



**BASIC EDUCATION ON STI, HIV/AIDS
(SESSION I = STI)**

Session I Topics : Sexual and Reproductive Health Rights
Sex, Gender and Sexuality
Human Reproductive System
Basic Sexually Transmitted Infection (STI) Information

Possible Methodology: Lecture-discussion
Interactive Group Discussion
Brainstorming
Workshop
Picture Matching Exercise
Structured Learning Exercise

Duration : 1 hour & 30 minutes

PROCESS OF DISCUSSION:

I. Opening Activity

I. Introduction and Objective Setting

Objective:

- **Increased awareness, understanding and knowledge about Reproductive Health, Sexual & Reproductive Health Rights, Human Reproductive System and Sexually Transmitted Infection**
- **Know the definition of sex, gender and sexuality**
- **Gain knowledge of the different agencies (government or private) that could provide health and social services to people with Sexually Transmitted Infection (STI) and those with possible STI infection**

II. Discussion Proper

- A. Begin the session by asking the participating families their level of awareness, knowledge and understanding regarding Reproductive Health and Sexual & Reproductive Health Rights
What is our idea/understanding about Reproductive Health?**

Definition: Health

According to World Health Organization, HEALTH is a state of complete physical, mental and social well-being, and not merely the absence of disease or infirmity

Definition: Reproductive Health

Reproductive Health is a state or condition of a person's physical, mental and social aspects in all sorts of the reproductive system

Sexual and Reproductive Health Relates to :

- **Copulation**
- **Rights and Responsibilities**
- **Personal Relationship**
- **Safe Pregnancy/Delivery**
- **Access to Correct Information**
- **Protection from Harmful Reproductive Health Practices**

Every person has Dignity, Integrity and Valuable Rights. What are these Rights and Responsibilities ?

RIGHT TO :

- **Life**
- **Liberty and Security of Person**
- **Equality & Free from all Forms of Discrimination**
- **Freedom of Thought**
- **Information and Education**
- **Choose Whether or not to Marry or Have a Family**
- **Decide When or Have Children**
- **Health Care & Protection**
- **Development**

B. Discuss the definition of Sex, Gender and Sexuality

Definition: Sex- is the genetic and physical or biological identity of a person which indicates whether one is male or female. It also refers to the biological differentiation between male and female. It is based on genes , hormones and genital at birth.

Definition: Gender - refers to the socially differentiated roles and characteristics attributed by a given culture to women and men. It is a group of socio-cultural expectations on how people should think, feel, behave and to a certain extent even the way they look.

Definition: Sexuality - is the total expression of who we are as human beings. It encompasses our whole psychosocial development – values, mental attitudes, physical appearance, beliefs, emotions, like and dislikes, our spiritual selves, and all the ways in which we have been socialized. It involves our sexual identity and psychic orientations- our entire self concept. It begins at birth and last a lifetime.

C. Discuss the topic on Human Reproductive System using a visual aid

Note: Introduce the topic by presenting the pictures of a female and male reproductive systems highlighting the following internal parts.

FEMALE	MALE
Vagina - female organ of copulation receives the penis during sexual intercourse - passageway for the menstrual blood and fetus during delivery	Penis - male organ of copulation
Cervix - chief source of the mucous secretion during menstrual cycle and in pregnancy	Urethra – passageway both for urine and seminal fluid
Ovaries – two almond shaped organs - production of female hormones, egg cell - provision of female hormones : estrogen & progesterone	Testes - production and release of sperm cell - production of male hormone called testosterone

INPUT-DISCUSSION:

If the man & woman have unprotected sexual contact, there is a great possibility that infections will be passed from an infected person to another. These infections can be also passed to a baby during pregnancy, delivery or breastfeeding causing serious complications. Eventually, the infected person would either manifests symptoms of the disease or they would be asymptomatic. The female and male sex organs are affected primarily with these sexually transmissible infections (STIs).

D. Introduce the topic of Sexually Transmitted Infection (STI)

Definition: Sexually Transmitted Infection - infections that are passed from an infected person to another during unprotected sexual intercourse or sexual contact

TABLE 1 - MOST COMMON SEXUALLY TRANSMITTED INFECTION

Bacterial	Viral	Protozoal	Skin Parasites
1. Gonorrhoea	1. Genital Herpes	1. Trichomoniasis	1. Pubic Lice
2. Syphilis	2. Genital Warts		
3. Chlamydia	2. HIV (Human Immuno-Deficiency Virus)		

TABLE 2 - SIGNS/SYMPTOMS OF STI

Types of STI	Complications	Signs/Symptoms	Mode of Transmission
1. Gonorrhoea	Inflammation of the pelvic organs	- yellowish, thick and foul smelling discharges - pain or discomfort in passing urine - pain in the pelvic area	Unprotected Sex
2. Syphilis	Abnormal discharges from the vagina or penis and the anus	- open sore or sores on the genitalia; painless open sore or sores - infection will spread to the brain, heart or to all parts of the body if untreated	Unprotected Sex
3. Chlamydia	- Pneumonia - Infertility	- pain or discomfort in passing urine varying from slight to severe	Unprotected Sex
4. Genital Herpes	Cold Sores or Fever Blisters	- painful shallow ulcers on the genital area - tender, reddish and itchy blisters on the genital area	Unprotected Sex
5. Genital Warts	Lesions are associated with cervical cancer	Lesions appear as single or multiple soft, cauliflower growth and painless	Unprotected Sex

6.Trichomoniasis	Infertility	<ul style="list-style-type: none"> - Foul smelling and unusual vaginal discharge - Painful or itchy genitals - Pain in the pelvic area 	Unprotected Sex
7. Pubic Lice	Sores or Blisters	<ul style="list-style-type: none"> - Crab louse confined to the pubic hairs and around the anus - Mild to severe itching to affected parts; itchy scratches in the genitalia 	<ul style="list-style-type: none"> -Unprotected Sex - Sharing of personal articles (towel, shorts)

PREVENTION AND CONTROL

If you have this type of STI...

- 1. Go to a clinic and health center immediately**
- 2. Consult your partner to a doctor**
- 3. Always follow your doctor's prescription**
- 4. Consistent and correct use of condom**

Always Remember, if you have STI...

- 1. Do not self-medicate by using coconut meat/water, drinking soap suds and any forms of medicines**
- 2. Do not drink alcohol during your medication period**
- 3. Avoid sexual contact**

AGENCIES OR INSTITUTIONS THAT CAN PROVIDE SERVICES:

- 1. Nearest Health Center in your Area**
- 2. Social Hygiene Clinic
Cebu City Health Office
Gen. Maxilom Ave. Ext., Cebu City**
- 3. Department of Health
Region 7
Osmena Blvd., Cebu City**

III. Open Forum

IV. Closing Activity

- Ask the participants insights, learnings and experiences during the pulong
- Inform the participants of the next pulong

Prepared by :

**STEPS INC. and
PARTNER NGOs**



**BASIC EDUCATION ON STI, HIV AND AIDS
(SESSION II = HIV/AIDS)**

Session II Topic	: HIV and AIDS
Possible Methodology	: Lecture – discussion Brainstorming Interactive Group Discussion Workshop Structured Learning Exercise
Duration	: 1 hour & 30 minutes

PROCESS OF DISCUSSION:

I. Opening Activity

II. Introduction and Objective Setting

Objective:

- Increased awareness, understanding and knowledge about HIV and AIDS
- Know the laws promulgated by the government to protect the rights and privacy of persons with HIV and AIDS
- Gain knowledge of the different agencies (government or private) that could provide health and social services to people with HIV and AIDS

III. Discussion Proper

- A. Introduce the topic by asking the participating families their level of awareness, knowledge and understanding regarding HIV and AIDS and their difference

Question:

1. What is our idea/understanding about HIV and AIDS ?

HIV	AIDS
HIV (Human Immuno Deficiency Virus) is a virus or micro-organism that has successfully entered the human body and attacks the body's immune system. It weakens the body's ability to fight off life-threatening disease.	AIDS (Acquired Immune Deficiency Syndrome) is a state or condition and the terminal stage of HIV infection. This is also a condition wherein the different types of illnesses will occur.

2. What is the difference between HIV and AIDS?

HIV	AIDS
<ul style="list-style-type: none">- no signs or symptoms- with medication (Antiretroviral Therapy) to reduce HIV- related complications but can't be cured	<ul style="list-style-type: none">- The person with AIDS shows different signs and symptoms; presence of different types of diseases and opportunistic infections (such as but not limited to Kaposi's Sarcoma that is caused by Herpes related virus, Pneumocystic Pneumonia and non- Hodgkin's Lymphoma- No medication and can cause death

- B. Discuss How HIV is Transmitted, Who Are at Risk of HIV and the Possible Situations that HIV Cannot be transmitted

Question:

How is HIV Transmitted ?

HIV can spread by having direct contact with four (4) body fluids like blood, semen, vaginal fluids/secretion and breast milk. HIV can only be transmitted by:

1. Infected semen and vaginal fluid through sex contacts whether vaginal, anal or oral
2. Infected blood and blood products by blood transfusion, organ transplant and sharing of contaminated needles and syringes
3. Perinatal transmission through placenta entry, during delivery and Breastfeeding

Who Are at Risk of HIV ?

1. Recipients of contaminated blood and blood products
2. Multiple sexual partners
3. Sexual partners of infected persons
4. Intravenous drug users
5. Children breastfeed by a mother with HIV
6. Men having sex with men

HIV Does Not Spread Easily. It Cannot Be Transmitted Through :

1. Other body fluids like urine, saliva and vomit
2. Sneezing / Coughing
3. Eating, drinking and sharing from common utensils
4. Insect bites
5. Using the shower rooms and restrooms previously used by an HIV infected persons
6. Air, water and food
7. Casual contact like shaking hands, hugging and kissing with persons infected with HIV

C. Discuss the Ways How a Person Can Be Protected from HIV Infection

Question: What Should Be Done to Prevent/Protect a Person from Getting Infected with HIV?

- A - Abstinence
- B - Be Faithful
- C - Consistent and Correct Condom Use
- D - Don't Use Injectable/Intravenous Drugs
- E - Education, Early Diagnosis and Treatment

D. Discuss the Laws Promulgated by the Government

Question: What are the existing laws that protect the rights and privacy of person/s with HIV and AIDS ?

Discussion:

On February 13, 1998, Republic Act No. 8504 (Philippine AIDS Prevention and Control Act of 1998 or AIDS Law) was promulgated and the Implementing Rules and Regulations (IRR) was formulated on April 13, 1999. The rules and regulations of RA 8504 states that medical confidentiality will be given to a person who is tested positive of HIV.

Key Features of RA 8504:

1. Make policies and prescribing measures for the prevention and control of HIV/AIDS in the Phils.
2. Instituting a nationwide HIV/AIDS Information and Education Program
3. Establishing a Comprehensive HIV/AIDS Monitoring System
4. Strengthening the Phil. National AIDS Council for the purpose of preventing or controlling the spread of HIV/AIDS

PENALTIES FOR NON-ADHERENCE TO R.A. 8504

1. 6-12 years imprisonment
2. Administrative sanctions such as fines, suspension or revocation of professional license
3. Cancellation or revocation of permit and license/accreditation of a particular institution, hospital, clinic, laboratory and establishments/enterprise

E. Introduce the different Agencies that Can Provide Health and Social Services to Person/s with HIV and AIDS

AGENCIES/INSTITUTIONS WITH HIV ANTIBODY TEST (HAT)

Person/s with HIV or infected with HIV can go to any hospitals (government or private), clinic, laboratory, institutions with HIV testing like the following :

- Vicente Sotto Memorial Medical Center (VSMMC) - B. Rodriguez St.
Cebu City
- Cebu City Health Office Social Hygiene Clinic – Gen. Maxilom Ave.
Ext., Cebu City

AGENCIES/INSTITUTIONS WITH SERVICES FOR PERSON/S WITH HIV AND AIDS

- Nearest health center, clinic and hospital in your area
- Cebu City Health Office Social Hygiene Clinic – Gen. Maxilom Ave.
Ext., Cebu City
- Sexual Health Clinic – City Health Compound, SB Cabahug St.,
Mandaue City Health Dept. Centro Mandaue City
- * Department of Health (Region VII) – Osmena Boulevard, Cebu City

N.B. Example of Services - Referral, Counseling, HIV/AIDS Information and Education, Diagnosis, Treatment

IV. Open Forum

V. Closing Activity

- **Request the participating families to share their insights, learning and understanding of the topics discussed during the pulong**

Prepared by:

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VII. Open Forum

VIII. Closing Activity

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