Which of the statements below are true, and which are false? Check your answers on p. 642.

1. Only about one-third of pregnant teenagers ever complete high school.

2. Most teen mothers eventually marry the father of their child.

3. Teen parents usually must interrupt their education to work.

4. Babies born to teen mothers are more likely to suffer health problems.

5. There is no effective way to prevent all of the risks of teen sexual activity.
SECTION 1
What Are the Risks?

SECTION 2
What Are Sexually Transmitted Diseases?

SECTION 3
Common STDs

Visit these Web sites for the latest health information:

go.hrw.com
www.scilinks.org/health
www.cnnstudentnews.com

Check out articles related to this chapter by visiting go.hrw.com. Just type in the keyword HH4 CH20.
What Are the Risks?

OBJECTIVES

Identify the possible consequences, especially for teens, of sexual activity before marriage.

Describe how pregnancy can affect the lives of teen parents and babies of teens.

Identify how abstinence eliminates the risks of teen sexual activity.

Predict how a pregnancy now (yours or your partner’s) would affect your life goals.

Sex is not a game, and neither is having a baby or a sexually transmitted disease. Yet many teens ignore the risks of teenage sexual activity. Ignoring the risks won’t make the consequences go away.

Risks of Teen Sexual Activity

Although many teens don’t want to admit it, a sexually active teen faces many risks. These risks include emotional and social consequences, such as feeling troubled about lying to one’s parents. Many teens lose self-esteem and self-respect when they go against their own values and religious beliefs. Other serious consequences can include:

- unplanned pregnancy
- sexually transmitted diseases (STDs), infectious diseases that are spread by sexual contact, such as HIV/AIDS

In spite of the risks, many teens have not thought about the realities of teenage sexual activity. Knowing the realities helps teens to be prepared when situations arise. Shown below are just some of the beliefs—and the realities—about teen sexual activity and its consequences.

Beliefs Vs. Reality

<table>
<thead>
<tr>
<th>Belief</th>
<th>Reality</th>
</tr>
</thead>
<tbody>
<tr>
<td>“If I have a baby, I’ll be the center of attention.”</td>
<td>Few teenagers want to constantly be around a baby.</td>
</tr>
<tr>
<td>“He won’t leave me if I’m pregnant with his baby.”</td>
<td>Teen pregnancy adds stress to a teen relationship.</td>
</tr>
<tr>
<td>“I can’t get pregnant the first time I have sex.”</td>
<td>You CAN get pregnant the first time you have sex.</td>
</tr>
<tr>
<td>“Jan is a really nice girl. She’d never have a sexually transmitted disease (STD).”</td>
<td>All sexually active individuals are at risk of catching an STD regardless of their background.</td>
</tr>
</tbody>
</table>
Teen Pregnancy

Many teenage pregnancies occur because teens think, “It won’t happen to me.” But in fact it does happen to between 800,000 and 900,000 female teenagers each year. This means that 1 in 10 female teenagers gets pregnant each year. One in 5 sexually active female teenagers gets pregnant each year. Four in 10 of all girls become pregnant at least once before they reach the age of 20. With so many teenage girls getting pregnant, it is not surprising to find out that the teen birth rate in the United States is very high. In fact, both the teen pregnancy rate and the teen birth rate are among the highest of any industrialized nation in the western world. The majority of these pregnant young women are not married.

Teen pregnancies are hard on the mother’s health. The bones and muscles of teenagers are not ready for the physical stresses of pregnancy. Teenagers are still developing physically. Pregnant teens must eat well and get adequate medical care in order to stay healthy and to increase their chances of delivering a healthy baby. Otherwise, both the mother and the baby can have health problems.

One in five sexually active female teenagers gets pregnant each year.

---

Real Life Activity

**Charting Your Course**

**Materials**

- 8 1/2 in. x 11 in. sheet of paper
- pencil
- ruler

**Procedure**

1. Draw a line lengthwise across the paper to represent your life.
2. Draw marks every inch along the line.
3. Write “0” at the left end of the line to show your birth. Label the first mark “10 years.” Label each mark after that in 10-year increments (20 years, 30 years, etc.).
4. Use an X to mark the point that shows your current age.
5. Draw marks at four points that represent important events in your life. Label each mark with a descriptive phrase, such as “Moved to California.”
6. Draw marks at four points that represent events that you hope will take place in the future. Label each mark with a descriptive phrase, such as “Buy a car.”

**Conclusions**

1. **Summarizing Results** What future events did you mark?
2. **Predicting Outcomes** What things could change the expected events of your future?
3. **Predicting Outcomes** How might becoming a single teen parent change the expected events of your future?
4. **Critical Thinking** What short-term goals do you need in order to reach each of the expected events of your future?
Teen Parents Caring for a baby is hard work. Teen parents must take on adult responsibilities at an early age. As shown in Figure 1, teen parents must make personal, social, and financial sacrifices. Many times they must interrupt their education. Often they have limited job options. Parents are legally responsible for the care and well-being of their children. Many teen parents are not prepared to make these sacrifices or to take on adult responsibilities.

Babies of Teen Parents Expectant teens often delay getting medical care. Thus, babies born to teen mothers are more likely to suffer from health problems. Babies born to teen mothers are also more likely to be born premature and to have a low birth weight (less than 5.5 lb). Babies with low birth weights are more likely to have physical and mental problems than babies with normal birth weights are.

Figure 1
The responsibilities of teen parenthood require personal, social, educational, and financial sacrifices.

On average, teen fathers make less money per year than male teens who are not fathers.

Only about 20 percent of single teen mothers eventually marry the father of their child.

Only about 30 percent of pregnant teenagers ever finish high school.

Parents are legally responsible for their child’s well-being.

Being a teen parent means having less free time for yourself.
If someone you know thinks she may be pregnant, encourage her to see a doctor right away. She and her partner should also talk to a parent or trusted adult. Many communities offer counseling, prenatal care, and classes on childbirth and parenting to pregnant teens.

**Abstinence Eliminates the Risks of Teen Sexual Activity**

Your dreams and goals for the future often begin during your high school years. One way you can protect your future is to remain abstinent from sexual activity. Only abstinence eliminates the risks of teen sexual activity.

Remember that there are many ways to show love and affection nonsexually. Make your partner feel special. Find hobbies to do together. When you go out on a date, get to know the person you’re interested in. What builds a good relationship is the time two people spend together and the respect they show each other. Closeness and caring are as important as sexual attractiveness.

Many communities offer programs to help teenagers think more carefully about the decision to become sexually active. These programs often contain activities that help teenagers improve the skills they need to help them say no to sexual activity. Other programs connect teenagers with adult or peer mentors.

Some high school students say that it seems as if everyone around them has become sexually active. The reality is that a majority of teens in high school choose abstinence. Abstinence allows you to be in charge of your future and makes many options possible. Abstinence allows you to protect your health. By practicing abstinence, you can make sure that you will be able to finish your education and prepare for your career.

**SECTION 1**

**Using Key Terms**

1. **Identify** the term for “an infectious disease that is spread by sexual contact.”

2. **Identify** the risks of teen sexual activity before marriage.

3. **Identify** the ratio of sexually active female teenagers who get pregnant each year.
   - a. 1 in 2
   - b. 1 in 10
   - c. 1 in 5
   - d. 1 in 20

4. **Describe** why teen pregnancies are hard on the mother’s health.

5. **Classify** the following as risks to teen mothers, to teen fathers, or to teen parents.
   - a. interrupted
   - b. limited job options
   - c. physical stress
   - d. lower income

6. **State** the health risks that a baby born to a teen mother could face.

7. **Describe** the activities that many community programs offer to help teenagers remain abstinent.

8. **LIFE SKILL** **Assessing Your Health** How would your life change if you became a parent today?
What Are Sexually Transmitted Diseases?

OBJECTIVES
Describe why sexually transmitted diseases (STDs) are said to be a “silent epidemic.”
Identify why teenagers are particularly at risk for being infected with STDs.
List steps you can take to prevent the spread of STDs.

KEY TERMS
epidemic the occurrence of more cases of a disease than expected
asymptomatic showing no signs of a disease or disorder even though an infection or disease is present

Not me! That’s what many sexually active teens think when they find out they have a sexually transmitted disease (STD). Each year about 15 million Americans are infected with an STD. Teenagers make up only 8 percent of the U.S. population. But about 25 percent of all new cases of STDs occur in teenagers between the ages of 15 and 19.

STDs: The Silent Epidemic
The occurrence of more cases of a disease than expected is called an epidemic. STDs are considered an epidemic among teens and young adults.

Mike was surprised to learn that he had a sexually transmitted disease (STD). The doctor wasn’t. Mike’s doctor told Mike that the STD epidemic is a “silent epidemic.” The doctor explained that many STDs are asymptomatic. Asymptomatic means “showing no signs of a disease or disorder even though an infection or disease is present.” Symptoms warn a person that he or she may be ill. Without symptoms, many people infected with an STD don’t recognize that they are infected. So they don’t get treatment, but they can spread the infection. Sexually transmitted diseases that are asymptomatic can be detected only by laboratory tests. Also, the symptoms of some STDs may not appear until many years after the person is infected.

The epidemic is also said to be silent because people don’t often talk about sexually transmitted diseases. Many people feel too embarrassed to see a doctor. People that are too embarrassed to see a doctor may go untreated. This can increase the chance that the person will spread the disease to others.

STDs Are Serious STDs can cause serious problems, even years after one is infected. If not treated, some STDs can cause infertility, the inability to have children. Other STDs can cause serious illness or even death. Doctors recommend that people who are sexually active undergo regular testing, or screening, for STDs.
STDs and Teens

Teen behavior often places teens at higher risk for catching sexually transmitted diseases. One in 10 teenagers is infected with an STD. Among teens who are sexually active, 1 in 5 has an STD. Each of the following high-risk behaviors puts a teen at risk for STDs:

- **Being sexually active** Only abstinence eliminates the risk of catching an STD.
- **Having more than one sexual partner** The more sexual partners a person has, the higher the risk of getting an STD. Promiscuity, or engaging in sexual activity with many different people, puts one at an especially high risk for an STD.
- **Having a sexual partner who has had multiple sexual partners** A person can be exposed to any STDs that his or her partner was exposed to by other partners.
- **Using alcohol or drugs** People who use drugs or alcohol may make poor choices that they might not have made if they had been sober.

### Analyzing DATA

#### STD Cases in Teens

1. The horizontal (x) axis shows the independent variable, *age*.
2. The vertical (y) axis shows the dependent variable, *number of cases per 100,000 people*.
3. The bars show the number of cases of chlamydia, a common STD, for each age group.

#### Rates of Chlamydia in U.S. Teens and Adults

1. **Source:** Centers for Disease Control and Prevention.
2. **You Turn**
   1. What age group has the highest rate of infection?
   2. Estimate the difference between the rate of chlamydial infection in people who are 15 to 19 years old and the rate in people who are 25 to 29 years old.
   3. **CRITICAL THINKING** Why do you think the rate of chlamydial infection in people who are 15 to 19 years old is higher than the rate in people who are 30 to 34 years old?
The most effective way to protect yourself from STDs is to remain abstinent before marriage and marry someone who has also been abstinent and is uninfected.

**Teens Are at Higher Risk** Teenagers are also at higher risk of getting STDs because their bodies may not fight infections as well as the bodies of healthy adults can. In addition, females have a higher risk of catching STDs than males do. First, females have large areas of mucous membranes that can be exposed to infectious particles during sexual intercourse. (Mucous membranes are the moist, pink tissues that line the openings into the body.) Second, during sexual intercourse, females receive a larger volume of potentially infected body fluid than males do. Finally, teenage females are especially at risk because the cells on the cervix of teenage females are more susceptible to infection than the cells of the adult cervix.

**Preventing STDs**

Mike suffered in many ways as a result of his STD. Besides dealing with the pain and discomfort of the disease, he risked causing permanent damage to his health. He also had to go through the embarrassment and emotional pain of telling his girlfriend and parents. Looking back, Mike realized that he had not made good decisions.

What can you do to make good decisions? First, remember that you are special. Your friends and family care about you. Next, remember that no one can protect you from STDs but YOU! Make the decision to stand up for yourself and take control. Follow these steps to protect yourself from STDs.

1. **Practice abstinence.** The best way to prevent STDs is to remain abstinent. Even if you have been sexually active, you can choose abstinence now. However, if you have been sexually active, you should be tested for STDs.

2. **Stay away from alcohol and drugs.** Alcohol and drugs will dull your ability to think clearly and make good decisions.

3. **Respect yourself.** Individuals with high self-esteem are less likely to let anyone pressure them into something they don't feel comfortable doing.

4. **Learn the facts about STDs, and use those facts to make good decisions.** You can do your part to fight the "silent epidemic" by learning about STDs. Knowledge helps you know the risks. Knowledge helps you make good decisions.

5. **Choose friends who influence you in a positive way.** The people you hang out with have a big influence on you. Choose friends who share your values and beliefs. You'll be more comfortable with people who won't ask you to do things that go against your better judgment.
6. **Get plenty of rest.** When you’re tired, it’s hard to think clearly. Don’t put yourself in a situation in which you have to make a tough choice when you are tired.

7. **Go out as a group.** As shown in Figure 2, besides being lots of fun, you’re a lot less likely to make poor decisions when you are around others. You can also take the pressure off by double-dating.

8. **Be aware of your emotions.** Don’t try to ease the hurt of a painful emotional experience in your past by engaging in sexual behavior that does not agree with your beliefs and values.

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**SECTION 2 REVIEW**

**Using Key Terms**

1. Define the term *epidemic.*

2. Identify the term that means “showing no signs of illness or disease, even though an infection is present.”

3. Describe why STDs are called a “silent epidemic.”

4. State two serious problems that sexually transmitted diseases can cause.

5. Identify the ratio of sexually active teens that have an STD.
   - a. 1 in 2
   - b. 1 in 5
   - c. 1 in 10
   - d. 1 in 20

6. Identify why each of the following behaviors puts a teen at high risk for catching STDs.
   - a. having more than one sexual partner
   - b. using alcohol or drugs

7. Name three reasons why teens are particularly at risk for being infected with STDs.

8. **LIFE SKILL** Practicing Wellness Describe steps you can take to prevent the spread of STDs.

**Critical Thinking**

9. Can someone transmit a sexually transmitted disease to another person without realizing it? Explain your answer.
Common STDs

OBJECTIVES
Describe how STDs can be spread from one person to another.
List example of ways in which STDs can damage a person’s health.
Identify the symptoms and treatments of common bacterial STDs.
Describe the symptoms and treatments of common STDs caused by viruses and parasites.
State the responsibilities of people who think they may be infected with an STD.

KEY TERMS
chlamydia a bacterial STD that infects the reproductive organs and that causes a mucous discharge
pelvic inflammatory disease (PID) an inflammation of the upper female reproductive tract that is caused by the migration of a bacterial infection from the vagina
gonorrhea an STD that is caused by a bacterium that infects mucous membranes, including the genital mucous membranes
syphilis a bacterial STD that causes ulcers or chancres; if untreated, it can lead to mental and physical disabilities and premature death
human papilloma virus (HPV) a group of viruses that can cause genital warts in males and females and can cause cervical cancer in females

Some STDs can be fatal. Others have symptoms that are mild or unnoticeable. If untreated, all STDs eventually harm a person’s health.

How Are STDs Spread?
Some sexually transmitted diseases are caused by bacteria. Other STDs are caused by viruses or parasites. Many of the bacteria, viruses, or parasites that cause STDs can be found in body fluids. These body fluids include semen, vaginal secretions, blood, and breast milk. Sexually transmitted diseases can be spread by

- any type of sexual activity that brings an uninfected person in contact with body fluids from an infected person
- any sexual activity that results in contact between one person’s genitals and another person’s skin or mucous membranes, in which one of the persons is already infected with an STD
- direct contact with open sores
- a mother to her baby before birth, during birth, or during breast-feeding

Mistaken Ideas In most cases, the bacteria and viruses that cause sexually transmitted diseases cannot survive outside of the human body. For example, most of the bacteria and viruses that cause STDs cannot be spread through kissing, sharing eating utensils, holding hands, or using public toilets. And not all STDs can be treated and cured. Some, such as herpes are permanent.
STDs Can Cause Permanent Damage

All sexually transmitted diseases can harm a person’s health. However, many people are not aware that sexually transmitted diseases can cause permanent damage. For example, there are some sexually transmitted diseases that can result in painful sores that can recur throughout one’s life. Some STDs can lead to brain damage or cancer. Other sexually transmitted diseases can leave a person unable to have children. Some sexually transmitted diseases can even be fatal.

Babies and STDs Many people do not know that a sexually transmitted disease in a pregnant woman can threaten the health of her unborn baby, or fetus. Some STDs can cause a pregnant woman to have a miscarriage. Some STD infections in a newborn can result in blindness for the infant. The blindness is caused by certain bacterial STDs. These bacteria infect the baby’s eyes as the baby passes through the birth canal. Most newborn babies in the United States are treated with medicated eyedrops soon after birth to eliminate the risk of transmission of bacterial STDs during birth. The eyedrops contain an antibiotic or other substance that kills the bacteria. The drops are given to all babies, even if the mother is not believed to be infected.

The Facts About STDs Being informed about the facts of sexually transmitted diseases can help you avoid behaviors that lead to STDs. Being informed about sexually transmitted diseases also makes people aware of the symptoms of STDs. It is important to see a doctor or other health care professional as soon as you may have been exposed to a sexually transmitted disease. Early diagnosis and treatment of sexually transmitted diseases are essential to preventing long-term health effects. Common sexually transmitted diseases and their treatments are described on pp. 486–489.

I took a risk as a teen and didn’t see a doctor when I should have. As a result, my wife and I are unable to have children.

For more information about male and female reproductive systems, see the Express Lessons on pp. 522–525 of this text.
STDs Caused by Bacteria

Table 1 describes the four most common bacterial STDs—chlamydia, pelvic inflammatory disease (PID), gonorrhea, and syphilis. Although most bacterial STDs can be cured by antibiotics, early detection and treatment of STDs are very important. If left untreated for too long, each of these STDs can cause serious damage to the body. For example, some untreated bacterial STDs can scar the fallopian tubes. This scarring can later result in an ectopic pregnancy—the fertilized egg implants in the fallopian tube instead of the uterus.

Table 1 Bacterial STDs

<table>
<thead>
<tr>
<th>What is it?</th>
<th>Symptoms</th>
<th>Treatment</th>
<th>If untreated</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Chlamydia</strong> (kluh MIH ee uh) is an STD caused by a bacterium that infects the reproductive organs and that causes a mucous discharge. Chlamydia can be passed from pregnant women to infants during childbirth. The highest rates of chlamydial infections in the United States are found in 15- to 19-year olds. There are more new cases of chlamydia than any other STD reported each year in the United States.</td>
<td>Often no symptoms&lt;br&gt;<strong>Females:</strong>&lt;br&gt;▷ pain during urination&lt;br&gt;▷ vaginal discharge or bleeding&lt;br&gt;▷ pelvic pain&lt;br&gt;&lt;br&gt;<strong>Males:</strong>&lt;br&gt;▷ pain during urination&lt;br&gt;▷ discharge from the penis</td>
<td>Both partners take antibiotics at the same time.</td>
<td><strong>Females:</strong>&lt;br&gt;▷ infertility&lt;br&gt;▷ pelvic pain&lt;br&gt;▷ ectopic pregnancies&lt;br&gt;▷ pelvic inflammatory disease (PID)&lt;br&gt;&lt;br&gt;<strong>Males:</strong>&lt;br&gt;▷ can injure reproductive organs&lt;br&gt;▷ swollen and tender testicles&lt;br&gt;&lt;br&gt;<strong>Infants of infected mothers:</strong>&lt;br&gt;▷ illness&lt;br&gt;▷ blindness</td>
</tr>
<tr>
<td><strong>Pelvic inflammatory disease (PID)</strong> is an inflammation of the upper female reproductive tract caused by the migration of a bacterial infection from the vagina. PID is a common and serious complication of some STDs.</td>
<td>▷ pain in the pelvic area or abdomen&lt;br&gt;▷ vaginal discharge&lt;br&gt;▷ unusually long and painful menstrual periods&lt;br&gt;▷ spotting between periods&lt;br&gt;▷ fever&lt;br&gt;▷ painful urination&lt;br&gt;▷ nausea</td>
<td>Antibiotics are used to treat PID.&lt;br&gt;Antibiotic treatment does not repair damage that has already occurred. Surgery may be needed if infection is left untreated for too long.</td>
<td>▷ scars in the fallopian tubes or uterus that can lead to infertility or ectopic pregnancies&lt;br&gt;▷ chronic pelvic pain</td>
</tr>
</tbody>
</table>

Ectopic pregnancy
### Table 1  Bacterial STDs, continued

<table>
<thead>
<tr>
<th>What is it?</th>
<th>Symptoms</th>
<th>Treatment</th>
<th>If untreated</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Gonorrhea</strong> (gahn uh REE uh) is an STD caused by a bacterium that infects mucous membranes, including the genital mucous membranes. Gonorrhea can be passed to infants during childbirth.</td>
<td><strong>Symptoms</strong>&lt;br&gt;<strong>Females:</strong> Often no obvious symptoms&lt;br&gt;- pain during urination&lt;br&gt;- vaginal discharge or bleeding&lt;br&gt;- pain in the abdomen or pelvic area&lt;br&gt;<strong>Males:</strong>&lt;br&gt;- pain during urination&lt;br&gt;- discharge from the penis</td>
<td>Both partners take antibiotics at the same time. Gonorrhea is becoming more difficult to treat because the bacteria that cause it have become more resistant to antibiotics.</td>
<td><strong>Females:</strong>&lt;br&gt;- pelvic inflammatory disease (PID), which can result in ectopic pregnancies or infertility&lt;br&gt;<strong>Males:</strong>&lt;br&gt;- scarring of the urethra, which makes urination difficult&lt;br&gt;- painful swelling of the testicles, which may lead to infertility&lt;br&gt;<strong>Newborns of infected mothers:</strong>&lt;br&gt;- blindness&lt;br&gt;- joint infection&lt;br&gt;- life-threatening blood infections</td>
</tr>
</tbody>
</table>

Eyedrops are given at birth to prevent blindness caused by STDs passed from mother to newborn.

| **Syphilis** (SIF uh lis) is an STD caused by a bacterium that can cause ulcers or chancres (SHANG kuhrz). Syphilis can spread through the blood, damaging the nervous system and other body organs. Syphilis can be passed to infants during childbirth. | **Males and Females:** **Phase 1** (10 to 90 days after infection):<br>- painless ulcer, called a chancre at the place where the bacteria entered the body | Both partners take antibiotics at the same time.<br>If treated in the early stages, syphilis can be cured. | **Males and Females:**<br>- mental and physical disabilities<br>- premature death<br>**Infants of infected mothers:**<br>- premature birth<br>- severe mental disabilities<br>- deafness<br>- death |

**Phase 2** (2 to 8 weeks after infection):<br>- fever<br>- rash<br>- swollen lymph nodes<br>- joint pain<br>- muscle aches

**Phase 3** (2 or more years after infection):<br>- heart and nervous system damage, including blindness and loss of mental abilities<br>- possible death

Syphilis chancre
STDs Caused by Viruses or Parasites

Table 2 describes the most common STDs caused by viruses. The symptoms of many viral STDs can be treated with drugs, but viral STDs, such as human papilloma virus (HPV), cannot be cured. Table 3 describes some STDs caused by parasites.

### Table 2: Viral STDs

<table>
<thead>
<tr>
<th>What is it?</th>
<th>Symptoms</th>
<th>Treatment</th>
<th>If untreated</th>
</tr>
</thead>
</table>
| **Human papilloma virus (HPV)** is an STD caused by a group of viruses that can cause genital warts in males and females and cervical cancer in females. HPV is responsible for more new STD cases than any other STD in the United States. | Often no symptoms  
**Females:**  
- genital and anal warts (pink or reddish warts that appear on the genitals)  
- abnormal Pap smear (a screening test for cervical cancer)  
**Males:**  
- genital and anal warts | There is no cure.  
Warts can be treated by surgical removal, freezing, or medication but will often return. | **Females:**  
Women have a higher risk of developing cervical cancer with certain types of HPV.  
**Males:**  
Men have an increased risk of developing genital cancers. |
| **Genital herpes** is an STD caused by a viral infection in the genital area. Genital herpes is caused by the herpes simplex virus (HSV). There are two types of herpes simplex viruses: HSV-1 and HSV-2. Most cases of genital herpes are HSV-2. Both types can be passed to newborn infants if the mother has genital sores at the time of delivery. | **Males and Females:**  
**HSV-1:**  
- cold sores and fever blisters around the mouth  
**HSV-2:**  
- very mild symptoms or no symptoms  
- red bumps, blisters and recurrent sores on or around the genitals  
- fever with first infection  
- swollen lymph nodes | There is no cure.  
Antiviral medications can shorten outbreaks and reduce their frequency. | **An infected person remains infected for life.**  
**Newborns of infected mothers:**  
- Infections of liver, brain, skin, eyes, and mouth  
- Death |
| **Hepatitis** is an inflammation of the liver. Two different viruses cause hepatitis B and hepatitis C, which are life-threatening forms of hepatitis. Both hepatitis B and hepatitis C can be sexually transmitted. There are other hepatitis viruses that are not sexually transmitted. | **Males and Females:**  
- jaundice (yellowing of the skin)  
- tiredness and muscle aches  
- fever  
- loss of appetite  
- darkening of the urine | There is no cure for hepatitis B or hepatitis C.  
Individuals with severe liver damage may need a liver transplant.  
A vaccine is available to prevent hepatitis B. No vaccine is available for hepatitis C. | **Males and Females:**  
- liver damage  
- liver failure  
- liver cancer  
- premature death |

A jaundiced eye caused by hepatitis.
### Table 2 Viral STDs, continued

<table>
<thead>
<tr>
<th>What is it?</th>
<th>Symptoms</th>
<th>Treatment</th>
<th>If untreated</th>
</tr>
</thead>
</table>
| **Human immuno-deficiency virus (HIV)** is a virus that primarily infects cells of the immune system and causes AIDS. HIV is passed by exchange of infected body fluids—usually blood, semen, vaginal fluid, or breast milk. Exchange usually takes place during sexual activity or by sharing drug injection equipment. | **Males and Females:**  
**Phase 1** (initial exposure to ten years or more)  
- fatigue  
- weight loss  
- fever  
- diarrhea  
**Phase 2**  
- Phase 1 symptoms  
- swollen lymph nodes  
- forgetfulness  
- difficulty thinking  
**Phase 3**  
- weakened immune system  
- infections  
- weight loss | There is no cure for AIDS.  
A combination of drugs can delay the start of serious symptoms. | **Males and Females:**  
- weight loss  
- malnutrition  
- loss of mobility  
- opportunistic infections (such as pneumonia and tuberculosis)  
- cancer  
- premature death |

### Table 3 STDs Caused by Parasites

<table>
<thead>
<tr>
<th>What is it?</th>
<th>Symptoms</th>
<th>Treatment</th>
<th>If untreated</th>
</tr>
</thead>
</table>
| **Pubic lice** are a strain of lice found in pubic hair of those infected. The lice crawl on the skin and lay eggs on the hairs. The lice are spread by skin-to-skin contact. | **Males and Females:**  
Pubic lice can cause intense itching in the pubic area. | Medication can kill the lice. Infected individuals must wash clothes and bed linens in hot water to kill any remaining lice and their eggs. | Skin damage can occur. |
| **Scabies** (SKAY beez) are tiny mites that burrow into the skin of an infected person. Scabies are spread by skin-to-skin contact. | **Males and Females:**  
Scabies can cause intense itching in the infected area. | Medication can kill the mites. Infected individuals must wash clothes and bed linens in hot water to kill any remaining mites and their eggs. | Skin damage can occur. |
| **Trichomoniasis** (TRIK oh moh NIE uh sis) is an STD caused by a protozoan, a single-celled animal that is just a little larger than a bacterium. Males may not have symptoms but can give the disease to others. | **Females:**  
- itching in genital area  
- discharge from the vagina  
- painful urination  
**Males:**  
- usually no symptoms | It can be cured with a prescribed medicine. | **Females:**  
- bladder and urethral infections  
- premature birth in pregnant women  
**Males:**  
- inflamed urethra |
Being Responsible About STDs

Sometimes people are too embarrassed or frightened to ask for help or information about sexually transmitted diseases. But sexually transmitted diseases are serious diseases. People who are sexually active must get screened regularly. People who think they might have a sexually transmitted disease should do the following:

1. **Seek medical help right away.** The earlier a person seeks treatment, the less likely the disease will do physical damage and spread to others.

2. **Complete the full course of medications.** The patient being treated should finish all prescribed medication, even if the symptoms disappear.

3. **Have follow-up testing done.** The patient should also undergo a follow-up test to ensure that the infection has been cured.

4. **Avoid all sexual activity while being treated.** Most sexually transmitted diseases can be spread while a person is being treated.

5. **Notify all sexual partners.** All previous and current sexual partners should be urged to get a check-up. One partner in a current relationship may be free of the sexually transmitted disease, but the other partner may not. Receiving treatment at the same time helps the couple avoid reinfecting each other.

Sexually transmitted diseases can affect anyone. Your behavior now will affect you the rest of your life. It is important to understand and avoid behavior that places you at risk for contracting a sexually transmitted disease. The most effective way to prevent a sexually transmitted disease is to avoid sexual contact of any kind. Practicing abstinence is the only sure way to prevent sexually transmitted diseases.

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**SECTION 3**

**REVIEW**

*Answer the following questions on a separate piece of paper.*

**Using Key Terms**

1. **Identify** the bacterial STD that causes ulcers or chancers.
2. **Classify** each of the following STDs as **bacterial** or **viral**.
   - a. gonorrhea
   - b. HPV
   - c. chlamydia
   - d. syphilis
3. **Identify** the possible symptom caused by HPV.
   - a. fever
   - b. genital warts
   - c. jaundice
   - d. blisters

**Understanding Key Ideas**

4. **List** three ways in which sexually transmitted diseases can be spread.
5. **Describe** the health damage that STDs can cause.
6. **State** the symptoms of each of the following STDs:
   - a. chlamydia
   - b. gonorrhea
   - c. HPV
   - d. syphilis
7. **State** the treatment of each of the following STDs:
   - a. HIV
   - b. genital herpes
   - c. trichomoniasis
   - d. syphilis
8. **LIFE SKILL**  **Practicing Wellness** List four things you should do if you suspect you have been exposed to an STD.

**Critical Thinking**

9. Can a person have more than one STD at one time? Explain your answer.
Key Terms

**SECTION 1**

sexually transmitted disease (STD) (476)

**SECTION 2**

epidemic (480)
asymptomatic (480)

**SECTION 3**

chlamydia (486)
pelvic inflammatory disease (PID) (486)
gonorrhea (486)
syphilis (486)
human papilloma virus (HPV) (488)

The Big Picture

✔ The risks of being sexually active include social and emotional consequences, unplanned pregnancy, and sexually transmitted diseases (STDs).
✔ Teen parents must make social, personal, educational, and financial sacrifices.
✔ Babies born to teen mothers are more likely to suffer from health problems.
✔ The risks of teen sexual activity can be avoided by practicing abstinence.

✔ Sexually transmitted diseases are spreading at an epidemic rate among teens and young adults.
✔ High-risk behaviors for getting STDs include being sexually active, having more than one sexual partner, and using alcohol or drugs.
✔ Teenagers are at a greater risk for contracting an STD than are adults because of their behavior. Also, teen bodies may not fight infections as well as the bodies of healthy adults can.
✔ Teens can protect themselves from STDs in several ways, including practicing abstinence, staying away from alcohol and drugs, and learning the facts about STDs.

✔ STDs can be spread by any type of sexual activity. Some STDs are also spread by direct contact with open sores and from a mother to her baby.
✔ Early detection and treatment of STDs can help prevent serious damage to one’s health.
✔ Bacterial STDs include chlamydia, gonorrhea, pelvic inflammatory disease (PID), and syphilis. Most bacterial STDs can be cured with antibiotics.
✔ Viral STDs include human papilloma virus (HPV), genital herpes, hepatitis B, hepatitis C, and HIV/AIDS. Although the symptoms of many viral STDs can be treated with drugs, viral STDs cannot be cured.
✔ Pubic lice, scabies, and trichomoniasis infections cause intense itching in the pubic area and can be cured with medication.
✔ Anyone who suspects they may have an STD should seek testing and treatment immediately.
Using Key Terms

asymptomatic (480)
chlamydia (486)
epidemic (480)
gonorrhea (486)
human papilloma virus (HPV) (488)
pelvic inflammatory disease (PID) (486)
sexually transmitted disease (STD) (476)
syphilis (486)

1. For each definition below, choose the key term that best matches the definition.
   a. bacterial STD that causes ulcers
   b. showing no signs of illness or disease
   c. most common bacterial STD in the United States
   d. inflammation of the upper female reproductive tract
   e. virus that causes genital warts

2. Explain the relationship between the key terms in each pair below.
   a. epidemic and sexually transmitted disease
   b. chlamydia and pelvic inflammatory disease

Understanding Key Ideas

Section 1

3. Name one emotional consequence teens risk if they become sexually active.

4. One in ________ female teenagers gets pregnant each year.
   a. 5  c. 20
   b. 10  d. 100

5. Describe how the life of a teen parent differs from the life of a teen without a child.

6. Describe why babies born to teen mothers are more likely to have health problems than babies born to adult mothers are.

7. Name three ways that teenagers can show affection nonsexually.

8. **LIFE SKILL** Setting Goals How would becoming a parent now affect your goals for the future?

9. **CRITICAL THINKING** Look at the Beliefs Vs. Reality feature on p. 476. Suppose your friend says she is not worried about STDs because her boyfriend doesn’t seem like the type of guy who would have an STD. What would you say to your friend?

Section 2

10. List two reasons STDs in teens are considered a “silent epidemic”.

11. What percentage of all new STD cases occur in people between the ages of 15 and 19?
   a. 1 percent  c. 25 percent
   b. 10 percent  d. 50 percent

12. What are three reasons that teens are at high risk for being infected with STDs?

13. Describe how each of the following steps can protect you against STDs.
   a. practicing abstinence
   b. avoiding alcohol and drugs

Section 3

14. Describe four ways in which sexually transmitted diseases can be spread.

15. Why are most babies born in the United States treated with eyedrops at birth?

16. What symptom may occur in both males and females who have gonorrhea?
   a. fever  c. bleeding
   b. painful urination  d. blisters

17. Describe the health effects that can result if each of the following STDs is untreated.
   a. chlamydia  c. genital herpes
   b. syphilis  d. HPV

18. Which viral STD increases a woman’s risk of developing cervical cancer?
   a. HPV  c. gonorrhea
   b. HIV  d. genital herpes

19. Describe the treatment of common STDs caused by parasites.

20. List four responsibilities of a person who suspects he or she is infected with an STD.
Interpreting Graphics

Study the figure below to answer the questions that follow.

![Rates of Chlamydia in the U.S. Population](chart)

21. What was the rate of chlamydial infections in 1996?

22. How has the number of cases of chlamydia changed over time?

23. CRITICAL THINKING Why do you think the number of cases of chlamydia changed so much between 1984 and 1996?

Activities

24. Health and Your Community What suggestions as to how to reduce the number of cases of STDs would you give your local health agency? Write a short report summarizing your suggestions.

25. Health and You Write a short report describing the benefits of waiting until you are a married adult before becoming a parent.

26. Health and Your Community Work with two classmates. Choose two of the STDs discussed on pp. 486–489. Then collect the Centers for Disease Control and Prevention (CDC) statistics on these two STDs. For each STD, draw a graph that shows the number of new cases each year since 1985.

Action Plan

27. LIFE SKILL Setting Goals Make a plan to protect yourself from becoming a teen parent or becoming infected with an STD.

Standardized Test Prep

Read the passage below, and then answer the questions that follow.

Gloria was brooding because she couldn’t go with her friends to see a movie. She couldn’t afford a babysitter, and she had to study. She had to pass all of her classes so that she could graduate from high school. Otherwise, she wouldn’t be able to get a job that paid well. When her friend Juan called her, she talked about her feelings. “I wish I could go to the movie. I never realized that I would have to make so many sacrifices.”

28. Write a paragraph describing the sacrifices Gloria is referring to in the last sentence of the reading passage. Explain why she has to make these sacrifices.

29. In this passage, the word brooding means
   A. celebrating.
   B. worrying about in a troubled way.
   C. feeling sick.
   D. feeling angry.

30. What can you infer from reading this passage?
   E. Gloria does not like to dance.
   F. Gloria is a teen parent.
   G. Juan is Gloria’s boyfriend.
   H. none of the above

31. Write a paragraph describing Gloria’s life after graduation.