**Lesson #3**

**STIs, HIV and AIDS**

**Specific Expectations:**

Students will:

 - explain the importance of abstinence as a positive choice for adolescents

 - identify symptoms, methods of transmission, prevention, and high risk behaviours related to common STIs, HIV and AIDS

**Materials:**

- Appendix C - Think, Pair, Share

- STI, HIV and AIDS Jigsaw (3.0 H)

- STI Facts - Chlamydia (3.1 H/OH)

- STI Facts - Syphilis (3.2 H/OH)

- STI Facts - Human Papilloma Virus (3.3 H/OH)

- STI Facts - HIV/AIDS (3.4 H/OH)

- STI Facts - Gonorrhea (3.5 H/OH)

- STI Facts - Genital Herpes (3.6 H/OH)

- STI Facts - Hepatitis B (3.7 H/OH)

**Teaching/learning Strategies:**

- Some strategies have been adapted from Beyond Monet, by Barrie Bennett and Carol Rolheiser (2001) and Think Literacy: Cross Curricutar Approaches (2005).

**- Activity #1** - Think, Pair, Share - Review of Gr. 7 Health

 - Remind students that in grade seven Health class, they learned about the term abstinence and that they also learned about symptoms, methods of transmission and ways to prevent STIs (sexually transmitted infections). Use the **"Think, Pair, Share"** strategy (see Appendix C) and ask students the following:

 - 1. What is abstinence?

 - 2. What are some possible consequences for teens who do not choose abstinence?

177

STIs, HIV and AIDS

 - 3. Why is abstinence an important choice for teenagers?

 - 4. Identify three common STIs discussed in last year's class.

 - 5. What are some methods of preventing STIs?

 - Explain to students that it is important always to recognize the fact that when a couple chooses abstinence, they don't have to be concerned with all of the consequences that may occur as a result of sexual activity. However, research indicates that some teens do not choose abstinence, and for that reason, it is important that students have accurate information about the consequences that may occur for those who are sexually active. (10 minutes)

**- Activity #2** - STI, HIV and AIDS Jigsaw

 **- Part A - Home Groups**

 - Divide students into groups of seven. Explain to students that this group will be called their "home" group. Hand out a copy of the **"STI, HIV and AIDS Jigsaw"** (3.0 H) handout to each student in the class. Within each group, assign one topic from the handout to each student. (5 minutes)

 **- Part B - Expert Groups**

 - Identify an area in the class to form new "expert group" areas, based on the assigned topics. For example, the front desks might be for all students who have been assigned the topic of "Herpes"; therefore, all students with that topic will move from their home group to the front area of the room to meet with their "expert group". When students move to their new area of the room, they will need to take a pen or pencil and their handout (3.0 H) with them. The teacher should continue to provide an area of the classroom for each expert group. Once all students have moved to their expert group areas, each group should be provided with the **"STI Facts"** sheet (3.1 H/OH to 3.7 H/OH) that corresponds to their topic. Once all groups have received their STI Facts sheet, they should work together to complete the columns of the table related to their topic. (15 minutes)

178

Unit 3 - Lesson 3

 **- Part C - Return to Home Groups**

 - Ask students to return to their home groups. Explain to students that each group member will have the opportunity to teach the rest of the group about the topic learned about in the expert group. Remind students that it is important to show their active listening skills by giving the speaker in the group their full, uninterrupted attention. As each student presents, the other students in the group may take notes on their handout (3.0 H), based on the information provided. Students should take turns presenting until the end of class, and will continue in this format at the beginning of the next class. The teacher may use the overheads (3.1 H/OH to 3.7 H/OH) as a reference in the next class, when the handout will be taken up as a whole group. (15 minutes or until class ends)

179

STIs, HIV and AIDS

3.0 H

**STI, HIV and AIDS Jigsaw**

|  |  |  |  |
| --- | --- | --- | --- |
| Sexually Transmitted Infection | Symptoms | Methods of Transmission | Prevention |
| 1. Chlamydia |  |  |  |
| 2. Syphilis |  |  |  |
| 3. Human Papilloma Virus |  |  |  |
| 4. HIV/AIDS |  |  |  |
| 5. Gonorrhea |  |  |  |
| 6. Genital Herpes |  |  |  |
| 7. Hepatitis B |  |  |  |

180

Unit 3 - Lesson 3

3.1 H/OH

**STI Facts - Chlamydia**

1. SYMPTOMS:

\* many individuals do not have symptoms

2-6 weeks after exposure;

|  |  |
| --- | --- |
| Females | Males |
| - increased vaginal discharge- vaginal itching- burning or pain during urination- pain during sexual intercourse- bleeding between menstrual periods- pain in lower abdomen | - watery or cloudy discharge from penis- burning or itching around tip of penis- frequent urination- burning during urination- pain in testicles |

2. HOW DO YOU GET CHLAMYDIA?

Chlamydia is spread through unprotected oral, anal, or vaginal sexual intercourse with an infected person.

3. HOW DO YOU REDUCE THE RISK OF GETTING AND SPREADING CHLAMYDIA?

- Consider abstinence

- Use a condom/dental-safer sex dam every time

- Talk to their partner

- Get tested:

 - After their last partner

 - When starting a new relationship

 - If the condom broke or after unprotected sexual intercourse

\*Note: A dental dam is a thin square of latex that can be used to prevent the spread of sexually transmitted infections during oral sex. They can be bought in some stores. Look for dental dams at your local drugstore, pharmacy or sexual health clinic, or order them online, (www.sexualityandu.ca)

(Adapted from www.healthunit.com)

181

STIs, HIV and AIDS

3.2 H/OH

**STI Facts - Syphilis**

1. SYMPTOMS:

Symptoms may show up anywhere from 3 days to 6 months.

- Painless open sore(s), usually around genitals, rectum and/or mouth

- Rash anywhere on the body but typically on the palms of the hands and soles of the feet

- Flu-like symptoms - headache, slight fever, fatigue, loss of appetite, weight loss, sore throat

- Symptoms can be very mild and not noticeable

2. HOW DO YOU GET SYPHILIS

People infected with syphilis can have no signs or symptoms, but can spread it to others.

Syphilis is acquired through unprotected oral, anal, or vaginal sexual contact.

3. HOW DO YOU REDUCE THE RISK OF GETTING AND SPREADING SYPHILIS?

- Consider abstinence

- Use condoms/dental-safer sex dam every time

- Talk to their partner

- Get tested:

 - After their last partner

 - When starting a new relationship

 - If the condom broke or after unprotected sexual intercourse

(Adapted from www.healthunit.com)

182

Unit 3 - Lesson 3

3.3 H/OH

**STI Facts - Human Papilloma Virus (HPV)**

\* This is one of the most common STIs in the world.

1. SYMPTOMS:

- Some people have no visible warts

- Warts often have a cauliflower-like appearance and can be very small

- Warts can be pink, white, brown or grey, and appear alone or in clusters

- Warts are usually painless, but may be itchy/uncomfortable

\* Note: If undiagnosed and untreated, certain types of HPV may lead to cancer of the cervix in women.

2. HOW DO YOU GET HPV?

It is spread by skin-to-skin contact with an infected partner and, rarely, to infants during childbirth.

3. HOW DO YOU REDUCE THE RISK OF GETTING AND SPREADING HPV?

- Get the HPV vaccine - the HPV vaccine has been approved for use in Canada for females (age 9-26, with the primary age group being 9-13 years old)

- Consider abstinence

- Use a condom/dental-safer sex dam every time

- Talk to your partner

- Get tested:

 - After your last partner

 - When starting a new relationship

 - If the condom broke or after having unprotected sexual intercourse

(Adapted from www.healthunit.com)

183

STIs, HIV and AIDS

3.4 H/OH

**STI Facts - HIV/ AIDS**

1. SYMPTOMS:

- Some people who have HIV don't look or feel sick for years, but may pass it on to others

- Nervous and immune systems become damaged and HIV infected people become sick with different illnesses (some of these illnesses can kill them, ex. cancer)

2. HOW DO YOU GET HIV/AIDS?

- Unprotected oral, anal or vaginal sex with someone who is infected

- Sharing needles for injecting drugs with someone who is infected

- Tattooing, skin piercing or acupuncture with unsterilized needles

- Receiving infected blood products (since 1985 in Canada, all blood and blood products are tested for HIV)

- During pregnancy, at birth or through breastfeeding, an infected mother can pass the virus on to her child

- HIV is spread through four bodily fluids: blood, semen, vaginal fluid and breast milk

\* A person cannot become infected by:

- Casual, everyday contact, such as shaking hands, hugging, kissing

- Coughing, sneezing, giving blood

- Using swimming pools, toilet seats, sharing bed linen, sharing eating utensils

- Mosquitoes and other insects, animals

3. HOW DO YOU REDUCE THE RISK OF GETTING AND SPREADING HIV?

- Never share needles or other equipment for injecting drugs

- Ensure that tattoo and body piercing establishments follow the right steps to prevent blood borne infections

- Consider abstinence

- Use a condom/dental-safer sex dam every time

- Talk to your partner and ask them to be tested

- Get tested:

 - After your last partner

 - When starting a new relationship

 - If the condom broke or after having unprotected sexual intercourse

(Adapted from www.healthunit.com)

184

Unit 3 - Lesson 3

3.5 H/OH

**STI Facts - Gonorrhea**

1. SYMPTOMS:

\* Some individuals do not have symptoms

2 to 7 days or longer after exposure:

|  |  |
| --- | --- |
| Females | Males |
| - increased vaginal discharge- burning pain when urinating- pain during intercourse- bleeding between periods- pain in lower abdomen | - mucous-like discharge from penis- burning or itching around tip of penis- frequent urination- burning pain when urinating- testicular pain |

2. HOW DO YOU GET GONORRHEA?

- Gonorrhea is spread through unprotected oral, anal, or vaginal sex with an infected person

3. HOW DO YOU REDUCE THE RISK OF GETTING AND SPREADING GHONORRHEA?

- Consider abstinence

- Use a condom/dental-safer sex dam every time

- Talk to your partner

- Get tested:

 - After your last partner

 - When starting a new relationship

 - If the condom broke or after having unprotected sexual intercourse

(Adapted from www.healthunit.com)

185

STIs, HIV and AIDS

3.6 H/OH

**STI Facts - Genital Herpes**

1. SYMPTOMS:

- Herpes sores usually show up 2 to 21 days after contact with an infected person

- Blisters in the genital area or lips

- Often fever, pain in the joints

- Painful urination

- Itching

- Enlarged and tender swollen lymph nodes

- Some people never have symptoms but carry and spread the virus

\* Once you are infected, you will always carry the virus

2. HOW DO YOU GET GENITAL HERPES?

The herpes virus is spread through skin to skin contact and is most contagious when blisters or sores are present.

3. HOW DO YOU REDUCE THE RISK OF GETTING AND SPREADING GENITAL HERPES?

- Consider abstinence:

- Individuals with herpes should avoid having sexual intercourse (oral, anal or vaginal) when either partner notices the first signs of a herpes outbreak (ex. tingling or slight redness in the usual attack area) or when blisters or sores are present

- Use a condom/dental-safer sex dam every time

- Talk to their partner

- Get tested:

 - After their last partner

 - When starting a new relationship

 - If the condom broke or after having unprotected sexual intercourse

(Adapted from www.healthunit.com)

186

Unit 3 - Lesson 3

3.7 H/OH

**STI Facts - Hepatitis B**

1. SYMPTOMS:

\*half of those who become infected with Hepatitis B do not have any symptoms

4 to 8 weeks after exposure:

- Weakness

- Fatigue

- Headache

- Vomiting

- Fever

- Abdominal pain

- Jaundice (a yellowish colour of the skin and whites of the eyes)

- A small number of people can die from the initial infection

2. HOW DO YOU GET HEPATITIS B?

- Having unprotected oral, anal or vaginal sex with an infected person

- Sharing needles or other equipment for injection drug use

- Transmission from mother to baby during childbirth

- Sharing needles, ink or other tattooing or body piercing equipment

- Blood splashes in the eye, nose, mouth or on broken skin

- Sharing razors, nail scissors or toothbrush with an infected person

3. HOW CAN YOU REDUCE THE RISK OF GETTING AND SPREADING HEPATITIS B?

- Get the Hepatitis B vaccine

- Never share needles, razors, nail scissors, toothbrushes or equipment for injection drug use

- Ensure that tattoo and piercing establishments use clean equipment

- Use a condom/dental-safer sex dam every time

- Talk to your partner

- Get tested:

 - After your last partner

 - When starting a new relationship

 - If the condom broke or after having unprotected sexual intercourse

(Adapted from www.healthunit.com)