

18 Learn about the Dangers of Sexually Transmitted Diseases

TRANSITION OBJECTIVE

Students will learn why some people take part in careless and unprotected sex and examine measures to prevent sexually transmitted diseases.

RELEVANCE TO SUCCESSFUL TRANSITION

It is important that young people examine the decision they make about their bodies and their health.

INSTRUCTIONAL SEQUENCE

❑ STEP 1: Update Journal

I respect my body when . . .

❑ STEP 2: Convene Roundtable

"Being in control of decisions I make about my body is important because ____."

❑ STEP 3: Advance Organizer

"Today you will examine reasons young people take a chance on getting STDs."

❑ STEP 4: Activity - 10 Minutes

Using an analogy, compare the body with a car. Tell students to close their eyes and imagine they have a brand new car. Tell them to think about how they would take care of the car to keep it running. Continue by saying, "It needs to be kept clean, it needs gas and oil and it needs water. If we put the wrong kind of gas or fluids in the engine, it will break down. If an inexperienced or drinking driver uses your car, it may be wrecked or destroyed. Like your car, your body needs care, fuel and maintenance. Letting an inexperienced or drunken driver use your car is taking a chance that it will be destroyed beyond repair. In the same way, we can allow things to happen to our bodies that can wreck or permanently destroy our good health. Taking part in careless, unprotected sex is one way we can risk losing our good health for the rest of our lives. It is critical that you care for yourself better than you would care for a new car."

❑ STEP 5: Activity - 35 Minutes

Go over the handout **Prevent STDs** by having students take turns reading aloud to the whole class or in small groups. In groups of four, have students develop a commercial to tell other teenagers about the importance of preventing STDs. Groups have 20 minutes to plan their three-minute commercial. Each member of the group must participate in the planning and presentation of the commercial. Have props available, such as hats, a telephone, dramatic clothing or costumes and interesting objects. Monitor the preparation to ensure that the content is appropriate.

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LIFE MANAGEMENT: Unit 1

LESSON 18

Prevent STDs

Sexually Transmitted Diseases

What is an STD? There is a group of diseases called STDs. People get these diseases from unprotected sexual activity with an infected person. Many STDs can be treated or cured if diagnosed early. This includes HIV. Left untreated, STDs can lead to serious consequences including sterility or in the case of untreated HIV, to AIDS and potentially death.

The safest way to prevent an STD is abstinence. Abstinence means no sexual activity. People who choose to have a sexual relationship must be very careful. They need to talk about STDs and pregnancy before any sexual activity starts. They need to know as much as they can about the other person.

Today, many people choose to have HIV testing along with testing to detect other sexually transmitted diseases before starting a sexual relationship. If you are already sexually active it is not too late. Talk to your partner and make sure you are being safe. To stay healthy, you must make good decisions about STDs. If you choose to be sexually active, it is safest to have only one partner.

Finally, the most common STD is HPV, followed by:

- Chlamydia
- Trichomoniasis
- Gonorrhea
- Genital Herpes
- Syphilis
- Human Immunodeficiency Virus (HIV)

* Check the cdc.gov website for the most up to date information about STDs.

QUESTIONS:

What causes young people to have unprotected sex (sex without latex condoms)?

- ❑ Lack of respect for the other person
- ❑ Lack of respect for yourself
- ❑ Low self-esteem
- ❑ Loneliness
- ❑ Poor decision-making
- ❑ Loss of control
- ❑ Looking for love
- ❑ Conquest or challenge
- ❑
- ❑

Form a group of three. Add more reasons teens would use to have unprotected sex. Next, choose three reasons named above. Make up a story that shows why a teen might choose unprotected sex for each reason.

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THE TRANSITIONS CURRICULUM

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□ STEP 6: Evaluate Outcomes

One reason to protect myself from STDs is
“_____.”

□ STEP 7: Connecting Activity

Ask someone in the medical or health field to speak to the class about the causes and prevention of STDs.

KEY WORDS

STD
Gonorrhea

Herpes
Chlamydia

HIV/AIDS
HPV

Syphilis
Genital Warts

MATERIALS AND PREPARATION

- Student Handout: **Prevent STDs**, page 49.
- Prepare to use the analogy of the car.
- Prepare to discuss STDs and reasons young people have unprotected sex.
- Have supplies and props for commercial projects.
- Visit the CDC.gov website to find the latest information, handouts and videos concerning sexually transmitted diseases and condom use to share with your students.

SCANS FOUNDATION SKILLS

- Basic Academic Skills: Reading, Speaking
- Thinking Skills: Creative Thinking, Decision Making
- Personal Qualities: Responsibility, Sociability, Self-Esteem