Session 7.6

Consequences of Sexual Activity – Sexually Transmitted Infections (STIs)

Session Overview:

1. Review Session 7.5.
2. Use the star activity to illustrate how quickly STIs can spread.
3. Discuss the different types of STIs and the importance of condoms in reducing the risk of spreading STIs.
4. Use group presentations to increase participant knowledge of the different types of STIs.
5. Wrap up session.
6. Distribute Parent Connection Form Session 7.6: Consequences of Sexual Activity – STIs.

Learning Objectives:

- Participants will discuss the definitions, signs, symptoms, prevention, and treatment of STIs.
- Participants will distinguish between viral and bacterial STIs.
- Participants will understand the role abstinence and condoms play in STI prevention.

Materials Needed:

- Computer, projector, speakers
- Jar of Now and Later candy
- STIs PowerPoint (7.6.3)
- Handouts
  - Facts about STIs (Handout 7.6.4)
  - Resource Brochure
  - Parent Connection Form Session 7.6: Consequences of Sexual Activity - STIs
- Squares of paper for star activity
- Question cards
- Question bag

Classroom Planning:

- Review session 7.6 curriculum.
- Make copies of handouts.
- Gather question cards and the question bag.

The Standards:

- See Appendix E for a list of state and national standards met in this session.

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Educator states:
During the last session we discussed three risks of sexual activity. Can anyone remember what they were?

[STIs, pregnancy or fathering a child, and emotional heartache.]

We did the heart activity to illustrate the impact sexual activity has on our hearts and listened to the teen pregnancy audio and discussed how having a child as a teenager is often accompanied with many obstacles and difficulties.

Whose choice is it to wait to become sexually active?

[Your choice.]

Right! And the choices you make…NOW will affect you…LATER!

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Educator highlight: The purpose of this activity is to show participants how quickly STIs can be transmitted if you have multiple sexual partners. In addition, the participants should recognize that the most common symptom of an STI is no symptom.

Educator states:
To start off today's lesson we are going to give you each a piece of paper. When you get your paper, write your name on it and don't touch it. I will give you further instruction after everyone does this.

[Give a minute for all participants to write their name.]

We are going to do an activity. In a moment I am going to say, "Get ready, get set, go!" Now, when I say go, I want you to get out of your seat, walk around the room, and get four people to sign your paper (people other than your table mates). At the end, there should be five names on that paper, including your own. When the time is coming to an end, I will count 10, 9, 8…all the way to 1. Before I get to 1, you have to be back in your seat, with your paper right in front of you.

[Give participants about 25-30 seconds to go around the room and get four signatures on their paper. Be sure to count down when they have 10 seconds left.]

Turn your piece of paper over. If you have a star on the back of your paper, STAND UP.

[Have participants show you the star.]

Alright, look at your classmates that are standing up. If you have their name or they have yours, stand up. Now, those of you who are still sitting, look at all of the people standing and if you have their name or they have yours, stand up.

Healthy Futures activities always have a meaning. This activity has two points. When I say the first point, I want you all to be the mature 7th graders I know you are and remember this is only an illustration. For those of you that had that star on the back of your paper, that represents someone with an STI. Remember, this is only an illustration. You are the only people that had that star. I gave you all less than 30 seconds, and within less than 30 seconds, almost your whole classroom came into contact with that star. This is to prove one point: STIs can spread quickly.

[Have participants repeat that after you.]

For the three people that had the star, did you know you had the star at the beginning of the game?

[Most likely they did not.]

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Educator states:
This is the second point, and a very important one: Most people with an STI don't know that they have one.

[Have participants repeat that after you.]

Please sit back down.

So you need to understand that STIs can spread quickly and most people with an STI don't know that they have it. Next year you will be in 8th grade and then high school after that. There are going to be a lot of decisions you will have to make. We want you to remember that many people with an STI don't look sick, they don't feel sick; they don't know that they have an STI. The most common symptom of an STI is no symptom.

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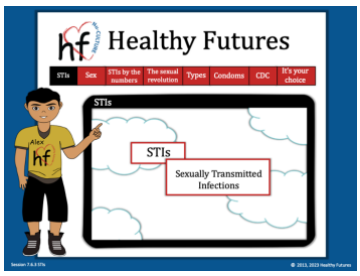
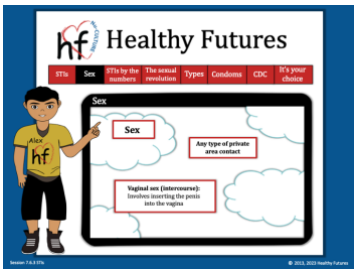
PPT Slides: STIs



[Slide 1]

Educator states:
STI stands for Sexually Transmitted Infection. This means contracting some form of infection as a result of sexual contact with another person. Sexual contact means <u>any</u> contact with reproductive organs. Sometimes people talk about Sexually Transmitted Diseases (STDs). It is important to understand the difference between STI and STD. As we said, STD stands for Sexually Transmitted Disease. This term has been used for a long time. STI is a newer term that stands for Sexually Transmitted Infection. STI is now the standard term used by doctors and the Centers for Disease Control and Prevention (CDC). STI is used because when you have a disease, it usually means that you have signs or symptoms of an infection, but as we said earlier, many sexually transmitted infections have no symptoms. So, often people don't even know they have them. Since infections don't always cause symptoms, some people think the term STD can be confusing. For this reason, we will use the term STI.



[Slide 2]

What counts as sexual contact? Most of the time when people hear sex, they think of vaginal sex (intercourse) - which involves a male inserting his penis inside a female's vagina but remember that sex is any type of private area contact; you can get an STI from doing any of these things. It doesn't matter if you are male or

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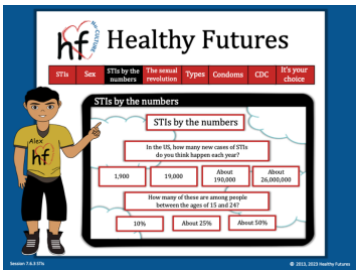
Educator states:
female, old or young, if it's your first time having sex or your millionth time having sex, you can still get an STI if you engage in sexual activity without a barrier (we will talk more about that later in today's session).



[Slide 3]

STIs are a serious problem. The US has the highest rates of STIs among countries with access to good healthcare. In the US, how many new cases of STIs do you think happen each year?

[Allow participants time to guess. Answer: About 26,000,000.]

How many of these are among people between the ages of 15 and 24?

[Allow participants time to guess. Answer: About 50%.]

[Slide 4]

Why are STIs such an issue today? Well, partially because of something called the sexual revolution. Who has ever heard of the American Revolution? It's not the

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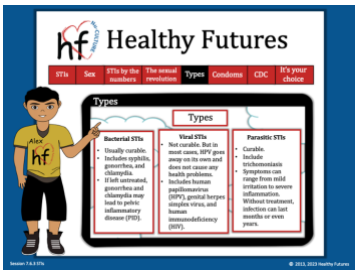
Educator states:
same thing. Back before the 1960s, there were two known types of STIs and both were curable; you could get medication from the doctor. If you aren't worried about STIs, what are you worried about?

[Pregnancy.]

Well, in the 1960s the birth control pill was invented. Because people were less worried about pregnancy, they started experimenting with multiple sexual partners. However, as we saw in the star activity, having multiple sexual partners increases a person's chance of getting an STI, and now there are over 25 known STIs, many of which have no cure.



[Slide 5]

There are three main types of STIs; bacterial, viral and parasitic. Bacterial STIs are usually curable, which means a doctor can give you antibiotics. However, doctors are now discovering that different strains of these infections are becoming resistant to medication, meaning the medication doesn't always work. Bacterial STIs include syphilis, gonorrhea, and chlamydia. If you have had sex it is very important to get tested by a doctor; many of these diseases do not show symptoms immediately, and if left untreated, gonorrhea and chlamydia may lead to a serious condition called pelvic inflammatory disease.

Viral are the second type of STIs; viral STIs are not curable. Your body needs to fight it off on its own or you have the disease for life. Medication may be available to deal with symptoms, but it's not a cure; you still have the disease and can pass it to others. Viral STIs include human papillomavirus, genital herpes simplex virus, and HIV, which can lead to AIDS. In most cases, HPV goes away on its own and does not cause any health problems.

Parasitic are the third type of STIs; parasitic such as trichomoniasis are curable. It can be treated with medication. Most people who have the parasite cannot tell they are infected. About 70% of infected people do not have any signs or symptoms. When it does cause symptoms, they can range from mild irritation to severe inflammation. People who have been treated for trichomoniasis can get it again. Without treatment, the infection can last for months or even years.

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[Slide 6]

Educator states:
Now we want to talk to you about condoms. A condom is a latex/rubber sleeve that fits over a male's penis and is made to be a barrier so that sperm or infections can't get passed between people during sex. A lot of times people refer to using condoms as safer sex or using protection. This is because condoms can be effective at reducing the chance of pregnancy and STIs.

Studies show that consistent use of condoms is highly effective in preventing the spread of HIV. Condoms can be expected to provide protection depending on the type of STD. They will provide protection against STDs spread by genital fluids (such as gonorrhea or chlamydia). Condoms will not provide protection against STDs spread by skin-to-skin contact (genital herpes or syphilis). Using condoms the right way every time you have sex can lower your chances of getting HPV. But HPV can infect areas the condom does not cover. So Condoms may not fully protect against getting HPV. If you or your partner have genital warts, stop having sex until you no longer have warts. We do not know how long a person is able to spread HPV after warts go away. Latex condoms must be used correctly and consistently to provide the best protection. If either partner is allergic to latex, polyurethane condoms are recommended. The use of natural membrane condoms for reduction of STIs and pregnancy is not recommended.

When condoms are used incorrectly or inconsistently:

- STDs or HIV can spread from a single sex act with an infected partner.
- Condoms can break, slip, or leak.
- Pregnancy can occur.

If you choose to be sexually active in the future, consistent and correct use of a latex condom when engaging in any type of sexual activity (outercourse, vaginal, oral, or anal) reduces the risk of STIs (e.g., HIV) and consistent and correct use of latex condom when engaging in vaginal sex reduces the chance of pregnancy. <u>So if you choose to be sexually active, you need to use a condom.</u>

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[Slide 7]

Educator states:
Let's sum it up: **Condoms are:** (1) effective at reducing the risk of HIV/AIDS and some other STIs because they create a barrier so that some STIs (not all) cannot be transmitted, (2) effective at reducing the risk of pregnancy, and (3) better than no method at all. If you are going to have sex, you should use a condom. **Condoms don't:** (1) prevent transmission of STIs spread by skin-to-skin contact, (genital herpes, syphilis, HPV) (2) provide 100% effective at preventing pregnancy, and (3) protect your emotions (remember our activity with the hearts – condoms won't protect you from a broken heart).

[Slide 8]

The CDC is the Centers for Disease Control, which is a place where they study diseases, how they affect our population, and how to prevent them. They say the surest way to avoid transmission of STIs is to abstain from sexual contact or to be in a long-term mutually monogamous relationship with a partner who has been tested and is known to be uninfected. Who knows what monogamous means? One person with one person for life. We say a faithful lifelong relationship.

If you choose to be in a sexual relationship and either you or your partner has been sexually active in the past (even once), it is important for you both to get tested (because the most common symptom of an STI is no symptom). If you are in a faithful lifelong relationship with someone who has an STI is it important to use a condom and talk to a medical professional to reduce the risk of STI transmission.

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[Slide 9]

Educator states:
Remember – what you do with this information is up to you. You choose whether or not to practice abstinence. And the choices you make NOW will affect you Later!

[Slide 10]

In a few minutes we are going to break you up into groups to look at a particular STI assigned to your group. You will review the information on the Facts about STIs (Handout 7.6.4) then your group will be responsible for presenting what you learn for the whole class. You are to present it as if you were the teacher of the class. You can present the material in a fun and creative way by creating your own character or personality for the teacher.

You will have 10 minutes to prepare as a group. Not everyone has to stand up and present your group's STI information to the rest of the class (you all can be teachers if you want), but be sure that everyone is at least involved in preparing for the presentation.

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Educator highlight: Have the participants break up into groups of three to four (depending on your class size). Each group will be assigned an STI (be sure all eight STIs are distributed). They will be provided with the Facts about STIs (Handout 7.6.4) with brief information about their assigned STI. This information includes a brief background, symptoms, and treatment for their assigned STI. They will have 10 minutes to review this information with their groups before they present this information to their peers. The objective is for the groups to present the information in a fun and creative way. This could include a rap, short (fictional) story, etc. Then, they should cover all additional information that was not included in their rap. The participants will be the judge of who provides the best presentation.

Educator states:
In a few minutes we are going to break you up into groups and assign each group to study a particular STI. You will review the information and then your group will be responsible for presenting what you learned to the whole class. Please work as a group to present the material in a fun and creative way. This can include a rap, a short story, or whatever else you can come up with. Before we do this, we are going to show you an example we have come up with. We are going to use gonorrhea as an example. Here is some information we got from the National Institute of Allergy and Infectious Diseases website.

Gonorrhea (PowerPoint Slide)

- Background: Second most commonly reported bacterial STI. The highest rates of gonorrhea are among sexually active teenagers, young adults, and African Americans. Symptoms usually appear within 1 to 14 days after sexual contact with an infected partner.

- *Possible* Symptoms: Some men with gonorrhea may have no symptoms at all. However, men who do have symptoms may have: A burning sensation when urinating; a white, yellow, or green discharge from the penis; painful or swollen testicles (although this is less common). Most women with gonorrhea do not have any symptoms. Even when a woman has symptoms, they are often mild and can be mistaken for a bladder or vaginal infection. Women with gonorrhea are at risk of developing serious complications from the infection (such as pelvic inflammatory disease – PID), even if they don't have any symptoms. Symptoms in women can include: Painful or burning sensation when urinating; increased vaginal discharge; vaginal bleeding between periods.

- Treatment: Gonorrhea can be cured with the right treatment. It is becoming harder to treat some gonorrhea, as drug-resistant strains of gonorrhea are increasing. If symptoms continue for more than a few days after receiving treatment the infection will need to be reevaluated by a healthcare professional. Although medication will stop the infection, it will not undo any permanent damage caused by the disease.

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Educator states:
So, we took this information and we turned it into a rap. Here is what we came up with:

Gonorrhea Rap Example
Three days after they had sex
She found out he hooked up with his ex
She had pain when she peed
And an irregular bleed
He had colored pus
It hurt so bad he'd cuss
All the swelling and the pain
He thought he'd go insane
They went to the doctor
And tests they did proctor
The results came back as gonorrhea
His girl walked out the door and said, "See ya!"
He hopes the meds cure the pain
From sex now he will abstain

Notice how we didn't touch on every piece of information from the handout. This would be where your group will inform the rest of the class about the remaining information. After we divide you up into your groups, you will have about 10 minutes to review your assigned STI and come up with a creative way of presenting the material. After all the groups have presented, the class will vote for the best presentation, and the winner will be awarded with a prize.

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Educator highlight: It is important to provide the participants with local centers that offer sexual and reproductive health services including STI testing.

Educator states:
In your folder you will find the Resource Brochure we discussed during the last session. This brochure includes information about sexual and reproductive health services including STI testing. Remember, if you or a friend have been sexually active (even once) it is important to get tested because the most common symptom of an STI is no symptom.

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Educator states:
Today we have seen that sexual activity can result in STIs. Protect your body by choosing to wait until you are in a committed relationship for sexual activity. If you do choose to be sexually active, make sure you use a condom correctly and consistently, following the instructions, every time. If you have been sexually active, make sure you get tested for STIs since the most common symptom of an STI is no symptom.

[Remind participants of the question cards and to place them in the question bag. Pass out Parent Connection Form Session 7.6: Consequences of Sexual Activity - STIs and collect Parent Connection Forms 7.1-7.5.]

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