

Middle School Lesson

8th Grade, Lesson 3

STI Prevention

Learning Objectives:

1. Summarize ways to prevent STDs (H1.Se4.8a)
2. List steps to using a condom correctly (H7.Se4.8)
3. Summarize signs, symptoms, potential impact, and treatment of STDs (H1.Se4.8b)
4. Compare and contrast potential outcomes of risk behaviors and protective factors (H1.Se4.8c)

5 minutes	<p><u>Introduction</u></p> <p>Review Group Agreements and Anonymous Questions procedure.</p> <p>Today we're going to learn about preventing HIV and other sexually transmitted infections. Sexually transmitted infections, or STIs for short, are common infections that a person gets from having sex with someone who already has an STI. You may also hear these referred to as STDs, or Sexually Transmitted Diseases.</p> <p>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>What are some STIs you've heard of before?</p> <p><i>Answers may include: HIV, Herpes, Chlamydia, and others. If students use a slang term, identify it as a slang term and provide the medically-accurate term.</i></p> <p>Most STIs are caused by bacteria or viruses and can either be cured with medication, or the symptoms can be managed.</p> <p>Make the Sexual Health Resources sheet available to students.</p>
10 minutes	<p><u>STI Transmission</u></p> <p>Pass out the STI Transmission Worksheet. Read the following and have students fill in the blanks.</p> <p>Sexually Transmitted Infections are spread when <u>infected skin</u> or <u>bodily fluids</u> from one person come into contact with another person's <u>genitals, mouth, or anus</u>.</p> <p>There are certain parts of our body that are more susceptible (or vulnerable) to STIs. The moist skin that lines the openings to our body, is susceptible to STI infection.</p> <p>If infected fluids touch someone's genitals, mouth, or anus, STIs can be spread. Which bodily fluids do you think could spread STIs?</p> <p>Have students suggest fluids from their worksheet. They should circle the fluids that can spread STIs and cross out those that do not.</p> <p><i>Blood, Semen, Pre-Ejaculatory Fluid, Vaginal Secretions, Rectal Fluid, and Breast Milk can spread STIs. Urine, Sweat, and Saliva do not spread STIs.</i></p>

	<p>STIs can also be spread if infected skin, such as a sore, comes into contact with the genitals, mouth, or anus.</p> <p>Since we know now how STIs can be spread, what could a person do to prevent STIs from spreading? Encourage students to discuss with a neighbor, then share as a class.</p> <ul style="list-style-type: none"> • Abstinence- Emphasize that this is the only 100% effective method. • Condoms/Barriers- Explain how condoms prevent the spread of fluids, and reduce skin-to-skin contact. • STI Testing, Treatment, & Communication
<p>15 minutes</p>	<p><u>STI Trivia</u></p> <p>Let's do some STI Trivia. After each question I'll ask you to raise your hand for true or raise your hand for false.</p> <ol style="list-style-type: none"> 1. Bumps, sores, painful urination and unusual fluid from the penis or vagina are possible signs of an STI. <ol style="list-style-type: none"> a. True 2. People who have HIV and other STIs often have no symptoms at all. <ol style="list-style-type: none"> a. True. 3. Some people can't get pregnant after having an STI. <ol style="list-style-type: none"> a. True- This usually happens when someone has had an STI a long time or many times without knowing and without getting treatment. 4. 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. 5. People can live a very long time with HIV with the help of a doctor. <ol style="list-style-type: none"> a. True. Medicine does help people live longer and healthier; helps make them less likely to pass HIV to others; and helps pregnant people not pass HIV to their babies. 6. There is a medication a person can take to prevent an HIV infection. <ol style="list-style-type: none"> a. True. There are two. PrEP is a pill a person can take daily to prevent an HIV infection. A person may take PrEP if their partner is HIV positive. PEP is a pill a person can take after an HIV-exposure to prevent developing an infection. 7. If a person with HIV takes their medication consistently and a doctor can no longer detect HIV in their blood, they cannot spread it to another person. <ol style="list-style-type: none"> a. True. If a person takes their HIV medication very consistently and as prescribed, it is possible for there to be so little HIV in their body that they cannot spread the virus to a partner through sex.

	<p>8. Anyone can get an STI: male, female, trans, non-binary, straight, gay, lesbian, bisexual, poor, or rich.</p> <p>a. True</p> <p>9. A person can get an STI by having unprotected oral, anal, or vaginal sex with someone who already has an STI.</p> <p>a. True. STIs can spread by bodily fluids or skin-to-skin contact, depending on the specific type of STI. The most common ways are vaginal sex and anal sex.</p> <p>10. The most effective ways to protect against HIV and other STDs is to not have sex and not inject drugs.</p> <p>a. True. Abstinence is a choice that a person can make at any point in their life. When people share needles for illegal drugs, they may exchange blood which could spread an STI like HIV.</p> <p>11. Vaginal, anal or oral sex with a penis is much safer when using a condom.</p> <p>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 STIs.</p> <p>12. Some STIs can be cured with medicine.</p> <p>a. True. Many STIs can be cured, and all of them can be made better with treatment.</p> <p>13. There is a vaccine to help people prevent getting Human Papillomavirus, a cancer-causing STI.</p> <p>a. True. The vaccine is recommended at age 11 or 12, and people can get it later than that as well.</p> <p>14. A person usually can tell if they have an STI by their symptoms.</p> <p>a. False. Most of the time people have no symptoms.</p>
<p>10 minutes</p>	<p><u>STI Scenarios</u></p> <p>Read the scenario and instruct students to discuss in small groups. After a few minutes, invite the groups to share what they discussed with the class.</p> <p>1. Skyler and Riley have decided they're ready to have sex. Riley is concerned about STIs and Skyler says, "Don't worry, I think I would know if I had an STI."</p> <p>a. What advice would you give Skyler and Riley? Are they at risk for spreading STIs?</p> <p>b. Emphasize that STIs are often asymptomatic. Skyler and Riley could discuss getting tested for STIs and using condoms before having sex.</p>

	<p>2. Sam and Peyton recently started dating. Sam is really eager to be naked together and have sex. Peyton wants to be abstinent and doesn't feel ready to have sex.</p> <ol style="list-style-type: none"> How could Peyton and Sam communicate about this? Peyton might say something like, "I am not ready to have sex. I am okay with holding hands and kissing but I do not want to have sex." Sam should respect this because Peyton has not given consent for sex. <p>3. Reese and Taylor are thinking about having sex together. Reese got tested a few years ago and has only had sex with one person since then. Reese didn't use a condom with their last partner, but he feels fine.</p> <ol style="list-style-type: none"> What advice would you give Reese and Taylor? Are they at risk for spreading STIs? If Reese's last partner had an STI, they could be infected. Reese could get tested for STIs again. Reese and Taylor could also discuss using condoms. <p>4. Tyler and Jesse have decided to have sex, but don't have a condom.</p> <ol style="list-style-type: none"> What advice would you give Tyler and Jesse? Are they at risk for spreading STIs? Tyler and Jessie could wait to have sex until they have a condom. They could buy condoms at a grocery store or a drug store or get them for free at a sexual health clinic. In the future, Tyler and Jessie could have condoms accessible before they decide to have sex.
<p>10 minutes</p>	<p><u>Steps For Using A Condom</u> Let's review the steps for using a condom. Pass out steps for condom use and instruct students to work in small groups to put the steps in the correct order.</p> <p>After a few minutes, review the correct order of the steps and demonstrate using a condom & a condom demonstration tool (or fingers) or play this video.</p> <ol style="list-style-type: none"> 1. Check expiration date 2. Carefully open package 3. Pinch tip of condom 4. Roll condom down erect penis 5. Sex – with condom 6. Possible ejaculation – with condom 7. Hold condom onto penis while pulling out 8. Take condom off penis 9. Throw condom in the garbage.
<p>5 minutes</p>	<p><u>Closing</u> What do you think is the most important thing for teens to know about STI prevention? Invite students to answer as an exit slip or have a few students share out loud.</p>

STI Transmission Worksheet

1. Fill in the blanks

Sexually Transmitted Infections are spread when infected _____ or _____ come into contact with a person's _____, _____, or _____.

2. **Draw a circle** around the bodily fluids that could spread a sexually transmitted infection if a person were infected. **Draw an 'X'** through the bodily fluids that do not spread sexually transmitted infections. (Hint- You should draw 6 circles and 3 Xs)

Blood

Semen

Urine (Pee)

Pre-Ejaculatory Fluid
(Pre-Cum)

Sweat

Vaginal Fluid

Saliva (Spit)

Rectal Fluid

Breast Milk