

STIs

Sexually Transmitted Infections

1 in 5

people in the US have an STI (about 68 million people)

Many people with STIs don't show symptoms, and in these cases it's easy for an STI to go undetected and untreated... this means you are potentially putting your partner and yourself at risk.



the GIGI spot

Having an STI or STD **does not** make you dirty, unclean, or any of the mean words people use to describe those who enjoy or have sex.

Is there a difference between STIs and STDs (sexually transmitted diseases)?

Yes! Sexually Transmitted Infections (STIs) are usually thought of as short-term and curable, whereas Sexually Transmitted Diseases are thought of as long-term and incurable (like HIV or Herpes). However, even though STDs are considered "long-term," there are still ways to manage them and their symptoms, sometimes to the point that they are undetectable!

The other difference is that the term "STD" implies a negative stigma that has developed over time.

BEING SEXUALLY ACTIVE IS FUN AND EXCITING, BUT IT ALSO COMES WITH MANY RESPONSIBILITIES.

Being open, honest, and nonjudgemental when talking about STIs with a sexual partner. If you have one, you must tell them. It can be a scary conversation, but people with STDs/STIs still have healthy sex lives!

Using barrier methods of protection to prevent getting/spreading STIs (like internal & external condoms and dental dams). These products can be found at any drug store or superstore. Some places, like schools, clinics, and hospitals may have them for free!

Getting tested for STIs regularly, especially if you have had unprotected sexual contact, have had sexual contact with a new partner or you/your partner has had/had multiple sexual partners. Getting tested is pretty easy, and insurance covers some of the tests. There are also clinics like Planned Parenthood that have free testing!

Did you know...

THE UNITED STATES HAS THE HIGHEST STI RATES IN THE INDUSTRIALIZED WORLD.

TYPES OF INFECTIONS

Bacterial	Viral	Parasitic	Fungal
<ul style="list-style-type: none"> Gonorrhea Chlamydia Syphilis Bacterial Vaginosis 	<ul style="list-style-type: none"> Herpes HPV Genital Warts Hepatitis B 	<ul style="list-style-type: none"> Pubic Lice ("crabs") Scabies Trichomoniasis 	<ul style="list-style-type: none"> Yeast Infection
<ul style="list-style-type: none"> Curable (with antibiotics) 	<ul style="list-style-type: none"> Incurable, but manageable 	<ul style="list-style-type: none"> Curable 	<ul style="list-style-type: none"> Curable

If you think you may have an STI, you should talk to a trusted adult and visit a doctor or clinic for testing. In the meantime, refrain from unprotected sex.

FAST FACTS

- People with vulvas are more susceptible to contracting an STI, but often experience few or no symptoms.
- Anal sex increases risk of STI transmission and contraction.
- Systemic factors like race, socioeconomic status, education levels, lack of access to health care and insurance, incarceration status, immigration status, sexual orientation, and gender can all impact your likelihood of having an STI.
- Stigma and discrimination contribute to the spread of STIs because people are less likely to seek out medical treatment.
- Alcohol and drug/substance use can contribute to your risk of contracting a STI.

Sources

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