

Grab and Go Lesson – HIV and other STDs

Objective: Students will analyze the causes, modes of transmission, signs and symptoms, and treatment and prevention of STDs. Students will also determine lifestyle factors which place the student at risk for disease. Students will also identify appropriate community agencies providing resources for disease treatment, information, and support.

Common Core Tie-In:

- Lifetime Wellness (9-12): Course Standards #1.1, 1.2, 1.3, 1.4, 1.6, 6.6, 6.8
- Health Education (6-8): Course Standard #3.2, 7.3, 9.1, 9.2, 9.3, 9.4

Directions:

Say: *Today we are going to talk about STDs. Can someone tell me what STD stands for?*

Allow students to answer.

Then say: *Yes, STD stands for Sexually Transmitted Disease. There are a lot of sexually transmitted diseases to learn about and hopefully after this lesson, you will have a greater knowledge of what the different STDs are, how they affect your body, and how you can avoid them. We are going to start with a slideshow about the different STDs. This slideshow has a lot of information and it can be overwhelming. If you think of any questions during the slideshow, write them down on a piece of paper, and I will answer them for you tomorrow*. The slideshow has graphic images of diseases. If you feel uncomfortable or faint looking at these images, please feel free to close your eyes and just listen.*

Show the slideshow (alternatively, allow the students to go through the slideshow themselves at individual computers and look up any questions they might have.)

After the slideshow,

Say: *Can someone raise their hand and tell me one fact you were surprised to learn about STDs?*

Allow a few moments for discussion

Then say: *We are now going to play a game to see how much you learned from the slideshow!*

Play Jeopardy game, or alternatively, read the text questions and have them raise their hands. Possibly offer an incentive for the team that answers the most correctly.

Say: *Great work everyone! You have clearly learned so much about STDs! We learned in the slideshow that 1 in 4 teenagers will catch an STD in their teen years. Let's do a quick activity to show that statistic in action.*

Do 1-in-4 activity.

Say: *Hopefully you can all see how common STDs are among teenagers. If you wrote down any questions, please pass them in before class ends and I will answer them tomorrow*.*

Alternative activities available online.

*If students have questions, it is best for you to have them write them down so you have time to look them up on a medically accurate website such as cdc.gov and give yourself a chance to prepare an answer appropriate for the age group you are teaching.

*This lesson plan requires that you talk about methods of sexual transmission. These are defined and should be relayed to students as follows:

- Vaginal sex is the insertion of a man's penis into a woman's vagina.
- Anal sex is the insertion of a man's penis into someone else's rectum.
- Oral sex is someone's mouth on someone else's genitals.