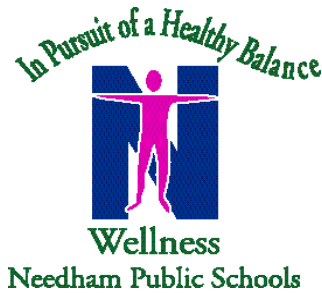


*Rvsd January 2017*



***STIs and HIV: Consequences of Decisions Not Thought Through***

**Lesson Goals**

- Identify STIs and How They are transmitted and Prevented
- Learn Names of STI's and Whether they are Curable or Treatable
- Reflect on One's Feelings about Learning about STIs
- Understand the Importance of Being Totally Honest with the Doctor When S/He asks Questions about Sexual Behavior

**SEL Skills Addressed**

Social awareness  
Relationship skills  
Responsible decision making

**Terms Used**

Sexually transmitted infections  
Sexual health  
Condom  
Asymptomatic  
Treatable/curable  
Bacterial/viral  
Sexual contact

**Materials:** Folders, Journals, Truth and Lies Quiz, *STI Essential Information and Resources* handout, STI and HIV Risk Reflection,

**Activity 1: Discuss Journal Prompt from previous class**

*~The purpose of this activity is to reflect on information taught in the previous lesson and share thoughts and ideas about taking responsibility for ones' own (and a partners) sexual health in relationships*

- 1) What was something interesting you learned in class?
- 2) What did you learn from this interview? Did the boys and girls in your class share similar or different perspectives on these questions? Why do you think that is so?
- 3) How do rules change or remain the same between same-sex partners?
- 4) What are some concrete ways that both males and females can take responsibility for their own decisions in dating situations.

**Activity 2: STIs: Truth and Lies (15 minutes)**

*~ The purpose of this activity is to explore truths and lies about STIs*

Explain that sexually transmitted infections (STIs) (sometimes called sexually transmitted diseases (STD's), are infections that are spread from an infected person to another person through sexual contact. Understanding how to prevent and treat STIs is an important part of sexual health. Hand out STI Essential Information Chart. Have students begin to fill this in as they learn about STIs in class.

Give students the handout STI's: Truth and Lies Quiz. (page 6)  
Review the answers with students once they have finished.

**Activity 3: Bacterial -Viral /Curable-Treatable**

*~ The purpose of this activity is to learn the difference between bacterial and viral STIs, discuss HIV, understand that abstinence is the only sure way to prevent STIs and HIV, and to learn that latex and polyurethane condoms protect against STIs most of the time*

Ask students to name the STI's they have heard of. Write these STI's on the board, separating them into three categories "bacterial," "viral," and "other." Bacterial STI's can be cured with medicine. Viral STI's cannot be cured, but they can be treated, and the symptoms can be managed.

Explain that many STI's are asymptomatic and have long-term health consequences if they are left untreated. Have students fill out the chart - STI Essential Information to help them organize the information about STIs. A really important message is that all STI's are preventable.

Discuss HIV. Elicit from students the four fluids that transmit HIV (blood, semen, and pre-ejaculate, vaginal fluid, and breast milk). Explain the difference between HIV and AIDS, and discuss the complexity of treatment regimens.

Process that abstinence is the only guaranteed way to protect against STIs and HIV. Latex and polyurethane condoms protect against STI's -- most of the time.

Have students read through the most important ways to protect against SIT's on their handouts, and point out the resources that are available to students. Inform students that condoms are 100% guaranteed.

**Process Questions**

1. How are all STIs preventable?  
(abstinence. getting tested, using protection, healthy relationships, communication, sequential/monogamous partners, etc.)
2. When is it important to get tested for STI's, including HIV?
3. How do you think you would feel if you found out you had an STI?
4. What do you think is the most important message to give teens about STI's?

**Activity 4: STI Essential Information Chart**

*~ The purpose of this activity is to name some of the common STIs, determine if they are bacterial or viral, curable or treatable.*

Students should already have the STI Essential Information Chart. Using the Center for Disease Control (CDC) Fact sheets for Sexually Transmitted Infections (STI's) talk through the essential information for the STI's listed below and HIV. Have students fill in their charts.

**Tell students:** Once you become sexually active, you are at risk for contracting and STI. You may never know you have an STI unless you are tested. Doctors will typically ask teens if they are sexually active. Remind them that it is important that they be totally honest when the doctor asks questions about their sexual activity.

**CDC TEACHER RESOURCES**

[http://www.cdc.gov/std/healthcomm/fact\\_sheets.htm](http://www.cdc.gov/std/healthcomm/fact_sheets.htm)

Bacterial Vaginosis

Genital Herpes

Chlamydia

Gonorrhea

Genital HPV Infection

Syphilis

**Podcasts from CDC**

<http://www.cdc.gov/std/Be-Smart-Be-Well/default.htm#>

<http://www2c.cdc.gov/podcasts/videowindow.asp?f=809796&af=v>

<http://www2c.cdc.gov/podcasts/media/mp4/WhatIsIt.mp4>

<http://www2c.cdc.gov/podcasts/media/mp4/WeDontTalk.mp4>

<http://www2c.cdc.gov/podcasts/videowindow.asp?f=805710&af=v>

**Activity 5: Anonymous Questions (5 minutes)**

*~The purpose of the anonymous question box is to provide students with a way to ask those questions that they might feel uncomfortable asking out loud in class.*

Address student questions in the Anonymous Question Box. Give students a new question to answer if they don't have one about the class material, and remind students to place their anonymous questions in the box as they leave the classroom.

**STI's: Truth and Lies Quiz**

Circle "True" or "False" for each statement below

1. Twenty-five percent of new HIV cases in the United States are in youth under the age of 22.  
True                      False
2. A person would know if they had an STI.  
True                      False
3. It takes weeks to get the results of an HIV test.  
True                      False
4. For some STI's, there is no cure.  
True                      False
5. If a person says that they have not had sex, they can't have an STI.  
True                      False
6. Having multiple sexual partners can greatly increase your risk of getting an STI.  
True                      False
7. Proper and consistent use of latex or polyurethane condoms greatly reduces the risk of getting an STI.  
True                      False
8. Abstinence is the only guaranteed way to prevent an STI.  
True                      False

**STI's: Truth and Lies Quiz**

1. Twenty-five percent of new HIV cases in the United States are in youth under the age of 22.

**True:** One out of every four people to be diagnosed with HIV is a person under the age of 22.

2. A person would know if they had an STI.

**False:** The most common symptom of an STI is to have no symptoms. This is why it is important for a person who is participating in sexual activity to use a condom during each sexual act and to get regular (every 3-6 months) STI screenings.

3. It takes weeks to get the results of an HIV test.

**False:** Some clinics are now offering rapid testing, where a person can get tested and have their results in 20 minutes

4. For some STI's, there is no cure.

**True:** Some STIs are caused by viruses, which cannot be cured. HIV and HPV are examples of STIs that have no cure.

5. If a person says that they have not had sex, they can't have an STI.

**False:** The herpes virus, for example, can be passed through casual contact such as touching or kissing or oral sex (which some people may not consider "sex"). Also, people are not always honest. The only way to be sure that someone does not have an STI is to get tested.

6. Having multiple sexual partners can greatly increase your risk of getting an STI.

**True:** When a person has multiple sexual partners, they increase their risk of contracting and transmitting STIs.

7. Proper and consistent use of latex or polyurethane condoms greatly reduces the risk of getting an STI.

**True:** Condoms work by forming a barrier between the penis and the anus, vagina, or mouth. The barrier keeps one partner's fluids from getting into or on the other partner. Condoms also reduce the amount of skin-to-skin contact. There are two main kinds of condoms: male (external) condoms, and female (internal) condoms.

8. Abstinence is the only guaranteed way to prevent an STI.

**True:** Once you become sexually active, you are at risk for contracting and STI

***STI Essential Information Chart***

<b>STI</b>	<b>Virus/Bacteria/Other</b>	<b>Curable</b>	<b>Treatable</b>

- Abstinence is the only 100% certain way to avoid the risks of STI transmission. In order to be effective, it must include two components.
  - ~ Keep your partner's body fluids out of your body (e.g. vagina, anus, or mouth). The body fluids to be most careful about are blood, ejaculate, pre-ejaculate, and vaginal fluids.
  - ~ If you choose to be sexually active, using condoms can reduce your risk by preventing the transmission of fluids.
- Don't touch sores or growths that are caused by STI's.



### **STI and HIV Risk Reflection Journal Reflection**

Be honest with yourself as you respond to this reflection activity. You will not be asked to share your answers with the class.

1. When I think about STI's and HIV, I feel...

2. My chances of keeping myself free of STIs and HIV are...

3. I think some teens get infected with STIs because they...

4. If I found out I had an STI or HIV, one person I could go to would be...



**Teacher's Notes:**