

Unit 6: Advocacy for Healthy Relationships & Sexual Health

Lesson 6: Sexual Health – STIs and Prevention

Objective:

Describe symptoms, testing options and prevention methods for STIs.
Explore biomedical approaches to prevent and treat STIs.

Warm-up:

What information about STIs have you learned in previous years of health class?



STI Review



What impact could effective advocacy (for self or others) have in the prevention and treatment of STIs?

Self-Advocacy Skill Cues

ADVOCACY

Students will demonstrate the ability to advocate for personal, family and community health.



SKILL CUES FOR BEING AN ADVOCATE



1 PROCESS THE SITUATION



2 DETERMINE HOW TO APPROACH THE SITUATION



3 ASK FOR WHAT I NEED



4 REFLECT

Advocacy for Others Skill Cues

ADVOCACY

Students will demonstrate the ability to advocate for personal, family and community health.



SKILL CUES FOR BEING AN ADVOCATE



I IDENTIFY AND RESEARCH A RELEVANT AND MEANINGFUL HEALTH ISSUE



C CREATE A HEALTH ENHANCING POSITION OR MESSAGE SUPPORTED BY FACTS AND EVIDENCE AND GEARED TOWARDS THE AUDIENCE



A ACT PASSIONATELY AND WITH CONVICTION



R RELAY YOUR HEALTH ENHANCING MESSAGE TO YOUR AUDIENCE



E EXAMINE THE EFFECTIVENESS OF THE ADVOCACY EFFORT

“What’s Next” Activity

- Read each scenario
- Provide a response to explain actions the person/people can take to support positive health choices

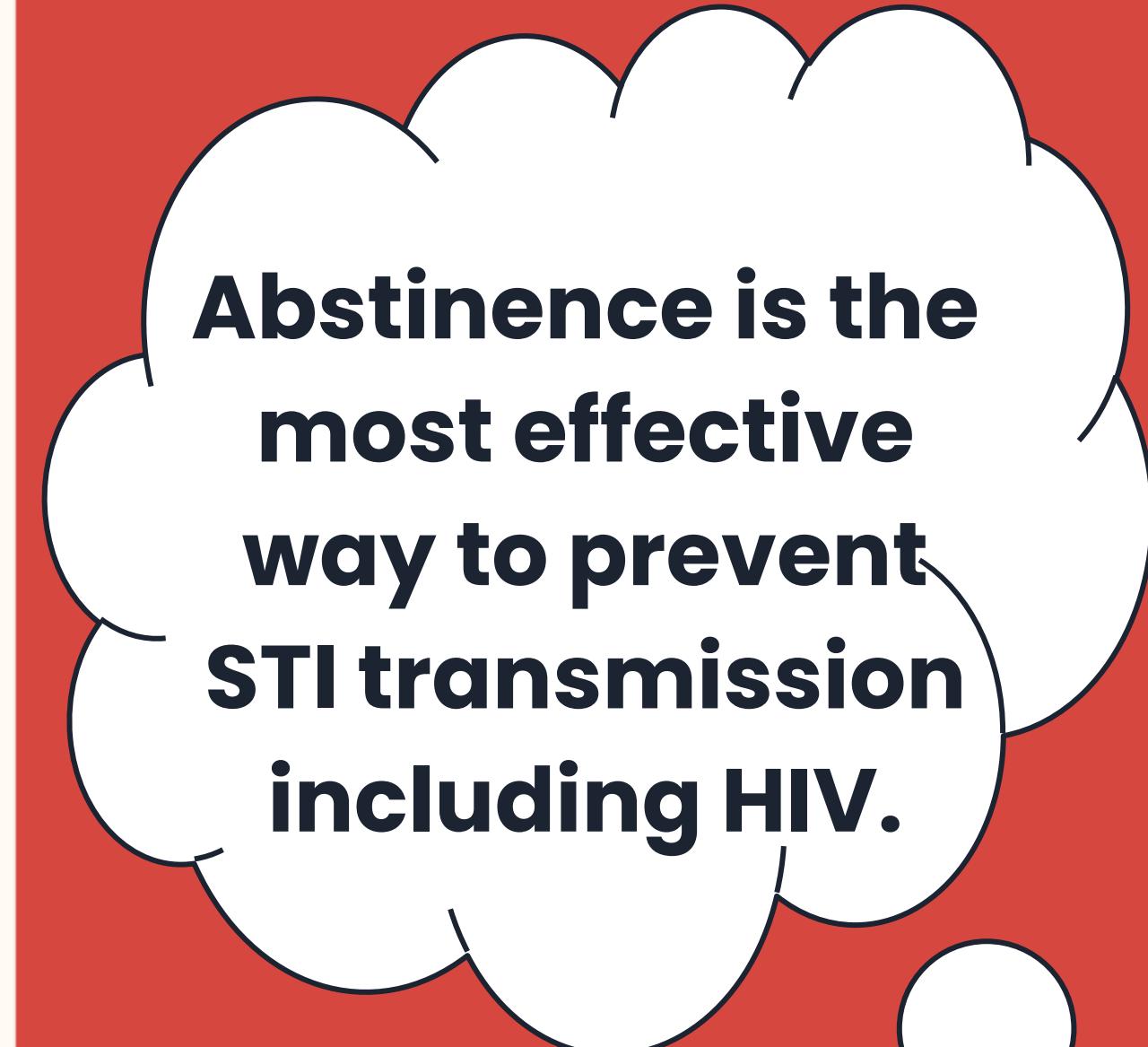


Test Your Prevention & Treatment Knowledge

When a statement is read,
determine whether the
statement is true or false.



TRUE
Abstinence,
or not having
sex, is 100%
effective.



**Abstinence is the
most effective
way to prevent
STI transmission
including HIV.**



**HIV CAN
BE CURED**



FALSE

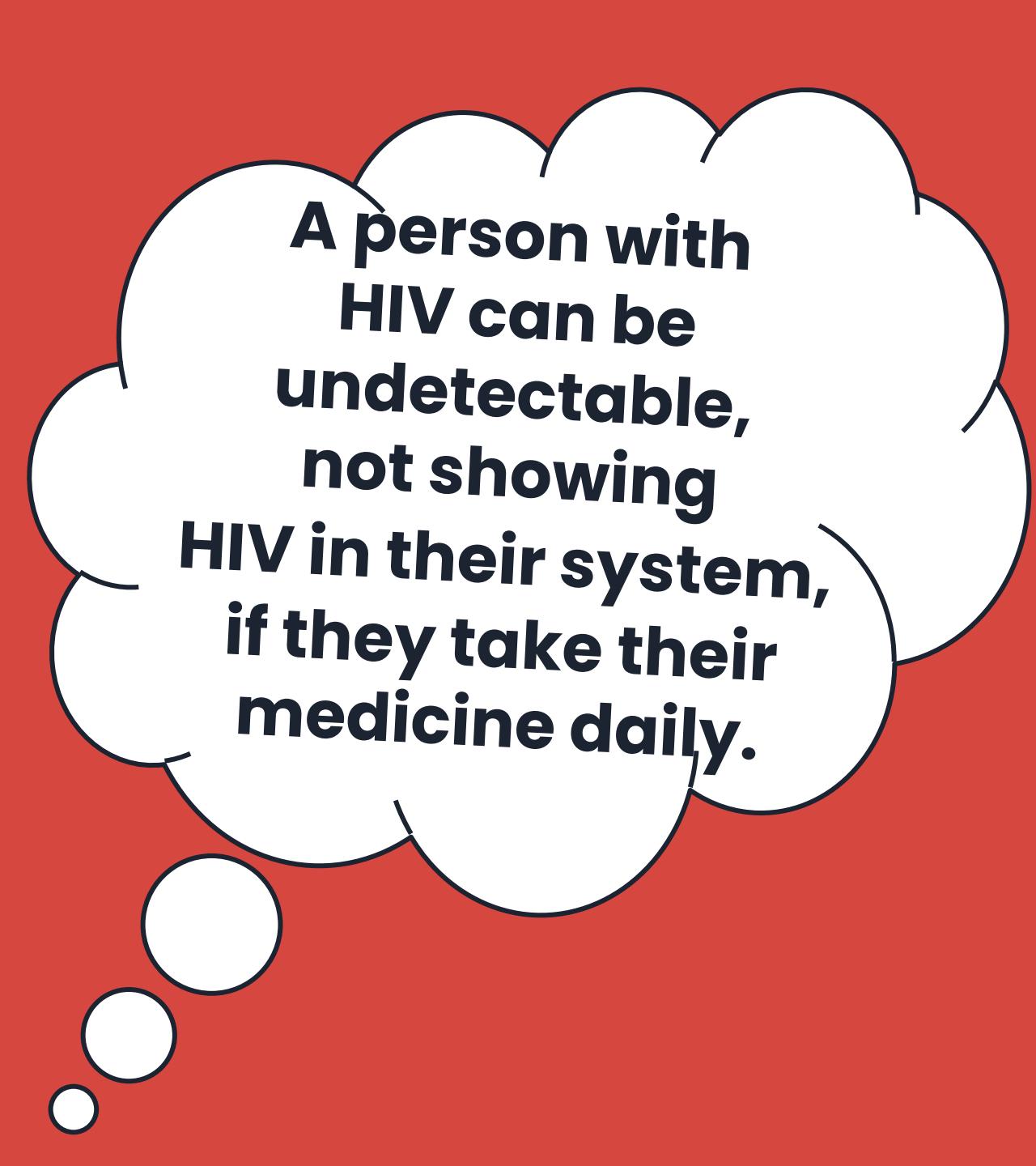


**HIV can
only be
treated**

TRUE

Yes, such as
the HPV and
Hepatitis B
vaccine.

There are
vaccines to prevent
viruses that can be
contracted through
sexual contact



**A person with
HIV can be
undetectable,
not showing
HIV in their system,
if they take their
medicine daily.**

TRUE

**A person living
with HIV can be
undetectable if
they take their
medicine daily.**

TRUE

When using condoms correctly, they are very effective at preventing HIV and other STIs. This includes methods that put a barrier between genitals--external condoms, internal condoms, and dental dams. Note that some STIs such as herpes and pubic lice may still be transmitted even with condom use.

Condoms, when used correctly and consistently, are effective at preventing the spread of HIV and some STIs.

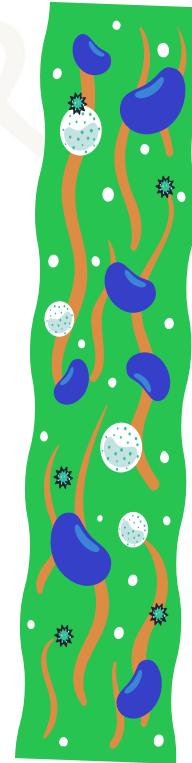
FALSE

Must be
taken daily
(PREP)

There are
medications that
can be taken once a
month to prevent
HIV transmission

LET'S TALK VIRUSES

- ❖ Viruses replicate when they enter a host
- ❖ No cures for viral STIs like HIV, Hepatitis, Herpes and HPV
- ❖ Treatments are available that can minimize symptoms and the virus reproduction in the body
- ❖ A few viral STIs also have vaccines that can prevent becoming infected. Examples:
 - ❖ Hepatitis B vaccine
 - ❖ HPV vaccine, Gardasil



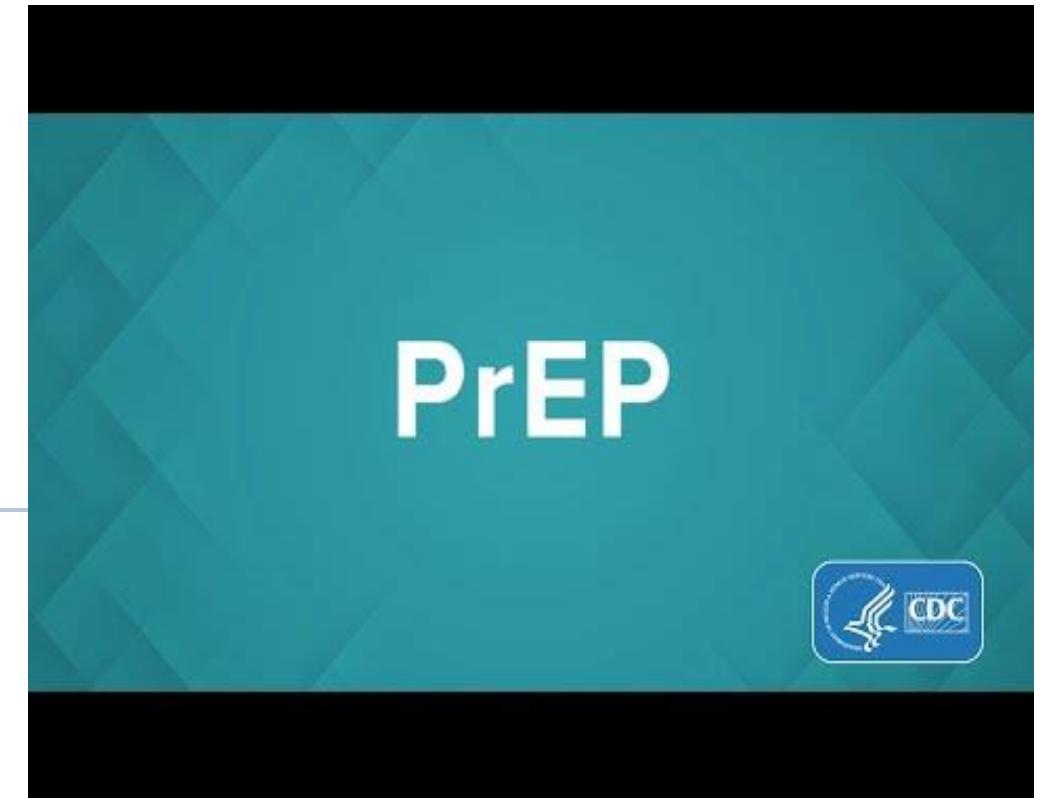
We are going to talk about medications and vaccinations that are available to prevent the spread of STIs:

- 1. Pre-Exposure Prophylaxis, also known as PrEP**
- 2. Post-Exposure Prophylaxis, also known as PEP.**
- 3. HPV Vaccine**
- 4. Hepatitis B Vaccine**

PEP



PrEP



A photograph showing three people in a medical setting. On the left, a woman with short blonde hair, wearing a dark blue top, is looking down at something in her hands. In the center, a woman with long blonde hair and glasses, wearing a white lab coat, is gesturing with her hands as if explaining something. On the right, a young girl with dark hair, wearing a yellow t-shirt, is looking towards the center. The background shows medical equipment, including a stethoscope and a monitor.

HPV Vaccine

Hepatitis B Vaccine



STI Prevention Handout

STI Prevention Statements:

- Read each statement on your handout
- Discuss the statement and your response with a peer
- Record your answer

STI Prevention & Treatment

- What information about STI prevention and treatment was new to you?
- How does this information on prevention and treatment for STIs support a person in making positive health choices?
- Why is it important for an individual to understand STI prevention and treatment methods?

Objective:

Describe symptoms, testing options and prevention methods for STIs.
Explore biomedical approaches to prevent and treat STIs.

Closure:

STI Venn Diagram

- Outside Circles – Details about how the viruses are different
- Inside Circles – Details about how the viruses are the same