

**Getting Help If You Need It**

Record your ideas about...

- ...reasons to avoid becoming infected with HIV or other STDs.
- ...how infection could affect a person's life.

*Infections can cause painful symptoms.*

*Infections can be transmitted to others.*

*Some infections are not curable.*

*HIV infection will probably, eventually, result in death.*

*STDs can cause permanent infertility—may not ever be able to produce children.*

*Some infections are unsightly.*

*It is embarrassing to have an STD.*

*Having any STD increases the chance of being infected with HIV.*

*Having to tell sexual partners that you have a disease could damage the relationship and your reputation.*

*HIV and STDs can be passed on to future children.*

The following symptoms could indicate an infection with HIV or another STD. A person with any of these symptoms should get medical help immediately.

- Foul smelling, colored, or itchy discharge from the vagina
- Bleeding from the vagina that is not normal menstrual flow
- Low abdominal discomfort
- Discharge from the penis
- Sores, warts, blisters, bumps, or swelling in the groin area, the area around the genitals
- Burning or pain during urination or defecation
- Repeated vaginal infections that do not respond to treatment with medicine
- Chronic diarrhea, night sweats, fever, or weight loss

Record the names, addresses, and phone numbers of places to get help or information regarding HIV infection and STDs.

*Teacher, prepare a list of local, state, and national resources. Write the list on the chalkboard.*

*Include:*

- *local health department*
- *local clinics*
- *family physician*
- *Michigan AIDS hotline, 1-800-872-AIDS (2437); Spanish, 1-800-826-SIDA (7432); TDD Line, 1-800-332-0849*
- *National AIDS Hotline, 1-800-342-2437; Spanish, 1-800-344-7432*

# **Brad's Action Plan**

- I will wait until I am 16 years old to date.
- I will go to a girl's house only when her parents are home.
- I will not use alcohol or other drugs.
- I will kiss and hug someone I like, but not go any further.