



Sexually Transmitted Infections including HIV

Lesson 2 - Grade 9

150 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 (STIs) 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:** Sexually Transmitted Infections (STIs) including Human Immunodeficiency Virus (HIV) Lesson 2
2. **Handouts:**
 1. STI Role Place Scenarios
 2. STI Post-test
3. Jeopardy Game
4. **Answer Key:** Post-test

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, as well as describe symptoms, effects, treatments and prevention for common sexually transmitted infections.

Approaches/Strategies:

A. 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.

B. 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.

C. Activity Option#1 - From Previous Class - Health Services Detective (10 Minutes)

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

1. Debrief this activity if used in the previous lesson as follows:

- Verify students completed the exercise
- Create a class list of clinics and community-based resources
- (distribute this list or post it in class for access)

2. Some further debriefing questions could include:

- What advice would you give someone who thought he/she had a 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?

D. STI Role Plays (30-40 Minutes)

Students develop and practice STI prevention skills that can help them make healthy sexual choices.

1. Divide the class into groups, or implement this activity to the whole class.
2. Provide the class or each group with one scenario. Refer to **STI Role Play Scenarios Power Point / handout**.
3. Have students read and complete the questions for the scenario they have been given. Allocate time for students to present their role play.
4. After each play, ask the class to determine the adequacy and accuracy of the responses chosen by the characters in the presentation.
5. Debrief the entire activity using the following questions,
 - What are the most effective ways to prevent STI?
 - If a person suspects that he/she has an STI, what should they do?

E. Activity Option #2 - STI Jeopardy Game (30-40 Minutes)

Students review how much they know about STIs.

ACCESS THE STI JEOPARDY GAME from the Durham Region Health Department.

1. Divide students into two teams
2. Refer to **SEXUAL HEALTH JEOPARDY** for instructions on how to play the game.
3. Keep track of the score for each team and clarify answers as needed.

F. Activity Option #3 – STI Pamphlet Creation (30-40 Minutes) **In-Class independent work, or provide as homework**

Students review how much they know about STI's.

1. Have students create a pamphlet on an STI of choice. Pamphlet should include:
 - What it is
 - How it's tested
 - Transmission
 - Prevention
 - Treatment
 - Where to go for testing
2. Have students hand in the assignment for marks or present to class (optional).

G. Activity Option #4 – Sti/Hiv Post Test (5-10 Minutes)

1. Distribute STI/HIV POST TEST
2. Allow students time to complete test
3. Have students compare their PRE TEST and POST TEST results independently to evaluate what they have learned.

Refer to STI/HIV POST TEST ANSWER KEY as needed.

H. Question Box (5 Minutes)

Have students fill out questions anonymously and address those if time permits or review questions at the start of next class. Use it as an exit pass (optional).

STUDENT ASSESSMENT:

During this lesson, did students:

Knowledge:

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

Skills:

- Examine thoughts and feelings about STIs including HIV?

Attitudes:

- Did students accept the consequences of STIs and appreciate prevention?
- Did students support 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 <https://teachingsexualhealth.ca/>

Alberta Health and Wellness. (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 Teachers teachers.teachingsexualhealth.ca/wp-content/uploads/CALM-STI-Lesson-2.pdf

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

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

Public Health Agency of Canada. (January 2010). *Canadian Guidelines on Sexually Transmitted Infections*. Ottawa.

Public Health Agency of Canada (September 2013). *Sexually Transmitted Infections (STI), Sexual health Facts and Information for the Public*. Retrieved from <https://www.canada.ca/en/public-health/services/infectious-diseases/sexual-health-sexually-transmitted-infections/sexually-transmitted-infections-sexual-health-facts-information-public.html>

STI Role Play Scenarios

1. Savannah and Deon have been dating for two months. Sometimes they have sex. Savannah suspects that Deon is having sex with other partners, but isn't sure. What should Savannah do?

2. Mark just learned that he has an STI. He wants to tell his partner himself, but is afraid of what his partner will think. What can Mark do?

3. Daniel has never had sex. He recently shared needles with friends at a tattooing party. He realizes he has put himself at risk for HIV, Hepatitis B and Hepatitis C, and is worried. What should Daniel do?

4. Lisa is not in a relationship. She sometimes has sex with casual dates. She is worried about STIs and wants to know how to recognize the symptoms. What should Lisa do?

5. Jessica has been dating the same person for 8 months. When they first had sex they used condoms, but stopped using them about a month ago. Now Jessica has small itchy bumps on her genitals. What should Jessica do?

6. Six months ago, Kevin was at a party and had too much to drink. He ended up having unprotected sex. Today he heard a rumor that the person he had sex with is HIV positive. What should Kevin do?

7. Shayne has been with the same partner for 2 years and just tested positive for Chlamydia. What should Shayne do?

8. Last year Arianna was diagnosed with genital herpes. Since that time, she has been abstinent. Now she is dating someone new. What should Arianna do?

STI/HIV POST 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 or 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 POST TEST Answer Key

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/HealthNeighbourhoods/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 STIs/HIV.

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 or HIV.

TRUE

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

17. You are at a greater risk of getting a 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 an STI/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 Gonorrhea) 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. It only protects 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).