

# UC Berkeley Sexually Transmitted Infection (STI) Risk Assessment

Please answer these questions as honestly as possible. This risk assessment is for your personal use. If you would like to discuss this risk assessment with a clinician or peer educator, please bring it with you to your appointment.

## Why are you interested in STI risk assessment?

- I am starting or ending a relationship.
- I may have been exposed to an STI.
- I have a symptom (or my partner has a symptom).
- I have questions or concerns.

All the above are valid reasons for seeking STI testing.

**If you are currently experiencing symptoms**, you should seek treatment. Call 642-2000 for an appointment.

**If you would like to learn more about STI prevention**, consider making an appointment with a sexual health peer educator.

## Relationships

1. What is your current relationship status?

- No steady partner       Multiple partners
- Steady partner       Other: \_\_\_\_\_

2. Do you discuss sexual history and testing with your partner(s)?

- Always       Sometimes       Never

Open discussion of sexual history with your partner(s) is recommended to assess your own risk of STIs and to plan for appropriate prevention and screening.

## Recent Health

In the past 12 months, have you been diagnosed with any STI? STIs include chlamydia, gonorrhea, genital herpes, HPV, genital warts, HIV/AIDS, trichomonas, syphilis, pelvic inflammatory disease, and others.

- Yes       No

Having had an STI recently may put you at higher risk for others STIs.

## Sexual History

“Sex” includes oral, vaginal, or anal sex, and a sexual partner is somebody with whom you have had oral, vaginal, or anal sex.

1. In the past 12 months, have you had more than one sexual partner?

- No       Yes

2. In the past 12 months, do you think your sexual partner(s) had any other partners?

- No       Not sure       Yes

3. In the past 12 months, have you had sex with a new partner?

- No       Yes

4. Are you currently planning on having sex with a new partner?

- No       Not sure       Yes

5. In the past 12 months, how often have you used condoms during vaginal or anal intercourse?

- Always       Some of the time
- Most of the time       Never

## Interpretation

If you answered “Yes” or “Not sure” to questions 1-4, you may be at higher risk for STIs. If you answered anything other than “Always” to question 5 (condom use), you may be at higher risk for STIs.

Consider making an appointment with a clinician for STI screening and/or with a sexual health peer educator to discuss prevention strategies.

## Sexual Health Resources

### **Tang Center resources:**

#### **Sexual Health Peer Educators: 642-2000**

Meet with a trained peer educator to talk about a personal STI prevention plan, how to make safer sex fun, sexual communication, LGBTIQQ issues, and more! Partners are welcome to attend. Appointments are available Monday – Friday, 8-12PM and 1-4:30PM.

#### **Advice Nurse: 643-7197**

To ask a medical question or find out if you need an appointment, call the advice nurse Monday – Friday, 8AM – 4:30PM.

#### **Medical Appointments: 642-2000**

Get an STI test or meet with a clinician. Appointments are available Monday – Friday, 8-12PM and 1-4:30PM.

#### **Urgent care: 642-3188**

Urgent care sees students for immediate problems and symptoms. Open Monday – Friday, 8 AM – 6 PM, and Saturday 9 AM – 5 PM (academic year only).

### **Online resources:**

**Tang Center:** Information on resources and various health topics. <http://www.uhs.berkeley.edu>

**Planned Parenthood:** Information on safer sex, birth control, emergency contraception, STIs, sexuality, and more. <http://www.plannedparenthood.org>

**American Social Health Association:** Fast facts and helpful information on STIs, including HIV/AIDS. <http://www.ashastd.org/>

**Go Ask Alice:** Non-judgmental Q&A website for college students, on topics including sexual health, sexuality, relationships, and much more (affiliated with Columbia University). <http://www.goaskalice.columbia.edu/>



UNIVERSITY HEALTH SERVICES Tang Center