

Comprehensive Sexual Health Education (5-8) Lesson



Topic: HIV/AIDS and STIs - Risk of Transmission

Date:

Objectives

1. Students will be able to determine the risk of HIV and STI transmission thru sexual activity.

State Standards

- Physical Development and Health
 - Goal 22: Understand principles of health promotion and the prevention and treatment of illness and injury.
 - Goal 23: Understand human body systems and factors that influence growth and development.
 - Goal 24: Promote and enhance health and well-being through the use of effective communication and decision-making skills.

Content

Web/Other Resources

Materials

Note cards (enough for each student to have 3-4), tape, marker, plain paper, butcher or flipchart paper

Learning Activities

- A. **Spectrum of Risk - STIs and Unintended Pregnancy**
 - a. Facilitator preps room by making two signs using the marker and plain paper. Using an empty wall or writing board make one sign to read "LOWER-RISK" and a second sign to read "HIGHER-RISK". Tape the two signs on opposing ends of the wall or writing board.
 - b. Facilitator distribute notecards and asks everyone to write as many different sexual activities they can think of on note cards- from lower-risk activities like abstinence to higher-risk activities like intercourse without a condom. Facilitator then leads participants to tape their cards on the wall on a spectrum of lower-risk to higher-risk.
 1. Facilitator adds the following cards to the spectrum while participants place theirs:
 - Abstinence (lowest)
 - Masturbation (lowest)
 - Kissing (Low)
 - Vaginal sex with a barrier method (Medium)
 - Oral sex without a barrier method (High)
 - Anal sex without a barrier method, but with lube (High)
 - c. **Facilitator says:** *Now we are going to talk about how to reduce the risk of*

infection and unintended pregnancy for different sexual acts. How can we move the activities that you labeled as higher-risk to the lower-risk part of the spectrum? What do you have to do?

1. Facilitator first highlights benefits of abstinence then explains if sexual activity takes place the risk of infection and unintended pregnancy can be reduced using barrier and hormonal contraceptive methods.

B. Behaviors that lead to HIV transmission?

- a. Facilitator asks participants to list the 4 fluids through which HIV can be transmitted and fills in where necessary: **blood, semen, vaginal fluid, and breast milk**. Facilitator writes these fluids on one half of a sheet of butcher paper.
- b. Facilitator asks participants to name some behaviors that could lead to exchanging these fluids, ensuring that the following behaviors are listed:
 1. Unprotected anal or vaginal sex
 2. Sharing needles- insulin or drug needles, tattoo parties, etc
 3. Unprotected oral sex
 4. Breastfeeding
 5. ANY activity where fluids get exchanged without a barrier method
- c. Facilitator reminds participants that HIV can go undetected for years, and emphasizes the importance of getting tested for HIV.