

# Protecting Your Health: Understanding and Preventing STDs

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

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

**TARGET GRADE:** Grade 6, 7, 8

**TIME:** 50 Minutes

## **MATERIALS NEEDED:**

- One copy of "STD Clues Sheets" 1-9
- One copy of "STD Clues Answer Key" 1-9
- "STD Clues Worksheet" – enough copies for triads in class to each have one
- One copy each of the STD High Risk, Low Risk and No Risk signs
- List of Behaviors for STD Risk – enough copies for triads in class to each have one
- Homework: "HIV and AIDS" – one per student
- Masking tape
- Pencils in case students do not have their own

## **ADVANCE PREPARATION FOR LESSON:**

- Post the STD Clues Sheets around the room with enough space between them so that students will not get crowded around each.
- Tear off 13 one-inch pieces of masking tape and have them taped to a table or desk at the front of the room.

## **LEARNING OBJECTIVES:**

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

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

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

We're also going to be talking about HIV, which stands for the Human Immunodeficiency Virus. The 'Human' part means only people can get

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This means that just as you can be exposed to them by someone who has one, you can take specific steps to lower or eliminate your chances of getting one."

Explain that another important thing to know is that all STDs are treatable. Some STDs can be cured entirely, usually by taking a medicine. Examples of those are Chlamydia and Gonorrhea. Some STDs can be treated, but a person will always have them, and example is Herpes or HIV. Medicine can make people with these disease feel better, and the disease won't go away.

Ask students to share some of the ways they know of that they can prevent STDs. Probe for:

- o Abstaining from oral, anal, or vaginal sex
- o Using a condom or other barrier method to prevent STD transmission

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. (15 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 the learning objectives 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.

**HOMEWORK:**

Ask students to complete the HIV and AIDS worksheet, the answers to which can be found on the website listed on the assignment. An answer key is provided for the teacher.

Notes: Activities in this lesson inspired by Gareth Cheesman

<https://sharemylesson.com/teaching-resource/sti-clue-activity-174425>

and Positive Images: A New Approach to Contraceptive Education by Peggy Brick and Carolyn Cooperman, Planned Parenthood of Greater Northern New Jersey, Inc.

You can find more info about HIV on this CDC Fact Sheet:

<https://www.cdc.gov/hiv/pdf/library/consumer-info-sheets/cdc-hiv-consumer-info-sheet-hiv-101.pdf> You can find more about STDs on the [www.CDC.gov](http://www.CDC.gov) website

STD #2: \_\_\_\_\_

1. You are spread through sexual contact, including vaginal sex, anal sex, and oral 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 STDs 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

TRICHOMONIASIS

HUMAN PAPILLOMAVIRUS (HPV)

HEPATITIS B

PUBIC LICE

HIV/AIDS

SCABIES

GONORRHEA

SYPHILIS

GENITAL HERPES

STD #4: \_\_\_\_\_

1. You are spread through sexual contact, including vaginal sex, anal sex, and oral sex.
2. You can be cured easily.
3. Condoms offer very good protection against you.
4. You are one of the most common STDs 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

TRICHOMONIASIS

HUMAN PAPILLOMAVIRUS (HPV)

HEPATITIS B

PUBIC LICE

HIV/AIDS

SCABIES

GONORRHEA

SYPHILIS

GENITAL HERPES

STD #6: \_\_\_\_\_

1. You are spread through sexual contact, including vaginal sex, anal sex, and oral 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 STDs 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

TRICHOMONIASIS

HUMAN PAPILLOMAVIRUS (HPV)

HEPATITIS B

PUBIC LICE

HIV/AIDS

SCABIES

GONORRHEA

SYPHILIS

GENITAL HERPES

STD #8: \_\_\_\_\_

1. You are spread through sexual contact, including vaginal sex, anal sex, and oral sex.
2. You can be easily cured.
3. Condoms offer very good protection against you.
4. You are not one of the most common STDs 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

TRICHOMONIASIS

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SYPHILIS

GENITAL HERPES

## ANSWER KEY

STD #1. Chlamydia

STD #2. Genital Herpes

STD #3. Human Papilloma Virus (HPV)

STD #4. Gonorrhea

STD #5. Hepatitis B

STD #6. HIV/AIDS

STD #7. Scabies and Pubic Lice

STD #8. Syphilis

STD #9. Trichomoniasis

Can you be **CURED** easily?

You could be...

CHLAMYDIA

GONORRHEA

SYPHILIS

SCABIES

PUBIC LICE

TRICHOMONIASIS



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

You could be...

CHLAMYDIA

GONORRHEA

HEPATITIS B

SYPHILIS

HERPES

HIV

TRICHOMONIASIS

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

You could be...

CHLAMYDIA

GONORRHEA

SYPHILIS

HPV

GENITAL HERPES

HIV

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

You could be...

**GENITAL HERPES**

**HPV**

**SYPHILIS**

**Do you have a VACCINE?**

You could be....

HPV  
HEPATITIS B

## HOMEWORK: HIV AND AIDS

Name: \_\_\_\_\_ Date: \_\_\_\_\_

Instructions: There are some unique aspects of HIV and AIDS that is different from other STDs. Complete the questions below by watching the video, "What is HIV?" available here: <https://amaze.org/video/what-is-hiv/>

1. HIV weakens which system in the human body?
2. That means it's harder for people with HIV to fight off certain \_\_\_\_\_.
3. Which three body fluids do NOT transmit HIV?
4. Can you get HIV from sharing a glass with someone?
5. What is the medication called that can prevent HIV?
6. You can't tell whether someone has HIV just by looking at them. How can people know for sure whether they have HIV?

**NO RISK  
for STDs**

----- ( CUT HERE ) -----

**Unprotected  
vaginal sex**

**Unprotected  
anal sex**

----- ( CUT HERE ) -----

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

**masturbation**

**Mutual**

----- ( CUT HERE ) -----

**Anal sex using  
a condom  
correctly**



**holding hands**

----- ( CUT HERE ) -----

**Abstaining  
from sexual  
activity**