

Teacher's Guide

This guide includes:

- Standards
- Related Links
- Discussion Questions
- Activities for Students
- Reproducible Materials

Standards

This guide correlates with the following National Health Education Standards:

Students will:

- Comprehend concepts related to health promotion and disease prevention to enhance health.
- Analyze the influence of family, peers, culture, media, technology, and other factors on health behaviors.
- Demonstrate the ability to access valid information and products and services to enhance health.
- Demonstrate the ability to use interpersonal communication skills to enhance health and avoid or reduce health risks.
- Demonstrate the ability to use decision-making skills to enhance health.
- Demonstrate the ability to use goal-setting skills to enhance health.
- Demonstrate the ability to practice health-enhancing behaviors and avoid or reduce health risks.
- Demonstrate the ability to advocate for personal, family, and community health.

National Health Education Standards: www.cdc.gov/healthyschools/sher/standards/index.htm



Grades 6 to 8 • Health Problems Series STDs

About 9.5 million teens and young adults are diagnosed with sexually transmitted diseases (STDs) each year, according to the U.S. Department of Health and Human Services. The good news is that these infections are preventable. The following activities will help your students understand the risks and how to protect themselves.

Related TeensHealth Links

5 Myths About STDs

TeensHealth.org/en/teens/std-myths.html

About Sexually Transmitted Diseases (STDs)

TeensHealth.org/en/teens/std.html

Talking to Your Partner About STDs

TeensHealth.org/en/teens/the-talk.html

Telling Your Partner You Have an STD

TeensHealth.org/en/teens/stds-talk.html

Chlamydia

TeensHealth.org/en/teens/std-chlamydia.html

Genital Herpes

TeensHealth.org/en/teens/std-herpes.html

Genital Warts (HPV)

TeensHealth.org/en/teens/std-warts.html

Gonorrhea

TeensHealth.org/en/teens/std-gonorrhea.html

HIV and AIDS

TeensHealth.org/en/teens/std-hiv.html

Syphilis

TeensHealth.org/en/teens/std-syphilis.html

Pubic Lice (Crabs)

TeensHealth.org/en/teens/std-lice.html

Discussion Questions

Note: The following questions are written in language appropriate for sharing with your students.

1. What does the “STD” or “STI” stand for? What kinds of STDs have you heard of?
2. Who do STDs affect? Can you tell just by looking if someone has an STD?
3. If STDs are such an important teen health problem, why don’t we hear about them as much as smoking, drinking, or drugs?
4. How are STDs spread?
5. There’s only one 100% effective way for teens to protect themselves from an STD, and that’s abstinence (no sexual contact). But even teens who are sexually active can take steps to lower their risk. What can they do?



Activities for Students

Note: The following activities are written in language appropriate for sharing with your students.

STD Factsheets

Objectives:

Students will:

- Learn what STDs are and behaviors that can put people at risk
- Demonstrate their understanding of various STDs by researching and creating factsheets

Materials:

- Magazine, six index cards, scissors, tape
- "STD Factsheet" handout
- "Parent Letter" handout

Class Time:

- 90 minutes (45 minutes to research, 45 minutes to present)

Activity:

[Note to instructor: To prepare, cut out six pictures of people (not celebrities) from magazines. Choose people of both genders and various ethnicities and ages. They may be rich or poor, healthy- or unhealthy-looking, dressed conservatively or flashy. On the back of each picture, tape an index card with one of the following words: "chlamydia," "HIV/AIDS," "genital herpes," "gonorrhea," "genital warts," and "syphilis." Hang the pictures on the board. Then divide the class into six groups.]

Good morning and welcome to your new job! Today you'll be acting as interns for a community health clinic. These people on the board are your patients. They've all come in for the results of their STD tests. Can you guess who tested positive? Do the pictures give you any clue?

Let's have one representative from each group come up, choose a picture, and read what's on the back.

The first fact about STDs? They don't discriminate! Working as a group, your job is to create a factsheet about your patient's STD that he or she can take home today. Include as much information as you can, using articles at TeensHealth.org for research. Afterward, each group will present what they learned.

Extensions:

1. Write a personal note to your patient explaining why it was a smart decision to get tested.
2. Write a brief reflection essay about how your idea of the "type" of person who gets an STD may have changed.
3. Compile the six factsheets into a packet and photocopy them for each student. Send packet home to parents or guardians, with the "Parent Letter" handout, to encourage discussions at home.



STD IQ

Objectives:

Students will:

- Test their knowledge of STDs by playing a true-or-false game

Materials:

- "STD IQ" handouts

Class Time:

- 1 hour

Activity:

[Note to instructor: You can divide your class into pairs or teams to quiz themselves with the two 20-statement STD IQ handouts, or just go around the room asking the true-false questions yourself.]

True or false: There are a thousand other things you'd rather talk about than STDs. True, right? But knowing the facts about STDs is one of the most important things teens can do for their health. There's a lot of misinformation out there, and it's difficult to make good decisions with bad information. So here's your chance to test your STD IQ.

Extension:

Create a "Did You Know?" PSA poster depicting the most surprising fact you learned from this activity.

Reproducible Materials

Handout: STD Factsheet

KidsHealth.org/classroom/6to8/problems/conditions/stds_handout1.pdf

Handout: Parent Letter

KidsHealth.org/classroom/6to8/problems/conditions/stds_handout2.pdf

Handout: STD IQ 1

KidsHealth.org/classroom/6to8/problems/conditions/stds_handout3.pdf

Handout: STD IQ 1 Answer Key

KidsHealth.org/classroom/6to8/problems/conditions/stds_handout4.pdf

Handout: STD IQ 2

KidsHealth.org/classroom/6to8/problems/conditions/stds_handout5.pdf

Handout: STD IQ 2 Answer Key

KidsHealth.org/classroom/6to8/problems/conditions/stds_handout6.pdf

Quiz: STDs

KidsHealth.org/classroom/6to8/personal/conditions/stds_quiz.pdf

Answer Key: STDs

KidsHealth.org/classroom/6to8/personal/conditions/stds_quiz_answers.pdf



Name: _____

Date: _____

STD Factsheet

STD:

What It Is:

How It's Spread:

Symptoms:

Treatment:

Prevention:

Where to Get Help:

**Parent Letter**

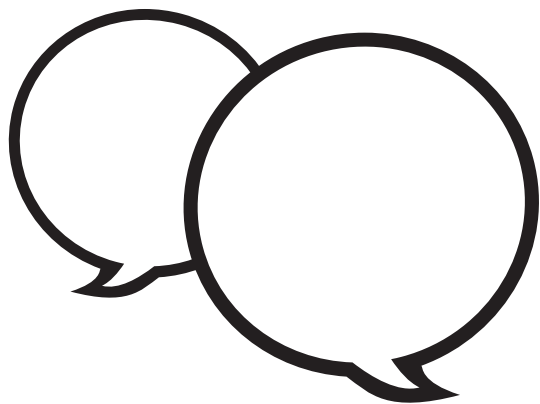
Date: _____

Dear _____,

In class, we recently discussed sexually transmitted diseases (STDs): what they are, how they are spread, and how they can be prevented.

I hope you'll use this as an opportunity to continue to talk to your child about this important health topic. KidsHealth.org offers resources to help with family discussions.

- For parents: KidsHealth.org/en/parents/talk-child-stds.html
- For teens: TeensHealth.org/en/teens/sexual-health



Sincerely,



Name: _____

Date: _____

STD IQ 1

Instructions: Mark the “True” or “False” box for each statement.

T F

1. ☐ ☐ Someone who looks “clean” can’t have an STD.
2. ☐ ☐ All STDs are 100% curable.
3. ☐ ☐ There’s a vaccine to help prevent HPV.
4. ☐ ☐ The most common STD in the United States is HPV.
5. ☐ ☐ As long as a person with an STD isn’t sexually active while he or she is having symptoms, his or her partner can’t catch the disease.
6. ☐ ☐ Some STDs can have long-term consequences, like fertility issues and pain.
7. ☐ ☐ Many STDs have no symptoms.
8. ☐ ☐ Anyone who is sexually active should see a doctor for regular STD testing.
9. ☐ ☐ The tests doctors use to check for STDs are very painful.
10. ☐ ☐ All STDs can be treated with antibiotics.



Name: _____

Date: _____

STD IQ 1**T F**

11. ☐ ☐ Some STDs can cause death.
12. ☐ ☐ Many people with STDs don't even know they have them.
13. ☐ ☐ You can't have more than one STD at one time.
14. ☐ ☐ If untreated, some STDs can increase the risk of getting cancer.
15. ☐ ☐ Abstinence from all sexual contact is the only 100% effective way to prevent STDs.
16. ☐ ☐ Using a condom is as effective as abstinence.
17. ☐ ☐ Using a condom every time can lower your risk of STDs.
18. ☐ ☐ Having sex with many different partners can increase your risk of getting an STD.
19. ☐ ☐ Drugs and alcohol can affect someone's ability to make safe decisions about sex.
20. ☐ ☐ If your partner gets angry when you bring up STD testing, it's best to drop the subject.



STD IQ 1 Answer Key

T F

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Name: _____

Date: _____

STD IQ 2

Instructions: Mark the “True” or “False” box for each statement.

T F

1. ☐ ☐ The United States has the highest rate of STD infection in the industrialized world.
2. ☐ ☐ STDs are only spread through vaginal sex.
3. ☐ ☐ STDs are never spread through oral sex.
4. ☐ ☐ People who’ve had many sexual partners are at greater risk of getting an STD.
5. ☐ ☐ People who start having sex at a younger age are more likely to get an STD.
6. ☐ ☐ Using a condom can only prevent pregnancy, not any STDs.
7. ☐ ☐ A person who only had unprotected sex once doesn’t have to worry about an STD.
8. ☐ ☐ The only way to know for sure if you have an STD is to get tested by a medical professional.
9. ☐ ☐ Some STDs are spread through skin-to-skin contact.
10. ☐ ☐ Vaginal discharge or belly pain may be a sign of an STD.



Name: _____

Date: _____

STD IQ 2

T F

11. ☐ ☐ Bumps on the skin of the penis may be a sign of an STD.
12. ☐ ☐ If you ignore an STD, it will probably go away.
13. ☐ ☐ The Pill can protect a girl from an STD.
14. ☐ ☐ It's a good idea to see a doctor before you decide to become sexually active.
15. ☐ ☐ If your partner has an STD, you'll know because you'll be able to see it.
16. ☐ ☐ Many STDs can be diagnosed through blood or urine tests.
17. ☐ ☐ You can't get an STD more than once.
18. ☐ ☐ You can get an STD from a toilet seat.
19. ☐ ☐ Chlorine in a pool can kill an STD.
20. ☐ ☐ You can't catch an STD the first time you have sex.



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Name: _____

Date: _____

Quiz

1. Most STDs are transmitted though:
 - a) unprotected sex
 - b) kissing
 - c) toilets
 - d) sharing towels

2. Which of the following are considered risk factors for getting an STD:
 - a) having unprotected sex
 - b) having sex with many different partners
 - c) starting to have sex at an early age
 - d) all of the above

3. The most common STD in the United States is:
 - a) chlamydia
 - b) genital herpes
 - c) HIV
 - d) HPV

4. Which of the following is true about genital herpes?
 - a) there is no cure
 - b) as long as there are no symptoms, it's not contagious
 - c) only people who have had sex with many partners get it
 - d) it can spread in a pool

5. Oral sex can transmit which of the following STDs?
 - a) genital herpes
 - b) gonorrhea
 - c) chlamydia
 - d) all of the above

6. Many STDs:
 - a) are extremely painful
 - b) have no symptoms at all
 - c) cause high fevers
 - d) cause the flu

**Name:** _____**Date:** _____

7. Which STD is caused by bacteria and can be treated with antibiotics?

- a) HIV
- b) chlamydia
- c) genital herpes
- d) genital warts (HPV)

8. Some STDs can cause the following health problems in women:

- a) pelvic inflammatory disease
- b) increased risk of certain cancers
- c) infertility
- d) all of the above

9. What age group has the highest rates of STD infection?

- a) 15-24
- b) 25-35
- c) 36-50
- d) 51-60

10. Ideally, you should see your doctor:

- a) before you decide to become sexually active
- b) at the first sign of any STD symptom
- c) every year for testing if you become sexually active
- d) all of the above



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