

Protecting Your Health: Understanding and Preventing STIs

A Lesson Plan from Rights, Respect, Responsibility: A K-12 Curriculum

Fostering responsibility by respecting young people's rights to honest sexuality education.

NSES ALIGNMENT:

Students will be able to:

SH.8.CC.1 – Define STIs, including HIV, and how they are and are not transmitted.

SH.8.CC.2 – Compare and contrast behaviors, including abstinence, to determine the potential risk of STI/HIV transmission from each.

SH.8.CC.3/PR.8.CC.3 – Describe the signs, symptoms and potential impacts of STIs, including HIV.

TARGET GRADE:

Grade 6 – Lesson 8

TIME: 50 Minutes

MATERIALS NEEDED:

- Lesson PowerPoint
- “STI Clues” #1-10 (one set)
- Masking tape
- White board and markers
- “STI Clues Worksheets” #1-9 (one worksheet per group)
- “STI Clues” Answer Key
- “STI Risk Behaviors” Answer Key
- “High/Low/No Risk for STIs” signs (one copy of each)
- “STI Risk Behaviors” half-sheet cards (9 complete sets)
- “Exit Slip – Before You Go...” (one half-sheet per student)
- California Minor Consent Laws cards (one per student)

ADVANCE PREPARATION FOR LESSON:

- Tape the printed “STI Clues” #1-10 around the room with enough space between them so that students will not get crowded around each.
- Print the “High/Low/No Risk for STIs” signs and be prepared to tape them up in the front of the room.
- Copy and cut the “STI Risk Behaviors” half-sheet cards to create nine complete sets.

LEARNING OBJECTIVES:

By the end of this lesson, students will be able to:

1. Define STIs and HIV. [Knowledge]
2. Name at least three common STIs and how they are transmitted. [Knowledge]
3. Compare sexual behaviors that put people at high, low, or no risk for STIs. [Knowledge]

A NOTE ABOUT LANGUAGE:

Language is really important and we’ve intentionally been very careful about our language throughout this curriculum. You may notice language throughout the curriculum that seems less familiar - using the pronoun “they” instead of “her” or “him,” using gender neutral names in scenarios and role-plays and referring to “someone with a vulva” vs. a girl or woman. This is intended to make the curriculum inclusive of all genders and gender identities. You will need to determine for yourself how much and how often you can do this in your own school and classroom and should make adjustments accordingly.

PROCEDURE:

STEP 1: Explain that today’s lesson is about sexually transmitted infections (STIs) and HIV.

Say the following, writing key terms on the white board as needed: “**A sexually transmitted infection means an infection that a person can get from another person when they do something sexual with that person. You can only get an STI from someone who has one. You may hear ‘STI’ or ‘STD’ used out in the world; the ‘I’ refers to ‘infection’ and the ‘D’ refers to ‘disease.’ There is a minor difference between the two, but for the purposes of this lesson, we will be referring to STIs.**”

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We're also going to be talking about HIV, which stands for the Human Immunodeficiency Virus. The 'Human' part means only people can get it and transmit to other people. A person cannot get HIV from a cat or a dog or any other animal, or vice versa. 'Immunodeficiency' is actually two words stuck together—you might remember from the last lesson that our immune system is the system in our body that fights off infection. A deficiency is when something isn't working the way it should. So when a person has HIV, they have a deficient immune system – meaning, infections their body could usually fight off on its own are harder or even impossible to fight off. So HIV is a virus that weakens the immune system that, if it is not successfully treated, can become AIDS."

Tell the students that there are many STIs, but that they tend to have at least a few things in common with other STIs. So you are going to be doing an activity where they are going to be assigned an STI and will try to discover which one they have. (3 minutes)

STEP 2: Divide the class into nine groups. Say, "Each small group will receive an 'STI Clue Worksheet,' a sheet of paper with a list of clues on it. Around the room are sheets with characteristics of different STIs. Your job is to go around the room, and based on what's listed on those sheets of paper, determine which STI is on your paper. At the bottom of your sheet is a word bank of different STIs. When you find something that doesn't apply to your worksheet, just cross off the STIs that it doesn't apply to. By the end of the activity, you should have the STI that is indicated by the clues." Tell them that they will have 10 minutes in which to work on these. Distribute the worksheets, one per group, and ask them to get started (12 minutes).

STEP 3: Once 10 minutes have elapsed, have the groups return to their seats and stay in their groups. Go through the responses using the "STI Clues" Answer Keys provided. (8 minutes)

STEP 4: Say, "One of the things all these STIs have in common is that they can be transmitted through sexual behaviors. But some behaviors put people at higher risk than others. We're going to do an activity now where we will look at which behaviors carry a lot of risk, which put you at some risk, and which have no risk for transmitting STIs." Since students are already in their groups from the first activity, ask them to remain in their groups. Tell them that you are going to hand out a list of sexual behaviors that people can do. Ask them to read each of them and decide together whether they think each behavior puts a person at high risk for getting an STI, some (but lower) risk, or no risk. Ask them to make three piles on the desk or table in front of them. Tell them that they will have 10 minutes to complete the activity. (12 minutes)

Note to the Teacher: As students are working, tape the "High/Low/No Risk for STIs" signs in the front of the room with at least 2–3 feet between them for easy reading.

STEP 5: Once ten minutes have passed, ask one of the groups to bring their answers up and tape them beneath each of the "High/Low/No Risk for STIs" signs in the front of the room. Make corrections as necessary and go through the responses using the "STI Risk Behaviors" Answer Key as a guide.

Once you have been through all the answers, say, "A key point about STIs and your risk

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for them is that one person has to have an STI in order to give it to someone else. None of these behaviors, including the high risk behaviors, can spontaneously create an STI. They are caused by bacteria, viruses, parasites or bugs. This means that just as a person can be exposed to an STI by someone who has one, people can also take specific steps to lower or eliminate their chances of getting one.”

Answer any questions they may have about the activity. Describe the homework, which is a worksheet specifically on HIV and AIDS, which needs to be completed using the internet and handed in at the next class. (10 minutes)

STEP 6: Explain that you are going to distribute a *California Minor Consent Laws* card to each student and that the card contains information on the legal rights of minors to access sexual health services. As students examine the card, say **“Any student of any age may legally and confidentially obtain condoms to protect themselves from STIs and HIV. And minors 12 years and older may confidentially get tested and treated for STIs and HIV, and they can even consent to receiving the vaccine that protects themselves from the most dangerous strains of HPV (Human Papillomavirus). Middle and high school students in San Diego Unified School District can also get free condoms, confidentially, from their School Nurse. Students in California may also leave school during school hours to attend a sexual health care appointment. If a student wishes to pursue this option, please talk with the School Nurse or Counselor to arrange this appointment.”** Remind students to talk with a parent, caregiver, or trusted adult if possible if they need any of these services; however, if they need to seek care without telling their parent/guardian they are legally able to do so. (5 minutes)

RECOMMENDED ASSESSMENT OF LEARNING OBJECTIVES AT CONCLUSION OF LESSON:

Student participation in the two small group activities will enable the teacher to measure whether Learning Objectives 1-3 have been achieved. The small groups increase the chance of participation by all members, and going over the answers in front of the whole class will reinforce the content.

(Note: Activities in this lesson inspired by Gareth Cheesman (www.sharemylesson.com) and Positive Images: A New Approach to Contraceptive Education by Peggy Brick and Carolyn Cooperman, Planned Parenthood of Greater Northern New Jersey, Inc.)

STI CLUES WORKSHEET

ANSWER KEY

STI #1	Chlamydia <i>or</i> Gonorrhea
STI #2	Genital Herpes
STI #3	Human Papilloma Virus (HPV)
STI #4	Chlamydia <i>or</i> Gonorrhea
STI #5	Hepatitis B
STI #6	HIV/AIDS
STI #7	Pubic Lice <i>and</i> Scabies
STI #8	Syphilis
STI #9	Trichomoniasis

STI RISK BEHAVIORS ANSWER KEY

HIGH RISK for STIs

Unprotected vaginal sex

Unprotected anal sex

Unprotected oral sex

LOW RISK for STIs

Vaginal sex using a male or female condom correctly

Anal sex using a condom correctly

Oral sex using a latex barrier or cut-open condom correctly

NO RISK for STIs

Bathing together

Kissing on the lips

Solo masturbation

Holding hands

Abstaining from sexual activity

HIGH RISK for STIs

Unprotected oral, vaginal, and anal intercourse are high risk behaviors for transmitting STIs. “Unprotected” means not using a latex barrier, such as an external (i.e., “male”) condom, internal (i.e., “female”) condom, or dental dam.

LOW RISK for STIs

Just as the key to the high risk behaviors is “unprotected,” the key word for low risk behaviors is “correctly.” These behaviors are only low risk if condoms or other barriers are used consistently and correctly—which means every time two people have sexual contact, from the beginning of a sex act to the end. As soon as body parts such as the genitals or anus come into contact with each other, and/or mouths come into contact with body parts such as the genital or anus, STI transmission is possible.

In addition, although using internal or external condoms and latex barriers significantly reduce the risk of STI transmission, they do not protect sexual partners completely. While semen and vaginal fluids are blocked by the condom, they do not cover other parts of the body. When the skin around the genitals or anus rub against each other, the skin-to-skin contact can cause microscopic openings in the skin, which are small enough for some viruses to pass through which could transmit an STI.

NO RISK for STIs

Aside from continuous abstinence—meaning not having oral, anal, or vaginal sex with another person for a period of time—very few shared sexual behaviors carry no risk for STIs. The activities listed here are more related to intimacy between two people, with the exception of solo masturbation (i.e., self-stimulating one’s own genitals). These behaviors are important because they can help people—when they are older and are in healthy, monogamous, intimate relationships—learn about their bodies and build connection between people without any risk of STIs or possible pregnancy.

Are you spread through **genital contact**, including vaginal sex or anal sex?

You could be....

CHLAMYDIA
GENITAL HERPES
GONORRHEA
HEPATITIS B
HIV
HUMAN PAPILLOMAVIRUS (HPV)
PUBIC LICE
SCABIES
SYPHILIS
TRICHOMONIASIS

Can you be **CURED** easily?

You could be...

CHLAMYDIA
GONORRHEA
PUBIC LICE
SCABIES
SYPHILIS
TRICHOMONIASIS

**Does a condom offer really
good protection against you?**

You could be...

CHLAMYDIA
GONORRHEA
HEPATITIS B
HIV
SYPHILIS
TRICHOMONIASIS

STI CLUE #3

Are you **one of the MOST COMMON STIs** among adolescents in the U.S.? If so, you could be...

CHLAMYDIA
GONORRHEA
GENITAL HERPES
HUMAN PAPILLOMAVIRUS (HPV)
TRICHOMONIASIS

Can you be **DETECTED** by a **blood test**?

You could be...

GENITAL HERPES
HEPATITIS B
HIV/AIDS
SYPHILIS

Can you be transmitted through **ORAL SEX**?

You could be...

CHLAMYDIA
GENITAL HERPES
GONORRHEA
HEPATITIS B
HIV
HUMAN PAPILLOMAVIRUS (HPV)
SYPHILIS

Can you be transmitted via
SKIN-TO-SKIN CONTACT?

You could be...

GENITAL HERPES
HUMAN PAPILLOMAVIRUS (HPV)
PUBIC LICE
SCABIES
SYPHILIS

Do you cause an outbreak of **SORES** within
two weeks of having it?

You could be...

GENITAL HERPES
HUMAN PAPILLOMAVIRUS (HPV)
SYPHILIS

Are you **CAUSED BY A PARASITE** or “bug?”

You could be...

PUBIC LICE
SCABIES
TRICHOMONIASIS

Do you have a **VACCINE?**

You could be...

HEPATITIS B
HUMAN PAPILLOMAVIRUS (HPV)

STI Clues Worksheet

STI #1: _____

1. You are spread through genital contact, including vaginal sex or anal sex.
2. You can be cured easily.
3. Condoms offer very good protection against you.
4. You are one of the most common STIs among adolescents in the US.
5. You are not detected by a blood test.
6. You can be transmitted through oral sex.
7. You are not transmitted via skin-to-skin contact.
8. You do not cause an outbreak of sores within two weeks of having it.
9. You are not caused by a parasite or “bug.”
10. You do not have a vaccine.

CHLAMYDIA

GENITAL HERPES

GONORRHEA

HEPATITIS B

HIV/AIDS

HUMAN PAPILLOMAVIRUS (HPV)

PUBIC LICE

SCABIES

SYPHILIS

TRICHOMONIASIS

STI Clues Worksheet

STI #2: _____

1. You are spread through genital contact, including vaginal sex or anal sex.
2. You can be treated, but not cured.
3. Condoms offer only some protection protection against you.
4. You are one of the most common STIs among adolescents in the US.
5. You can be detected by a blood test.
6. You can be transmitted through oral sex.
7. You can be transmitted via skin-to-skin contact.
8. You cause an outbreak of sores within two weeks of having it.
9. You are not caused by a parasite or “bug.”
10. You do not have a vaccine.

CHLAMYDIA

GENITAL HERPES

GONORRHEA

HEPATITIS B

HIV/AIDS

HUMAN PAPILLOMAVIRUS (HPV)

PUBIC LICE

SCABIES

SYPHILIS

TRICHOMONIASIS

STI Clues Worksheet

STI #3: _____

1. You are spread through genital contact, including vaginal sex or anal sex.
2. You can be treated, but not cured.
3. Condoms offer only some protection against you.
4. You are one of the most common STIs among adolescents in the US.
5. You are not detected by a blood test.
6. You can be transmitted through oral sex.
7. You can be transmitted via skin-to-skin contact.
8. You do not cause an outbreak of sores within two weeks of having it.
9. You are not caused by a parasite or “bug.”
10. You have a vaccine.

CHLAMYDIA

GENITAL HERPES

GONORRHEA

HEPATITIS B

HIV/AIDS

HUMAN PAPILLOMAVIRUS (HPV)

PUBIC LICE

SCABIES

SYPHILIS

TRICHOMONIASIS

STI Clues Worksheet

STI #4: _____

1. You are spread through genital contact, including vaginal sex or anal sex.
2. You can be cured easily.
3. Condoms offer very good protection against you.
4. You are one of the most common STIs among adolescents in the US.
5. You are not detected by a blood test.
6. You can be transmitted through oral sex.
7. You are not transmitted via skin-to-skin contact.
8. You do not cause an outbreak of sores within two weeks of having it.
9. You are not caused by a parasite or “bug.”
10. You do not have a vaccine.

CHLAMYDIA

GENITAL HERPES

GONORRHEA

HEPATITIS B

HIV/AIDS

HUMAN PAPILLOMAVIRUS (HPV)

PUBIC LICE

SCABIES

SYPHILIS

TRICHOMONIASIS

STI Clues Worksheet

STI #5: _____

1. You are spread through genital contact, including vaginal sex or anal sex.
2. You can be treated, but not cured.
3. Condoms offer very good protection against you.
4. You are not one of the most common STIs among adolescents in the US.
5. You are detected by a blood test.
6. You can be transmitted through oral sex.
7. You are not transmitted via skin-to-skin contact.
8. You do not cause an outbreak of sores within two weeks of having it.
9. You are not caused by a parasite or “bug.”
10. You have a vaccine.

CHLAMYDIA

GENITAL HERPES

GONORRHEA

HEPATITIS B

HIV/AIDS

HUMAN PAPILLOMAVIRUS (HPV)

PUBIC LICE

SCABIES

SYPHILIS

TRICHOMONIASIS

STI Clues Worksheet

STI #6: _____

1. You are spread through genital contact, including vaginal sex or anal sex.
2. You can be treated, but not cured.
3. Condoms offer very good protection against you.
4. You are not one of the most common STIs among adolescents in the US.
5. You can be detected by a blood test.
6. You can be transmitted through oral sex.
7. You are not transmitted via skin-to-skin contact.
8. You do not cause an outbreak of sores within two weeks of having it.
9. You are not caused by a parasite or “bug.”
10. You do not have a vaccine.

CHLAMYDIA

GENITAL HERPES

GONORRHEA

HEPATITIS B

HIV/AIDS

HUMAN PAPILLOMAVIRUS (HPV)

PUBIC LICE

SCABIES

SYPHILIS

TRICHOMONIASIS

STI Clues Worksheet

STI #7: _____ and _____

1. You are spread through genital contact, including vaginal sex or anal sex.
2. You can be easily cured.
3. Condoms do not offer any protection against you.
4. You are not one of the most common STIs among adolescents in the US.
5. You are not detected by a blood test.
6. You are not transmitted through oral sex.
7. You are transmitted via skin-to-skin contact.
8. You do not cause an outbreak of sores within two weeks of having it.
9. You are caused by a parasite or “bug.”
10. You do not have a vaccine.

CHLAMYDIA

GENITAL HERPES

GONORRHEA

HEPATITIS B

HIV/AIDS

HUMAN PAPILLOMAVIRUS (HPV)

PUBIC LICE

SCABIES

SYPHILIS

TRICHOMONIASIS

STI Clues Worksheet

STI #8: _____

1. You are spread through genital contact, including vaginal sex or anal sex.
2. You can be easily cured.
3. Condoms offer very good protection against you.
4. You are not one of the most common STIs among adolescents in the US.
5. You are detected by a blood test.
6. You are transmitted through oral sex.
7. You are transmitted via skin-to-skin contact.
8. You can cause an outbreak of sores within two weeks of having it.
9. You are not caused by a parasite or “bug.”
10. You do not have a vaccine.

CHLAMYDIA

GENITAL HERPES

GONORRHEA

HEPATITIS B

HIV/AIDS

HUMAN PAPILLOMAVIRUS (HPV)

PUBIC LICE

SCABIES

SYPHILIS

TRICHOMONIASIS

STI Clues Worksheet

STI #9: _____

1. You are spread through genital contact, including vaginal sex or anal sex.
2. You can be easily cured.
3. Condoms offer very good protection against you.
4. You are one of the most common STIs among adolescents in the US.
5. You are not detected by a blood test.
6. You are not transmitted through oral sex.
7. You are not transmitted via skin-to-skin contact.
8. You do not cause an outbreak of sores within two weeks of having it.
9. You are caused by a parasite or a “bug”.

CHLAMYDIA

GENITAL HERPES

GONORRHEA

HEPATITIS B

HIV/AIDS

HUMAN PAPILLOMAVIRUS (HPV)

PUBIC LICE

SCABIES

SYPHILIS

TRICHOMONIASIS

HIGH RISK for STIs

LOW RISK for STIs

**NO RISK
for STIs**

Unprotected
vaginal sex

(CUT HERE)

Bathing
together

**Unprotected
anal sex**

(CUT HERE)

**Vaginal sex
using a male or
female condom**

**Kissing
on the lips**

(CUT HERE)

**Unprotected
oral sex**

Solo masturbation

(CUT HERE)

**Oral sex using a
latex barrier or
cut-open condom
correctly**

Holding hands

(CUT HERE)

Abstaining from sexual activity

(CUT HERE)

Anal sex using a condom correctly

Exit Slip – Before You Go...

Name _____

The last 2 lessons we've talked about HIV and other STIs. Please complete the following sentence stems and hand them in before leaving class.

One way I can protect myself from STIs is _____

Something I still have questions about is: _____

Exit Slip – Before You Go...

Name _____

The last 2 lessons we've talked about HIV and other STIs. Please complete the following sentence stems and hand them in before leaving class.

One way I can protect myself from STIs is _____

Something I still have questions about is: _____
