

IDENTIFYING SEXUALLY TRANSMITTED DISEASES & ADVOCATING FOR COMMUNITY HEALTH



LESSON INTRODUCTION:

The purpose of this lesson is for students to identify common STDs/STIs, their signs and symptoms and methods of transmission. Abstinence and is highlighted as the primary method of prevention. Students will also learn and practice the skill of advocacy and will present advocacy projects at the beginning of the next lesson..



OBJECTIVES:

By the end of 8th grade Students will be able to...

- Describe the signs, symptoms and potential impacts of at least 5 STDs/STIs, including HIV.
- Describe three critical health behaviors that should follow a suspicion of infection.
- Describe at least two effective ways of reducing one's STD/STI risk.
- Name the STD/STI that can be prevented by getting vaccinated.



STANDARDS:

Wisconsin Standard for Health Education

- Students will comprehend concepts related to health promotion and disease prevention to enhance health.
- Students will demonstrate the ability to advocate for personal, family, and community health.

National Sexuality Education Standards

- **SH.8.CC.1** Define STDs, including HIV, and how they are and are not transmitted.
- **SH.8.CC.2** Compare and contrast behaviors, including abstinence, to determine the potential risk of STD/HIV transmission from each.
- **SH.8.CC.3** Describe the signs, symptoms and potential impacts of STDs, including HIV.

GRADE: Middle School

LENGTH OF LESSON: 60 min

SEQUENCE: 8



ACTIVITIES:

8.1 Teaching STD Knowledge

8.2 STD Sorting

8.3 Abstinence and Getting Tested



MATERIALS/TECHNOLOGY:

- Cards with STDs/STIs, cards with definitions of STDs/STIs
- STD Sorting Accompanying Worksheet
- Teacher Background Information: <http://www.advocatesforyouth.org/storage/advfy/documents/stis.pdf>
- Advocacy skill cue: I CARE
- Assessment rubric



Revisit classroom ground rules and the Anonymous Question Box

(5 minutes)

Take a moment to check in on the ground rules. Ask if there are any questions or observations from **Lesson 1**. Remind students of the anonymous question box. If there were questions in the box, answer them. Remind students that the box will be available throughout the entire Human Growth and Development unit.



Activity 8.1: Teaching STD Knowledge (10 minutes)

Let students know that the focus of today's lesson is sexually transmitted diseases or infections called STDs or STIs for short. There are many different STDs/STIs. Typically, those that are curable are referred to as sexually transmitted infections (STIs) and those that are not curable are referred to as sexually transmitted diseases (STDs). Throughout the lesson and the unit, the terms or acronyms may be used interchangeably. What is most important is knowing your body and what is normal. Abstaining from all types of sex is the only certain to prevent getting an STD/STI. There are ways of preventing the transmission of STDs/STIs. There are also treatment options available for many of the STDs/STIs.

Teach the functional health knowledge associated with STDs/STIs here (this information can be made available to students from the resource at the end of the lesson):

- **Chlamydia:**

This is a common sexually transmitted infection. Often people do not have symptoms, but symptoms can include abnormal discharge and burning sensation when urinating. For females, if untreated, it can spread to the reproductive organs and lead to infertility or a greater risk for a pregnancy in the fallopian tubes (ectopic pregnancy). Having this may also raise the risk of getting other STDs like HIV. This STI is spread through anal, oral or vaginal sex with an infected person. A baby can get it via an infected mother during childbirth. Contracting chlamydia can be prevented by practicing abstinence, being in a long term, monogamous relationship where both people have been tested and are negative for STDs/STIs, and using condoms or another appropriate barrier method, such as a dental dam, correctly every time during oral, anal, or vaginal sex.

- **Gonorrhea:**

A sexually transmitted infection that occurs in males and females. Is more common in young people ages 15-24. Symptoms include a burning sensation when urinating, and white, yellow or green discharge from the penis or vagina. Females often do not have symptoms but may also have bleeding between periods. Can be cured with antibiotics but in some areas, there are strains that are resistant to antibiotics. If left untreated it can create scar tissue in the

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reproductive organs for both males and females, leading to pain and possibly infertility. Spread by having oral, anal or vaginal sex with someone that has the STI. Contracting gonorrhea can be prevented by practicing abstinence, being in a long term, monogamous relationship where both people have been tested and are negative for STDs/STIs, and using condoms or another appropriate barrier method, such as a dental dam, correctly every time during oral, anal, or vaginal sex.

- **Syphilis:**

An STI that can cause long term complications if not treated. More common in some populations; males who have sex with other males and people who are HIV positive may be more susceptible. There are three stages and the early stages involve a sore on the genitals, anus, inside the mouth. After this goes away, the second stage usually involves a skin rash and/or sores in the mouth, anus or vagina. This STI can be passed to a fetus, resulting in low birth weight or death. This STI can be cured with the right antibiotics, but any damage caused by the disease cannot be undone. Spreads through direct contact with the sores of an infected person or during pregnancy to the fetus. Can be prevented by practicing abstinence, being in a long term, monogamous relationship where partners have been tested and are negative for STDs/STIs, and using condoms or another appropriate barrier method, such as a dental dam, correctly every time during oral, anal, or vaginal sex.

- **Human Papilloma Virus (HPV):**

An STI that can cause genital warts. Very common. Cervical cancer is caused by this STI. Most people have no symptoms or are unaware until they have genital warts. In most cases it goes away on its own but when it doesn't it can cause genital warts and cancer. There is no cure. Spread by having oral, anal or vaginal sex with someone who is infected. It can be passed even if the person with the STI has no symptoms. This STI can be prevented by getting a vaccine.

- **Public Lice:**

Parasitic insects found primarily in the pubic or genital area of humans. Symptoms include itching and bumps in the genital area or the presence of bugs or their eggs. They are usually found in the genital area on pubic hair; but they may occasionally be found on other coarse body hair, such as hair on the legs, armpits, mustache, beard, eyebrows, or eyelashes. Difficult to get rid of but will not cause other diseases or more serious conditions. Spread through sexual

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contact with an infected person or through close contact with bedding, towels, or clothing of an infected person. To prevent contracting this STI, abstinence is best, or being in a long term, monogamous relationship where partners have been tested and are negative for STDs/STIs. Condoms or another barrier method will not effectively protect against this.

- **Herpes Simplex Virus (HSV 1 and 2):**

An STD caused by two types of viruses. In the United States, about one out of every six people aged 14 to 49 years have this STD. Most people who have this have very mild symptoms and symptoms can include sores on the genitals or mouth. This STD is a virus that stays in the body forever. There is no cure, but drugs are available that can prevent outbreaks or shorten them. Over time, most people have fewer outbreaks. Spread by having vaginal, anal, or oral sex with someone who has the disease. Fluids found in a sore carry the virus and contact with those fluids can cause infection. Contracting this STD can be prevented by practicing abstinence, being in a long term, monogamous relationship where partners have been tested and are negative for STDs, and using condoms or another appropriate barrier method, such as a dental dam, correctly every time during oral, anal, or vaginal sex.

- **Hepatitis:**

This STI is characterized by is an inflammation of the liver. The most common types of Hepatitis are entitled A, B, and C. Many people do not experience symptoms and do not know they are infected. Most people with develop a chronic lifelong infection with serious complications. However, there is now a treatment that can cure, but it is extremely expensive. Hepatitis is spread through contact with an infected person's blood, even in a small amount. Most often this occurs when sharing needles or even personal items like razors, toothbrushes, or nail clippers. People should take universal precautions to not be exposed to the blood of others. Never share needles, personal items that may have small amounts of blood on them, and only get tattoos or piercing in licensed shops that sterilize their equipment. Contracting Hepatitis through sex can be prevented by practicing abstinence, being in a long term, monogamous relationship where partners have been tested and are negative for STDs, and using condoms or another appropriate barrier method, such as a dental dam, correctly every time during oral, anal, or vaginal sex.

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- **Human Immunodeficiency Virus (HIV):**

A virus that is in the blood, breast milk, semen and vaginal fluids of infected people. The virus attacks the body's immune system. Currently 1.2 million people are living with it in the United States and nearly one in seven of them do not know they are infected. When first infected, people report flu like symptoms. Eventually those symptoms go away, but this is when a person is at very high risk of transmitting the virus to others. If left untreated, this will eventually progress to AIDS. There is no cure for it, but with new drug treatment (taken consistently) people are living with this STD. Spreads through contact with blood, semen or vaginal fluids of an infected person. Pregnancy and breastfeeding can also transmit it to a fetus or baby. Contracting HIV can be prevented by practicing abstinence, being in a long term, monogamous relationship where partners have been tested and are negative for STDs/STIs, and using condoms or another appropriate barrier method, such as a dental dam, correctly every time during oral, anal, or vaginal sex, and/or by taking a daily pill called PrEP.

- **Yeast Infection:**

A common infection that occurs when there is overgrowth of the yeast Candida. Nearly 75% of all adult females have had at least one in their lifetime. Females usually experience genital itching, burning, and sometimes a "cottage cheese-like" vaginal discharge. Men may experience an itchy rash on the penis. The symptoms are like those of many other genital infections, so it is important to see the doctor for any of these symptoms. If not treated, symptoms, which may be very uncomfortable, can persist. A yeast infection is not typically transmitted through sexual activity. However, there is a chance that the infection may be passed between sex partners. Yeast infections may be prevented by wearing cotton underwear. Some evidence suggests that oral or intravaginal probiotics may help to prevent frequent infections.

- **Bacterial Vaginosis (BV):**

An infection caused when too much of certain bacteria change the normal balance of bacteria in the vagina. Most common in young women (ages 15-24). Many women with do not have symptoms. If they do have symptoms, it is usually a thin white or gray vaginal discharge, odor, pain, itching, or burning in the vagina. Some women have a strong fish-like odor, especially after sex. They may also have burning when urinating; itching around the outside of the vagina, or both. BV can cause some serious health risks, including increasing the chance of getting HIV with unprotected sex with an HIV positive person; make it more likely for a premature birth if pregnant; increasing the chance of getting other

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STIs, such as chlamydia and gonorrhea. These bacteria can sometimes cause pelvic inflammatory disease (PID), which can lead to infertility. It can be cured with antibiotics. Doctors are not sure how it is spread, but abstaining from sex, limiting the number of sex partners, and not douching may help prevent the spread of BV.

If you have had unprotected sex, even if you don't have symptoms, you should go to your doctor or local clinic and get tested. If you have symptoms, or otherwise suspect you may have an STD/STI, it is critical that you seek medical treatment immediately; consult a doctor or clinic. If you get tested and learn that you do have an STD/STI, you should:

- Inform your sexual partner(s).
- Encourage partner(s) to get treatment.
- Abstain from sexual contact while infectious.



Activity 8.2: STD Sorting (15 minutes)

To further develop knowledge about STDs/STIs, now the class will do a sorting activity together. Give half of the class a card with an STD/STI or sexual health condition printed on it. Tell those with cards to find a partner. Pass out the **STD Sorting Worksheet** to the partner. Let them know that each pair has a different STD/STI or sexual health condition that could be transmitted to a partner via sexual contact. Tell the pairs that they will read the information on their cards to determine which category the STD/STI/condition card belongs in, as the teacher posts the categories in each round on the wall.

Put the first round of wall cards up and ask pairs to sort themselves based on which of the categories they feel their STD/STI/condition card belongs in, by lining up next to the category on the wall that applies to their card.

After the pairs have sorted themselves, ask the questions that follow for each round. Have the class discuss the answers to the questions, using the information on the cards to identify the answers. Have the pairs fill in the worksheets as they go along. Collect the worksheets at the end of the activity. Use the worksheets to assess student progress toward reaching the lesson objectives.

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<p>Round 1</p> <ul style="list-style-type: none"> • Most often sexually transmitted • Not usually sexually transmitted 	<p><i>What cards are in the “sexually transmitted” category? What cards are in the “not typically sexually transmitted” category? Why not? How are those health conditions typically contracted?</i></p>
<p>Round 2</p> <ul style="list-style-type: none"> • Life Threatening • Serious • Not serious 	<p><i>What STDs/STIs are serious? What is the serious impact for most of these STDs/STIs?</i></p>
<p>Round 3</p> <ul style="list-style-type: none"> • Curable • Not curable 	<p><i>What do those STDs that are not curable have in common? Are they all also life threatening? If not, what is their impact over time on the person that has them?</i></p>
<p>Round 4</p> <ul style="list-style-type: none"> • Symptoms • Often no symptoms 	<p><i>Referring to hygiene lesson and how you know you are sick; how do you know there is something wrong with your genitals?</i></p>
<p>Round 5</p> <ul style="list-style-type: none"> • Condoms/barrier method are effective at preventing • Condoms/barrier method are not effective at preventing 	<p><i>What do you think about knowing that some STDs cannot be prevented by using a condom? What is your best form of prevention now? What is your best form of prevention when you are older and more likely to be sexually active?</i></p>
<p>Round 6</p> <ul style="list-style-type: none"> • Vaccine will prevent • Prevention through behavior 	<p><i>What’s the one STI that can be prevented by a vaccine?</i></p>



Activity 8.2 STD Sorting Worksheet

Student Names:

Ask students to complete the following worksheet to demonstrate their level of understanding of lesson objectives.

Student Name	
Describe the signs, symptoms and potential impacts of at least 5 STDs/STIs, including HIV.	
Describe three critical health behaviors that should follow a suspicion of infection	
Describe at least two effective ways of reducing one's STD/STI risk	
Name the STD/STI that can be prevented by getting vaccinated	

 Activity 8.2: STD Sorting Cards

Chlamydia

What is it? This is an infection.
How common? It is very common, particularly in sexually active young people ages 15-24.
Symptoms? Often people do not have symptoms. But if they do they can include abnormal discharge, burning sensation when urinating.
How serious? Can it be cured? For females, if untreated it can spread to the reproductive organs and lead to inability to get pregnant or a greater risk for a pregnancy in the fallopian tubes (ectopic pregnancy). Having this may also raise the risk of getting other STDs like HIV.
How is it spread? Is spread through anal, oral or vaginal sex with an infected person. A baby can get it via an infected mother during childbirth.
How can it be prevented? Abstinence, being in a long term, monogamous relationship where partners have been tested and are negative for STDs, and using latex condoms correctly every time during oral, anal, or vaginal sex.

Gonorrhea

What is it? A sexually transmitted infection that occurs in males and females.
How common? Is more common in young people ages 15-24.
Symptoms? Symptoms include a burning sensation when urinating, white, yellow or green discharge from the penis or vagina. Females often do not have symptoms but may also have bleeding between periods.
How serious? Can it be cured? Can be cured with antibiotics but in some areas, there are strains that are resistant to antibiotics. If left untreated it can create scar tissue in the reproductive organs for both males and females, leading to pain and possibly infertility.
How is it spread? Having oral, anal or vaginal sex with someone that has the STI.
How can it be prevented? Abstinence, being in a long term, monogamous relationship where partners have been tested and are negative for STIs, and using latex condoms correctly every time during oral, anal, or vaginal sex.

Syphilis

What is it? An STD that can cause long term complications if not treated.

How common? Is more common in some populations. Males who have sex with other males and people who are HIV positive may be more susceptible.

Symptoms? There are three stages. The early stages involve a sore called at the site of infection, usually on the genitals, anus, or inside the mouth. After this goes away, the second stage usually involves a skin rash and/or sores in the mouth, anus or vagina.

How serious? Can it be cured? This STD can be passed to a fetus, resulting in low birth weight or death. This STD occurs 10-30 years after infection and can result in death. This can be cured with the right antibiotics, but any damage caused by the disease cannot be undone.

How is it spread? Is spread through direct contact with the sores of an infected person or during pregnancy to the fetus.

How can it be prevented? Abstinence is best, or being in a long term, monogamous relationship where partners have been tested and are negative for STDs, and using condoms correctly every time during oral, anal, or vaginal sex.

Human Papilloma Virus (HPV)

What is it? An STI that can cause genital warts.

How common? Very common. Cervical cancer is caused by this STI.

Symptoms? Most people have no symptoms or are unaware until they have genital warts.

How serious? Can it be cured? In most cases it goes away on its own but when it doesn't it can cause genital warts and cancer. There is no cure.

How is it spread? Having oral, anal or vaginal sex with someone who is infected. It can be passed even if the person with the STI has no symptoms.

How can it be prevented? This STI can be prevented by getting a vaccine. Also, abstinence is best, or being in a long term, monogamous relationship where partners have been tested for the STD. and using latex condoms correctly every time during oral, anal, or vaginal sex.

Pubic Lice

What is it? Parasitic insects found primarily in the pubic or genital area of humans.

Symptoms? Itching and bumps in the genital area or the presence of bugs or their eggs. They are usually found in the genital area on pubic hair; but they may occasionally be found on other coarse body hair, such as hair on the legs, armpits, mustache, beard, eyebrows, or eyelashes.

How serious? Can it be cured? Difficult to get rid of but they will not cause other disease or more serious conditions.

How is it spread? Is spread through sexual contact with an infected person or through close contact with bedding, towels, or clothing of an infected person.

How can it be prevented? Abstinence is best, or being in a long term, monogamous relationship where partners have been tested and are negative for STDs. Condoms will not protect against this.

Herpes Simplex Virus (HSV) 1 and 2

What is it? An STD caused by two types of viruses.

How common? In the United States, about one out of every six people aged 14 to 49 years have this STD.

Symptoms? Most people who have this have very mild symptoms. Sores on genitals or mouth.

How serious? Can it be cured? This STD is a virus that stays in the body forever. There is no cure, but drugs are available that can prevent outbreaks or shorten them. Over time, most people have fewer outbreaks.

How is it spread? By having vaginal, anal, or oral sex with someone who has the disease. Fluids found in a herpes sore carry the virus and contact with those fluids can cause infection.

How can it be prevented? Abstinence is best, or being in a long term, monogamous relationship where partners have been tested for the STD. and using latex condoms correctly every time during oral, anal, or vaginal sex.

Human Immunodeficiency Virus (HIV)

What is it? A virus that is in the blood, breast milk, semen and vaginal fluids of infected people. The virus attacks the body's immune system.

How common? Currently 1.2 million people are living with it in the United States and nearly one in seven of them do not know they are infected.

Symptoms? When first infected, people report flu like symptoms. Eventually those symptoms go away, but this is when a person is at very high risk of transmitting the virus to others.

How serious? Can it be cured? If left untreated, this will eventually progress to AIDS. There is no cure for it, but with new drug treatment (taken consistently) people are living with this STD.

How is it spread? Is spread through contact with blood, semen or vaginal fluids of an infected person. Pregnancy and breastfeeding can also transmit it to a fetus or baby.

How can it be prevented? A daily pill called PrEP can prevent this STD. Also, abstinence, or being in a long term, monogamous relationship where both people have been tested and are negative for the STD, and using latex condoms correctly every time during oral, anal, or vaginal sex.

Hepatitis

What is it? An inflammation of the liver.

How common? The most common types of are entitled A, B, C

Symptoms? Many people do not experience symptoms and do not know they are infected.

How serious? Can it be cured? Most people with develop a chronic lifelong infection with serious complications. However, there is now a treatment that can cure, but it is extremely expensive.

How is it spread? Is spread through contact with an infected person's blood, even in a small amount. Most often this occurs when sharing needles or even personal items like razors, toothbrushes, or nail clippers.

How can it be prevented? Take universal precautions not to be exposed to the blood of others. Never share needles, personal items that may have small amounts of blood on them, and only get tattoos or piercing in licensed shops that sterilize their equipment.

Yeast Infection

What is it? A common infection that occurs when there is overgrowth of the yeast *Candida*.

How common? Nearly 75% of all adult females have had at least one in their lifetime.

Symptoms? Females usually experience genital itching, burning, and sometimes a “cottage cheese-like” vaginal discharge. Men may experience an itchy rash on the penis. The symptoms are like those of many other genital infections, so it is important to see the doctor for any of these symptoms.

How serious? Can it be cured? Yes, it can be cured, but if not treated, symptoms can persist.

How is it spread? Not typically transmitted through sexual activity. However, there is a chance that the infection may be passed between sex partners.

How can it be prevented? Wearing cotton underwear may help to reduce the risk. Some evidence suggests that oral or intravaginal probiotics may help to prevent infections.

Bacterial Vaginosis

What is it? An infection caused when too much of certain bacteria change the normal balance of bacteria in the vagina.

How common? Most common in young women (ages 15-24)

Symptoms? Many women with do not have symptoms. If they do have symptoms, it is usually a thin white or gray vaginal discharge, odor, pain, itching, or burning in the vagina. Some women have a strong fish-like odor, especially after sex. They may also have burning when urinating; itching around the outside of the vagina, or both.

How serious? Can it be cured? Can cause some serious health risks, including increasing the chance of getting HIV with unprotected sex with an HIV positive person; make it more likely for a premature birth if pregnant; increasing the chance of getting other STDs, such as chlamydia and gonorrhea. Can lead to pelvic inflammatory disease (PID), which can result in fertility problems. It can be cured with antibiotics.

How is it spread? Doctors are not sure. Can be spread during sexual activity.

How can it be prevented? Abstinence from sex, limiting the number of sex partners, not douching.



Activity 8.3: Abstinence and Getting Tested (5 min)

Once all six rounds of sorting are complete, instruct students to return to their seats and ask the following: *what did you notice about prevention or how to avoid getting an STD/STI?*

This is the opportunity to stress abstinence. Not having sex or sexual contact is the best way to avoid a sexually transmitted infection. However, when students are older and feel ready to have sexual contact, part of their responsibility will be to communicate with their potential partner about STDs.

Explain that in a healthy relationship you can talk about anything with your partner, including STDs/STIs. Getting tested and treated for STDs/STIs is part of taking care of your sexual health once you are sexually active. Being sexually active means engaging in any sexual activity that can put you at risk for getting an STD/STI, such as oral, anal or vaginal contact. Before you have sexual contact with someone, you should talk to that person about past sexual behaviors and whether they have been tested for STDs/STIs. If you feel uncomfortable doing this, you are not ready to be sexual, and practicing abstinence is likely the best course of action.

Young people who are of reproductive age (meaning they have passed puberty) can go to a clinic for reproductive health services, including to obtain birth control, condoms, and STD testing and treatment. These services are confidential and typically free for young people. Ask the class what confidential means and check for understanding.

Health care providers are bound by confidentiality because it is important that young people be able to go to the doctor if they think they have an STD/STI or might be pregnant without fearing that their parents or guardians will be informed. While health care providers are bound by confidentiality, the state of Wisconsin has set the minimum age of eligibility for free sexual health services at age fifteen.

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Ask the class:

- Did the message identify a health issue?
- Was the message supported by facts and evidence and designed to appeal to the intended audience?
- Was the message passionate?
- How effective do you think that message would be for Sam and Jackie?

Now let students know they will have a chance to practice the advocacy skill by breaking into small groups of 4-5 students each, selecting a health-related topic, and creating a public service announcement (PSA) to share with the school. Give students the following options for topics, feel free to add topics, or approve other topics that the groups come up with, as appropriate.

Possible topics:

- Abstinence
- Acceptance of diversity
- Anti-bullying
- Body positivity
- Consent in romantic/sexual relationships
- Pregnancy prevention
- Staying safe online

Encourage groups to be creative with their PSAs; they can make a commercial, video-taped role play, a "billboard," an op-ed article, a skit, a song, or some other medium to convey their message. Give students the remainder of the class to work on their PSAs and assign remaining tasks as homework.

Note for next class: At the beginning of the next class, students will present their PSAs and get feedback from the class and the instructor. Students can then improve their PSAs should they need to, and final products can be displayed in the school.



Activity 8.4: Advocating for Community Health (25 min)

Let students know that now the class will learn more about the skill of advocacy. Introduce the advocacy skill by saying advocacy teaches students how to build support for a cause and encourage others to adopt or maintain a healthy behavior. An important part of being an effective advocate is to think through how social norms in the school or community affect youth choices, and what messages would be most effective in reaching their intended audience (their peers). Introduce the steps of the skill of advocacy with the **I CARE** acronym¹:

I - Identify a relevant and meaningful health issue.

C - Create a health-enhancing position or message that is supported by facts and evidence and is geared toward the audience.

A - Act passionately and with conviction.

R - Relay your health-enhancing message to your audience.

E - Evaluate the effectiveness of your advocacy effort.

Advocacy means to support a cause – in this case, to support the cause of practicing abstinence until you're ready to take responsibility for your sexual health by getting tested and knowing your sexual health status. To model the advocacy skill, present the following scenario to the class, and lead a discussion on what an effective advocacy message would be, using the steps of **I CARE**.

Scenario: Sam and Jackie are thinking about having sex together for the first time. Jackie, who is 15 has had sex before and Sam, who is 14, hasn't.

Advocacy message for Sam and Jackie (possible answer):

Many young people need to decide when to practice abstinence and/or learn their sexual health status by getting tested. Teenagers are disproportionately affected by common sexually transmitted infections like chlamydia and gonorrhea. Abstinence is the best way to prevent the spread of STDs/STIs. If a young person and their partner are ready to have sex, they should first learn their sexual health status. People should engage in sex only when they are ready, and when they know their STD/STI status.

¹ Ibid.



Activity 8.4: Advocating for Community Health Skill Cue: I CARE

I - Identify a relevant and meaningful health issue

C - Create a health-enhancing position or message that is supported by facts and evidence and is geared toward the audience

A - Act passionately and with conviction

R - Relay your health-enhancing message to your audience

E - Evaluate the effectiveness of your advocacy effort

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Assessment Rubric

Student Name:			
Assessment Area	Not present	Developing	On target
Describe the signs, symptoms and potential impacts of at least 5 STDs/STIs, including HIV.	Student participation and work reflects minimal to no understanding of the objective.	Student participation and work reflects some understanding of the objective.	Student participation and work reflects thorough understanding of the objective.
Describe three critical health behaviors that should follow a suspicion of infection	Student participation and work reflects minimal to no understanding of the objective.	Student participation and work reflects some understanding of the objective.	Student participation and work reflects thorough understanding of the objective.
Describe at least two effective ways of reducing one's STD/STI risk	Student participation and work reflects minimal to no understanding of the objective.	Student participation and work reflects some understanding of the objective.	Student participation and work reflects thorough understanding of the objective.
Name the STI that can be prevented by getting vaccinated	Student participation and work reflects minimal to no understanding of the objective.	Student participation and work reflects some understanding of the objective.	Student participation and work reflects thorough understanding of the objective.
Teacher comments:			