

Middle School FLASH Lesson 5

Preventing STDs

30 Minute, Zoom-Friendly P.E. Lesson

Learning Objectives:

1. Describe the benefits of sexual abstinence as the safest, most effective risk avoidance method of protection from STDs.
2. Describe the benefits of condoms in reducing the risk of STDs.
3. Describe the benefits of testing in reducing the spread of STDs.
4. State a health-enhancing position on the prevention of STDs supported with medically accurate information.
5. Collaborate with others to advocate for behaviors that prevent STDs.

PowerPoint: https://docs.google.com/presentation/d/16MBOS4_Yk4naqQ6NRCNvx13mJ84-Nla6z2Nv_cn1y4Y/edit?usp=sharing

5 mins	<p><u>Introduction</u></p> <p>Review Group Agreements and provide Anonymous Questions link.</p> <p>Today we're going to learn about preventing HIV and other sexually transmitted diseases. Sexually transmitted diseases, or STDs for short, are common illnesses that a person gets from having sex with someone who already has an STD.</p> <p>Some students need to know how to prevent STDs because they're having sex now or will in the future. Some students won't need the information for many years, or maybe ever, but learning about it will help them act as health educators for their friends and families. It's an interesting topic, and I'm sure everyone will learn a lot.</p> <p>Make the Sexual Health Resources sheet available to students.</p>
15 minutes	<p><u>STD Review</u></p> <p>Let's start with a review of STDs. I'm going to read a statement aloud. If you think the statement is true, I want you to do a squat, if you think the statement is false, do a lunge. <i>Option to select alternative exercises.</i></p> <ol style="list-style-type: none">1. (SLIDE) HIV is found in the blood, semen, vaginal fluids, and breast milk of someone who has an infection of the virus.<ol style="list-style-type: none">a. True- HIV cannot be spread through sweat, tears, or urine.2. (SLIDE) Bumps, sores, painful urination and unusual fluid from the penis or vagina are possible signs of an STD.<ol style="list-style-type: none">a. True3. (SLIDE) People who have HIV and other STDs often have no symptoms at all.<ol style="list-style-type: none">a. True.4. (SLIDE) Some people can't get pregnant after having an STD.<ol style="list-style-type: none">a. True- This usually happens when someone has had an STD a long time or many times without knowing and without getting treatment.5. (SLIDE) HIV can be cured with medicine.<ol style="list-style-type: none">a. False. There is still no cure for HIV, despite all of the advances in medicine. Medicine does help people live longer and healthier; helps

	<p>make them less likely to pass HIV to others; and helps pregnant people not pass HIV to their babies.</p> <p>6. (SLIDE) Anyone can get an STD: male, female, trans, straight, gay, lesbian, bisexual, poor, or rich.</p> <p style="padding-left: 20px;">a. True</p> <p>7. (SLIDE) A person can get an STD by having unprotected oral, anal, or vaginal sex with someone who already has an STD.</p> <p style="padding-left: 20px;">a. True. STDs can spread by semen, vaginal fluid, blood, breast milk or skin-to-skin, depending on the specific type of STD. The most common ways are vaginal sex and anal sex.</p> <p>8. (SLIDE) The most effective ways to protect against HIV and other STDs is to not have sex and not inject drugs.</p> <p style="padding-left: 20px;">a. True. Abstinence is a choice that a person can make at any point in their life.</p> <p>9. (SLIDE) Vaginal, anal or oral sex with a penis is much safer when using a condom.</p> <p style="padding-left: 20px;">a. True. Condoms are the best way for a person who has vaginal, anal, or oral sex with a penis to protect themselves from HIV and other STDs.</p> <p>10. (SLIDE) Some STDs can be cured with medicine.</p> <p style="padding-left: 20px;">a. True. Many STDs can be cured, and all of them can be made better with treatment.</p> <p>11. (SLIDE) There is a vaccine to help people prevent getting Human Papillomavirus, a cancer-causing STD.</p> <p style="padding-left: 20px;">a. True</p> <p>12. (SLIDE) A person usually can tell if they have an STD by their symptoms.</p> <p style="padding-left: 20px;">a. False. Most of the time people have no symptoms.</p>
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10 mins	<p>STD Prevention Messages</p> <p>(SLIDE) Everyone should have a STD Prevention Messages Worksheet. Today, we're going to create convincing arguments about how to prevent STDs. We're going to imagine that these messages will be shared on TV, radio, or social media.</p> <p>Your first task will be to pick one main message out of the three choices in the first box, and highlight it. It's up to you. All are good messages. Then fill in the box with the reasons you think the main message is important, and the facts that support your opinion. The Facts About STDs info at the bottom of the page can help you.</p> <p>You can be creative, as long as you support your opinion with facts, and don't put down any of the other messages: abstinence, condoms or testing.</p> <p>We'll be doing this activity in small groups and then sharing our messages with the class.</p> <p style="color: red;">Break the class into pairs or triads or use breakout rooms. Students attending from home may work independently.</p> <p style="color: red;">Ask for volunteers to share their STD Prevention Messages.</p> <ul style="list-style-type: none"> <li style="color: red;">• Abstinence <li style="color: red;">• Testing <li style="color: red;">• Condoms
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| | <ol style="list-style-type: none">1. List at least 2 ways to prevent getting an STD, including HIV.<ol style="list-style-type: none">a. <i>Not having sex; Not using injection drugs; Using condoms; Getting tested and treated for STDs, including HIV; Getting the vaccine for Human Papillomavirus</i> |
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