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

it and transmit to other people. While there are animal versions of HIV, 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 science class 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 STDs, but that they tend to have at least a few things in common with other STDs. So you are going to be doing an activity where they are going to be assigned an STD and try to discover which one they have. (3 minutes)

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

STEP 3: Once 10 minutes have elapsed, have the groups return to their seats, staying in their groups. Go through the responses using the answer key. (8 minutes)

STEP 4: Say, "One of the things all these STDs 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 STDs." 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 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 STD, 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, post the "High Risk, Low Risk, No Risk" signs to the board with at least 2 – 3 feet between each for easy reading.*

STEP 5: Once ten minutes have passed, ask one of the groups to bring their answers up and tape them to the board beneath each of the signs you have posted using the masking tape you pre-tore before class started. Make corrections as necessary and go through the responses using the Answer Key as a guide.

Once you have been through all the answers, say, "A key point about STDs and your risk for them is that one person has to have an STD in order to give it to someone else. None of these behaviors, including the high risk behaviors, can spontaneously create an STD. They are caused by bacteria, they are caused by viruses, they are caused by parasites or bugs.

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:

- Abstaining from oral, anal, or vaginal sex
- 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 website

STD #1: _____

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 the most commonly reported STD in the United States.

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

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

STD #3: _____

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

STD #5: _____

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 are 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 not caused by a parasite or “bug.”

10. You have a vaccine.

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

STD #7: _____

1. You are spread through sexual contact, including vaginal sex, anal sex, and oral 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 STDs 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	HIV/AIDS
TRICHOMONIASIS	SCABIES
HUMAN PAPILLOMAVIRUS (HPV)	GONORRHEA
HEPATITIS B	SYPHILIS
PUBIC LICE	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	HIV/AIDS
TRICHOMONIASIS	SCABIES
HUMAN PAPILLOMAVIRUS (HPV)	GONORRHEA
HEPATITIS B	SYPHILIS
PUBIC LICE	GENITAL HERPES

STD #9: _____

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 one of the most common STDs 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 a “bug”.

CHLAMYDIA	HIV/AIDS
TRICHOMONIASIS	SCABIES
HUMAN PAPILLOMAVIRUS (HPV)	GONORRHEA
HEPATITIS B	SYPHILIS
PUBIC LICE	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

Are you **spread through sexual contact**, including vaginal sex, anal sex, and oral sex?

You could be…

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

Can you be **CURED** easily?

You could be…

CHLAMYDIA
GONORRHEA
SYPHILIS
SCABIES
PUBIC LICE
TRICHOMONIASIS

Can you be **TREATED**, but NOT cured?

You could be…

GENITAL HERPES
HUMAN PAPILLOMAVIRUS (HPV)
HEPATITIS B
HIV/AIDS

Does a condom offer really good protection against you?

You could be…

CHLAMYDIA
GONORRHEA
HEPATITIS B
SYPHILIS
HERPES
HIV
TRICHOMONIASIS

Are you **one of the MOST COMMON STDs** among adolescents in the US? If so, you could be…

CHLAMYDIA
HUMAN PAPILLOMAVIRUS (HPV)
GONORRHEA
GENITAL HERPES
TRICHOMONIASIS

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

You could be...

CHLAMYDIA
GONORRHEA
SYPHILIS
HPV
GENITAL HERPES
HIV

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

You could be...

GENITAL HERPES
HPV
SYPHILIS
LICE
SCABIES

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

You could be...

GENITAL HERPES
HPV
SYPHILIS

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

You could be...

TRICHOMONIASIS
SCABIES
PUBIC LICE

Do you have a **VACCINE**?

You could be...

HPV
HEPATITIS B

HOW HIGH IS THE RISK FOR STDS?
ANSWER KEY

HIGH RISK FOR STDS	LOW RISK FOR STDS	NO RISK FOR STDS
Unprotected vaginal sex	Deep (“tongue”) kissing	Bathing together
Unprotected anal sex	Vaginal sex using a male or female condom correctly	Kissing on the lips
Unprotected oral sex	Anal sex using a condom correctly	Mutual masturbation
	Oral sex using a latex barrier or cut-open condom correctly	Solo masturbation
		Holding hands
		Abstaining from sexual activity

HIGH RISK FOR STDS

Unprotected oral, vaginal and anal intercourse are high risk behaviors for transmitting STDs. “Unprotected” means not using a latex barrier, such as a condom.

LOW RISK FOR STDS

Just as the key to the high risk behaviors was “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 ever time two people are sexual together, from the beginning of the sex act to the end. As soon as body parts come into contact with each other, and/or mouths come into contact with body parts, STD transmission is possible.

The level of risk also depends on the STD. For example, deep or “tongue” kissing is high risk for herpes, but not for HIV.

In addition, although using male and female condoms and latex barriers significantly reduce the risk of STD transmission, they don’t protect partners completely. While semen and vaginal fluids are blocked by the condom, they do not cover bodies completely. When bodies rub against each other, they can also cause microscopic openings in the skin, which are small enough for some viruses to pass through in order to transmit an STD.

NO RISK FOR STDS

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 STDs. The activities here are more related to intimacy – with the exception of masturbation and mutual masturbation. These behaviors are important because they can help people learn about their bodies and build connection between people without any risk of STDs (or pregnancy).

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?

LOWER RISK
for STDs

(CUT HERE)

HIGH RISK
for STDs

NO RISK
for STDs

(CUT HERE)

Unprotected vaginal sex

Deep
("tongue")
kissing

(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

Mutual masturbation

(CUT HERE)

Anal sex using a condom correctly

Solo masturbation

(CUT HERE)

Oral sex using a latex barrier or condom correctly

Holding hands

(CUT HERE)

Abstaining from sexual activity