

# healthy choices



**Topic:** Sexual Health and STI's  
**Level:** Foundation  
**Length of Session:** 1 hour  
**Pre-Requisite Lesson:** Keeping Safe – Foundation Lesson 8.6

**Objectives:**

- Increase awareness of sexual health
- Discuss ways to maintain sexual health

**Outcomes:**

Students will be able to:

- Identify common STI's
- Have an increased knowledge of how to maintain sexual health

**Lesson Outline:**

- Introduction
- Define Sexual Health – brainstorm
- STI symptoms – group work (quiz)

Time	Activity	Resource
5 min	<p><b>Introduction</b></p> <ul style="list-style-type: none"> <li>▪ Revise working agreement</li> <li>▪ Outline of today's lesson</li> <li>▪ Warm up activity</li> </ul>	Lesson Resource 2.1
15 min	<p><b>Discussion Sexual Health – and Safer Sex</b></p> <p>List on board four aspects of sexual health:</p> <ul style="list-style-type: none"> <li>▪ Physical</li> <li>▪ Emotional</li> <li>▪ Social</li> <li>▪ Spiritual</li> </ul> <p>Discuss with students ways in which they can maintain their own sexual health and how the four aspects inter-relate.</p> <p>Hints for discussion:</p> <ul style="list-style-type: none"> <li>▪ To be physically, emotionally and socially healthy</li> <li>▪ To be free of infections (STIs)</li> <li>▪ To avoid unplanned pregnancy</li> <li>▪ To be healthy and make well informed decisions</li> </ul> <p>Important to remember that if a person decides to become sexually active they have to protect themselves against infection as well as pregnancy.</p>	Lesson Resource What is Sexual Health 8.6

Time	Activity	Resource
25 min	<p><b>What is an STI (Sexually Transmitted Infection) or BBV (Blood Borne Virus)?</b></p> <p>Teacher and students to make a list of all STI's and Blood Borne Viruses that they know. Students form small groups (maximum 5 students).</p> <p>Explain that the following quiz will get them thinking about STIs and BBVs.</p> <p><b>QUIZ</b></p> <p>Process answers, teacher filling in any additional information as necessary.</p>	<p>Lesson Resource 2.5</p> <p>Qld Health website: <a href="http://www.istaysafe.com.au">www.istaysafe.com.au</a></p> <p>Student Resource STI Quiz 8.6</p> <p>Lesson Resource STI Quiz Answer Sheet 8.6</p>
5 min	<p><b>Questions and topics from last session</b></p> <p><b>Question Box optional</b></p> <p><b>Take Away Message</b></p> <p>Where would someone go for help if they suspected that they had an infection?</p> <ul style="list-style-type: none"> <li>▪ Parents or someone you trust</li> <li>▪ FPQ</li> <li>▪ Sexual Health Clinics</li> <li>▪ Family doctor</li> </ul>	<p>Brochures by: FPQ Sexual Health Clinic</p> <p>Websites: <a href="http://www.istaysafe.com.au">www.istaysafe.com.au</a></p>

## What is Sexual Health?

When teaching young people about safe sex it is important to work within a holistic framework of sexual health. The World Health Organisation (1995) defines sexual health as follows:

1. A capacity to enjoy and control sexual and reproductive behaviour in accordance with a social and personal ethic.
2. Freedom from fear, shame and guilt, false beliefs, etc. which inhibit sexual response and impair socio-sexual relationships.
3. Freedom from organic disorders, diseases and deficiencies that interfere with sexual and reproductive functions.

The dimensions of sexual health include the physical, emotional, social and spiritual.

For example:

**Physical:** Anatomy and physiology  
Growth and development  
Sexual response  
Reproduction  
Contraception  
STIs

**Emotional:** Learned behaviour  
Attitudes  
Expression  
Feelings  
Body Image

**Social:** Personal background  
Relationships  
Culture  
Legal aspects

**Spiritual:** Values  
Attitudes  
Beliefs  
Religion

QUESTIONS	True	False
1. Only gay men get HIV/AIDS?	<input type="checkbox"/>	<input type="checkbox"/>
2. You can get an STI from a toilet seat?	<input type="checkbox"/>	<input type="checkbox"/>
3. You can only get an STI by having sexual intercourse?	<input type="checkbox"/>	<input type="checkbox"/>
4. You can get an STI the first time you have sex?	<input type="checkbox"/>	<input type="checkbox"/>
5. Condoms can help protect you from most STIs?	<input type="checkbox"/>	<input type="checkbox"/>
6. Some STIs have no symptoms?	<input type="checkbox"/>	<input type="checkbox"/>
7. Some STIs can cause infertility?	<input type="checkbox"/>	<input type="checkbox"/>
8. Once you have had an STI, you can't get another one?	<input type="checkbox"/>	<input type="checkbox"/>
9. Only people who have lots of partners get STIs?	<input type="checkbox"/>	<input type="checkbox"/>
10. Blood Borne Viruses (BBVs) are spread only by sexual intercourse?	<input type="checkbox"/>	<input type="checkbox"/>
11. STIs can be caused by either bacteria or viruses?	<input type="checkbox"/>	<input type="checkbox"/>
12. All STIs can be cured?	<input type="checkbox"/>	<input type="checkbox"/>

Adapted from HIV/AIDS Prevention,  
An Educational Package for Secondary Schools,  
Department of Education, Qld. (1993).

## Answer Sheet

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- FALSE** Anyone, male or female, can get HIV by having unprotected sex with an infected person.
- FALSE** The viruses and bacteria that cause STIs die very quickly outside the body, so STIs can't be caught from toilet seats.
- FALSE** Sexual intercourse is the common way to catch an STI, but some STI's can be spread in other ways such as HIV and Hepatitis B (known as Blood Borne Viruses) these are also spread by blood-to-blood contact. Herpes and genital warts can also be spread by skin to skin contact.
- TRUE** There is a high risk of getting an STI, the first time you have sexual intercourse if no protection is used.
- TRUE** Using a condom correctly any time you have sexual intercourse provides good protection from both HIV other STIs and unplanned pregnancy.
- TRUE** Some STIs do not have any symptoms so you may have one and not know. If STIs are not treated they may cause problems, such as infertility. If any symptoms occur, have a sexual health check.
- TRUE** The STI Chlamydia, if untreated, has been associated with infertility, in both males and females.
- FALSE** There are many STIs and having one does not protect a person from getting another. It is possible for people to have several STIs at one time.
- FALSE** If you only have one partner, but your partner has had other partners, there is a risk that they could have been infected by a previous partner. It is best to use a condom for protection and have a sexual health check.
- FALSE** Blood Borne Viruses (BBVs) are also spread by blood-to-blood contact.
- TRUE** Some STIs are caused by bacteria's and viruses cause some.
- FALSE** The STIs caused by bacteria can be cured, but the STI's caused by viruses can only be treated.