

## Sub-Task #6 Get the Facts

### Materials

Chart Paper and Markers

Teacher prepared activity cards (ensure that each sheet of cards are printed on different coloured paper). Seven sets of each activity card are needed.

### Description

Students will identify the methods of transmission and the symptoms of STDs and the ways to prevent them by active discussion and card sorting activities.

- Signs/symptoms
- Prevention
- Consequences
- Where to get information/help

Expectation Code	Learning Expectation
7p10	Identify the methods of transmission and the symptoms of sexually transmitted diseases (STDs) and ways to prevent them
7p13	Identify sources of support with regard to issues related to healthy sexuality (e. g., parents/guardians, doctors)

## Assessment Opportunities - Suggestions for Assessing Expectations

**Summative Assessment: Performance Task** - Students write a newspaper article that has the following information:

- explain the methods of transmission and the symptoms of sexually transmitted diseases and ways to prevent them;
- identifies sources of support with regard to issues related to healthy sexuality;
- uses the Healthy Sexuality Rubric: Assessing Knowledge of STDs and Sources of Support Related to Healthy Sexuality (see Appendix CC).

## Teaching/Learning Strategies

### 1. Sexuality Consequences

- Review with students the consequences of early/unprotected or unplanned sexual activity.
- Discuss the benefits of waiting to be involved sexually.
  - freedom from pregnancy
  - freedom from STDs
  - freedom from assault/harassment
  - avoiding broken heart, rejection
  - no interference with future plans

## 2. STD Recognition

- The teacher will ask students to name STDs. Be prepared to hear slang or street terms. Group them on blackboard or chart paper according to type of infection (see following information) as students call out the names:

chlamydia  
gonorrhea  
syphilis

] bacteria

HIV/AIDS

Hepatitis B

Hepatitis C

] viral, can be fatal

genital warts  
herpes

] viral

crabs

scabies

vaginitis: yeast, trichomoniasis

] nuisance

- The teacher will explain each grouping:
  - Bacterial infections: treatable with antibiotics, can recur if exposed again.
  - Cannot cure a virus, but symptoms can be treated; some can be fatal (HIV and Hepatitis B and C). Hepatitis B is preventable with a vaccine. Hepatitis B vaccine is available for all Grade 7 students.
  - Nuisance diseases are not usually dangerous and can be treated with pills, creams, and lotions.
  - Explain how bacteria, viruses, and nuisance diseases affect the body. Because HIV, Hep B, and C can be fatal, students should be taught more specifically how these viruses attack the immune system. (Refer to AIDS Risk Graphs/Statistics).

## 3. STD Activity

- Divide students into groups of four and each group will receive both sets of activity cards (see Appendix Y and Z). Students read the first set of cards (Methods of Transmission) (see Appendix Z) and select those that are methods of STD transmission. The group will read the second set of cards (symptoms of STDs) (see Appendix X) and select those which are symptoms of STDs.
- Ask students how they can prevent STDs. Answers:
  - postpone sexual activity;
  - safer sex using latex condoms, “prevents most” but not 100% effective;
  - never share needles for drugs, tattooing, piercing.

## 4. Sources of Support

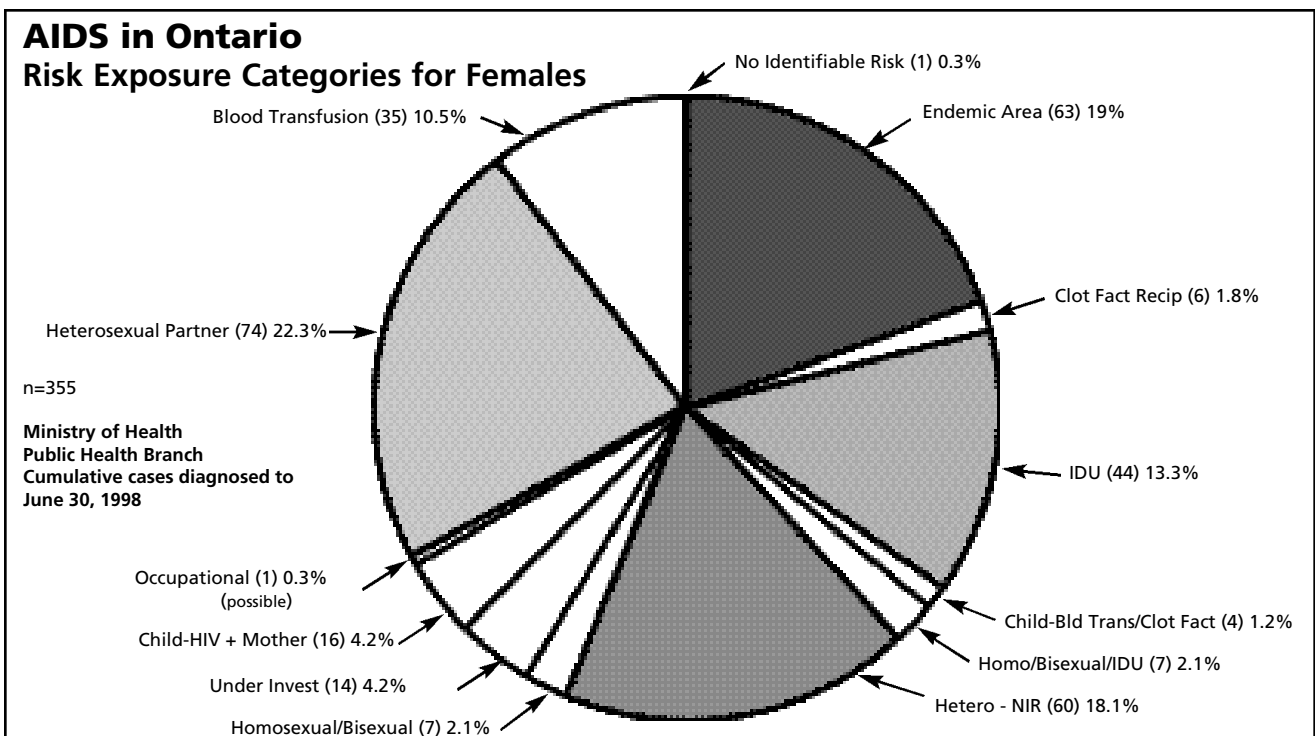
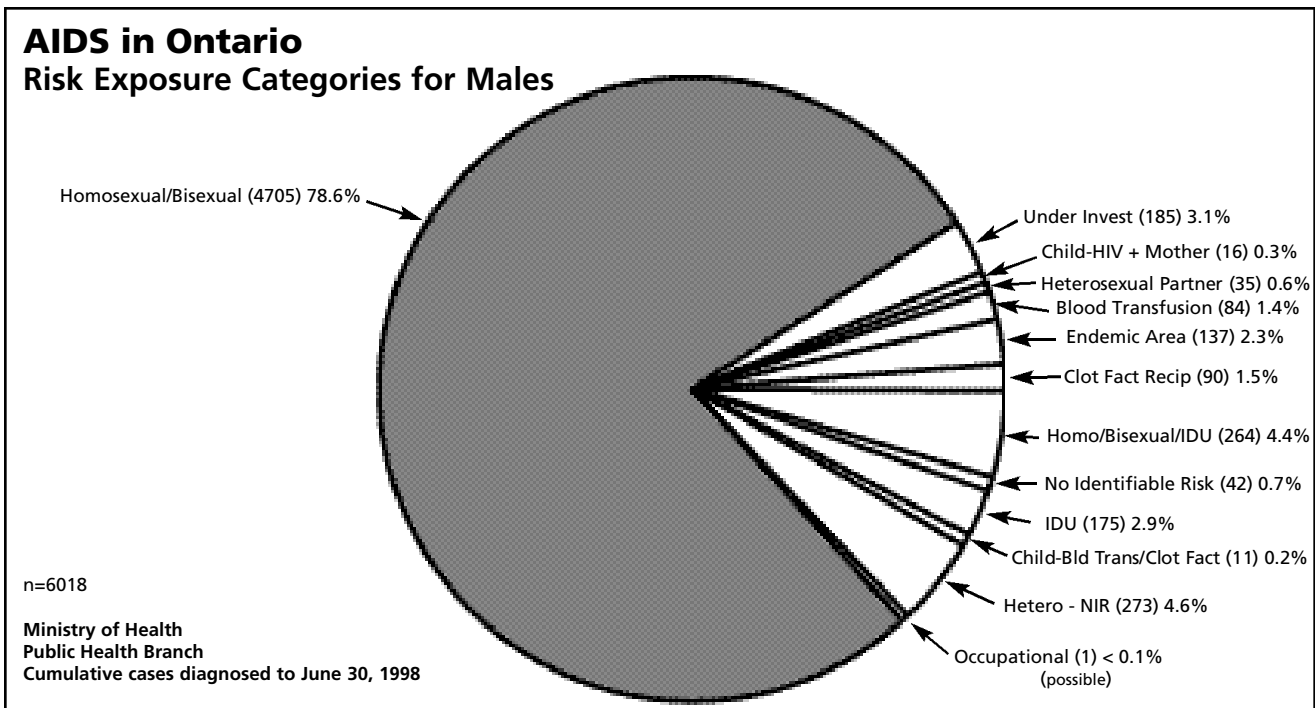
- Ask students where to get more information/help, if they think they have an STD.
  - parents
  - physical education/health teacher
  - healthcare professional (family doctor, walk-in-clinic)
  - public health nurse
  - STD Clinic (free clinic at selected Health Units)
  - to stop the spread of infection, partners need to be notified so they can get tested too. If you are not comfortable telling partners, STD nurses at the Health Unit can do that for you without giving out information about you, not even your name.
  - Assign the newspaper article assessment as homework. See Formative Assessment for details.

## Notes to Teacher

To promote more open discussion free from peer influence, the teacher may choose to form the groups.

The teacher needs to review “Summary of Sexually Transmitted Diseases” and Sexually Transmitted Diseases” as follows:

### Sexually Transmitted Diseases - Data



Summary of Sexually Transmitted Diseases

Disease	Cause	Usual Signs and Symptoms	Transmission	Treatment	Complications
<b>AIDS</b> Acquired Immuno Deficiency Syndrome	virus (HIV) Human Immuno-deficiency Virus	There may be no outward signs of HIV infection for 8 to 11 years. Symptoms of later HIV infection or AIDS depends on which infection(s) is present, e.g.: mono-like illness or persistent (lasting more than two weeks) and unexplained diarrhea, shortness of breath, fever, swollen glands, night sweats, yeast infections, red/purple skin spots and herpes zoster (shingles). Most infected people develop antibodies to HIV within 12 weeks of infection. A blood test can detect HIV antibodies at 12-14 weeks.	Once infected with HIV, the virus is always present. HIV can spread from one person to another during: <ul style="list-style-type: none"> <li>• exchange of semen or vaginal fluids (unprotected sexual intercourse) or blood.</li> <li>• sharing of IV drug “works,” toothbrushes and razors, or;</li> <li>• ear piercing and tattooing, or;</li> <li>• pregnancy, delivery and breastfeeding.</li> </ul> The risk of getting HIV infection from a transfusion of blood or blood products is rare since 11/85.	There is no vaccine. Combinations of anti-retrovirals and drugs can slow down HIV production in the body and boost the immune system. The level of virus circulating in the blood may no longer be detectable but HIV can still be found in the lymph glands. The drugs can delay the progression of AIDS by several years and enable someone with AIDS to live many years longer. Pregnant women are advised to be tested for HIV. If HIV positive, and HIV medication taken during pregnancy, delivery and given to the baby also, the rate of transmission to the baby is reduced from 30% to 6-8%. Treatment is most effective if started in early HIV stages, and taken as prescribed.	<ul style="list-style-type: none"> <li>• Drug toxicity or failure to follow recommended therapy</li> <li>• If immune system weakens, major opportunistic infections (viral, bacterial, or fungal) or rare cancers develop and eventually death will occur.</li> </ul>
<b>Chlamydia</b>	bacteria	<ul style="list-style-type: none"> <li>• usually appear 2-6 weeks after sex with an infected person</li> <li>• often people may have chlamydia but have no signs or symptoms (up to 50% of men and up to 70% of women)</li> </ul> <p><b>Female</b></p> <ul style="list-style-type: none"> <li>• new or different vaginal discharge</li> <li>• burning feeling when urinating</li> <li>• pain in abdomen, fever, chills</li> <li>• pain during sex</li> </ul> <p><b>Male</b></p> <ul style="list-style-type: none"> <li>• water/milky drip from penis</li> <li>• an itchy feeling inside the penis</li> <li>• a burning feeling when urinating</li> <li>• pain or swelling of testicles</li> </ul>	<ul style="list-style-type: none"> <li>• spread through vaginal, anal and oral intercourse with an infected person</li> </ul>	<ul style="list-style-type: none"> <li>• infected people and their sexual partners can be cured, with antibiotics prescribed by a doctor</li> <li>• take all of the medication even if symptoms go away</li> <li>• Doctor may do a follow-up test after you finish medication</li> </ul>	<ul style="list-style-type: none"> <li>• untreated chlamydia can permanently damage the reproductive organs</li> <li>• mothers can pass the germ to babies and can cause infections in their eyes and lungs</li> <li>• most females have no symptoms, males usually do</li> <li>• if untreated:                             <p><b>Female</b></p> <ul style="list-style-type: none"> <li>• develop chronic lower abdominal pain</li> <li>• spread infection to uterus, fallopian tubes...sterility</li> <li>• tubal pregnancy which can rupture and cause serious internal bleeding</li> </ul> <p><b>Male</b></p> <ul style="list-style-type: none"> <li>• sterility due to spread of germ to testicles</li> <li>• testicular pain and swelling</li> </ul> </li> </ul>

Summary of Sexually Transmitted Diseases

Disease	Cause	Usual Signs and Symptoms	Transmission	Treatment	Complications
<b>Genital Herpes</b>	virus (HSV) (Herpes Simplex Virus)	<ul style="list-style-type: none"> <li>tingling and itching in genital area</li> <li>initial infection frequently have no symptoms and may not appear for years</li> <li>cluster of tiny blisters that may burst and leave painful sores that may last 2-4 weeks</li> <li>fever and headaches with first attack</li> </ul>	<ul style="list-style-type: none"> <li>spread by direct contact with the open sores, usually during sex (vaginal, anal)</li> <li>may transmit virus when symptoms are not present</li> <li>oral sex may also transmit virus</li> </ul>	<ul style="list-style-type: none"> <li>no cure</li> <li>see a doctor – medication may shorten attacks and make them less painful</li> </ul>	<ul style="list-style-type: none"> <li>may be passed from infected mother to baby during childbirth</li> <li>members of same virus family may cause fever blisters or cold sores on mouth</li> </ul>
<b>Genital Warts (condylomata)</b>	virus (HPV) (Human Papilloma Virus)	<p>Fleshy, grouped warts on or around penis, anus or vagina, not painful, appear two weeks – eight months after contact with infected person.</p> <p><b>NB: visible warts may not appear at all, or may appear years after infection.</b></p> <p>Extremely contagious – most commonly diagnosed viral disease</p>	<ul style="list-style-type: none"> <li>skin-to-skin contact with an infected person</li> <li>genital or anal contact</li> <li>after oral sex, warts may appear around or in the mouth</li> </ul>	<ul style="list-style-type: none"> <li>see a doctor or go to a clinic to be checked</li> <li>doctor applies medicine or may need surgery to remove internal warts</li> </ul>	<ul style="list-style-type: none"> <li>can be dangerous if not treated</li> <li>link between genital warts growing on inside of vagina and cervical cancer</li> <li>people with anal warts have a greater chance of getting anal cancer</li> </ul>
<b>Gonorrhea</b> “the clap” “a dose” “a drip”	bacteria	<p>White or yellow discharge from genitals or anus appear 3-5 days after having sex.</p> <p>Pain on urination or defecation. Women may have pelvic pain, especially after their period. Men and women can be without symptoms which may appear 2-10 (up to 30) days after exposure.</p>	Spread from infected person to someone else during vaginal, anal and oral intercourse.	Infected people and their sexual partners must be tested and treated with antibiotics. The infection may not be cured until all pills are taken. Doctor may do a follow-up test three to seven days after medicine is finished to make sure you are cured.	<ul style="list-style-type: none"> <li>most females have no symptoms</li> <li>can cause PID leading to infertility, tubal pregnancy</li> <li>males usually have symptoms if untreated. (See chlamydia)</li> <li>can cause sterility and difficulty passing urine</li> </ul>
<b>Hepatitis B</b>	virus (HBV)	<p>Usually appear within 2-6 months after contact:</p> <ul style="list-style-type: none"> <li>poor appetite, nausea, vomiting</li> <li>headaches</li> <li>a general unwell feeling</li> <li>jaundice (yellowing of eyes and skin)</li> <li>dark tea coloured urine</li> <li>light coloured stools</li> </ul>	<p>HBV spreads through infected blood and body fluids:</p> <ul style="list-style-type: none"> <li>during sexual intercourse</li> <li>sharing needles</li> <li>from infected mother to her baby during childbirth</li> <li>sharing body piercing and tattooing instruments</li> <li>sharing personal items such as toothbrushes, razors, nail files, etc.</li> </ul>	<ul style="list-style-type: none"> <li>avoid alcohol</li> <li>eat healthy diet</li> <li>rest</li> </ul> <p>Hep B vaccine is available as a preventative measure; is not a treatment.</p>	Most recover, some have serious problems – liver disease. Up to 10% of people become chronic carriers.



## Summary of Sexually Transmitted Diseases

Disease	Cause	Usual Signs and Symptoms	Transmission	Treatment	Complications
<b>Hepatitis C</b>	virus (HCV)	<p>Only 25% of those infected have symptoms. Usually appear within 6-8 weeks after contact:</p> <ul style="list-style-type: none"> <li>• fatigue</li> <li>• loss of appetite</li> <li>• nausea</li> <li>• abdominal pain</li> <li>• jaundice (yellowing of eyes and skin)</li> </ul>	<p>HCV is spread by direct contact with infected blood:</p> <ul style="list-style-type: none"> <li>• sharing needles and drug-related equipment</li> <li>• sharing body piercing and tattooing instruments</li> <li>• sharing toothbrushes, razors, nail files, etc.</li> <li>• needlestick injuries</li> <li>• from infected mother to her infant in utero or during childbirth</li> <li>• sexual transmission is rare but is increased with prolonged exposure to a Hepatitis C positive partner or multiple partners or unprotected sex while menstruating</li> </ul>	<ul style="list-style-type: none"> <li>• reduce or eliminate alcohol, tobacco and illicit drugs</li> <li>• interferon may help some individuals</li> </ul>	<ul style="list-style-type: none"> <li>• 90% become chronic carriers even without symptoms</li> <li>• cirrhosis of liver</li> <li>• liver cancer</li> </ul>
<b>Pubic Lice Scabies</b>	<p>tiny insects (crabs)</p> <p>(itch mites)</p>	<ul style="list-style-type: none"> <li>• may not have symptoms, but an itch may occur around genitals</li> <li>• mainly itching especially at night. Rash in skin folds, between fingers or on wrists, elbows, abdomen, and around genitals</li> </ul>	<ul style="list-style-type: none"> <li>• Intimate contact, person to person</li> <li>• may transmit by using bed linen, clothes or towels of an infected person. (*not always sexually transmitted)</li> </ul>	<p>Special creams, lotions and shampoos. Follow directions on package carefully. Be diagnosed by a physician before treatment.</p>	<ul style="list-style-type: none"> <li>• scratching may cause an infection requiring medical treatment</li> <li>• avoid close body contact if you/partner has scabies or pubic lice. Tell sex partners and have them get treated.</li> </ul>
<b>Syphilis</b>	bacteria	<p><b>1st stage</b> : painless, shallow sore (chancere) at site of exposure (genitals, anus, lips) 10-90 days after exposure. May disappear but germ remains.</p> <p><b>2nd stage</b> : rash or mucus patches (most are highly infectious), spotty hair loss, sore throat, swollen glands. Appear 4-10 weeks after 1st stage, may reoccur up to two years or disappear entirely.</p> <p><b>3rd stage</b> : years later, if untreated, may cause serious problems – heart disease, blindness, paralysis, brain damage, death.</p>	<ul style="list-style-type: none"> <li>• bacteria found in blood</li> <li>• spread from: infected person during sexual intercourse (anal, vaginal and oral), and from infected mother to her baby, sharing needles and personal hygiene items (see Hepatitis B)</li> </ul>	<ul style="list-style-type: none"> <li>• treated with antibiotics</li> </ul>	<ul style="list-style-type: none"> <li>• serious disease that can affect the entire body</li> <li>• you can have it without knowing it</li> <li>• babies born to infected mothers may have birth defects/die</li> </ul>
<b>Vaginitis</b> • trichomonas	<p>inflammation of vagina</p> <p>fungus parasite</p>	<ul style="list-style-type: none"> <li>• vary depending on cause:                             <ul style="list-style-type: none"> <li>– abnormal, often foul smelling discharge</li> <li>– itching or pain inside or outside the vagina</li> <li>– redness or swelling on the outside of the vagina</li> <li>– pain during sex or when urinating</li> </ul> </li> </ul>	<p>transmitted during sexual contact or wet objects (towels, washcloths)</p>	<p>if sexually transmitted, then partner must be treated</p>	<p>men may often have no symptoms and can spread it without knowing. Men may have slight discharge from penis or pain on urination.</p>