

Middle School Sexually Transmitted Infections (STIs) Lesson

Time: 45-65mins

This presentation is designed to help students understand how to reduce their risk of contracting an STI.

Outline

- Introduction (5 mins)
- Activity One: What Are STIs? (10 mins)
- Activity Two: What Are The Symptoms of STIs? (5 mins)
- Activity Three: What Are Ways to Reduce the Risk of STIs (20 mins)
- Optional Check for Understanding Activity: What is your plan? (20 mins)
- Closing (5 mins)



National Sexuality Education Standards

- SH.8.CC.1 Define vaginal, oral and anal sex.
- SH.8.CC.5 Explain STDs (including HIV), how common STDs are, and how they are and are not transmitted.
- SH.8.CC.6 Describe the signs, symptoms, or lack thereof, and potential impacts of STDs (including HIV).
- SH.8.CC.7 Compare and contrast behaviors, including abstinence, to determine the potential risk of pregnancy and/or STD (including HIV) transmission.
- SH.8.CC.8 Discuss current biomedical approaches to prevent STDs (e.g., hepatitis B vaccine, HPV vaccine) and HIV (e.g., PrEP, PEP).
- SH.8.AI.1 Identify medically accurate sources of information about STDs, including HIV, such as local STD/HIV prevention, testing, and treatment resources.
- SH.8.IC.1 Demonstrate ways to communicate decisions about whether or when to engage in sexual behaviors and how to reduce or eliminate risk for pregnancy and/or STDs (including HIV).
- SH.8.DM.1 Identify factors that are important in deciding whether and when to engage in sexual behaviors.
- SH.8.GS.1 Develop a plan to eliminate or reduce risk of unintended pregnancy and STDs (including HIV).
- SH.8.SM.1 Describe the steps to using barrier methods correctly (e.g., external and internal condoms, dental dams).

Colorado Comprehensive Health Standards

Sixth Grade

None

Seventh Grade

2.4 Define sexually transmitted diseases (STDs), including human immunodeficiency virus (HIV) and acquired immune deficiency syndrome (AIDS).

- Explain how HIV is and is not contracted.
- Define common STDs.
- Explain how certain behaviors put a person in higher risk of contracting STD's.

Eighth Grade

2.3 Analyze how certain behaviors place one at greater risk for HIV/AIDS, sexually transmitted diseases (STDs), and unintended pregnancy.

- Explain the benefits and effectiveness of abstinence in preventing HIV, STDs, and unintended pregnancy.
- Explain the benefits and effectiveness and potential side effects of contraceptives in reducing the risk of HIV, other STDs, and unintended pregnancy.
- Examine how healthy relationships can impact one's risk for avoiding STDs.

2.4 Describe the signs and symptoms of HIV/AIDS and other sexually transmitted diseases (STDs).

- Describe the signs, symptoms, and transmission of common STDs, including HIV, HPV, and chlamydia.
- Explain that some STDs are asymptomatic.
- Summarize which STDs can be cured, prevented by vaccine, and be treated.



New Mexico Health Education Standards

C1 Students will comprehend concepts related to health promotion and disease prevention.

- B1: explain the relationship between positive health behaviors and the prevention of injury, illness, disease and premature death (PS1-3 fully met).
- B3: explain how health is influenced by the interaction of body systems (PS1 fully met).
- B6: describe ways to reduce risks related to adolescent health issues (PS1-3 fully met).
- B7: explain how health care can prevent premature death and disability (PS1-3 partially met).
- B8: describe how lifestyle, pathogens, family history and other risk factors are related to the prevention of cause of disease and other health problems (PS1-2 partially met).

C2 Students will demonstrate the ability to access valid health information and health promoting products and services.

- B1: analyze the availability and validity of health information, products and services (PS1-3 fully met).
- B2: demonstrate the ability to evaluate and utilize resources from home, school and community that provide valid health information (PS1-5 partially met).
- B4: demonstrate the ability to locate health products and services (PS1-2 fully met).
- B5: compare the costs and validity of health products (PS1-3 fully met).
- B6: describe situations requiring professional health services (PS1-3 fully met).

C3 Students will demonstrate the ability to practice health-enhancing behaviors and reduce health risk.

- B1: explain the importance of assuming responsibility for personal health behaviors (PS1 fully met).

C5 Students will demonstrate the ability to use interpersonal communication skills to enhance health.

- B4: demonstrate ways to communicate care, consideration and respect for self and others (PS1 fully met).

C6: Students will demonstrate the ability to use goal-setting and decision-making skills to enhance health.

- B3: predict how decisions regarding health behaviors have consequences for self and others (PS1-3 fully met).

