

# Student-led Sexually Transmitted Infection (STI) Inquiry Activity

### ACTIVITY GOAL:

To increase knowledge and awareness of how to prevent sexually transmitted and blood-borne infections.

Educators may use this lesson as part of other sexual health teaching, including but not limited to healthy relationships, consent, and refusal skills.

### ACTIVITY INSTRUCTIONS:

1. Divide class into groups of 2-3 students.
2. Assign each group an STI to research using reliable websites, such as:
  - o [www.sexandu.ca/stis](http://www.sexandu.ca/stis)
  - o [www.durham.ca/sexualhealth](http://www.durham.ca/sexualhealth)
  - o <https://sexualhealthontario.ca/en/stis>
  - o [Health Canada](#)

Infections to consider including: chlamydia, gonorrhea, syphilis, herpes, human papilloma virus (HPV), human immunodeficiency virus (HIV), Hepatitis B, Hepatitis C.

3. Have each group complete a STI Inquiry Worksheet for their assigned method and present their findings back to the class.

### Educator prompts

Besides sexual vaginal intercourse, what are other ways that STBBIs are transmitted?

- Oral sex
- Anal sex
- Exposure to contaminated blood or equipment (e.g. piercing, tattooing, needles, drug use equipment)

## Educator prompts continued

- What is the most effective method for preventing STIs and pregnancy?
  - Abstinence
- How can someone decrease their risk of an STI?
  - Waiting until they are older to have sex, discussing past relationships with their partner and STI testing before having sex
  - A condom, internal condom or dental dam can reduce risk
  - Vaccination against HPV and Hepatitis B can reduce risk
- Who can you talk to about sexually transmitted and blood-borne infections?
  - Parent or trusted adult
  - Healthcare provider
  - Durham Region Health Department Health Connection Line 905-668-2020
  - Durham Region Health Department Sexual Health Clinics:
    - Pickering - 905-420-8781
    - Oshawa - 905-433-8901 or 1-800-314-8533
- How is consent related to STIs?
  - Sexual consent is when everyone involved wants and agrees to any physical intimacy
  - When talking about STIs we are talking about sex, and consent is required for any form of sexual activity
  - Consent is more than not saying “no”.
  - Optional video to share: [Kids Help Phone: What is consent?](#)

*Adapted with permission from Middlesex-London Health Unit (October 2022)*



HEALTH  
DEPARTMENT

Durham Health Connection Line | 905-668-2020 or 1-800-841-2729  
**[durham.ca/sexualhealth](https://durham.ca/sexualhealth)**

If you require this information in an accessible format, contact 1-800-841-2729.

