

**TOPIC**

Sexually Transmitted Infections

**AUDIENCE**

High School Students

**TIME NEEDED**

60 minutes

**HUMAN SEXUALITY STANDARDS**

- SH.12.CC.1 Describe common symptoms of and treatments for STDs, including HIV.
- 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.SM.2 Describe the steps to using a condom correctly.

**HEALTH EDUCATION STANDARDS**

- 1.12.9 Analyze the potential severity of injury or illness if engaging in unhealthy behaviors.
- 7.12.3 Demonstrate a variety of behaviors to avoid or reduce health risks to self and others.

**LEARNING OBJECTIVES**

1. At the completion of this lesson at least 80% of students will be able to list one risk factor for contracting an STI on a post test.
2. At the completion of this lesson, at least 80% of students will be able to list at least 3 preventative measures for contracting an STI by completing a post test.

**MATERIALS NEEDED**

- 1 PowerPoint Presentation
- Wifi
- Appendix A (STI Activity Sheet)
- Appendix B (Post-Test)
- Videos
- Electronic device (laptop, phone, tablet)

**PREPARATION**

Prior to the session, assign a designated screen sharer. Have the videos fully accessible and open to be presented. Have the lecture slides open and ready to be presented. Make sure to have the pre and posttests filled out on the google document form and have the link ready. Inform students to have a pencil and sheet paper, phone, or word document handy. Have videos accessible.

## PROCEDURE

### Procedure

#### Introductions (4 minutes)

#### PowerPoint slides 1, 2 and 3

1. Open up the PowerPoint; introduce yourselves to the students.
2. Go over today's lesson and objectives.
  - a. *"By the end of the session today, you will be able to identify the risk factors for STIs and STI preventative measures."*
3. **Video:** play this YouTube video for the class:  
<https://www.youtube.com/watch?v=3uYx26DC0Zs> (1 minute).
  - a. *"This video will comprehensively explain what is an STI"*
  - b. *Now that you have a basic idea of what an STI is, we will move into how STIs are transmitted.*

#### PowerPoint Slides 4, 5, 6, 7 and 8 (5 minutes)

1. Lecture: Move onto the next slide. Explain that an STI is an infection transmitted through sexual contact and often has no immediate signs or symptoms.
  - a. Also explain that an STI can be spread through non sexual contact, such as sharing sheets or towels but that is in specific circumstances that will be explained later in the lesson.
  - b. Then explain that STIs can be transmitted from mother to child during pregnancy and breastfeeding, needle sharing and in some very rare cases blood transfusion.
  - c. Explain to the class that what makes STIs so complicated is that they may not exhibit signs or symptoms but can create permanent damage to the reproductive system and other bodily systems and the individual has no idea that this is occurring for a long time.
  - d. Explain there are 3 categories of STIs bacterial, viral and parasitic.
2. Transition to bacterial STI slide: Explain that bacterial STIs are ones caused by bacteria but are curable with antibiotics.
  - a. These STIs include Chlamydia, Gonorrhea and Syphilis. Explain to participants that antibiotics cure the infection but cannot reverse any damage done if left untreated for too long.
  - b. Describe to the participants that bacterial STIs are projected to become less treatable over time as antibiotic resistance is a concern within the next 10 years.
  - c. Explain that Gonorrhea specifically has progressively developed resistance to the antibiotics used to treat it

# Types of STIs

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3. Transition to viral STI slide: Explain that viral STIs are ones caused by a virus that can be managed but cannot be cured.
  - a. These STIs include Genital Warts/Human Papillomavirus (HPV), Hepatitis B and C, Herpes simplex 1 and 2 and HIV. These STIs can be managed with medications but cannot be cured. (1 minute).
4. Transition to parasitic STI slide: Explain that parasitic STIs are ones caused by parasites that live inside or outside of the body.
  - a. These include pubic lice and trichomoniasis.

## PowerPoint Slides 9 & 10 (7 minutes)

1. Transition into general risk factors for STIs slide: explain the general risk factors for STIs and how everyone is at risk.
  - a. Emphasize how teenagers and young adults are at a great risk for contracting and transmitting STIs due to their biological makeup.
  - b. Explain how individuals who have or had an STI are vulnerable to reinfection of the same or different STI due to continuous unprotected sex or not completing the treatment plan appropriately.
  - c. State how individuals who are suffering with HIV are also vulnerable to STIs.
  - d. State how having multiple sexual partners put an individual at risk.
  - e. Lastly, state how common vaginal infections such as bacterial vaginosis and yeast infection increases an individual's susceptibility.
2. Continue with general risk factors slide: state how a compromised immune system can hinder the healing process of certain HPV infection types.
  - a. State how being unvaccinated for HPV and Hepatitis B increases an individual's risk for contracting these types of STIs.
  - b. Explain how sharing needles, syringes, and other injectable equipment can increase an individual risk for HIV and Hepatitis C.
  - c. Explain how some STIs, such as Pubic Lice and Herpes Simplex 1 and 2, are not transmitted through penetration but by physical contact such as kissing, genital dry humping and biting at the infected site.

**Discussion:** Tell the participants to take a second to think about what has just been covered.

Announce to the class that they will now have 1 minute to type in the chat at least 2 general risk factors for STIs. Read the answers and acknowledge participation. Additionally, ask the students if they know how to minimize the risk factors, and if they know how to do it appropriately.

Thank participants for sharing and continue on with the rest of the subject material.

## Slides 12, 13, 14, 15, 16, & 17 (11 min)

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1. Go over the fundamentals of prevention. Simply state abstinence, HPV and Hepatitis B vaccination, reduce number of sexual partners, mutually monogamous agreements, and condoms.
  - a. Explain that vaccines for HPV and Hepatitis B must be consulted with a guardian and primary care physician.
2. Transition into condom negotiation slide.
  - a. Explain that if a partner is resistant to using a condom be assertive and communicate.
  - b. Emphasize that the perception of risks during sex can be skewed, especially if the consequences have never been experienced.
  - c. There are multiple ways to approach condom negotiation.
    - i. Describe that communication should be assertive, communicate risks, set boundaries and comfort levels.
    - ii. Tell participants it is possible to use data and statistics to negotiate by explaining pregnancy rates and increased STI risk without condom use. Transition into male condoms slide.
  - d. Explain the steps on how to use a male condom.
    - i. (1) read the package and check the expiration date. Emphasize how they should not use expired condoms or condoms they may be allergic to.
    - ii. (2) examine the condom wrapper for tears and make sure you retrieved the condom from a cool and dry area and not a wallet.
    - iii. (3) carefully open and remove the condom from its wrapper. Emphasize how they should not use sharp objects when opening the wrapper.
    - iv. (4) ensure the penis is erect and the foreskin is behind the head of the penis (uncircumcised), and carefully place the condom on the head of the penis. Explain that uncircumcised means that extra skin is covering the head of the penis.
    - v. (5) pinch air out of the tip of the condom while simultaneously rolling the condom down the shaft.
    - vi. (6) after vaginal, anal and/or oral sex, hold the base of the condom before pulling out and carefully remove it off the penis and dispose it.
    - vii. (7) wash your hands immediately.
3. Video: play this YouTube video for the class:
  - a. <https://www.youtube.com/watch?v=PWeo0ILUebs> (48 seconds).
  - b. *“Now we will watch a video that will comprehensively go over the steps on how to apply a male condom.”*
4. Transition into dental dam slide:
  - a. Explain each step on how to use a dental dam.
    - i. (1) Read the package and check the expiration date. Emphasize how they should not use expired condoms or condoms they may be allergic to.

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- ii. (2) Examine the wrapper for tears and make sure you retrieved the dental dam from a cool and dry area and not a wallet.
  - iii. (3) Carefully open and remove the dental dam from its wrapper.
    1. Emphasize how they should not use sharp objects when opening the wrapper.
  - iv. (4) Place the dental dam flat on the anus or vaginal opening.
  - v. (5) Discard the dental dam after use.
  - vi. (6) Wash your hands immediately.
5. Video: play this YouTube video for the class:
- a. <https://www.youtube.com/watch?v=6tPcqHQzvhw> (42 seconds).
  - b. *“Now we will watch a video that will comprehensively go over the steps on how to apply a female condom.”*
6. Transition into the important things to note about condoms slide: Explain how condoms are single use.
- a. Emphasize that one condom should be used per sexual encounter and should not be reused.
  - b. Explain that water-based or silicone-based lubricants should be used to prevent the condom from breaking or tearing.
  - c. State that female condoms are not as durable or stretchy as male condoms. State that latex or polyurethane condoms should be used.
  - d. State that condoms are not 100% effective in making all STIs non-transmittable or contractible.
  - e. State that condoms come in a variety of colors and flavors.

**Discussion:** Ask the students if they know where to get condoms by typing in the chat or unmuting and talking. Is there a place they know where they can get them for free?

## Slides 18, 19, 20, 21, 22, 23, 24, 25, 26, 27, & 28 (8 minutes)

1. Explain the symptoms of infection for Chlamydia and Gonorrhea. Talk about urethritis, which is burning and pain during urination and infrequent urination. It affects both men and women. Talk about cervicitis which is abnormal discharge and bleeding due to the infection, which only affect women.
2. Explain the symptoms of infection for Syphilis. Talk about the different stages.
3. Explain the symptoms of infection for HPV. Talk about how HPV generally clears up on its own, but it can have long-term effects that can produce cancer of the cervix, anus and oropharynx. State that there are different types of HPV and the non-cancerous HPV can develop into genital warts and respiratory papillomatosis

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4. Explain the symptoms of infection for Hepatitis B and C. Talk about jaundice, which is typically for Hepatitis C. Loss of appetite, stomach pain, pain in the muscles or joints which is typical for Hepatitis B
5. Explain the symptoms of infection for Herpes Simplex 1 and 2. Talk about open sores and blisters that can appear in and around the mouth and on the genitals. Explain that Herpes Simplex 1 develops and concentrates in and around the mouth. It is often asymptomatic and generally goes away by itself. Herpes Simplex 2 generally appears as a genital wart and must be managed in order to not give rise to other complications
6. Explain the symptoms of infection for HIV. Talk about the development of a severe cold or flu like symptoms. Involuntary weight loss, night sweats, swollen lymph nodes and diarrhea
7. Explain the symptoms of Trichomoniasis to the class and that 70% of infected people do not experience signs or symptoms. Describe that symptoms for men include itching or burning inside the penis, burning after urination or ejaculation and discharge from penis. Transition by explaining that women may experience different symptoms. These include itching, burning, redness and soreness, discomfort with urination and change in vaginal discharge by smell or color.
8. Explain the symptoms of pubic lice to the class. Describe that symptoms include itching in affected areas at night, inflammation caused by scratching, black powder in underwear which is actually feces dropped by the lice and blue spots or small blood spots on the thighs which are bites from the lice.

## Slide 28 (4 minutes)

1. Transition into treatment slide: State that most STIs can be treated with antibiotics or a 7-day treatment course such as Chlamydia, Gonorrhea, Syphilis, and trichomoniasis. State that other STIs require a vaccination such as HPV and Hepatitis B.
  - a. Explain that some STIs cannot be cured but managed with Antiviral drugs such as Hepatitis C, HIV, and Herpes Simplex 2.
  - b. State that pubic lice is cured with prescribed lotions or creams.

## PowerPoint slide 29

### Group Activity [Name That Risk] (16 minutes)

1. Inform all the students that they will be in a breakout room of 3 people for about 8 minutes.
2. Using the activity sheet (Appendix A) sent to them electronically, students will write as many prevention methods they can remember for each of the listed STIs.
3. Students will then rejoin the zoom collectively and students will be asked to send their answers in the chat as the instructor goes through the sheet.

## **Conclusion (5 minutes)**

Tell students that we covered a great deal of information and they are doing great! Explain that a link to a google form will be sent out in the chat and they have 3 minutes to complete this. Give the class a 1-minute warning. Explain to participants that there are other resources available for further information like the CDC, Planned Parenthood and the American Sexual Health Association. Ask the class if they have any questions. Answer any questions that may be asked. If there are no questions, thank the class for their hard work and attention today.

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## Appendix A

### STI Activity Sheet

Directions: For each one of the STIs listed below, write as many prevention methods as you can remember in the coordinating column.

STI	Prevention Method
HPV	
Hepatitis B	
Gonorrhea	
Chlamydia	
Herpes Simplex 2	
Syphilis	

## Appendix A (ANSWER KEY)

### STI Activity Sheet

Directions: For each one of the STIs listed below, write one prevention method in the coordinating column.

STI	Prevention Method
HPV	Possible Answers: Vaccine, Condoms, dental dams, avoid skin to skin contact
Hepatitis B	Possible Answers: vaccine
Gonorrhea	Possible Answers: condoms, dental dams
Chlamydia	Possible Answers: condoms, dental dams
Herpes Simplex 2	Possible Answers: anti-herpes medication, avoiding sex when partner has an outbreak
Syphilis	Possible Answers: condoms, abstaining from sex

## Appendix B

### Post-Test

*Note: This post assessment should be put into a Google Form or other surveying platform for a virtual presentation, so the link can be shared with the students and results will be saved.*

**Directions:** Complete the post-test questions to the best of your knowledge.

Name: \_\_\_\_\_

Email: \_\_\_\_\_

1. List at least 3 STI prevention methods:

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2. Name two risk factors for contracting an STI?

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3. On a scale of 1-10 how would you rate this workshop ?

1      2      3      4      5      6      7      8      9      10

4. What was the most helpful information in this workshop?

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## Appendix B

### Post-Test (ANSWER KEY)

*Note: This post assessment should be put into a Google Form or other surveying platform for a virtual presentation, so the link can be shared with the students and results will be saved.*

**Directions:** Complete the post-test questions to the best of your knowledge.

Name: \_\_\_\_\_

Email: \_\_\_\_\_

1. List at least 3 STI prevention methods:

Potential answers: condoms, dental dams, vaccines, oral prevention medications, abstaining from sex, only having on partner

2. Name two risk factors for contracting an STI?

Potential answers: Having multiple partners, not using a condom, sharing needles, not being vaccinated, having unprotected sex, vaginal infections, previously having an STI, having a compromised immune system

3. On a scale of 1-10 how would you rate this workshop ?

1      2      3      4      5      6      7      8      9      10

4. What was the most helpful information in this workshop?

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