

STBBI Playing Card Game

Suitable for 4-6 players



This activity is complementary to the Sexually Transmitted Infections lesson.

Preparation: Print off **STBBI Playing Card Game** from Resources Page.

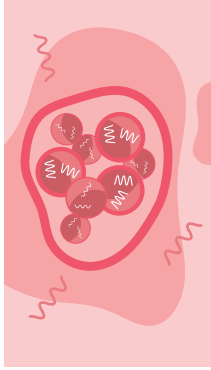
Game Play: The goal of the game is to have the lowest possible score. Each player is dealt five cards, and the remaining cards are placed in a pick-up pile. Each round the player picks up one card, and discards another to a separate discard pile. The STBBI cards (purple headings) each have a score of +5. The treatment & prevention cards (pink headings) have a score of -5. Look closely, some of the treatment & prevention cards may only be applicable to a specific infection. Game play ends when there are no cards remaining in the pick-up pile. The person with the lowest score wins.

Debrief with a discussion of the following questions:

- What are some of the ways we can prevent transmission of STBBIs?
- What are some of the ways we can treat STBBIs?
- Are there benefits to prevention instead of treatment?
- What are some of the ways we can reduce stigma surrounding STBBIs?

CHLAMYDIA

+5



TYPE OF STI: Bacterial

SYMPTOMS: Vaginal bleeding, abdominal pain, pain during sex and/or white peeing, and discharge from the penis and/or vagina.

DETECTION: Urine test or swab



FUN FACT: Chlamydia is the most common STI in Saskatchewan!

SYPHILIS

+5



TYPE OF STI: Bacterial

SYMPTOMS: When untreated, it can cause meningitis (brain swelling), loss of hearing and vision, dementia, and damage to internal organs.

DETECTION: Blood test or swab



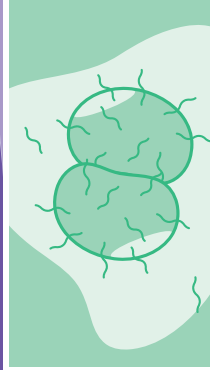
FUN FACT: Syphilis was the first STI to be discovered!



SASKATOON
SEXUAL
HEALTH

GONORRHEA

+5



TYPE OF STI: Bacterial

SYMPTOMS: Vaginal bleeding, abdominal pain, pain during sex and/or white peeing, and a thick, yellowish-green discharge from the penis.

DETECTION: Urine test or swab



FUN FACT: Gonorrhoea is also known as "the clap", named because doctors would "clap" infected penises to expel pus.

LGV

+5



TYPE OF STI: Bacterial

SYMPTOMS: Fevers, flu-like symptoms, and inflammation and irritation of the penis/vagina. Left untreated, it can damage your internal organs.

DETECTION: Not regularly tested for. Testing cannot cancel out this card.



FUN FACT: LGV is known as "chlamydia's ugly stepister"; because they are both caused by the same bacteria.

MYCOPLASMA GENITALIUM

+5



TYPE OF STI: Bacterial

SYMPTOMS: Vaginal itching, a burning sensation when peeing, and pain during sex.

DETECTION: Not regularly tested for. Testing cannot cancel out this card.



FUN FACT: Because MG is not often tested for, we don't know how prevalent it actually is. Some doctors think it may be even more prevalent than chlamydia!

TRICHOMONIASIS

+5



TYPE OF STI: Parasitic

SYMPTOMS: Vaginal itching, pain during sex or when peeing, and clear/white discharge from the penis.

DETECTION: Swab.



FUN FACT: Trichomoniasis is considered the most common non-viral STI globally.

PUBIC LICE

+5



TYPE OF STI: Parasitic

SYMPTOMS: Itchiness, dark red dots, and visible nits or crawling lice.

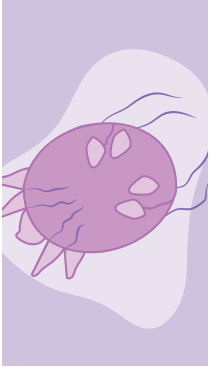
DETECTION: Visual exam.



FUN FACT: Pubic lice are also called 'crabs' because of the tiny claws they use to cling to hair.

SCABIES

+5



TYPE OF STI: Parasitic

SYMPTOMS: Itchiness and a red rash on the hands, waist, nipples, and/or around the penis.

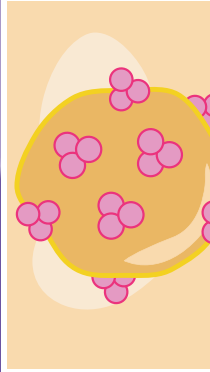
DETECTION: Skin scraping.



FUN FACT: All household contacts of an infected person should be treated for scabies.

HIV

+5



TYPE OF STI: Viral

SYMPTOMS: Most people are asymptomatic. HIV is not curable, this card cannot be discarded.

Transmission can be prevented using PrEP.

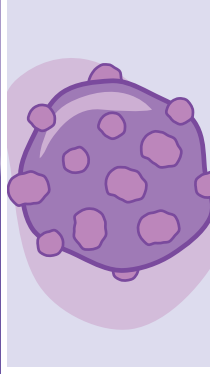
DETECTION: Blood test.



FUN FACT: People with HIV who are treated consistently can expect to live a normal life span.

HEPATITIS B

+5



TYPE OF STI: Viral

SYMPTOMS: Flu-like. Hep B is not curable. This card cannot be discarded.

Transmission can be prevented using the Hepatitis B Vaccine.

DETECTION: Blood test.



FUN FACT: Some people can carry Hep B in their bodies for their whole lives.

HEPATITIS C

+5



TYPE OF STI: Viral

SYMPTOMS: Can lead to chronic disease and liver cancer.

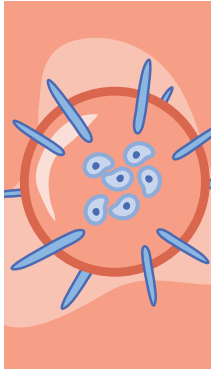
DETECTION: Blood test.



FUN FACT: Hepatitis C used to be considered non-curable, but newer treatments are now available that can cure it.

HERPES II

+5



TYPE OF STI: Viral

SYMPTOMS: Cold sores and genital ulcers. 20% of all adults have Herpes II. Herpes is **not curable**. **This card cannot be discarded.**

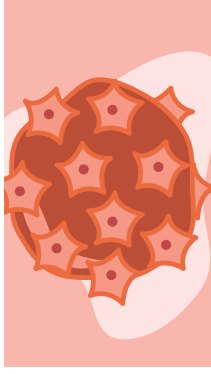
DETECTION: Blood test or swab.



FUN FACT: Some medications can decrease the severity of herpes outbreaks.

HPV

+5



TYPE OF STI: Viral

SYMPTOMS: Can cause cancer. HPV is **not curable**. **This card cannot be discarded.**

Transmission can be prevented using the Gardasil Vaccine.

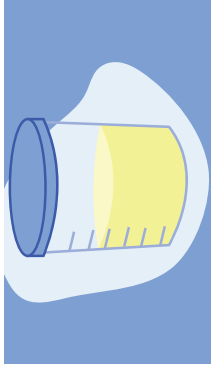
DETECTION: Visual exam or swab.



FUN FACT: 75% of sexually-active Canadians will have at least one HPV infection in their lifetime.

URINE TESTS

-5



WHAT IS IT: Urine tests are used by doctors in routine STI testing. The patient pees into a sample collection cup.

USED FOR: Detection of Chlamydia and/or Gonorrhea



FUN FACT: Urine testing can detect between 79%–92% of chlamydia and gonorrhea cases.

EXTERNAL CONDOMS

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WHAT IS IT: A thin covering, usually made of latex, that is placed onto an erect penis or a sex toy to prevent STI transmission during vaginal, oral, or anal sex.

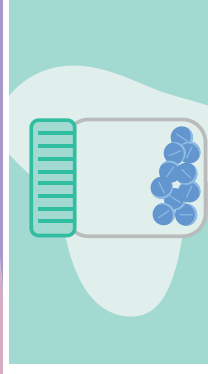
USED FOR: Prevention of **all STIs**.



FUN FACT: Condoms have been used since Ancient Rome...but back then, they were made of linen and animal intestines/bladders.

PrEP

o (WITHOUT HIV)
-5 (WITH HIV)



WHAT IS IT: PrEP (pre-exposure prophylaxis) is a medication that is taken daily to prevent a person from getting infected with HIV.

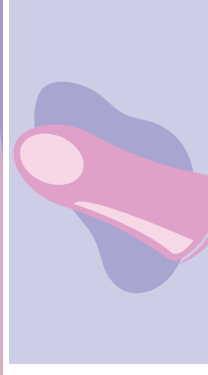
USED FOR: HIV prevention.



FUN FACT: PrEP is 99% effective when taken consistently. However, if you don't take PrEP daily, it becomes less effective.

INTERNAL CONDOMS

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WHAT IS IT: A thin tube, usually made of latex, that is placed into the vagina or anus to prevent STI transmission during vaginal, oral, or anal sex.

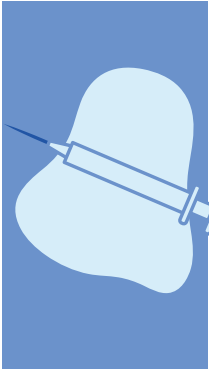
USED FOR: Prevention of **all STIs**.



FUN FACT: Some ancient civilizations had internal condoms made from plants.

HEPATITIS B VACCINE

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WHAT IS IT: The Hepatitis B vaccine is a vaccine that prevents against Hepatitis B for at least 10 years, and likely a lifetime if they have gotten the full series (2-4 injections).

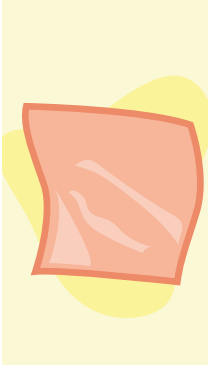
USED FOR: The Hepatitis B vaccine can be used to prevent **Hepatitis B**.



FUN FACT: In Saskatchewan, many people can get the Hepatitis B vaccine for free, including all students in Grade 6.

DENTAL DAMS

-5



WHAT IS IT: Sheets that are placed on the anus and/or vagina to prevent STI transmission during oral sex.

USED FOR: Prevention of **all STIs**.



FUN FACT: While you can buy dental dams, you can also make them out of condoms or latex gloves.

VISUAL EXAM

-5



WHAT IS IT: Done by health care providers to detect STIs that have visible signs.

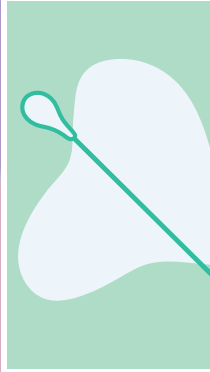
USED FOR: Detection of **Public Lice** and **HPV**.



FUN FACT: Since many STIs do not always have physical symptoms, visual exams are not always effective (e.g., for herpes, syphilis, etc.)

SWABS

-5



WHAT IS IT: Used to test for certain STIs. They look like long Q-tips and can be used in the vagina, throat, or anus.

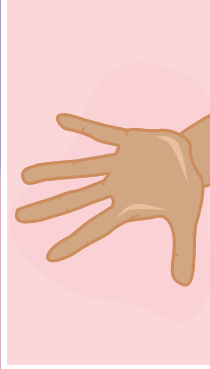
USED FOR: Detection of **chlamydia**, **gonorrhoea**, **syphilis**, **trichomoniasis**, **herpes**, and **HPV**.



FUN FACT: Swabs can only be used to detect herpes if a sore or lesion is present.

ABSTINENCE

0



WHAT IS IT: Not having sex with others. This is the most effective way to prevent getting an STI through sexual transmission.

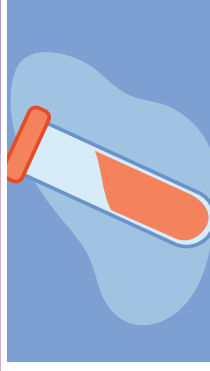
USED FOR: **Canceling out all other cards in your hand. Your total score is zero.**



FUN FACT: People who are abstinent can still do other activities that express sexuality, such as masturbation, kissing, and dry humping.

BLOOD TESTS

-5



WHAT IS IT: Blood tests are used in routine STI testing. A health care provider uses a small needle to take a small vial of blood from your arm.

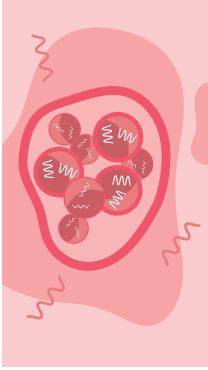
USED FOR: Blood tests are used to detect **HIV**, **syphilis**, **hepatitis B**, **hepatitis C**, and/or **herpes**.



FUN FACT: HIV can also be detected using a Rapid Point-of-Care test. These results take 15 minutes, whereas blood test results can take days.

CHLAMYDIA

+5



TYPE OF STI: Bacterial

SYMPTOMS: Vaginal bleeding, abdominal pain, pain during sex and/or white peeing, and discharge from the penis and/or vagina.

DETECTION: Urine test or swab



FUN FACT: Chlamydia is the most common STI in Saskatchewan!

SYPHILIS

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TYPE OF STI: Bacterial

SYMPTOMS: When untreated, it can cause meningitis (brain swelling), loss of hearing and vision, dementia, and damage to internal organs.

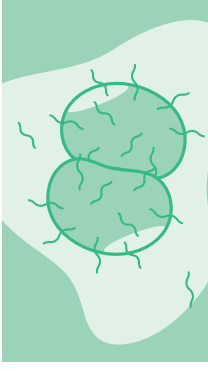
DETECTION: Blood test or swab



FUN FACT: Syphilis was the first STI to be discovered!

GONORRHEA

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TYPE OF STI: Bacterial

SYMPTOMS: Vaginal bleeding, abdominal pain, pain during sex and/or white peeing, and a thick, yellowish-green discharge from the penis.

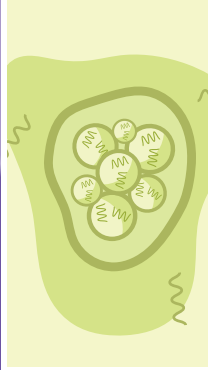
DETECTION: Urine test or swab



FUN FACT: Gonorrhea is also known as 'the clap', named because doctors would 'clap' infected penises to expel pus.

LGV

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TYPE OF STI: Bacterial

SYMPTOMS: Fevers, flu-like symptoms, and inflammation and irritation of the penis/vagina. Left untreated, it can damage your internal organs.

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FUN FACT: LGV is known as 'chlamydia's ugly stepister', because they are both caused by the same bacteria.

MYCOPLASMA GENITALIUM

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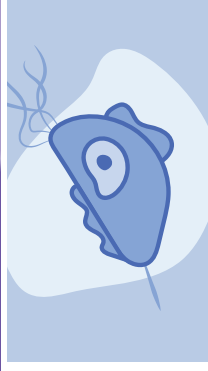
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FUN FACT: Because MG is not often tested for, we don't know how prevalent it actually is. Some doctors think it may be even more prevalent than chlamydia!

TRICHOMONIASIS

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TYPE OF STI: Parasitic

SYMPTOMS: Vaginal itching, pain during sex or when peeing, and clear/white discharge from the penis.

DETECTION: Swab.



FUN FACT: Trichomoniasis is considered the most common non-viral STI globally.

PUBIC LICE

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TYPE OF STI: Parasitic

SYMPTOMS: Itchiness, dark red dots, and visible nits or crawling lice.

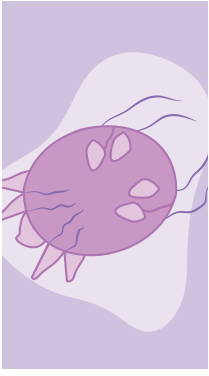
DETECTION: Visual exam.



FUN FACT: Pubic lice are also called "crabs" because of the tiny claws they use to cling to hair.

SCABIES

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TYPE OF STI: Parasitic

SYMPTOMS: Itchiness and a red rash on the hands, waist, nipples, and/or around the penis.

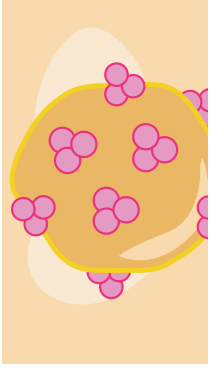
DETECTION: Skin scraping.



FUN FACT: All household contacts of an infected person should be treated for scabies.

HIV

+5



TYPE OF STI: Viral

SYMPTOMS: Most people are asymptomatic. HIV is not curable, this card cannot be discarded.

Transmission can be prevented using PrEP.

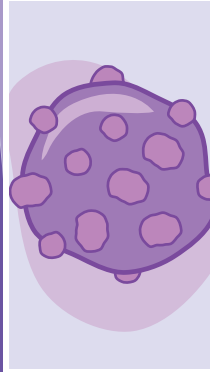
DETECTION: Blood test.



FUN FACT: People with HIV who are treated consistently can expect to live a normal life span.

HEPATITIS B

+5



TYPE OF STI: Viral

SYMPTOMS: Flu-like. Hep B is not curable. This card cannot be discarded.

Transmission can be prevented using the Hepatitis B Vaccine.

DETECTION: Blood test.



FUN FACT: Some people can carry Hep B in their bodies for their whole lives.

HEPATITIS C

+5



TYPE OF STI: Viral

SYMPTOMS: Can lead to chronic disease and liver cancer.

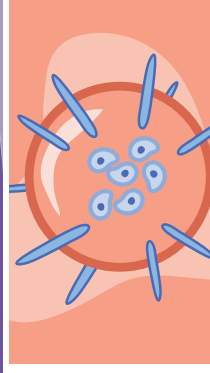
DETECTION: Blood test.



FUN FACT: Hepatitis C used to be considered non-curable, but newer treatments are now available that can cure it.

HERPES II

+5



TYPE OF STI: Viral

SYMPTOMS: Cold sores and genital ulcers. 20% of all adults have Herpes II. Herpes is not curable. This card cannot be discarded.

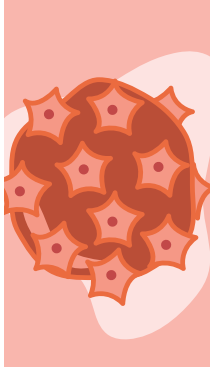
DETECTION: Blood test or swab.



FUN FACT: Some medications can decrease the severity of herpes outbreaks.

HPV

+5



TYPE OF STI: Viral

SYMPTOMS: Can cause cancer. HPV is not curable. This card cannot be discarded.

Transmission can be prevented using the Gardasil Vaccine.

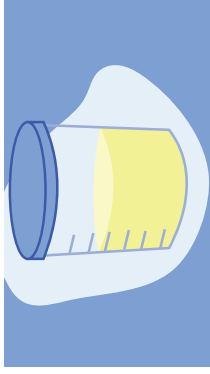
DETECTION: Visual exam or swab.

FUN FACT: 75% of sexually-active Canadians will have at least one HPV infection in their lifetime.



URINE TESTS

-5



WHAT IS IT: Urine tests are used by doctors in routine STI testing. The patient pees into a sample collection cup.

USED FOR: Detection of Chlamydia and/or Gonorrhea

FUN FACT: Urine testing can detect between 79%-92% of chlamydia and gonorrhea cases.



EXTERNAL CONDOMS -5



WHAT IS IT: A thin covering, usually made of latex, that is placed onto an erect penis or a sex toy to prevent STI transmission during vaginal, oral, or anal sex.

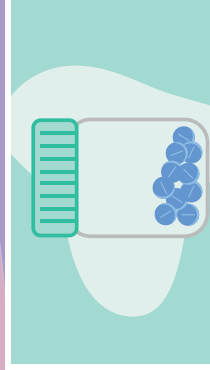
USED FOR: Prevention of all STIs.

FUN FACT: Condoms have been used since Ancient Rome, but back then, they were made of linen and animal intestines/bladders.



PrEP

o (WITHOUT HIV)
- 5 (WITH HIV)



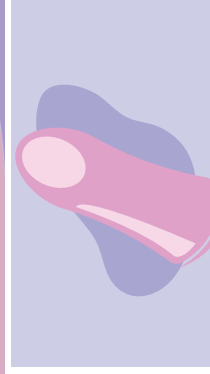
WHAT IS IT: PrEP (pre-exposure prophylaxis) is a medication that is taken daily to prevent a person from getting infected with HIV.

USED FOR: HIV prevention.

FUN FACT: PrEP is 99% effective when taken consistently. However, if you don't take PrEP daily, it becomes less effective.



INTERNAL CONDOMS -5



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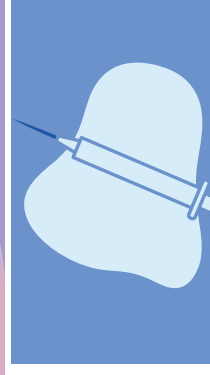
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FUN FACT: Some ancient civilizations had internal condoms made from plants.



HEPATITIS B VACCINE

o (WITHOUT HEP B)
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WHAT IS IT: The Hepatitis B vaccine is a vaccine that prevents against Hepatitis B for at least 10 years, and likely a lifetime if they have gotten the full series (2-4 injections).

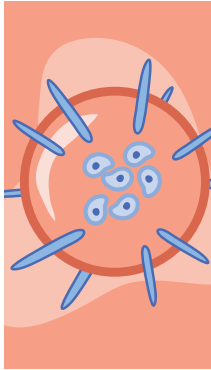
USED FOR: The Hepatitis B vaccine can be used to prevent Hepatitis B.

FUN FACT: In Saskatchewan, many people can get the Hepatitis B vaccine for free, including all students in Grade 6.



HERPES II

+5



TYPE OF STI: Viral

SYMPTOMS: Cold sores and genital ulcers. 20% of all adults have Herpes II. Herpes is **not curable**. This card **cannot be discarded**.

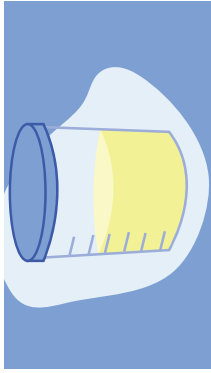
DETECTION: Blood test or swab.



FUN FACT: Some medications can decrease the severity of herpes outbreaks.

URINE TESTS

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DENTAL DAMS

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WHAT IS IT: Sheets that are placed on the anus and/or vagina to prevent STI transmission during oral sex.

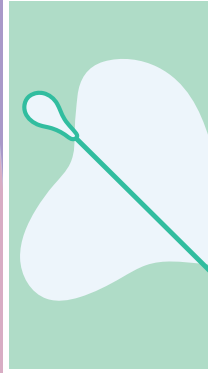
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FUN FACT: While you can buy dental dams, you can also make them out of condoms or latex gloves.

SWABS

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WHAT IS IT: Used to test for certain STIs. They look like long Q-tips and can be used in the vagina, throat, or anus.

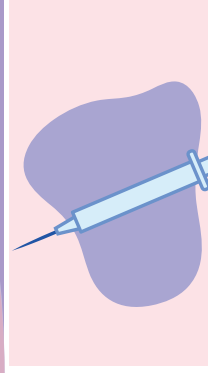
USED FOR: Detection of **chlamydia, gonorrhea, syphilis, trichomoniasis, herpes, and HPV**.



FUN FACT: Swabs can only be used to detect herpes if a sore or lesion is present.

GARDASIL

o (WITHOUT HPV)
- 5 (WITH HPV)



WHAT IS IT: The Gardasil vaccine is a vaccine that prevents against 4 strains of HPV that cause cervical cancer, vaginal, vulvar, and anal cancers, as well as genital warts.

USED FOR: The Gardasil vaccine can be used to **prevent HPV**.



FUN FACT: In Saskatchewan, Gardasil is provided for free to girls in Grade 6. Currently, boys do not receive Gardasil for free.

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SYMPTOMS: Vaginal bleeding, abdominal pain, pain during sex and/or white peeing, and discharge from the penis and/or vagina.

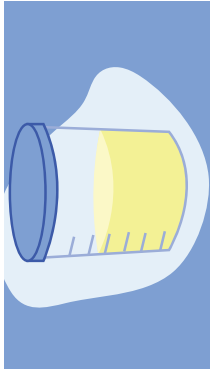
DETECTION: Urine test or swab



FUN FACT: Chlamydia is the most common STI in Saskatchewan!

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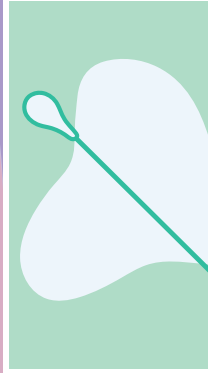
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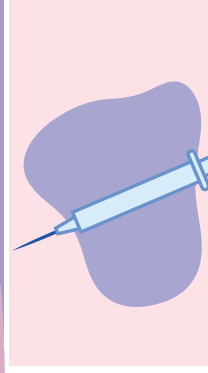
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