



OVERVIEW

BIG IDEA

Sexual behaviors can transmit potentially fatal diseases.

OBJECTIVE

4.7: Identify the symptoms of STIs and their impact on physical, mental, and social health.

AGENDA

1. Truth or Myth
2. Causes & Effects
3. STI Key Terms
4. Scenarios
5. STI Information Chart
6. Comprehension Questions

HOMEWORK

Answer the six questions about STI testing scenarios.

LESSON 4.7

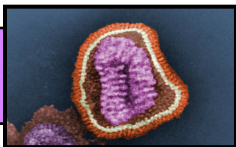
STIs

SUMMARY:

This lesson will challenge students to increase their awareness of STIs. Students will begin with a Truth vs. Myth exercise, then they will discuss the causes and effects of STIs. After that, students will learn some basic terms and background information on STIs, followed by a chance to do their own research on STIs, focusing especially on physical, mental, and social effects (both short-term symptoms and long-term risks). Finally, students will complete a homework assignment with clinical scenarios. This lesson could also be flipped, so that the research is done outside of class for homework in preparation of the lesson and the scenarios are completed in class.

STANDARDS:

NHES 1.12.1: Predict how healthy behaviors can affect health status.



MODULE 4: SEXUAL HEALTH LESSON 4.7

Sexually Transmitted Infections

Obj. 4.7: Identify the symptoms of STIs and their impact on physical, mental, and social health.

DO NOW

1. TRUTH (T) OR MYTH (M)?

1. ____ It can take only one sexual contact with an infected person to get a STI.
2. ____ If you've been infected with an STI before, you can't get the same infection again.
3. ____ You can have more than one STI at a time.
4. ____ You can get a STI from sharing needles.
5. ____ All people infected with STIs know they have something.

2. QUESTIONS ABOUT STIs: Come up with at least one question related to STIs. List question(s) below:

DISCUSS

There are an estimated 19 million new cases of STIs every year. With a partner, brainstorm and list causes and effects of this problem in the table below.

Causes	Effects

DO NOW:

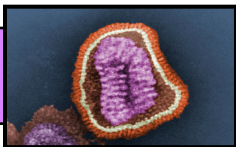
Answers:

1. Truth
2. Myth
3. Myth
4. Truth
5. Myth

DISCUSS: Example causes and effects:

Causes: Lack of education/awareness, not getting tested, lack of safe sex, drugs/alcohol influencing sexual behaviors, etc.

Effects: Psychological distress from having STIs (mental health), damaged relationships, burden on healthcare system, lost work/school days and/or productivity, long-term reproductive problems, especially with child-bearing, etc.



Sexually transmitted infections (STIs) can be passed from one person to another in the following ways, which vary based on the STI:

- Oral sex, anal sex and vaginal sex
- Contact with blood, semen and vaginal discharge
- Skin-to-skin contact
- Occasionally, contact with breast milk and fecal matter

Use the table to identify the meanings of key vocabulary related to STIs.

Key Terms:	Definitions:
Sexually Transmitted Infection (STI)	
Asymptomatic	
Infertile	
Pathogen	
Pelvic Inflammatory Disease (PID)	
Urethritis	



Read through the following clinical scenarios, then move on to the next page to research and fill out information on various STIs. Once you have gathered all your information, come back to each scenario and work with your team to make a diagnosis for each patient:

1. Your patient has been experiencing no physical symptoms other than raised, painless bumps on his penis. His girlfriend is currently undergoing treatment for cervical cancer. What STI does he most likely have?
2. Your patient has never had sexual intercourse. She has had a few recent outbreaks of painful, raised bumps around her lips and mouth. She has no other visible symptoms. Does she have an STI? If yes, which one?
3. Your patient has developed a painless open sore on his finger after touching his partner's genitals, who had a similar sore on his penis. Does your patient have an STI? What STI does your patient most likely have?
4. Your patient is having frequent yellowish discharge from his penis, and experiences pain when urinating. What STIs should you test him for?

NEW INFO:

STI: Any pathogen that spreads from one person to another during sexual contact

Asymptomatic: experiencing no symptoms (silent STI)

Infertile: Not able to reproduce

Pathogen: any agent that causes disease (ex: bacteria, virus, parasite, etc.)

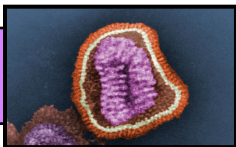
Pelvic Inflammatory Disease (PID): an infection & inflammation of the female uterus, fallopian tubes, and ovaries

Urethritis: Infection/inflammation of the urethra in males and females

NEW INFO:

Answers:

1. HPV
2. Herpes
3. Syphilis
4. Gonorrhea, Chlamydia



Lesson 4.7 Instructor Guide

MODULE 4: SEXUAL HEALTH



NEW INFO For each of the common STIs, write the type of pathogen, whether it is curable or treatable, the symptoms, and any possible long term effects. Use any credible websites and record your sources at the bottom of the table

Name	Pathogen (Bacteria or Virus)	Curable vs. Treatable	Symptoms	Long-term Risks
Human Papilloma Virus (HPV)				
Chlamydia			Male: Female:	
Gonorrhea			Male: Female:	
Herpes				
Syphilis				
HIV				
SOURCES:				

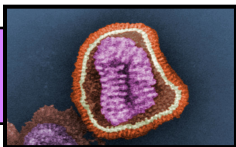
NEW INFO:

For information that can be used to fill in this chart, see STI Factsheet PDF file (can also be found at:

<http://www.womenshealth.gov/publications/our-publications/fact-sheet/sexually-transmitted-infections.pdf>).

Another good site to direct students to is:

http://www.cdc.gov/std/healthcomm/fact_sheets.htm



Answer the questions below based on the information you gathered in the chart:

1. After reviewing the information, what characteristic of a disease has a direct impact on whether or not the infection is curable? (*Think about which infections can be cured; what do they have in common?*)
2. Which STIs can be asymptomatic?
3. Which STIs can be fatal (deadly), if left untreated?
4. Which STIs can lead to infertility?



Answer the following questions about STIs:

1. Which of the following STIs can be totally cured with medicine?
 - a. Genital Warts
 - b. Gonorrhea
 - c. HIV
 - d. HPV
2. Which of the following is untrue about STIs?
 - a. A person cannot have more than 1 STI
 - b. Condoms protect a person from getting an STI 100% of the time
 - c. A person cannot get an STI the first time they have sex
 - d. All of the above are false statements about STIs
3. Which of the following is **not** a long-term risk of human papilloma virus?
 - a. Weakened immune system
 - b. Cervical cancer
 - c. Genital warts
 - d. Urethral cancer

THINK:

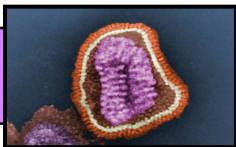
ANSWERS:

1. VIRAL STIs are not curable (only treatable), bacterial STIs are curable
2. Chlamydia, Gonorrhea, Genital herpes, HIV, Syphilis, HPV
3. HIV, HPV, Syphilis
4. Chlamydia, Gonorrhea, HIV

ASSESS:

Answers:

1. B
2. D
3. A



Answer the following questions about STI testing:

1. When should a person start to get tested for STIs? How often should they be tested?
2. If a person tests positively for an STI, what sort of action should they take to treat themselves physically, socially, and mentally? What should they do/say to their current partner and previous partners?
3. What should a person do if a previous sex partner informs them they have tested positive for an STI?
4. What is one way to be sure that your partner does not have an STI?
5. What conversations should sex partners have before engaging in sexual behaviors?
6. How might a person feel, psychologically, after testing positive for an STI? What sort of treatment should they seek in addition to physical treatment?

HOMEWORK:

The purpose of this homework assignment is to get students thinking about how to apply the information they learned in the real world. All of these should be able to be answered based on logic and understanding of basic information on STIs, however students may look up information online if they prefer.