

# **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

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# 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

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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**

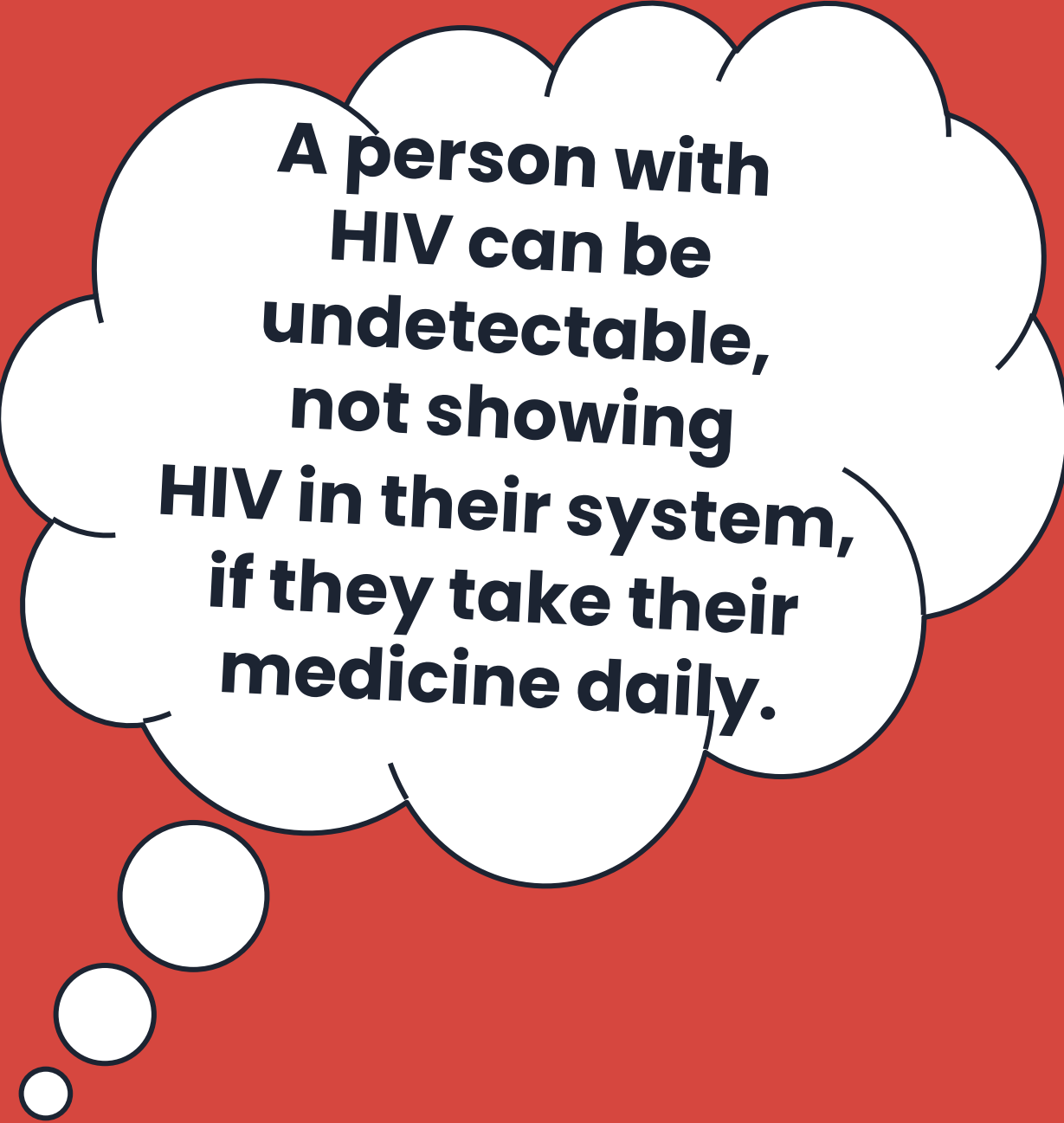
**HIV can  
only be  
treated**



# 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

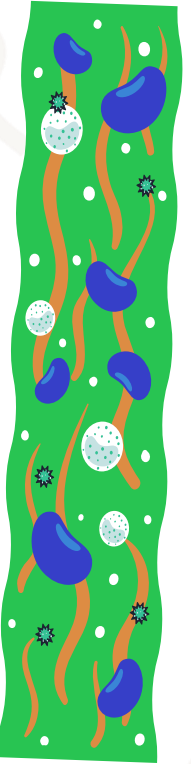
⌘ **Viruses replicate when they enter a host**

⌘ **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**





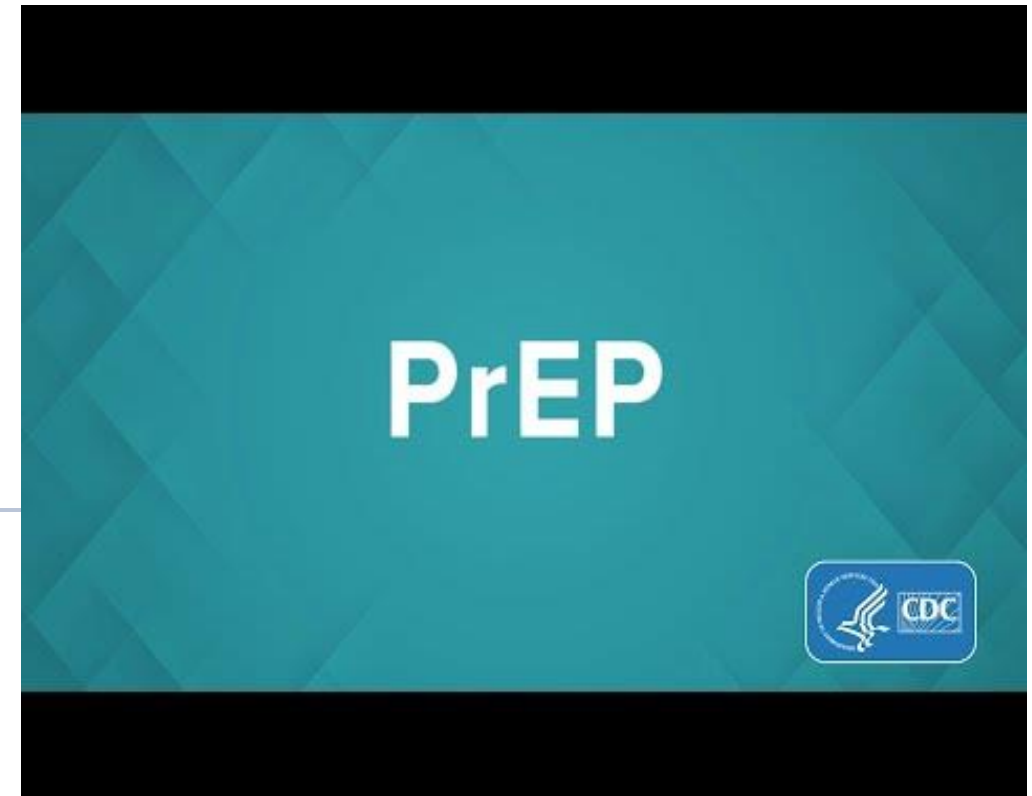
**We are going to talk about medications and vaccinations that are available to prevent the spread of STIs:**

- 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





# HPV Vaccine

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# Hepatitis B Vaccine

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# 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