

Health 3/21/19

EQ: What are the symptoms, prevention and treatment of STIs?

CW: Why STIs matter to me

HW: No HW

Agreements-Do we need to add to these?

Confidentiality-What you say here stays here (you are always encouraged to talk with your family about class but respect others confidentiality.)

Respect for others opinions and values-don't make fun of or put each other down

Listen while others are sharing-one person talks at a time.

Respect for diversity

No direct personal questions

Have an open mind

Try not to laugh even if it's difficult

You are not required to talk about yourself but be open to participating in general discussions.

Agenda

1. Anonymous Questions
2. Reading and Writing Prompt
3. Consensual sex or sexual assault?
4. Tea and consent
5. May I give you a fist bump?

Can animals be transgender?

Regarding sex-changing animals, the technical term for this phenomenon is sequential hermaphroditism.

It generally goes one of three ways: Males can turn into females (protandry), females can turn into males (protogyny), and bidirectional or simultaneous sex change, where the animal is both male and female simultaneously, altering between the sexes at different points of its life. Such activity is particularly common among fish.



<https://www.youtube.com/embed/Jxs2yHP6K2E>

What should you do if your scared
to intervene?

Your safety is important, if you are
scared to intervene you should tell
someone who can intervene - ex. a
trusted adult, the police.

Whats a "G"

The G-Spot, also known as the Gräfenberg Spot, is a bean-shaped area of the vagina. A significant number of females report that it is an erogenous zone, which can lead to strong sexual arousal when stimulated.

Why do guys like it when girls kiss in front of them?

Human sexuality is complicated.

Most likely they are seeing the girls in a sexual way.

The why is not fully understood.

If a guy gets a boner what does a girl get?

Unlike guys, girls don't have a penis, so they don't get erections. However, the clitoral tissue may become firm when sexually aroused. The clitoris has similar nerve endings to the penis and is also very sensitive to touch.

What do you do when your romantic partner is pressuring you to send them nude photos of yourself?

It's NOT OK for your boyfriend to pressure or push you into doing something you don't want to do.

It can also be considered a crime: teenagers in Oregon who share nude or sexual images of children under the age of 18 may be prosecuted under child pornography laws (This would apply if the person receiving the photo shared it with someone else)

Teen sexting has other consequences, even if no criminal charges are filed. Images can easily be forwarded and shared, and even posted online. This can cause lasting damage to a teen's reputation. Teens whose private images are shared are

What if they say no in a different language and you don't understand it?

If you can't understand someone, then you should assume they are not consenting to sexual activity.

What if you are abused by your dad or your mom
and you are concerned about not having parents
anymore?

Please talk with a trusted adult.

What is oral sex?

Sexual activity in which the genitals of one partner are stimulated by the mouth of the other

What is anal sex?

Sexual activity involving penetration of the anus

Is it still a unhealthy relationship if their having sex all the time because they want a baby?

Signs of an unhealthy relationship are just signs - you should still use your internal sense of right and wrong.

What size are the genitals at birth?

I couldn't find any data on this.

Has someone changed genders. Through their life like body/mentally? Is there a way to change gender?

Yes, many people are transgender. People can change their appearance to match their gender - they can also take hormones or have a sex change (transsexual). There is a wide variety of ways that people can define themselves.

Values

Our Whole Lives (OWL) Values:

Self Worth

Sexual Health

Responsibility

Justice & Inclusivity

Sexually Transmitted Infections

7/8th Grade OWL

Herpes - Holly's Story

"A Sexually transmitted disease will never happen to me." I used to tell myself this - before I contracted the herpes virus...He was 22 and I was 17... He made me feel like I was someone to be noticed... About a month after we started hanging out, we had sex for the first time...Derek and I continued to sleep together without a condom... While working alone one day, I got very sick. I called my mother and asked her to come get me. I finally told her about my symptoms. We went to the gynecologist first thing the next morning. Herpes has especially changed my life when it comes to relationships. You never know when you're supposed to tell someone and if they will freak out...

Open Ended Question

Write silently for three minutes: How do you feel about Holly's situation? How common is it for people to think they can't get an STD even though they are having unprotected sexual intercourse? What can Holly do to avoid passing herpes to future sexual partners? How would you react if a friend told you they had an STD?

Activity: Why STIs matter to me: High Fives

This interactive activity will offer insights about STIs.

You will get a folded slip of paper and an index card and you will need a pencil.

Instructions:

- Don't unfold or look at your slip of paper. Put it away in your pocket or some other safe place.
- Write your name at the top of the index card in large letters.
- Walk around the room and give 3 or 4 people high fives.
- **Each time you give a high five, you and the other person will write your names on each other's cards.**

After you have high-fived at least 3 other people and written each other's names down return to your seats. Unfold your slip of paper. **If you have something written on your slip of paper stand up and raise your hand and read it out loud when you are called on.**

How does it feel to imagine having this STI, even if it's just pretend?

What do you know about these specific STIs?

HPV, human papillomavirus, is the virus that causes genital warts and certain cancers.

HPV and HIV, the virus that causes AIDs, are both viruses.

HPV and chlamydia are two of the most common STIs among youth in the United States.

For the purpose of this activity these people are pretending they have the infection that is written on their paper.

Also, just for this activity, the high fives exchanged represent engaging in sexual behavior.

THIS IS JUST A ROLE PLAY. IT IS IMPORTANT NOT TO IMPLY THAT ANYONE IN THE ROOM DOES OR DOESN'T HAVE AN STI. BE RESPECTFUL AND FOLLOW CLASS AGREEMENTS.

If you have HPV or chlamydia on your paper raise your hand. Read the names on your index card.

When your name is called stand up.

Because the high fives represent sexual behavior you now represent someone who might have been exposed to the STI the other person has on their paper.

Those who are now standing: Do you have a black dot on your paper? Raise your hand if you do.

If you have a dot on your paper you can sit back down.

The black dot represents those who chose not to engage in sexual intercourse of any type so they did not get the STI.

Raise your hand if you have a red dot on your paper. You also get to sit back down. The red dots represent people who chose to use protection (condom or dam) so they didn't get the STI either.

The person with HIV on their paper also has a red dot. They continue to stand because they represent someone who used condoms and/or other barriers so no one who high-fived them got HIV from them.

All those who are still standing represent someone who got an STI because they engaged in unprotected sexual intercourse with someone who was infected.

They might have infected someone else.

Now these people will read the names on their index cards.

These people will stand and look for the dots on their paper.

Debrief

What happened here? Raise your hand if you ended up with an STI. Why did that happen?

What was it like to realize you represented someone who had gotten an STI?

What was it like to realize you represented someone who had protected themselves and did not get an STI?

What was it like to realize someone with HIV had taken steps to keep their partners safe?

How are STIs passed in real life?

STIs are almost always passed through vaginal, oral, or anal sex. Some STIs are spread through skin-to-skin contact with genital or anal areas or possibly the mouth. Sharing intravenous needles can also transmit infections.

Avoiding people you think are infected with an STI is not effective. You can't tell by looking at someone if they have an STI. Some people have symptoms like itching or burning genitals, pain when urinating, sores, warts or unusual discharge, but most people have no symptoms of STIs.

Since someone might have an STI and not know it, if you decide to engage in sexual intercourse, the only responsible way to prevent getting or spreading an STI is to use protection.

STIs: Brief Overview

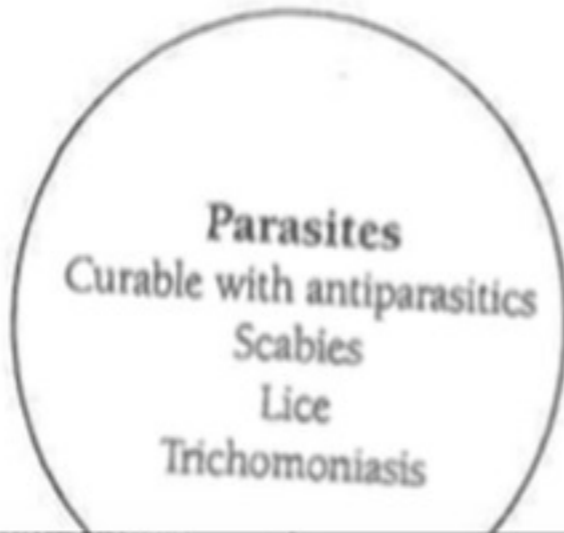
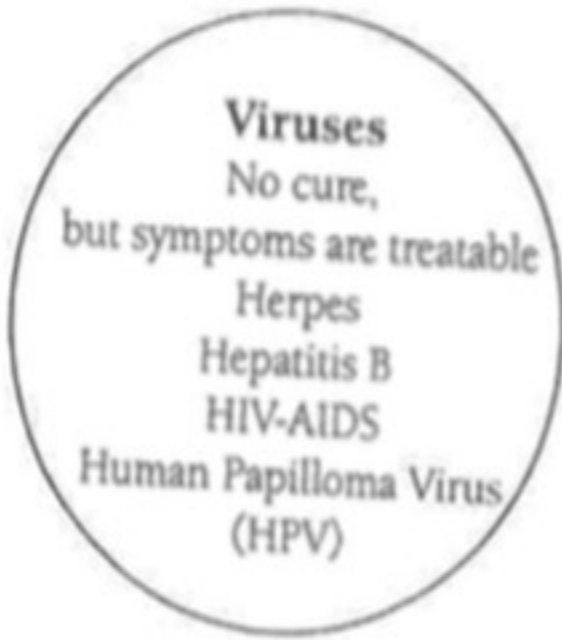
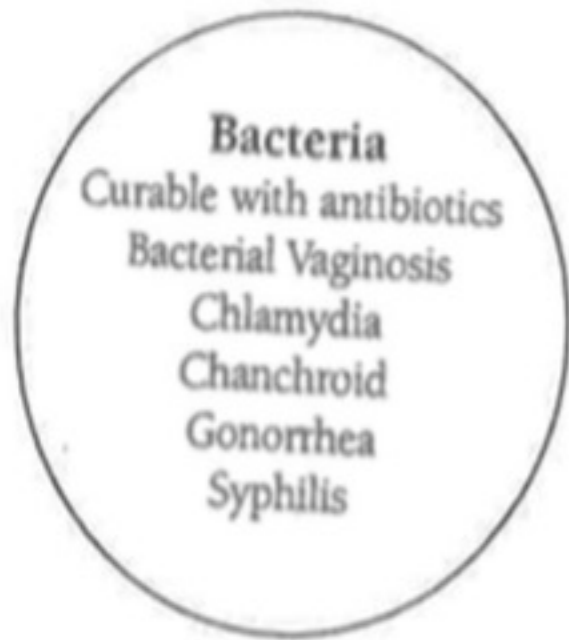
Types of STIs

Viral: caused by viruses and can't be cured (genital herpes, HIV/AIDs, HPV, hepatitis B).

Bacterial: caused by bacteria, can be easily treated. Can lead to serious problems if left untreated (syphilis, gonorrhea, and chlamydia).

Parasitical: caused by parasites, can be easily treated, and can sometimes be spread in nonsexual ways (crabs, scabies, and trichomoniasis).

There are four types of sexually transmitted infections, each with its own forms of treatment.



Methods of STI Transmission

Some infections are spread through sexual fluids like semen and vaginal fluids:

- HIV
- chlamydia
- gonorrhea

Some infections are spread through both sexual fluids and blood:

- HIV
- Hepatitis B

Some infections are most often spread through genital skin-to-skin contact:

- genital herpes
- syphilis
- HPV

Videos

Be smart Be Well video from CDC

<https://www.youtube.com/watch?v=fO731EHcvFU>

<https://www.youtube.com/watch?v=vs-KJD6LgiY>

STI Myths and Facts

[STI myths and facts](#)

Info on sexual behaviors and risks of STIs-google classroom link.

[Info on Sexual Behaviors and Risks of STIs](#)

STI Prevention and Pregnancy Prevention

Male condom: Male condoms, used correctly, protect against most STIs/STDs and pregnancy. Since they don't prevent all skin-to-skin genital contact they don't fully protect against STIs that can be transferred skin to skin, such as herpes. Infectious herpes lesions could be at the base of the penis or elsewhere on the mouth and body.

Female condom: Female condoms, used correctly, protect against STIs/STDs and pregnancy. They cover the vulva (or skin surrounding the anus when used for anal sex) and provide more protection against herpes for vagina or anal sex with a male partner who has the herpes virus.

STI Prevention and Pregnancy Prevention

Abstinence/postponement of sexual intercourse (oral, anal, and vaginal) and skin to skin genital contact: When used **consistently** it provides 100% protection from STIs and pregnancy. It's the only method that is 100% effective.

Outercourse: Sexual behaviors that do not involve penetration of any kind. This excludes genital-to-genital, oral-to-genital, oral-to-anal, and genital-to-anal contact. It is a form of abstinence.

All other forms of birth control such as: oral contraceptives (the pill), ring, patch, depo-provera shot, IUD only provide protection from pregnancy, not STIs.

Condoms-Videos

[Condoms -basic info-planned parenthood](#)

[How to put a condom on-planned parenthood](#)

[Female condoms](#)

Sex, etc. website condom info/activity

Go to the links below on google classroom. Read the article, How do I use a condom? Then complete the condom game activity.

[Sex, etc. how do I use a condom?](#)

[Condom game](#)