Certain medications• Pregnancy
<p>#34</p> <p>What STIs can lead to infertility?</p>	<ul style="list-style-type: none">• Chlamydia (PID)• Gonorrhea (PID)• HPV - if it leads to cancer and the removal of reproductive organs

<p>#35 Can you get an STI from sharing sex toys?</p>	<p>Yes, it is best not to share. If you must share cover the sex toy with a new condom before each use.</p>
<p>#36 Part 1 ♥ This fungal infection is not actually an STI.</p>	<p>Yeast Infection</p> <ul style="list-style-type: none">• While this infection can be transmitted sexually it is not generally considered an STI

#37

Part 2 ♥

What are the symptoms of a yeast infection in vaginas and vulvas?

- Itching of the vulva and vagina
- Swollen and/or red vulva and vagina
- Thick, white clumpy discharge, cottage cheesy
- Burning of the vulva during urination
- Pain with intercourse

#38

Part 3 ♥

What are the symptoms of a yeast infection on penises?

- Itching of the penis
- Burning during urination
- Red dots on the tip of the penis
- Dry peeling skin on the penis

#39
Can a virgin have an STI?

That depends on how you define virgin, but probably yes.

#40
Do you want to contract an STI?

NO!
What have you learned from this game about STI prevention?