

STI's and Types of Sexual Activity Instructional Activity

Ontario Health and Physical Education Curriculum

Meets the Ontario Health and Physical Education Curriculum expectations for Human Development and Sexual Health of the Healthy Living strand PPL 10 - C1.4

Developed with the York Region District School Board H & PE curriculum consultant

Grade

Grade 7 to 12 students – content should be adapted by facilitator/teacher to meet the needs and developmental stage of the group

Learner outcome

Students will describe the Benefits, Physical Risks, Social Risks and Emotional Risks of various types of sexual activities

Introduce the topic

Show videos [What is an STI?](#) and [How can I reduce my risks of getting an STI?](#) to introduce the concept of STIs and STI prevention

Materials needed

- Types of Sexual Activity cards
- Benefits, Physical Risks, Social Risks and Emotional Risks worksheet
- [STI sexually transmitted infections](#) PHAC booklets

Activity instructions

1. Discuss ground rules for the group – respect each other, no name calling, one person speaks at a time, confidential setting, cell phones away
2. Place students in groups of three or four
3. Introduce the activity of small group discussion of types of sexual activity and their benefits and risks
4. Give each group a Benefits, Physical Risks, Social Risks and Emotional Risks worksheet and one of the Types of Sexual Activity cards
5. Ask each group to identify the benefits and risks associated with the type of sexual activity on their card - give groups approx. 15 mins to complete – offer help as needed – suggest they use STI booklet



6. Allow each group to present their benefits and risks to the rest of the groups – facilitate discussion of any controversies - use the booklet to determine the correct answers
7. 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



Benefits

Physical Risks

Social Risks

Emotional Risks



MASTURBATION	HOLDING HANDS
KISSING	ORAL SEX (RECEIVING)
ORAL SEX (GIVING)	VAGINAL SEX
ANAL SEX	TOUCHING GENITALS

