

7th Grade Health

Unit: Sexual Health

Lesson: Prevention

Days or Dates:

Previous Lesson: Anatomy and Reproduction	Next Lesson: Healthy Relationships
Essential Standard(s):	
H3.Se4.7: Identify medically accurate information about STDs (Important)	
H1.Se4.7c: Understand that all STDs are treatable, and many are curable. (Important)	
H1.Se4.7b: Describe Methods to Prevent the transmission of STDs/HIV, including abstinence. (Important)	
H1.Se4.7a: List and describe commonly used methods of birth control including abstinence. (Important)	
Learning Targets:	
<ol style="list-style-type: none">1. Define sexual intercourse2. Define a Sexually Transmitted Disease3. Understand how an STD is transmitted4. Define HIV5. Understand that STDs are treatable, and many are curable6. Understand the difference between a bacterial and a viral STD.7. Understand the difference between abstinence, hormonal methods and barrier methods of birth control and identify examples of each type of birth control.	
Academic Vocabulary:	
<ul style="list-style-type: none">• Digital contact• Sex• STDs• HIV• AIDs• Bacterial• Viral• Abstinence• Hormonal method of prevention• Barrier method of prevention	
Instructional Materials Needed:	
<ul style="list-style-type: none">• Any PowerPoints, handouts, graphic organizers, websites, etc.	
Artifacts:	
https://www.healthed.govt.nz/resource-table/table-sexual-health-sti-chart	
Class Discussion to Define sex.	
Provide a resource for kids about STDs, with a partner, be able to complete your row of the matrix with headings: Transmission, treatable, curable, bacterial vs. viral, 2 key signs/symptoms	

****Make an STI summary grid**

****Create student matrix template**

Class Discussion about Prevention

- Matrix with:

Type, Definition, Examples

Intro with video clip

**** Make prevention matrix**

Use <http://bsd-ca.schoolloop.com/file/1236520743176/1405752402973/2802920563353308013.pdf> To make our own.

How will you assess that the standards are being learned?

- **Please list any projects, assignments, formative assessments and cumulative assessments**

Ongoing formative assessments

Snohomish School District Sexual Health Curriculum 7th

Target Grade: 7th Grade

Topic: Prevention

Washington State Standard:

- Identify Medically accurate Information about STDs. H3.Se4.7
- Understand that all STDs are treatable, and many are curable. H1.Se4.7c
- Describe methods to prevent the transmission of STDs/HIV, including abstinence H1.Se4.7b
- List and describe commonly used methods of birth control including abstinence. H1.Se4.7a

Learning Objectives:

1. Define sexual intercourse.
2. Define a sexually transmitted disease.
3. Understand how an STD is transmitted.
4. Understand that STDs are treatable, and many are curable.
5. Understand the difference between bacterial and a viral STD.
6. Understand the difference between abstinence, hormonal methods, and barrier methods of birth control and identify example of each type of birth control.

Time:

Materials Needed:

- OSPI Sexual intercourse definition
- STI summary grid (filled in)
- STD summary grid (blank)
- Power Point on commonly used birth control

Procedure:

Step 1: Students will need to know what sexual intercourse is before starting a lesson on prevention. Our first step will be having a class discussion on defining sexual intercourse with the definition provided by OSPI: "Oral, genital, or digital contact with a partner's vagina, penis, or anus; commonly used to describe penetrative/insertive sex." This will not be a large class discussion- define and make clear why prevention is needed.

Step 2: Students will begin talking about sexually transmitted diseases. They will be asked to look over a matrix that is provided (STI summary grid). With a partner, they will read through each STD and answer the questions in a simpler fashion on their own grid. Students will write the STD, give 1 way you can transmit the disease, answer if it is treatable, curable and if it is a virus or bacteria.

Step 3: The grid will provide students with an overview of STDs but allows them to not get into too many details.

Step 4: Allow for class discussion on any interesting things they learned about from the grid. This could be large group or small group discussion.

Step 5: Begin to talk with students about birth control with “Birth Control” PowerPoint. This is a quick lesson at the end of the period. The teacher will present the 3 methods: abstinence, barrier methods, and hormonal methods. Students will get a quick glimpse as to what each one of these are.

BIRTH CONTROL

HOW TO PROTECT YOURSELF!

WHAT IS OUT THERE?

- Abstinence
- Hormonal Methods
- Barrier Methods

ABSTINENCE:

- To abstain from something, meaning to not do something.
- A person can abstain from drugs, alcohol, sex etc.

Abstinence is the ONLY 100% sure form of birth control and keeping you safe from STDs

BARRIER METHODS:

- This form of birth control blocks sperm.
- Can be obtained over the counter (you do not need a prescription)
- Condoms are the only form of birth control that also provides some protection against STDs



HORMONAL BIRTH CONTROL

- Must have a prescription from a medical care provider for hormonal birth control.
- Some common forms include: the pill, patch, nuva ring, shot, implants, IUD.
- Releases hormones into the female body that prevent ovulation and thickens the cervical mucus.

No protection against STDs

When taken correctly they are approximately 99% effective.

STI Summary Grid (page 1 of 2)

STI	Transmission	Signs/Symptoms	Health Consequences	Testing/Treatment
<p>Chlamydia (bacteria)</p> <p>2.8 million new cases every year in the USA</p>	<ul style="list-style-type: none"> Chlamydia bacteria in sexual fluids or discharge passed from an infected person to an uninfected person by vaginal or anal sex. Transmission may occur through oral sex (penis in mouth) with an infected person. Transmission may occur from mother to infant during birth. 	<p>Usually NO signs or symptoms!</p> <p>Women may experience: Unusual vaginal discharge, frequent or painful urination, pain in lower abdomen, bleeding between menstrual periods or after intercourse.</p> <p>Men may experience: Discharge from penis, frequent or painful urination, burning at the tip of the penis.</p>	<p>Untreated or incompletely treated Chlamydia can lead to:</p> <ul style="list-style-type: none"> Pelvic Inflammatory Disease (PID) Tubal pregnancy Infertility Eye and lung infections in newborns Increases risk for HIV transmission by 3-5 times 	<p>Chlamydia is detected through a urine test or swab of vaginal, cervical, ora, penile, or rectal discharge</p> <p>Curable with antibiotics</p>
<p>Gonorrhea (bacteria)</p> <p>720,000 new cases every year in the USA</p>	<ul style="list-style-type: none"> Gonorrhea bacteria in sexual fluids or discharge passed from an infected person to another by vaginal or anal sex. Transmission through oral sex (penis in mouth) with an infected person is not uncommon. Transmission may occur from mother to infant during birth. 	<p>Usually NO signs or symptoms!</p> <p>Women may experience: Unusual vaginal discharge, frequent or painful urination, pain in lower abdomen, bleeding between menstrual periods or after intercourse.</p> <p>Men may experience: Discharge from penis, frequent or painful urination, burning at the tip of the penis.</p>	<p>Untreated or incompletely treated Gonorrhea can lead to:</p> <ul style="list-style-type: none"> Pelvic Inflammatory Disease (PID) Tubal pregnancy Infertility Eye and lung infections in newborns Increases risk for HIV transmission by 2-5 times 	<p>Gonorrhea is detected through a urine test or swab of vaginal, cervical, ora, penile, or rectal discharge</p> <p>Curable with antibiotics</p>
<p>Hepatitis B Virus (HBV)</p> <p>60,000 new cases every year in the USA</p>	<ul style="list-style-type: none"> Hepatitis B virus in blood, semen or vaginal fluids is passed from an infected person to an uninfected person during vaginal or anal sex. Hepatitis B is also transmitted by sharing injected needles or drug equipment. Transmission may occur from mother to infant during birth. 	<p>Common symptoms and signs include: nausea, fever, loss of appetite, dark "brownish" urine, abdominal discomfort, jaundice (yellow eyes and skin), and enlarged liver. Over time these problems go away; however, some people have HBV for life.</p>	<p>About 6% of people infected with Hepatitis B are infectious for life and are likely to become severely ill with liver damage or liver cancer, resulting in death.</p>	<ul style="list-style-type: none"> Hepatitis B is detected through a blood test <p>Hepatitis B is NOT curable, but the immune system usually gets rid of the virus.</p> <p>There is a vaccine for HBV</p>
<p>Herpes Simplex Viruses (HSV)</p> <p>1.6 million new cases every year in the USA</p> <p>Estimated 45-60 million people in the US are infected with HSV-2</p>	<ul style="list-style-type: none"> HSV-1 and HSV-2 can both be transmitted by direct contact with infectious skin, mucous membrane blisters, or sores during anal, vaginal and oral sex. You can get Herpes even when there are no sores present. Transmission may occur from mother to infant during birth. 	<p>Painful blisters or sores on the genitals, rectum, or mouth that break, crust over, and heal in 2-4 weeks. These sores usually will reappear periodically for several years.</p> <p>Women may have sores on the cervix that are painless.</p>	<p>Herpes is a life-long infection. People infected with Herpes may have outbreaks for the rest of their lives.</p> <p>Herpes encephalitis is a rare consequence and can be fatal to newborns.</p> <ul style="list-style-type: none"> Increases risk of HIV transmission by 3-6 times. 	<ul style="list-style-type: none"> HSV is commonly diagnosed by visual exam and a culture Blood tests are sometimes available, but are costly <p>Herpes is NOT curable</p> <p>Medication can reduce the duration and number of outbreaks and may reduce the chance of transmission.</p>

STI Summary Grid (page 2 of 2)

STI	Transmission	Signs/Symptoms	Health Consequences	Testing/Treatment
<p>Human Immunodeficiency Virus (HIV)</p> <p>40,000 new cases every year in the USA Estimated 1.1 million people in US living with HIV infection</p>	<ul style="list-style-type: none"> HIV is in blood, semen, and vaginal fluids. HIV can be passed from an infected person to another mainly during vaginal and anal sex. HIV can be transmitted by sharing needles and drug equipment. Transmission may occur during pregnancy, childbirth, and breastfeeding 	<p>A person can have HIV for many years before developing symptoms or other serious complications.</p>	<p>HIV disease is characterized by a gradual deterioration of immune functions that may lead to opportunistic infections or AIDS, which may cause death.</p>	<ul style="list-style-type: none"> HIV antibodies can be detected through a blood test, oral swab or a urine test. HIV is NOT curable. Medication is available to treat HIV symptoms and slow the progression of HIV disease.
<p>Human Papillomaviruses (HPV)</p> <p>6.2 million new cases every year is the USA Estimated 20 million people in the US are infected</p>	<ul style="list-style-type: none"> Approximately 40 strains of HPV are transmitted sexually. Transmission occurs by direct skin to skin contact with infected genital area, or contact with actual genital warts — usually during vaginal or anal sex. You can get HPV even if visible warts are not present. 	<p>Most people (9 of 10) with HPV do not have visible warts.</p> <p>If warts are present, they appear most commonly on the genital or anal area.</p> <ul style="list-style-type: none"> Males — penis, scrotum, anus Females — vulva, cervix, vagina, anus. 	<p>Cervical cancer is associated with some HPV strains.</p> <ul style="list-style-type: none"> Regular Pap testing (to detect cervical cancer in the early stages) is recommended for young women who have ever had sex. The vast majority of persons with HPV (>90%) will likely self-resolve the infection. 	<ul style="list-style-type: none"> Genital warts can be removed, but the virus can still be present, and warts frequently will grow back. A new vaccine against HPV is available for males and females.
<p>Syphilis (bacteria)</p> <p>23,500 new cases* every year in the USA</p> <p>* early syphilis-primary, secondary, early latent</p>	<ul style="list-style-type: none"> Direct contact with infected sore/lesion on/or in the mouth, genitals, anal, or vaginal sex. Transmission may occur from mother to infant during pregnancy (across the placenta). 	<p>First Stage: painless sore on the genitals, in the vagina, on the cervix, in the mouth, or in/around the anus.</p> <p>Second Stage: after the sore heals, a rash usually appears on the torso as well as the palms and soles. Other signs may include swollen glands or hair loss.</p>	<p>Late Stage: Untreated Syphilis can lead to serious damage to the nervous system, heart, brain, or other organs, blindness and possibly death.</p> <ul style="list-style-type: none"> Increases risk of HIV transmission by 3-4 times. 	<ul style="list-style-type: none"> Syphilis is detected through a blood test or a culture on lesions (sores). Curable with antibiotics
<p>Trichomonas (protozoa)</p> <p>7.4 million new cases every year in the USA</p>	<p>Trichomonas is passed in sexual fluids or discharge from an infected person to an uninfected person by vaginal sex.</p>	<p>Woman experience signs and symptoms more often than men.</p> <p>Women may experience: Frothy, smelly, yellow-green vaginal discharge, itching, burning or pain in vagina.</p> <p>Men may experience: Discharge from penis.</p>	<p>Untreated or incompletely treated Trichomonas can lead to preterm births for infected pregnant women.</p> <ul style="list-style-type: none"> Increases risk of HIV transmission by 2-4 times. 	<ul style="list-style-type: none"> Trichomonas is detected with a swab of vagina or penis. Curable with antibiotics

Incidence and prevalence data obtained from: Weinstock, Berman, Cates, Sexually Transmitted Diseases Among American Youth: Incidence and Prevalence Estimates, 2000. Perspectives on Sexual and Reproductive Health, 2004, 36(1): 6-10. Trends in Reproductive Sexually Transmitted Diseases in the United States, 2006. National Surveillance Data for Chlamydia, Gonorrhea, and Syphilis. CDC, November 2007. CDC, HIV/AIDS Surveillance Report, Volume 18. Cases of HIV Infection and AIDS in the United States and Dependents Areas, 2006.