



Sexually Transmitted Infections including HIV

Lesson 1 - Grade 9

175 minutes in length

Overall Expectations:

C. 1. Demonstrate an understanding of factors that contribute to healthy development.

Specific Expectations:

C. 1.4 Describe the relative effectiveness of methods of preventing unintended pregnancy or sexually transmitted infections (STI), including Human Immunodeficiency Virus (HIV) and Acquired Immune Deficiency Syndrome (AIDS) (e.g., avoiding oral, vaginal and anal intercourse; delaying first sexual intercourse; using protection, including barrier and hormonal methods to prevent unintended pregnancy; using condoms and dental dams to protect against STIs), and identify sources of information and support (e. g., doctor, nurse practitioner, public health unit, parents, credible and accurate websites)

Learner Outcome:

Demonstrate an understanding of the factors affecting human sexuality that contribute to healthy development and how it relates to themselves and others.

Explain the consequences of choices made related to sexual intimacy. This module will examine aspects of healthy sexuality, responsible sexual behaviour, in addition to the consequences associated with sexual activity.

Identify available information and support services related to sexually transmitted infections.

Materials:

1. PowerPoint Presentation: STI and HIV Lesson 1
2. Computer lab room or library room (optional)
3. Handouts:
 1. STI PRE TEST
 2. STI Review (Appendix 1)
 3. Health Services Detective (optional)
4. Answer Keys:
 1. STI PRE TEST
 2. STI Review (Appendix 2)
 3. Facts About's (Provided by Durham Region Health Department)
 4. Markers, poster boards

Introduction:

Learning about STIs helps students to be able to take care of their own bodies, therefore preventing possible health problems and infertility associated with having an STI. This lesson helps students define and learn about STIs including HIV/AIDS, as well as describe symptoms, effects, treatments and prevention.

Approaches/Strategies:

Ground Rules (5 minutes)

Establishing ground rules helps to create an environment that fosters trust and comfort for you and your students. Ground rules are most effective when they are discussed before the session begins. The ground rules could be provided to each student individually or posted in the classroom for review prior to the lesson commencing. Some suggested ground rules could include:

- We have personal boundaries that must be respected
- We have the right to pass
- We have the right to our own beliefs and opinions
- We are responsible for our own learning
- Our questions or comments will be respected, taken seriously and kept private

and confidential

Question Box (5-10 minutes)

Retrieve 1-2 questions from last lesson. Facilitate discussion with your class to review concepts that may be unclear or require further clarification.

Defining STI and HIV (10 minutes)

Students will define STI and provide a rationale for learning about STIs including HIV/AIDS. Students will meet these outlined objectives through class discussion around the following questions:

1. How would you define the term “Sexually Transmitted Infection”
 - STIs are infections spread predominantly by close sexual contact and/ or sexual intercourse
 - Inform students that the term “sexually transmitted infection” is a newer term that they may hear when discussing what used to be referred to as a “sexually transmitted disease” (STD).
2. Why is it important to learn about STIs?
 - It helps one to take ownership of their own body and sexual practices
 - It helps us to identify some of the common myths surrounding STIs which may prevent sexually active individuals from using protection or seeking treatment. These myths could include: “it’s easy to tell if a person has an STI because he/she will look dirty or sick”.
 - To obtain a better understanding of the consequences associated with untreated STIs. Untreated STIs can lead to various health complications and impact ones future ability to have children.
 - Helps individuals establish a sense of comfort and confidence discussing STIs with their partners.
3. STI can be viral, or bacterial/parasitic. What do those words mean?
 - **Viral:** if a virus causes a disease, it is possible for it to remain “inactive” for periods of time (meaning there are no symptoms). It is possible to have the virus and not know it, and it is possible to pass it to another person without either person knowing it. Viral STIs can be treated with medications, but cannot be cured. A person infected with a viral STI will have that virus for life. STIs that are viral in nature include Human Papilloma Virus (HPV), HIV/AIDS, hepatitis B and C, and genital herpes. There are vaccinations available to protect against HPV and hepatitis B infections for both men and women, but there are no vaccines to prevent HIV/AIDS, hepatitis C, or genital herpes.

- **Bacterial/Parasitic:** If bacteria or a parasite causes a disease, it needs to be treated with antibiotics or antimicrobial medication. STIs that are bacterial include gonorrhea, chlamydia, and syphilis. STIs that are parasitic include trichomoniasis, and pubic lice.
4. How do HIV/AIDS, hepatitis B, and hepatitis C differ from other STIs?
 - HIV/AIDS, hepatitis B and C are blood borne infections caused by a virus.
 - These viruses can be spread through: blood, blood products, saliva, semen, vaginal fluid and can also be spread by sharing needles (e.g., injecting drugs, tattooing, body piercing) or personal items (e.g., toothbrushes, razors, manicure tools) with an infected person.
 5. If you want to find out more about STIs, what sources can provide accurate information?
 - Sexual Health Clinics (Oshawa, Pickering, Port Perry)
 - Health Care providers (Doctors office/walk in clinics)
 - Teachers, counsellors or school nurses
 - Credible websites/books/articles (durham.ca/sexualhealth)
 - Community agencies (AIDS committee of Durham) Click below to view the Sexual health Department website:
www.durham.ca/sexualhealth

STI Pre Test (20 minutes)

Students determine how much they know about STIs including HIV/AIDS and identify knowledge gaps.

1. Distribute **STI PRE TEST** to students
2. Allow students time to complete the test. (5-10 min)
3. Take up the test together (using power point)

STI Review (40 minutes)

1. Divide class into small groups or pairs
2. Distribute the handout: **STI REVIEW**
3. Assign each group one of the STIs to research
4. Provide students with **FACTS About** handouts from Durham Region Sexual Health Department.

Note: **FACTS Abouts** can be ordered using our resource order form using the link below

<https://forms.durham.ca/Health-Care-Provider-Resources-and-Order-Form>

5. Advise each group to make point form notes in the appropriate section of the **STI REVIEW** handout.
6. Have groups present their STI to the class. Presentations should include factual information but can be presented in a creative format (poster, role play, etc.)
7. Encourage students to complete the appropriate sections of the **STI REVIEW** during each peer presentation.
8. Refer to **STI REVIEW ANSWER KEY** to enhance in-class discussion.

Activity (Optional) - Health Services Detective

(5 min today, 30-40 min at home, and 5 min next class) or book computer lab or library for in-class time to complete.

Students identify local resources where they could go to get testing and information about STIs and HIV.

Keep in mind that all students do not live in a “traditional” family nor do they have equal opportunities for open discussion within their “family.” Although it is best for students to complete this assignment with a supportive parent or guardian, it may not be possible. Be sensitive to the needs of your students.

1. Distribute the **Health Services Detective** handout. Review it with students.
2. Ask students to complete this assignment at home.
3. Debrief this activity next class as follows:
 - Verify students completed the exercise
 - As a class, create a list of clinics and community-based resources
4. Some further debriefing questions could include:
 - What advice would you give someone who thought he/she had an STI?
 - Which of the clinics we identified looks like a good place to go for support?

How would you get to the clinic or health care provider you have chosen if you needed to go yourself or with a friend?

Question Box (5-10 minutes)

Retrieve 1-2 questions from last lesson. Facilitate discussion with your class to review concepts that may be unclear or require further clarification.

Self-Reflection

During the lesson, were:

- Ground rules being followed?
- Good practices established regarding group work and discussion? What will you change for future classes with this group?

What will you change for future use of this lesson?

Student Assessment During this lesson, did students: Knowledge:

- Identify ways STIs including HIV/AIDS are spread?
- Examine symptoms, effects, treatments, prevention for common STI?

Skills:

- Examine thoughts and feelings about STIs including HIV/AIDS?

Attitudes:

- Did students accept the consequences of STIs and appreciate prevention?
- Did students support their friends or self if diagnosed with an STI?
- Did students identify available information and support services related to sexually transmitted infections

References:

Alberta Health and Wellness. (2000). *STD; Teaching Outline and Resource Guide*. Retrieved from <http://www.health.alberta.ca/documents/STD-Teaching-outline-guide.pdf>

Alberta Health Services. (2013). *Calm STI and HIV-Lesson-1*. Retrieved from <http://teachers.teachingsexualhealth.ca/wp-content/uploads/CALM-STI-Lesson1.pdf>

Alberta Health Services. (2013). *Calm STI and HIV Lesson 2*. Retrieved from <http://teachers.teachingsexualhealth.ca/wp-content/uploads/CALM-STI-Lesson2.pdf>

Durham Region Health Department. (Current) *STI Health Ed References*

Durham Region Health Department. (Current) *Facts Abouts*

Public Health Agency of Canada. (January 2010). *Canadian Guidelines on Sexually Transmitted Infections*. Ottawa. Retrieved from <http://www.phac-aspc.gc.ca/std-mts/sti-its/cgsti-ldcits/section-2eng.php#a1>

Public Health Agency of Canada (September 2013). *Sexually Transmitted Infections (STI), Sexual health Facts and Information for the Public*. Retrieved from: www.phac-aspc.gc.ca/std-mts/faq-eng.php

STI/HIV Pre Test

Check off whether the following statements are true or false.

1. You can catch an STI or HIV from door knobs, toilet seats, or fountains.
True _____ False _____
2. Statistics show the largest number of people who have STIs are teenagers and young adults.
True _____ False _____
3. The symptoms of STIs are sometimes not noticed.
True _____ False _____
4. When the symptoms of an STI go away, you don't need to see a doctor.
True _____ False _____
5. You can only have one STI at a time.
True _____ False _____
6. There are things you can do to reduce your risk of getting STIs.
True _____ False _____
7. Once you have had an STI you cannot get the same one again.
True _____ False _____
8. You cannot get an STI/HIV the first time you have sex.
True _____ False _____
9. You can always tell if a person has an STI by looking at their genitals.
True _____ False _____
10. Untreated STIs can cause sterility (inability to become or get someone pregnant).
True _____ False _____
11. Clean people are not likely to get an STI.
True _____ False _____
12. People who choose abstinence will not get an STI.
True _____ False _____

13. All STIs can be cured.

True _____ False _____

14. Condoms provide good protection from STIs/HIV.

True _____ False _____

15. You can get HIV and AIDS by touching a person with AIDS.

True _____ False _____

16. Anyone can get an STI/HIV.

True _____ False _____

17. You are at a greater risk of getting STIs/HIV if you have many sexual partners.

True _____ False _____

18. You can get an STI by sharing needles.

True _____ False _____

19. Sexual intercourse is the only way to get an STI/HIV.

True _____ False _____

20. The herpes virus causes cold sores.

True _____ False _____

21. It is normal for women to have some vaginal discharge.

True _____ False _____

22. Birth control pills provide protection against STIs/HIV.

True _____ False _____

23. If you know your partner, you can't get an STI/HIV.

True _____ False _____

24. If an STI is caused by bacteria, it cannot be cured.

True _____ False _____

25. There is a vaccine for HPV.

True _____ False _____

STI/HIV Pre Test Answer Key

Check off whether the following statements are true or false.

1. You can catch an STI or HIV from door knobs, toilet seats, or fountains

FALSE

- STIs are transmitted sexually, requiring sexual contact. Some STIs can be transmitted through skin to skin contact.
- HIV can be transmitted through exchange of bodily fluids (semen, blood, bodily fluids, and breast milk). This can occur during sexual contact without a condom, as a result of blood transfusion, sharing needles or receiving a body piercing or a tattoo from a place with poor infection control practices.

2. Statistics show the largest number of people who have STIs are teenagers and young adults.

TRUE

- Chlamydia is the most commonly diagnosed and reported bacterial STI. Rates have been steadily increasing in Canada since 1997.
- Most commonly affects young women aged 15–24 and young men aged 20–29.
- Durham region chlamydia rates for females can be viewed at:
https://www.durham.ca/en/health-and-wellness/resources/Documents/HealthInformationServices/HealthNeighborhoods/Indicators/chlamydia_Female15-24.pdf
- The second most commonly diagnosed and reported bacterial STI in Canada is gonorrhea.
- Gonorrhea commonly affects young women aged 15-24 and men aged 20–29

3. The symptoms of STIs are sometimes not noticed.

TRUE

- Some STIs have few or no symptoms, or can lay dormant. For chlamydia and gonorrhea infections, most females and some males will have no symptoms.

4. When the symptoms of an STI go away, you don't need to see a doctor.

FALSE

- No STI will go away without medical treatment. Symptoms may disappear, but the virus or bacteria continues to cause damage and can also be passed onto someone else.

5. You can only have one STI at a time.

FALSE

- You can have more than one STI at a time.

6. There are things you can do to reduce your risk of getting STIs.

TRUE

- You can abstain from sexual contact, use protective measures such as male or female condoms or dental dams, communicate with your partner, and choose to be mutually monogamous with an uninfected partner or a partner who has had regular check-ups for HIV/STI.

7. Once you have had an STI you cannot get the same one again.

FALSE

- STIs can re-occur if you are re-exposed.

8. You cannot get an STI including HIV/AIDS the first time you have sex.

FALSE

- You can get an STI including HIV/AIDS as a result of any sexual contact.

9. You can always tell if a person has an STI by looking at their genitals.

FALSE

- Some STIs have no visible symptoms.

10. An untreated STI can cause sterility (inability to become or get someone pregnant).

TRUE

- STIs can cause fertility issues in both males and females.

11. Clean people are not likely to get an STI.

FALSE

- Anyone can get an STI. Viruses and bacteria that cause STIs can exist in a clean environment.
- STI germs can grow in the throat, mouth, genitals or anus and cannot be eliminated using regular good hygiene.

12. People who choose abstinence will not get an STI.

TRUE

- If abstinence is defined as eliminating any intimate sexual behaviour involving skin to genital, genital to genital or bodily fluid to genital contact, then it will prevent STIs/HIV
- STIs can be passed through oral, anal, vaginal or with genital to skin

contact.

13. All STIs can be cured.

FALSE

- Any STI caused by a virus can only be treated, not cured.

14. Condoms provide good protection from STIs/HIV.

TRUE

- If condoms are used properly and every time, they can provide good (but not 100% effective) protection from STIs/HIV.
- Condoms do not provide 100% protection against the transmission of HPV (genital warts) or herpes

15. You can get HIV and AIDS by touching a person with AIDS.

FALSE

- HIV and AIDS are transmitted when semen, vaginal secretions or blood are exchanged through oral, anal or vaginal sex with a HIV infected person. It is also spread through exposure to HIV infected blood (tattooing, needle sharing or blood transfusion), and an infected mother can pass it to her baby in utero or through her breast milk.

16. Anyone can get an STI/HIV.

TRUE

- If a person is sexually active, they can get an STI or HIV.

17. You are at a greater risk of getting an STI including HIV/AIDS if you have many sexual partners.

TRUE

- The more sexual partners a person has, the more likely it is for that person to get an STI including HIV/AIDS. However, it is possible to get an STI including HIV/AIDS with only one partner.

18. You can get an STI by sharing needles.

TRUE

- Sharing needles places a person at risk for any blood borne disease, such as HIV/AIDS or hepatitis B or C.

19. Sexual intercourse is the only way to get STIs/HIV.

FALSE

- STIs can be spread in a variety of ways: during oral, anal, vaginal or penetrative sex with a sex toy
- Skin to skin contact can transmit STIs caused by either a virus or parasite.

These include syphilis, pubic lice, human papilloma virus (HPV) and herpes sores.

- STIs are spread through direct contact with semen and/or vaginal fluid, (e.g. Chlamydia and Gonorrhoea) and contact with blood (e.g. hepatitis B, C and HIV).

20. The herpes virus causes cold sores.

TRUE

- There are different strains of the herpes simplex virus. Herpes can be contracted through kissing someone with sores or having oral sex with someone who has genital sores.

21. It is normal for women to have some vaginal discharge.

TRUE

- All women have some vaginal discharge. The amount and consistency will vary throughout the menstrual cycle. An increase in vaginal discharge could indicate a symptom of an STI.

22. Birth Control pills provide protection against STIs.

FALSE

- The birth control pill provides no protection against STIs including HIV. They only protect against pregnancy.

23. If you know your partner, you can't get an STI.

FALSE

- Your partner could have an STI without knowing it, or could be dishonest

24. If an STI is caused by bacteria, it cannot be cured.

FALSE

- An STI caused by bacteria can be cured with antibiotics.

25. There is a vaccine for HPV.

TRUE

- There are HPV vaccines available to both women and men that can be obtained from family doctors, public health clinics and sexual health clinics (Durham Region Sexual Health Clinics)

STI Review

Please refer to the attached handouts

1. **STI Review** (Appendix 1)
2. **STI Review Answer Key** (Appendix 2)

Be a Health Services Detective

Suppose your best friend believed he/she had an STI. Your friend decided to get treatment and counselling. Where would you suggest your friend go for help? Fill out the handout with information from a clinic in your community. If possible, ask your parent or guardian for advice as to where to go.

1. Name of Clinic:
2. Address and phone number of clinic:
3. Clinic hours:
4. What is this clinic's policy on confidentiality?
5. Would you visit this clinic for consultation or examination?
6. Which of the following services are available at this clinic?
 - STI testing
 - STI treatment
 - HIV testing
 - HIV counseling
 - Condom distribution Birth Control
 - Support groups
 - Pregnancy tests
 - Prenatal care
 - Vaccines
 - Other