

Sexually Transmitted Infections (STIs)

Essential Questions

- Why should I be concerned about sexually transmitted infections?
- What are some different types of sexually transmitted infections?
- How are these types of infections transmitted?
- How can I show respect for people living with a STI?

Learning Intentions

- I'll know about the different types Sexually Transmitted Infections.
- I'll understand how STIs are transmitted and treated.
- I can show respect for people living with STIs.

Introduction

Understanding the existence, prevalence, and different types of STIs is critical for students to manage and maintain their sexual health.

CA Health Standards 7th-8th Grade

1.3 Explain the effectiveness of abstinence in preventing HIV, other STDs, and unintended
1.5 Explain the effectiveness of FDA-approved condoms and other contraceptives in preventing HIV, other STDs, and unintended pregnancy
1.6 Identify the short- and long-term effects of HIV, AIDS, and other STDs
1.7 Identify ways to prevent or reduce the risk of contracting HIV, AIDS, and other STDs.
3.1 identify trusted adults in one's family, school, and community for advice and counseling regarding reproductive and sexual health.

	<p>3.3 Identify health care providers for reproductive and sexual health services</p> <p>4.1 Practice effective communication skills with parents, guardians, health care providers, or other trusted adults by discussing issues related to reproductive and sexual health</p> <p>5.1 Analyze why abstinence is the most effective method for the prevention of HIV, STDs, and pregnancy.</p> <p>8.2 Promote respect for and dignity of persons living with HIV or AIDS.</p>
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Sexually Transmitted Infections

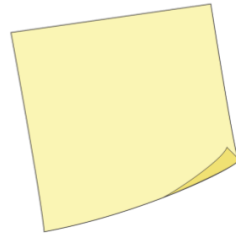
Understanding Sexually Transmitted Infections and how they are spread



Myth or Fact?

What have you already heard about Sexually Transmitted Infections?

Write one thing that you've heard about Sexually Transmitted Infections on the sticky-note



Provide each student with a sticky note and have them write one thing they already know, or think they know, about sexually transmitted infections.

Collect and sort into two columns, "myth" and "fact" as a way to preview the lesson. You could optionally include a third column for statements you're not sure whether it's a myth or a fact. Use the sources at the end of this teacher's guide as reference to come back to these statements.

Essential Questions

- Why should I be concerned about sexually transmitted infections?
- What are some different types of sexually transmitted infections?
- How are these types of infections transmitted?
- How can I show respect for people living with a STI?

If you need resources or support for your sexual health...

- Talk to a parent/guardian or other trusted adult
- Call 2-1-1
- Visit 211sandiego.org

Share the Essential Questions for this lesson with students. Clarify any information

Introduce the salmon colored box with information on where students should go if they need additional resources for their sexual health. Let students know that this information is also on the last page of their workbook for each lesson.

Learning Intentions

- I'll know about the different types Sexually Transmitted Infections.
- I'll understand how STIs are transmitted and treated.
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Share the Learning Intentions for this lesson with students.
Clarify any information.

Teaching Agreement

It's important to know that...

1. I am a mandated reporter, which means I'm required to report suspected abuse or neglect.
2. We will be examining sexual health through research, evidence, and scientific facts.
3. We will be learning and using accurate scientific terms for systems, processes, and anatomy that comes directly from the California Health Standards for 7th and 8th grade.
4. We will not be discussing our personal values or opinions about any of the topics.
5. **We will ensure a safe environment that is inclusive for all students**
6. We will focus on questions that relate to the science we are learning and encourage you to talk to your parent/guardian at home about your values and opinions when it comes to making choices.

Teaching agreement is shared in each lesson. Introduce students to the requirements of being a “mandated reporter”

It is critical for the teacher to demonstrate that they will be keeping agreements as well as the students during each Sexual Health lesson. This helps the teacher model fairness and accountability for students.

What are some different types of sexually transmitted infections?... and should I be concerned about these?

What is a STI?

Sexually Transmitted Infections are infections spread mostly by unprotected sexual contact.

Some STIs can also be transmitted during pregnancy, childbirth, breastfeeding, and through infected blood or blood products.

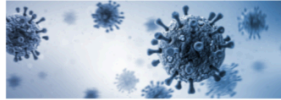
Most STIs are caused by viruses or bacteria.



Share with students the definition of some of these details about STIs. Have students complete the full terms from the acronym S-T-I in their workbooks.

Know Your Terms

Viruses are microscopic organisms that can infect hosts, like humans, animals, or plants.

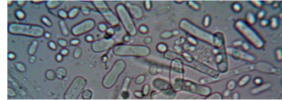


Viral infections are any illnesses you get from a virus.

Examples of viral infections include the common cold and COVID-19



Bacteria are single-celled microorganisms and are a major cause of diseases.



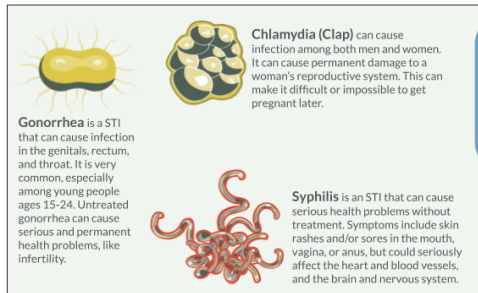
Bacterial infections can affect your skin, lungs, brain, blood, and other parts of your body.

Examples of bacterial infections include food poisoning and ear infections



Share with students that most STIs are either viruses, or bacteria. Share the examples from the slides about other common illnesses or infections that students may be more familiar with from each.

Sexually Transmitted Infections - Bacterial



Bacterial STIs are transmitted by having vaginal, anal, or oral sex with someone who is infected.

Often, there are no symptoms if you are infected.

Bacterial STIs are treatable with antibiotics.



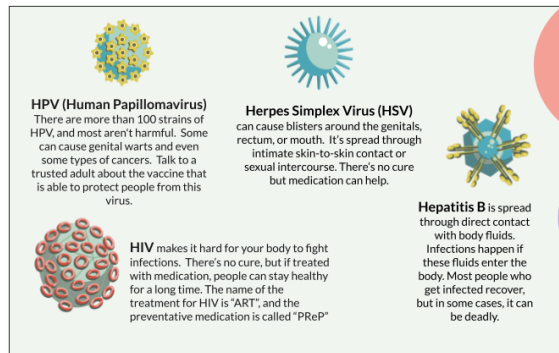
Each of these infections can cause serious health problems.

Introduce students to three common bacterial STIs

Emphasize that:

- Abstinence is the most effective way of avoiding these STIs
- Bacterial STIs are transmitted by having vaginal, anal, or oral sex with someone who is infected.
- Each of these infections can cause serious health problems.
- Often, there are no symptoms if you are infected.
- Bacterial STIs are treatable with antibiotics.

Sexually Transmitted Infections - Viral



All viral STIs are transmitted by having vaginal, anal, or oral sex with someone who is infected.

Often, there are no symptoms if you are infected.

Viral STIs are NOT CURABLE, but medications can help.



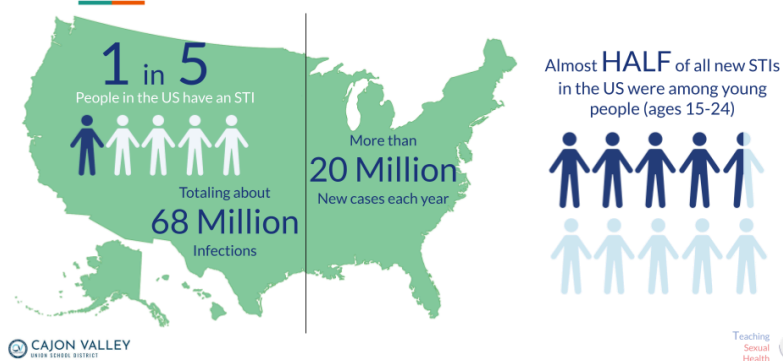
Herpes and Hepatitis can also be transmitted through other contact.

Introduce students to four common bacterial STIs

Emphasize that:

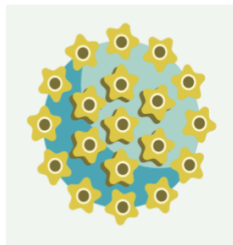
- Abstinence is the most effective way of avoiding these STIs
- All viral STIs are transmitted by having vaginal, anal, or oral sex with someone who is infected.
- Herpes and Hepatitis can also be transmitted through other contact.
- Often, there are no symptoms if you are infected.
- Viral STIs are NOT CURABLE, but medications can help.

STIs in the US



Share these statistics with students, with an emphasis that new STI cases are most common among young people.

STIs in the US



HPV is very common...

Approximately 20 million Americans are currently infected with HPV.

Another 6 million people become newly infected each year.

At least 50% of sexually active men and women get it at some point in their lives.

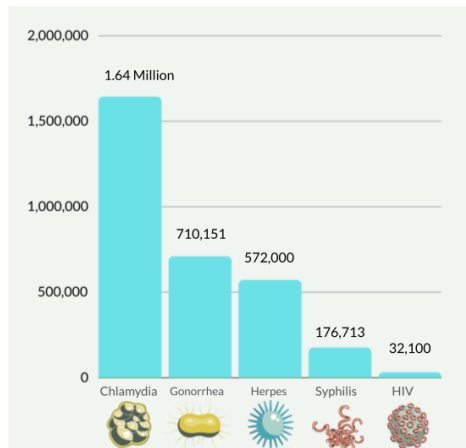
There is a test for women, but currently there is no approved test for men.

Single out statistics for HPV because it is so common

- Approximately 20 million Americans are currently infected with HPV.
- Another 6 million people become newly infected each year.
- At least 50% of sexually active men and women get it at some point in their lives.
- There is a test for women, but currently there is no approved test for men.

STIs in the US

Approximate number of new infections of common STIs in one year



New cases of HIV are low compared to other STIs... but there are approximately 1.2 million people in the U.S. living with HIV. About 13 percent of them don't know they're infected and need testing.

Share these statistics as a way to emphasize the most common STIs after HPV.

High Risk Activities for Getting a STI

- Having oral, vaginal, or anal sex without a condom
- Having multiple sex partners
- Having sex with partners who you don't know well
- Having sex while under the influence of drugs or alcohol can lower inhibitions and result in greater sexual risk-taking
- Injecting drugs
- Having sex with a partner who currently injects, or has ever injected drugs



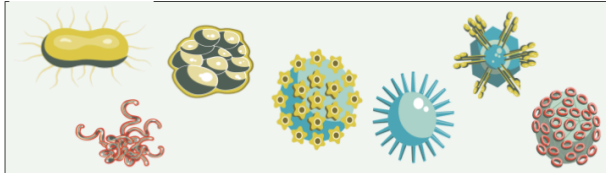
If you need resources or support for your sexual health...

- Talk to a parent/guardian or other trusted adult
- Call 2-1-1
- Visit 211sandiego.org

Emphasize with students the high risk activities for getting an STI. Remind students that there are resources if they need support for their sexual health.

Quick Write

What are some things you now know about Sexually Transmitted Infections?



Have students use the graphics from the slides contained in their workbook to answer the question:

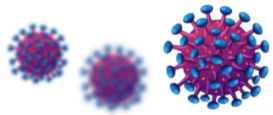
What are some things you now know about STIs?

Optional: Have students share in pairs, small groups, or the whole class.

Know Your Terms

WHAT IS HIV?

Human Immunodeficiency Virus (HIV) is a virus that attacks cells that help the body fight infection.



There's no cure, but it is **treatable** with medicine.



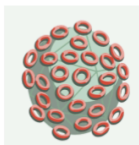
What is AIDS?

Acquired Immune Deficiency Sndrome

AIDS is caused by HIV infection. AIDS is the late stage of HIV infection that occurs when the body's immune system is badly damaged because of the virus.

Narrow focus of discussion to HIV and AIDS. Emphasize the difference in how we use these terms and their meanings.

Comparing HIV and AIDS



HIV is

- a preventable and treatable sexually transmitted infection.
- the virus that can cause AIDS if left untreated.
- transmitted from one person to another through specific interactions.

AIDS

- is the most advanced stage of an HIV infection.
- can be prevented and treated.

In the U.S., most people with HIV do not develop AIDS because taking medications as prescribed stops the progression of the infection.

Further comparison of HIV and AIDS

Meet a Person Living with HIV



What are some important ideas you learned from this conversation?

Ask students to think about the question as they watch the video.

The video is a conversation between middle school students and a woman who was born with an HIV infection, and is currently living with the infection managed by medication.

After the video, students answer this question in their workbook.

Optional: Have students share in pairs, small groups, or the whole class.

How is HIV transmitted?

An HIV-positive person can transmit HIV through:



Shared piercing instruments like needles, especially for drug injection



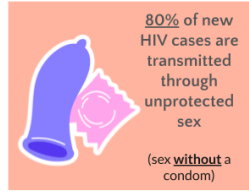
Childbirth or breastfeeding the baby



Blood transfusion



Organ transplant



HIV is not transmitted through:



Food, drinks, utensils



Insect bites



Kissing or touching



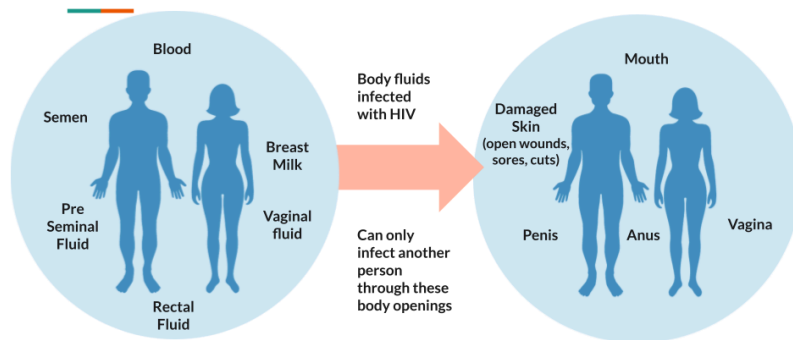
Clothes or towels



Toilets or showers

Share examples of how HIV is transmitted and how it is not.

Bodily Fluids That Could Transmit HIV



Share examples of the types of body fluids that transmit the infection, and how they can be transmitted to another individual.

How can I show respect for people
living with a STI?

Stigma and Discrimination

Stigma

Irrational or negative attitudes, behaviors, and judgments towards people living with or at risk of STIs.

Can negatively affect the health and well-being of people who might have an STI by discouraging some individuals from getting tested, accessing treatment, or staying in care. Spreading rumors or shaming someone will make this worse.

Can also affect those at risk of by discouraging them from seeking prevention tools and testing, and from talking openly with their sex partners about safer sex options.



Share with students the concepts of stigma and discrimination often directed at people with an STI.

Stigma and Discrimination



Discrimination

Behaviors that result from attitudes or beliefs.

Here are a few examples:

- A healthcare professional refusing to provide care or services to a person living with HIV
- Refusing casual contact with someone living with HIV
- Socially isolating (excluding, shunning, ignoring, silent treatment, ghosting) someone because they have an STI

How Can I Show Support to Someone with a STI?

Listen - Being diagnosed a STI is a big deal. Listen and offer your support. Be available to have open, honest conversations. In general, be respectful towards them.

Learn - Educate yourself about the STI: what it is, how it is and is not transmitted, how it is treated, and how people can stay healthy with it.

Encourage Treatment - Some people who are recently diagnosed may find it hard to take that first step to treatment. Encourage them to take care of their health.



If you need resources or support for your sexual health...

- Talk to a parent/guardian or other trusted adult
- Call 2-1-1
- Visit 211sandiego.org

And share the ways you can support someone who is living with an STI.

Discussion

Why is it important not to discriminate against people who have a STI?



Why might it be important to show support for someone who has an STI?



If you need resources or support for your sexual health...

- Talk to a parent/guardian or other trusted adult
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Have students use the above graphics contained in their workbook to answer these questions.

<div data-bbox="163 316 252 365">Exit Slip</div> <div data-bbox="310 337 462 365">3-2-1 Reflection</div> <ul data-bbox="317 381 825 467" style="list-style-type: none">• Write 3 new things you learned in this lesson.• Write 2 questions you still have about STIs.• Write 1 wish you have for a safe and healthy future.	<p>Have students reflect on their learning in their notebook using the 3-2-1 protocol.</p>
<div data-bbox="163 836 252 868">At Home</div> <p data-bbox="310 836 892 922">Share your exit slip with your parent/guardian, or other trusted adult as a way to begin a conversation about sexually transmitted infections.</p>	<p>Remind students to continue this conversation at home with parents/guardians, or other trusted adults.</p>

Sources

[Cleveland Clinic: Viruses: Definition, Types, Characteristics & Facts](#)

[Cleveland Clinic: Viral Infection: Causes, Symptoms, Tests & Treatment](#)

[Cleveland Clinic: Bacterial Infection: Causes, Symptoms, Treatment & Prevention](#)

[CDC - STD Diseases & Related Conditions](#)

[World Health Organization: Sexually transmitted infections \(STIs\)](#)

[CDC: About HIV/AIDS | HIV Basics](#)

[HIV and AIDS.](#)

[HIV.gov: What Are HIV and AIDS?](#)

[CDC: Comprehensive HIV/AIDS Information | NPIN](#)

[CDC: Body Fluids That Transmit HIV | HIV Transmission | HIV Basics | HIV/AIDS | CDC](#)

[Can you catch HIV from kissing? - NHS.](#)

[Standing Up to Stigma | HIV.gov](#)

[NIH: The Stigma of Sexually Transmitted Infections](#)

[How to Help and Support Someone Who Is HIV Positive | HIV.gov](#)

[SEXUALLY TRANSMITTED DISEASES IN SAN DIEGO COUNTY 2021 DATA SLIDES](#)

[Reported STDs in the United States, 2021](#)