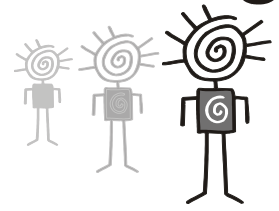


Topic: Proactive Health
Level: Year 12
Length of Session: 1 hour
Lesson: 12.2

understanding our bodies



Objectives:

- Discuss issues relating to preventative sexual health care.

Outcomes:

Student will be able to:

- Identify how they can manage personal sexual health needs

Lesson Outline:

- Self health graffiti sheets
- Managing personal health needs – scenarios

Time	Activity	Resource
5 min	<p>Introduction:</p> <ul style="list-style-type: none"> ▪ Revise working agreement ▪ Outline of today’s lesson ▪ Warm up activity (optional) 	Lesson Resource 2.1
30 min	<p>Self Health – Graffiti Sheets</p> <p>Have Graffiti Sheets prepared before lesson.</p> <p>Graffiti Sheet headings:</p> <ol style="list-style-type: none"> 1. What do you think the term "Self Health" means? 2. What is a Pap smear and when should you start having them? 3. What does Breast Self Examination (BSE) mean? 4. What does Testicular Self Examination (TSE) mean? <p>1. Why might people not get these types of examinations done?</p> <p>Place prepared graffiti sheets around the room. Ask students to take their own pen and walk around the room making a comment on each sheet. Process graffiti sheets in order, adding information where necessary.</p> <p>“Self Health”</p> <ul style="list-style-type: none"> - Individuals look after their own health issues - Management of personal health needs - Discuss leaving home – young adult - Medicare or Healthcare card - Making own health decisions 	<p>Lesson Resource 2.6</p> <p>Teaching Strategy</p> <p>Video Body Positive</p> <p>Graffiti sheets</p> <p>Qld Health website Brochures Factsheets</p>

Time	Activity	Resource
	<p>Pap Smear</p> <ul style="list-style-type: none"> - Preventative measures to reduce cancer of the cervix - Women should start having pap smears every two years once they are sexually active - Test to check for changes to the cervix that could lead to cancer 	
	<p>Breast Self Examination</p> <ul style="list-style-type: none"> - There are no known causes of breast cancer - Risk increases with age (Younger women need to be informed) <p>Testicular Self Examination</p> <ul style="list-style-type: none"> - Most common cancer in young men <p>Why might people not get these examinations?</p> <ul style="list-style-type: none"> - embarrassment - ignorance - scared - "won't happen to me" - where do you go? - access issues - can't talk to parents <p>Summarise, discuss and promote the importance of managing personal health needs.</p>	
20 min	<p>Managing Self Health Needs</p> <p>Scenarios</p> <p>Students form small groups (maximum 5 students). Provide each group with paper, pen and a set of scenario cards. Groups to discuss and respond to scenarios and questions.</p> <p>Small groups report to the whole class for discussion.</p>	<p>Paper</p> <p>Pens</p> <p>Scenarios</p>
5 min	<p>Questions or Topics from last session</p> <p>Take Away Message</p> <p>Remind students of the importance of managing self health needs and have FPQ brochures available or encourage research on local GP services.</p>	<p>FPQ</p> <p>Brochures</p> <p>Websites</p>

Health Scenarios

1. Ben notices an unusual lump in his testicle.

- What should he do?
- Who could he talk to?

2. Elizabeth is 17 and has just started having sex with her partner.

- Should she have a Pap smear?
- How often should she have a Pap smear?
- Where can she go?
- Who could she talk to?

3. Amelia has been doing regular BSE since she was 20 years old. The other day she noticed an unusual lump.

- What should she do?
- Where could she go?
- Who should she talk to?

4. Paul is sexually active. He notices a slight discharge from his penis and experiences a slightly uncomfortable burning sensation when he urinates.

- What should he do?
- Who could he talk to?
- Where could he go?

5. Ann is going for her first Pap Smear and her friend told her that a pap smear and an STI check is the same thing.

- Is this true?

6. John was told that if a male has to have a testicle removed it means he will not be able to have sexual intercourse because he will not be able to get an erection or be able have children.

- Is this true?