Health Risks Associated with HGD

Preventing Sexually Transmitted Infections and Teenage Pregnancy

Lesson 2

Developed by Collier County Public Schools
Teaching and Learning Education Department

Clinically Reviewed By: Dr. Karysse Trandem, DO, FACOOG
Medical Director & Ob/Gyn Physician, Pregnancy Resource Centers of SWF

Lesson 2 Learning Target:

Students will be able to demonstrate the ability to comprehend and use concepts for health promotion, disease prevention, interpersonal skills, and decision-making to reduce or avoid health risks related to Human Growth and Development.



Scientific Focus: Bacterial and Viral Differences, transmission of infections/diseases

Lesson 2 Performance Scale

HEALTH SKILLS - PERFORMANCE SCALE – HGD Grades 6-8 – LESSON 2

Learning Goal Outcome from State Standards:
Demonstrate ability to comprehend and use concepts for health promotion, disease prevention, interpersonal skills, and decision-making to reduce or avoid health risks related to Human Growth and Development.

Lesson 2 Learning Target:
Identify responsible interpersonal, decision-making, and disease prevention skills to reduce reproductive health risks

Directions: Use the Performance Scale checklist below. **Start at Level 1**, check off those you can do and work on those you need more practice. Then, move up the levels as you build both knowledge and skill competency. Time and practice may be necessary to reach Target Mastery at level 3.

Level	Learning Target Tasks: I can: ✓
4 beyond desired effect	○ Demonstrate evidence of both comprehending and using the skills needed as a responsible decision-maker regarding health behaviors and choices ○ Demonstrate evidence of understanding reproductive health risks and prevention of disease
3 level of desired goal	**Demonstrate ability to comprehend and use concepts for health promotion, disease prevention, interpersonal skills, and decision-making to reduce or avoid health risks related to Human Growth and Development.** ○ **Identify responsible interpersonal, decision-making, and disease prevention skills to reduce reproductive health risks**
2 This is the **foundational** level tasks, practice of skills, cues, and vocabulary needed to get to required goal	○ Understand that abstinence is the only 100% effective way to prevent pregnancy and sexually transmitted infections and diseases ○ Understand how health behavior decision-making can either increase health risks or decrease them ○ Identify key highlights of disease and pregnancy prevention ○ Identify differences in viral and bacterial STI's ○ Identify benefits to delaying sexual activity ○ Identify some expectations in friendships or relationships skills and ways to share them appropriately ○ Identify personal core values ○ Identify personal health skills ○ Identify responsible ways to access valid and reliable health information
1 Beginning cognitive and physical	○ Recognize some family, friend, and relationship skills ○ Recognize some self-esteem/self-worth personal values, and beliefs ○ Recognize some responsible health decisions ○ Recognize some communication skills

START HERE — CHECK OFF THOSE YOU CAN DO

2 KEY FACTORS in our health-related decision-making

1 Our Health Skills:

- Communication skills
- Responsible decision-making skills
- Ability to access valid and reliable information

Example: If you don't communicate with your friend that you do not like how they put you down in front of the group, how will they know it upsets you?

2 Our Personal Values:

- Self-esteem
- Self-worth
- Family, Friendship and Relationship Skills

Example: If you don't believe you are worthy of respect, you will likely accept people treating you badly.

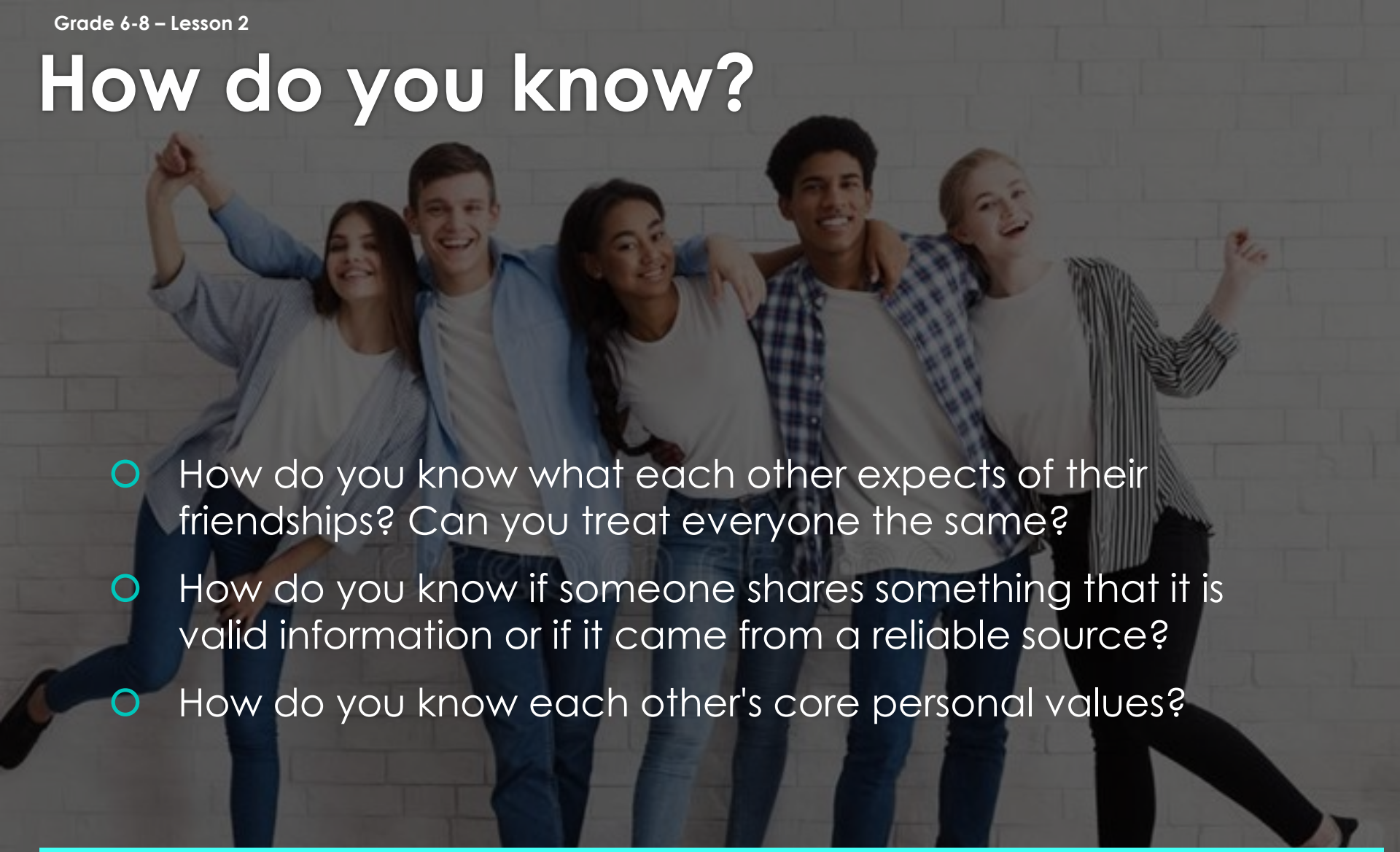


SKILLS CHECK

- **Record 2 Health Behaviors** that would promote strong communication and provide evidence of responsible decision making

- **Record 2 Core Personal Values** that would promote strong self-esteem/self-worth and provide evidence of strong family or relationship skills

How do you know?



- How do you know what each other expects of their friendships? Can you treat everyone the same?
- How do you know if someone shares something that it is valid information or if it came from a reliable source?
- How do you know each other's core personal values?

What is one thing you can ask a friend to get to understand them better or help them better understand you and your personal values?

PREVENTION

Abstinence is the only 100% effective way of preventing pregnancy and sexually transmitted infections.

Abstinence/Prevention includes not coming in contact with the genitals or fluids of another person.

PREVENTION

Benefits to Delaying Sexual Activity:

- Increased mental and emotional health
- Decreased risk for unplanned out-of-wedlock pregnancy
- Decreased risk of sexually transmitted infections, disease, or death
- Increased rate of high school graduation
- Increased rate of college graduation
- Increased perception of self-worth
- Longer-lasting relationships
- Increase in overall opportunities and income

CHECKING FOR UNDERSTANDING

Pause here to check your understanding of the benefits of abstinence and to explain the skills and values needed for optimal growth and development.

1. Name 3 benefits to staying abstinent.
2. Explain how health skills and personal values are critical to your growth and development.

STIs/ STDs

Sexually transmitted infections (STIs) — are generally acquired by sexual contact. The organisms (bacteria, viruses, fungi or parasites) that may cause sexually transmitted diseases (STDs) may pass from person to person in blood, semen, or vaginal, and other bodily fluids including during pregnancy and delivery.

3 TYPES OF STIs

3 TYPES OF INFECTIONS

Bacterial Infection– CURABLE but makes you more susceptible to other infections and can cause permanent scarring preventing pregnancy. Examples: Chlamydia, Gonorrhea, Syphilis

Parasitic/ Fungal Infection– CURABLE Trichomoniasis, Pubic lice, Scabies

Viral Infection– INCURABLE YOU HAVE a VIRUS FOREVER that ca lead to other immune illnesses and possibly death. Examples: Human Papilloma Virus (HPV), Hepatitis, Human Immunodeficiency Virus/AIDS

Personal Prevention, Valid and Reliable Health Education, and Regular Healthcare are ways to avoid infection and disease.

Bacterial Infections and Diseases

Syphilis – Chancre and rash





Gonorrhea – discharge and sore





Chlamydia –rash and discharge in eye and cervix





Viral Infections and Diseases

HPV – oral virus and papilloma





Genital Warts- genital region and oral representation





Genital Herpes- Genital Simplex 2 and oral/eye/nose Simplex 1





Viral STIs continued

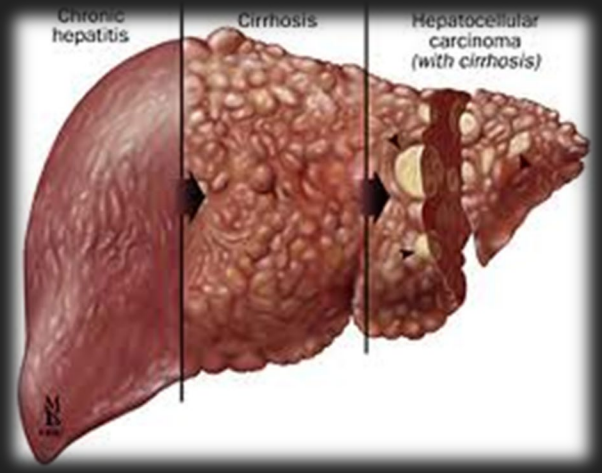
HIV/AIDS – skin lesions and thrush





When HIV has damaged immune system lowering white blood T Cell below 200, it is more likely that some of the opportunistic diseases will cause death rather than the HIV/AIDS virus under current advanced treatments.

Hepatitis C - disease that destroys the liver



Prevention Post It Notes



The only 100% way to prevent an STI or pregnancy is abstinence.



Proper use of a condom can help to prevent many STIs, but condoms are not 100% effective.



It is possible to have more than one STI at a time, and people do not develop immunities if they have previously had an STI.



STIs can be transmitted with or without symptoms.

Abstinence from sexual activity outside of marriage is the expected standard to avoid pregnancy, STIs, including HIV/AIDS and other associated health problems





Contraception Benefits and Consequences

Pregnancy Prevention Methods

1 BARRIER METHODS

- Blocks sperm from entering female's cervix
- Examples: male condom, female condom, diaphragm, cervical cap, sponge, spermicide

2 HORMONE METHODS

- Use of estrogen and progestin together or progestin only
- Examples: birth control pill, skin patch (Ortho Evra), shot (Depo-Provera), intrauterine device, (IUD)

3 INFORMATIONAL METHODS

- Individuals must be very aware of their bodies/cycles
- Examples: fertility awareness and withdrawal

4 PERMANENT METHODS

- Adults who have finished having children
- Examples: female sterilization (tubal ligation) and male sterilization (vasectomy)

Sample Contraception Devices/Methods



Condom



Female condom



Pill



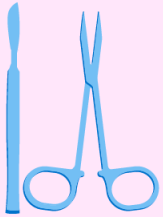
Hormonal ring



IUD



Injection



Surgical sterilization



Implant



Coitus interruptus



Calendar rhythm method



Patch



Diaphragm

CHECKING FOR UNDERSTANDING

Pause here to check your general understanding of STIs and birth control methods.

3. What are 3 examples of STIs that could last your lifetime and can lead to death?
4. What prevention method is 100% effective?
5. Which contraceptive methods help prevent some STIs?

Lesson 2 Performance Scale

HEALTH SKILLS - PERFORMANCE SCALE – HGD Grades 6-8 – LESSON 2

Learning Goal Outcome from State Standards:
Demonstrate ability to comprehend and use concepts for health promotion, disease prevention, interpersonal skills, and decision-making to reduce or avoid health risks related to Human Growth and Development.

Lesson 2 Learning Target:
Identify responsible interpersonal, decision-making, and disease prevention skills to reduce reproductive health risks

Directions: Use the Performance Scale checklist below. **Start at Level 1**, check off those you can do and work on those you need more practice. Then, move up the levels as you build both knowledge and skill competency. Time and practice may be necessary to reach Target Mastery at level 3.

Level	Learning Target Tasks: I can: ✓
4 beyond desired effect	○ Demonstrate evidence of both comprehending and using the skills needed as a responsible decision-maker regarding health behaviors and choices ○ Demonstrate evidence of understanding reproductive health risks and prevention of disease
3 level of desired goal	**Demonstrate ability to comprehend and use concepts for health promotion, disease prevention, interpersonal skills, and decision-making to reduce or avoid health risks related to Human Growth and Development.** ○ **Identify responsible interpersonal, decision-making, and disease prevention skills to reduce reproductive health risks**
2 This is the **foundational** level tasks, practice of skills, cues, and vocabulary needed to get to required goal	○ Understand that abstinence is the only 100% effective way to prevent pregnancy and sexually transmitted infections and diseases ○ Understand how health behavior decision-making can either increase health risks or decrease them ○ Identify key highlights of disease and pregnancy prevention ○ Identify differences in viral and bacterial STI's ○ Identify benefits to delaying sexual activity ○ Identify some expectations in friendships or relationships skills and ways to share them appropriately ○ Identify personal core values ○ Identify personal health skills ○ Identify responsible ways to access valid and reliable health information
1 Beginning cognitive and physical	○ Recognize some family, friend, and relationship skills ○ Recognize some self-esteem/self-worth personal values, and beliefs ○ Recognize some responsible health decisions ○ Recognize some communication skills

START HERE — CHECK OFF THOSE YOU CAN DO



QUESTIONS: