

## Risks and Prevention of Sexually Transmitted Infections

Grades: 7 and 8

### Social & Emotional Learning Competencies

- Self-Awareness
- Self-Management
- Social Awareness
- Relationship Skills
- Responsible Decision-Making



### Purpose

Students will learn about common Sexually Transmitted Infections (STIs), situations that may put them at risk and prevention of STIs. Students will also explore factors (physical, emotional, social and psychological) to be considered when making decisions related to sexual activity.

### Growth and Development (1998) – Grade 7 and 8 Specific Expectations

- Identify the methods of transmission and the symptoms of sexually transmitted diseases (STDs), and ways to prevent them (Grade 7);
- Identify symptoms, methods of transmission, prevention, and high-risk behaviours related to common STDs, HIV, and AIDS (Grade 8)

### HPE Curriculum Expectations (2015) - Human Development and Sexual Health

- Grade 7 - 1.3, 1.5, C1.4, C1.5, C2.4

### Materials

- You Tube videos: [Kwik Zips with Galina Mines: What is an STI?](#) and [Kwik Zips with Galina Mines: How can I reduce my sexual health risk related to STI's?](#)
- [Ophea's Grade 7 - Student Resource 4: Common STIs](#)

### Instructions

1. Discuss ground rules for the group – respect each other, no name calling, one person speaks at a time, confidential setting and cell phones away.
2. Share the video: [What is an STI?](#)
3. Provide students with [Ophea's Grade 7 - Student Resource 4: Common STIs](#).
4. Place students in groups of three or four.
5. Introduce the “Types of Sexual Activity” cards (e.g., Masturbation, Kissing, Oral Sex etc.) (page 4)
6. Give each group a “Benefits, Physical Risks, Social Risks and Emotional Risks” worksheet (page 3) and one of the “Types of Sexual Activity” cards.
7. Ask each group to identify the benefits and risks associated with the type of sexual activity on their card - give groups approximately 15 mins to complete. Offer help as needed and suggest they use [Ophea's Grade 7 - Student Resource 4: Common STIs](#) as a reference.
8. Allow each group to present their benefits and risks to the rest of the groups. Facilitate discussion of any controversies.
9. Topics to emphasize are safe sex, preventing unintended pregnancy, high risk, low risk

and safer activities, influences of peer pressure, alcohol and drugs, and media.

10. Review the video: [How can I reduce my sexual health risk related to STI's?](#) to determine the appropriateness of the content as a consolidation activity based on the developmental needs in your class.

Benefits

Physical Risks

Social Risks

Emotional Risks

MASTURBATION

HOLDING HANDS

KISSING

ORAL SEX  
(RECEIVING)

ORAL SEX  
(GIVING)

VAGINAL SEX

ANAL SEX

TOUCHING GENITALS

