

- 11 If you choose to be sexually active, what four things can you do to reduce your risk of an STD? (Limit your partners, talk with partners about sex, see a healthcare provider about STD testing, and use condoms.)
- 12 How often should you be tested for an STD? (If you are sexually active, you should be tested once a year, or sooner if symptoms are present. Always ask your partner to be tested once a year, or sooner if he or she strays.)
- 13 What kind of condom is best? (Latex condoms are best. Non-latex or animal skin condoms cannot protect against some diseases. They are not recommended. Never use a condom that is dry, brittle, sticky or stiff.)
- 14 What is the proper way to use a condom? (If the condom is not pre-lubricated, place a drop or two of water-based lubricant in the tip. Place the rolled condom over the tip of the penis, leaving ½" at the tip to collect semen. Pinch air out of the tip and roll the condom over the penis, all the way to the base. Smooth out any air bubbles. Lubricate the outside of the condom.
- 15 What is the proper way to remove a condom? (Hold the condom at the base of the penis before pulling out. Remove the condom carefully. Use a new condom with each erection.)

## Related titles in the AIMS collection

2344-EN-VID-NR: "The Truth About Sex"  
8865-EN-VID-NR: "50% Teen Sexual Abstinence"  
8974-EN-VID-NR: "Sexual Lies: Real Talk, Real Kids, Real Impacts"  
8523-EN-VID-NR: "Just Say kNOW to AIDS: Safer Sex"  
9976-EN-VID-NR: "STDs and Sexual Responsibility"  
8777-EN-VID-NR: "Preventing Communicable Diseases: Colds, Flu, AIDS STDs"

### Length

- 13 Minutes

### Subject area

- Health, Sex Education, Guidance

### Audience levels

- Grade 9 - Adult

### Catalog number

- 2647-EN-VID-NR

# Sexually Transmitted Diseases 2nd Ed.

## Objectives

- To identify various sexually transmitted diseases (STDs), both curable and non-curable.
- To better explain how STDs can and cannot be spread.
- To discuss abstinence as the only 100% effective protection against sexually transmitted diseases.
- To explain four important ways in which sexually active people can reduce the risk of sexually transmitted diseases.
- To discuss the proper use of a condom.



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# Sexually Transmitted Diseases 2nd Ed.

## Synopsis

Some of the most common infections in the United States are sexually transmitted diseases, or STDs. Many of these diseases can be very serious, causing permanent physical damage. All are preventable.

The program *Sexually Transmitted Diseases* explores each major STD, including its symptoms and treatments. Curable STDs, such as chlamydia and gonorrhea, are examined first. Next, the program discusses non-curable STDs, including genital herpes and human immunodeficiency virus (HIV).

Honest, sensitive language is used to stress the importance of precautions that can be taken to prevent the spread of STDs. Abstinence is stressed as the only 100% effective protection against STDs.

For those who choose to be sexually active, the program outlines four important steps that can lower the risk of STDs: limit partners, talk with partners about sex, see a healthcare provider about STD testing, and use condoms.

The program concludes by thoroughly discussing the proper, and improper, way to use condoms.

## Background for the discussion leader

- Sexually transmitted diseases are not spread through casual everyday contact, such as touching elevator buttons or using public restrooms.
- Most STDs are spread by contact with bodily fluids, including blood, semen and vaginal fluids. Other STDs are spread through skin contact with infected areas.
- The only 100% effective way to prevent the spread of STDs is through abstinence. Abstinence means no vaginal, oral or anal contact.
- When used properly, condoms provide some protection against STDs.

## Questions to ask before viewing

- 1 How much do you think you are at-risk for contracting an STD?
- 2 What steps can you personally take to reduce your risk of an STD?
- 3 If you chose to be sexually active, how comfortable would you feel discussing sex with a potential partner?

## Questions to ask after viewing

- 1 What are some common symptoms of a sexually transmitted disease (STD)? (Symptoms can include sores, rashes, blisters or bumps around the genitals, abnormal discharge, itching or burning in or around the penis or vagina, and pain when urinating.)

- 2 Do all STDs have symptoms? (No. Some of the most serious STDs, including chlamydia and HIV, can have no symptoms for years.)
- 3 What is the difference between a curable and non-curable STD? (Curable STDs can be treated and will go away, although they may cause permanent damage. Non-curable STDs can be treated, but will never go away. They will always be present in the body.)
- 4 Why is chlamydia called the “silent epidemic”? (Many people do not know that they have chlamydia because symptoms are often hard to recognize.)
- 5 What can happen if syphilis is untreated? (It may cause death.)
- 6 Is genital herpes curable or non-curable? (Genital herpes is a non-curable, life-long infection. Painful outbreaks usually occur on a regular basis, although they can be treated with medication.)
- 7 Which STD has an effective vaccine? (Hepatitis B is the only STD that can be prevented with a vaccine.)
- 8 How can you know whether or not you have HIV? (A blood test is the only way to know if you have HIV. An infected person may not have symptoms for years.)
- 9 How are most STDs spread? (Most STDs are spread by contact with bodily fluids, including blood, semen and vaginal fluids. Other STDs are spread through skin contact with infected areas.)
- 10 The only 100% effective way to prevent the spread of STDs is through abstinence. What does abstinence mean? (Abstinence means no vaginal, oral or anal contact.)