Sexually Transmitted and/or Blood Borne Infections (STBBIs) Grades 9-12

Last updated: October 2023
Before we start...

Let’s cover some ground rules!

*Reminder that support is always available at school. Other community resources will be shared at the end of the module.
What are Sexually Transmitted and/or Blood Borne Infections?

- An infection that can pass from one person to another during sexual contact
- Most are transmitted through the exchange of sexual fluids
- Some can be passed through skin-to-skin genital contact or through contact with blood and other bodily fluids
Sexual contact

Any contact with the vulva, clitoris, vagina, anus, penis or testicles between two or more people.

Examples:

- Skin ⟷ genitals
- Mouth ⟷ genitals (oral sex)
- Penetration (vaginal or anal)
STBBI Signs & Symptoms

Many STBBIs have no symptoms. This is why it is so important to always get tested!
STBBI:
Bacterial vs. Viral
Chlamydia

Bacterial

- Most common bacterial STI
- Transmitted during unprotected oral, vaginal or anal sex with an infected partner
- Easily treated and cured with antibiotics
- Many people do not experience any symptoms
Gonorrhea

Bacterial

- Transmitted during unprotected oral, vaginal or anal sex with an infected partner
- Easily treated and cured with antibiotics
- Many people do not experience any symptoms
Syphilis
Bacterial

- Transmitted mainly through oral, vaginal or anal sexual contact or close physical contact with a contagious lesion or rash.
- Has four stages with different symptoms at each stage.
- Treated and cured with antibiotics.
- If untreated, can lead to serious health problems over time.
Human Papillomavirus (HPV)

Viral

- Most common STBBI in Canada
- Transmitted by skin-to-skin contact, often through sexual contact
- Often no symptoms but can cause genital warts
- Testing: Examination of skin
- Vaccinations can prevent against HPV
Herpes Viral

- Caused by the herpes simplex virus (HSV)
- May cause blisters or sores on the mouth or genitals
- Transmitted by skin-to-skin contact, usually during sexual contact
- There is no cure and often people will have recurring outbreaks.
Human Immunodeficiency Virus (HIV)

**Viral**

- An infection that can weaken a person’s immune system and their ability to fight infections.

- Transmitted through blood, semen, vaginal fluids, rectal fluids, and breast milk of people living with HIV.

- **NOT** passed through: Shaking hands, hugs, kisses, coughs, sneezes, utensils, toilet seats or water fountains.
Reportable STBBIs
Testing

- When to get tested
- Types of testing
- Where to get tested
Resources & services

- Where do you find credible information on sexual health?
  - The Link
    - Ottawa Public Health
  - Community health clinic
  - Primary health care provider and other health care professionals
  - Walk-in clinic
  - Sexual Health Clinic: 613-234-4641
  - Sexual Health Infoline Ontario: 1-800-668-2437

Your health matters!
Questions?

OPH wants you to protect yourself if you are sexually active.
Need more information?

Scan the QR code

Free condoms available!

OttawaPublicHealth.ca/SchoolHealthOnline
References

- The Link Ottawa
- Ottawa Public Health
- Centers for Disease Control and Prevention
- The Society of Obstetricians and Gynaecologists of Canada
- Planned Parenthood
- Alberta Health Services
- UCSF Health
- Niagara Region: www.niagararegion.ca