

Lesson 2: STIs and HIV/AIDS Prevention Review Lesson Script
Grades 11 and 12
CCRS and Equivalency Lesson

Lesson Length: 42 minutes

Objectives:

By the end of this class,

- Students will understand Sexually Transmitted Infections (STIs), including their symptoms and transmission.
- Students will identify how to safe from contracting HIV/AIDS and other STIs.
- Students will identify sources of help.

National Sexuality Education Standards:

SH.12.CC.1 Describe common symptoms of and treatments for STDs, including HIV.

SH.12.AI.1 Explain how to access local STD and HIV testing and treatment services.

SH.12.SM.1 Analyze individual responsibility about testing for and informing partners about STDs and HIV status.

SH.12.AI.2 Access medically accurate prevention information about STDs, including HIV.

SH.12.GS.1 Develop a plan to eliminate or reduce risk for STDs including HIV.

SH.12.ADV.1 Advocate for sexually active youth to get STD/HIV testing and treatment.

Washington State K-12 Health Standards:


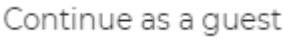
H1.Se4.5a Define human immunodeficiency virus (HIV).

H7.Se6.HS Understand the importance of personal and social responsibility for sexual decisions.

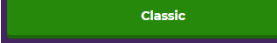
SEL Skills Addressed

Social awareness, relationship skills, responsible decision making.

Materials Needed:

- STIs: Truths and Lies Quiz (Kahoot)
- **Kahoot Notes:**
 - Click link to play 
 - Click **Play as Guest**
 - Click **Continue as guest** 
 - Make sure **Friendly nickname generator is ON**



- Click **Classic** to play 
- STI and HIV Risk Reflection (survey in Naviance)
- Anonymous Question Box (Bottom of the Reflection)

Rights and Responsibilities (5 minutes): The following are class members' rights and responsibilities during this class lesson. Teachers need to take time and go through each of these with the students to set-up the operating conditions for the class.

- **Be positive & enthusiastic-** It's the teacher's job to engage students in the lesson topics. Being enthusiastic yourself will allow students to feel enthusiastic. Explain to students that you are aware some of them may feel uncomfortable with the topic, while others may be very excited to learn about sexuality. It's completely normal to feel any of those feelings, but all students have the right to be enthusiastic.

- **Be proud-** Affirm that, although it might be embarrassing to talk and learn about sexuality, it can be a fun and positive experience. Normalize that everyone has sexual body parts, goes through sexual changes, and has sexual feelings. Feeling excited, curious and positive about these changes is completely normal.
- **It's okay to feel embarrassed-** Acknowledge that discussions about sexual health can make anyone feel embarrassed. By normalizing these feelings and reactions, you become more approachable, and students may feel more at ease. Some teachers find it helpful to allow students to giggle for a set amount of time when an "embarrassing" topic is first introduced. It's also important to acknowledge that many families do not talk about sex in their homes, and this may be the first time some students have had an opportunity to talk about these topics.
- **Pass-** Sometimes talking about a subject goes beyond embarrassment. Discussions on sexual health can bring up feelings of discomfort for personal reasons. Students need to know that if they feel too uncomfortable, for any reason, they can sit and be quiet, pass on classroom discussions, or be excused.
- **Safe place to ask questions-** Remind students use the medically accurate terminology and refrain from using slang to ask questions and that this is a safe place to ask questions and there will be no judgement on questions.
- **Listen patiently -** Acknowledge that listening patiently to others is expected so that all students can have their voices heard.
- **Raise hand to talk-** Students will need to raise their hand and be called on to talk so that all students have the opportunity to be heard.
- **Use appropriate language-** In order to keep class discussions respectful, encourage students to use the medically accurate terms for body parts and sexual functions, instead of slang terms. If students don't know the appropriate terminology, they may ask.
- **Express your opinions-** The teacher's role is to provide factual information. Neither peers nor teachers should attempt to change a student's personal values or beliefs. People have the right to their own opinions.
- **Be open to other's opinions and Be mature/ professional-** Everyone will be treated with respect. Name calling, using disrespectful language, and negative facial expressions (rolling eyes, etc.) when people are speaking are all considered disrespectful. In order to create a safe space, these behaviors will not be tolerated.
- **Refrain from having assumptions-** Jumping to conclusions or making judgements about people based on what they say or don't say, how they act, how they dress, etc., is not appropriate. Ask students if they know what an assumption is. Use the following example if needed: "Can I assume blue is your favorite color just because you are wearing a blue shirt? Without having all the facts or asking for clarification, it's unfair to make assumptions about each other."
- **Privacy-** Students can share information in class if they choose, but they are never required to do so. Remind students to think carefully before sharing a personal story, as once they say something aloud, they can't take it back. This is much like writing a text message or email. Once the message is sent there's no way to unsend it. Also explain that the right to privacy extends to people who are not in the room. If someone wants to share a personal story or a friend or family member's personal story, they should change the people's names or not use names at all.
- **Confidentiality-** Confidentiality means that personal information will not be shared outside the classroom with students, parents, other teachers, etc. Explain that one-on-one conversations between the teacher and student can be kept confidential unless the teacher has a concern about personal safety. Teachers are required by law

to report information if students disclose being hurt or intentions to hurt themselves or others. Reportable disclosures include physical, emotional, and sexual abuse; suicidal thoughts or behavior; and other dangerous behaviors. Reporting these situations will allow students to access help.

Terms Used in this Lesson:

- Sexually transmitted infections/ Sexually transmitted diseases
- Sexual health
- Asymptomatic
- Treatable
- Curable
- Bacterial
- Viral
- Sexual contact
- Oral, anal, and vaginal sex
- Sexual activity
- High-risk and low-risk behavior

Slide #5: Entry Task (7 mins.): Explain that STIs (also called STDs) are infections that are spread from an infected person to another person through sexual contact. Understanding how to prevent and treat STs is an important part of sexual health.

Have students participate anonymously in the Sexually Transmitted Infections (STIs) Kahoot quiz. Then take time to review the answers. (***Important: Check Kahoot notes in materials section prior to start**)

Power point Slide 5- Sexually Transmitted Infections (STIs): Truth or Lies Review Activity Kahoot-

<https://create.kahoot.it/share/stis-truth-or-lie-review-activity/935def61-b6dc-4ce6-b50f-b6a8fd75fac5>

The following questions and statements will be asked of students to anonymously select an answer for. The Kahoot quiz answers will be followed up with the power point slides throughout the class.

Sexually Transmitted Infections (STIs): Truth or Lies Review Kahoot Questions:

1. Identify Sexually Transmitted Infections and review how they are transmitted.
Answer: Infections that are spread through sexual contact from person to person.
2. True or False: Understanding how to prevent and treat STIs is an important part of sexual health.
Answer: True
3. Which of STIs are bacteria caused?
Answer: Chlamydia, Trichomoniasis, Gonorrhea, Syphilis
4. True or False: Bacteria caused STIs can be cured with medicine.
Answer: True
5. True or False: Viral STIs cannot be cured but can be treated. Symptoms can be managed, but the STI is still in the person's body.
Answer: True
6. True or False: Many STIs are asymptomatic – they do not have symptoms- and can have long-term health consequences if left untreated.
Answer: True
7. True or False: Having multiple sex partners can increase your risk of contracting and transmitting STIs.

Answer: True

8. True or False: All STIs are preventable.

Answer: True

9. What are five bodily fluids that can transmit HIV?

Answer: All of the above- Blood and Ejaculate, Pre-Ejaculate and Vaginal Fluid, and Breastmilk.

10. True or False: HIV stands for Human Immunodeficiency Virus.

Answer: True

11. True or False: AIDS stands for Acquired Immuno Deficiency Syndrome.

Answer: True

12. True or False: Abstinence, when practiced correctly and consistently, is the only 100% certain way to avoid STI transmission.

Answer: True

13. True or False: Condoms used correctly & Consistently during vaginal, anal or oral sex are 98% effective.

Answer: True

14. What are four forms of high-risk sexual behaviors that carry the highest risk of HIV transmission?

Answer: Anal, vaginal, oral sex, sharing needles and injection equipment.

The Following slides will be to follow-up with the Kahoot Activity from the entry task (20 minutes)

Slide #6: Sexually Transmitted Infections (STIs): Truth or Lies Review Activity Kahoot Follow-up

Identify Sexually Transmitted Infections (STIs) and review how they are transmitted.

Say: **Sexually Transmitted Infections (STIs):** are infections that are spread from an infected person to another person through sexual contact. These can also be called Sexually Transmitted Diseases or STDs. **Understanding how to prevent and treat STIs is an important part of sexual Health.**

Slide #7: Classifications of Sexually Transmitted Infections (STIs) Truth or Lies Review Kahoot Follow-up

Emphasize the following information for the different classifications/types of Sexually Transmitted Infections.

Say and emphasize the following-

Bacteria STIs can be cured with medicine.

Viral STIs cannot be cured but can be treated. Symptoms can be managed, but the STI is still in the person's body.

Many STIs are asymptomatic – meaning they do not have symptoms –and can have long-term health consequences if left untreated.

All STIs are preventable.

Slide #8: -

Bacteria	Virus	Others
Chlamydia	HPV (Human Papilloma Virus)	Crabs
Gonorrhea	Genital Herpes	Scabies

Syphilis	HIV/AIDS	
Trichomoniasis	Hepatitis B	

Slide #9: Kahoot Follow-up continued-

True or False?

What bodily fluids are Sexually Transmitted Infections found in?

Answer:

1. Blood
2. Ejaculate
3. Pre-ejaculate
4. Vaginal fluid
5. Breast milk

Slide #10: Sexually Transmitted Infections (STIs) Truth or Lies Kahoot Activity Follow-up (contd.)

Go over and review what the acronyms below stand for and read what HIV and AIDS can do to the body.

- **HIV** stands for Human Immunodeficiency Virus.
- **AIDS** stands for Acquired Immune Deficiency Syndrome.

HIV can weaken the immune system over time to the point that the system has difficulty fighting off infections. Infections are usually controlled by a healthy immunity system, but they can cause problems or even be life-threatening in someone with AIDS.

Slide #11: Sexually Transmitted Infections: Truths from the Center for Disease Control

Say the following from the slide:

- **1.7 million people are living with HIV** and almost one in five don't know they are infected.
- **Getting a blood test** is the first step to finding out if you have HIV.
- **According to the CDC,**



Getting medical care and taking medicines regularly helps a person with HIV live a longer and healthier life. It also can lower the chances of passing HIV on to others.

Slide #12: Sexually Transmitted Infections (STIs): Truth or Lies Kahoot Follow-up (contd.)

Say from the slide-

- **Abstinence**, when practiced correctly and consistently, is the only 100% certain way to avoid STI transmission.
- **Latex or polyurethane** that covers the penis during vaginal, anal or oral sex. When used correctly and consistently, condoms are 98% effective at preventing STIs and pregnancy.

Slide #13: Sexually Transmitted Infections (STIs): Truth or Lies Kahoot Follow-up (contd.)

Ask students- What are four forms of high-risk sexual behaviors that carry the highest risk of HIV transmission?

Students can volunteer to answer, or you can review the answers on the slide.

Read these off from the slide.

1. **Anal sex** carries the highest risk of HIV transmission.
2. **Vaginal sex** has the second-highest risk.

3. **Oral sex** follows distant third.
4. **Sharing needles and injection equipment** falls in between the risks for anal sex and vaginal sex.

Slide #14: According to the Centers for Disease Control (CDC),
Read the slide.

When a person is drunk or high, they are more likely to take risks such as having sex without using a condom.



of sexually active high school students drank alcohol or used drugs before their most recent sexual intercourse

Slide #15: Sexually Transmitted Infections (STIs): Truth or Lies Kahoot Follow-up (contd.)

Review with the class to think about how STIs are preventable.

Say, STIs are preventable by the following:

1. Getting tested
2. Using protection
3. Healthy relationships,
4. Communication
5. Sequential/monogamous partners
6. Abstinence

Slide # 16-18: Exit Task Reflection Survey in Naviance (10 mins.)

Students will log into Naviance and go to Planner>Tasks to complete the reflection survey.