



KidsHealth.org/classroom

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

Guy, girl, rich, poor, athlete, artist, gamer, straight-A student - sexually transmitted diseases don't discriminate. The good news is that STDs are preventable. The following activities will help your students understand the risks, learn how to protect themselves, and know where to find help if they need it.

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. Name some common STDs. How do they spread?
2. Although anyone who's sexually active can get an STD, certain behaviors can put people at a higher risk. What are they? What are some behaviors that can reduce the risk? What's the only behavior that can eliminate the risk?
3. Why do many teens find it difficult to talk about STDs with a partner? A parent? A doctor? What are possible consequences of avoiding these talks?
4. Lots of people - and not just teens - believe that if someone looks "clean," they can't have an STD. The truth is, it's impossible to tell by appearance alone. In fact, many STDs have no symptoms, so infected people may not even know they have it. What's the only way to know for sure? Where can a teen go for information and testing?



Activities for Students

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

Abby's Story

Objectives:

Students will:

- Write a 2- to 3-minute talk that demonstrates their understanding of STDs and STD prevention

Materials:

- "Abby's Story" handout

Class Time:

- 1 hour (briefer if you opt to have students complete the activity as homework)

Activity:

Your friend Abby was shocked to learn she had chlamydia. An STD was something she never thought could happen to her. But she's decided to find a silver lining by using her story to educate others. She recently volunteered to give a talk to a local youth group about the dangers of STDs, and she's asked for your help writing it. The talk should be about 400 to 600 words and include:

- Three or more facts about STDs that all teens need to know
- Three or more possible symptoms of STDs
- Why it's important to talk about STD prevention with any potential sexual partner
- Why it's important to talk with a doctor about sexual activity
- Three or more resources (trusted adults, medical professionals, clinics, or hotlines) where teens can go for reliable information and testing

Extensions:

1. Ask for volunteers to give the talk that they wrote for Abby to the class.
2. Create STD factsheets to go along with the talks. Include symptoms and prevention information for chlamydia, gonorrhea, syphilis, genital warts (HPV), genital herpes, and HIV.



Do the Right Thing

Objectives:

Students will:

- Offer advice to fictional teens who are dealing with STD-related issues

Materials:

- "Do the Right Thing" handout
- "Parent Letter" handout

Class Time:

- 45 minutes

Activity:

STDs aren't a popular discussion topic. It's awkward, not to mention highly unromantic. But it's a conversation that has to happen if people who are sexually active want to protect themselves from STDs. Read the scenarios on the "Do the Right Thing" handout. If these teens were your friends, what would you advise them to do? Be sure to consider all the possible consequences of their actions, or lack of actions, when writing your responses.

Extensions:

1. Invite students to role-play conversations for each of the five scenarios in the "Do the Right Thing" handout.
2. Have students write one fact they were surprised to learn about STDs on the "Parent Letter" handout, then send it home to encourage continued discussions.

Reproducible Materials

Handout: Abby's Story

KidsHealth.org/classroom/9to12/problems/conditions/stds_handout1.pdf

Handout: Do the Right Thing

KidsHealth.org/classroom/9to12/problems/conditions/stds_handout2.pdf

Handout: Parent Letter

KidsHealth.org/classroom/9to12/problems/conditions/stds_handout3.pdf

Quiz: STDs

KidsHealth.org/classroom/9to12/problems/conditions/stds_quiz.pdf

Answer Key: STDs

KidsHealth.org/classroom/9to12/problems/conditions/stds_quiz_answers.pdf



Name: _____

Date: _____

Abby's Story

Instructions: Read Abby's story below, then write a speech for her to educate other teens about STDs. The speech should be about 400 to 600 words and include:

- Three or more facts about STDs that all teens need to know
- Three or more possible symptoms of STDs
- Why it's important to talk about STD prevention with any potential sexual partner
- Why it's important to talk with a doctor about sexual activity
- Three or more resources (trusted adults, medical professionals, clinics, or hotlines) where teens can go for reliable information and testing

Abby's story: After noticing some vaginal discharge and pain in her lower stomach, Abby was diagnosed with chlamydia. At first, she was shocked, embarrassed, and angry. She thought STDs didn't happen to girls like her. She'd only had sex with one guy, a boyfriend whom she loved and who'd sworn she was his first. It hadn't even crossed her mind to talk with him about getting tested. Besides, they'd been pretty safe, using condoms all but a few times. Now she realizes that the choices she made could affect her life for years to come: The doctor said that even though she was being treated now, a chlamydia infection as advanced as hers could cause fertility problems (trouble getting pregnant) later in life. Abby wishes she knew then what she knows now.



Name: _____

Date: _____

3. Cade and Lily have been together for a year. They've always used condoms. But now that Lily went on the Pill, she thinks it would be OK if they stopped using condoms. Neither one has ever been tested for STDs. She asks Cade what he thinks. How should **Cade** respond?
4. Drew and Arianna hook up sometimes - mostly at parties when they've had too much to drink. Sometimes they use condoms, sometimes they don't, and sometimes they don't even remember. Both see other people as well. Arianna just found out she has HPV. What should **Arianna** do?
5. Gabby just read a text message on her sister Maya's phone from Maya's boyfriend. He said he tested positive for herpes. Maya's freaking out and doesn't know what to do. How can **Gabby** help?



Date: _____

Dear _____,
parent or guardian

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

Here's is one fact related to STDs _____ was surprised to learn about:
student

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,

teacher



Name: _____

Date: _____

Quiz

A. Write the STD under its correct description:

Chlamydia	Gonorrhea
Genital herpes	HIV/AIDS
Genital warts	Syphilis

1. Caused by a virus that's related to the virus that causes cold sores around the mouth. Spreads through any form of unprotected sex, and can be spread even when someone has no signs of having the virus. May not cause any symptoms or can cause repeated outbreaks of blisters and painful sores in the genital area. Has no cure, but medications can help control outbreaks.

2. Caused by certain types of the human papillomavirus (HPV). Symptoms include bumps in and around the genitals. Spreads through any sexual contact (anal, oral, and vaginal), and also by skin-to-skin contact. A vaccine exists to help prevent this disease.

3. Caused by a bacterium called *Neisseria gonorrhoeae*. Often produces no symptoms. If there are symptoms, they may include painful urination and discharge from the penis or vagina. Can be treated with antibiotics. If left untreated, or not treated early in the infection, more serious long-term problems can result, including infertility, pain, and joint problems.

4. A common infection caused by bacteria. Spreads through any form of unprotected sex. May cause discharge, pain, and burning during urination, but often causes no symptoms at all. Can be treated with antibiotics. Untreated infections can lead to more serious health problems, such as pelvic inflammatory disease, which can lead to infertility.

5. Bacterial infection that spreads through any form of unprotected sex and by skin-to-skin contact. Typically has three stages of increasingly serious symptoms. During the early stages, can be treated with antibiotics. During the later stage, the heart, eyes, and brain may be affected. If untreated, it may increase the risk of getting HIV.

6. Transmitted through direct contact with the blood or body fluid of someone who is infected (usually through unprotected sex, sharing needles, or passed from a mother to a baby at birth). Symptoms may take 10 years or more to show. Once they appear, the person is susceptible to life-threatening infections.



Name: _____

Date: _____

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

T **F**

1. Many people with STDs don't even know they have them.
2. People who start having sex at a younger age are more likely to get an STD.
3. Using a condom can only help prevent pregnancy, not any STDs.
4. A person who only had unprotected sex once doesn't have to worry about an STD.
5. The only way to know for sure if you have an STD is to get tested by a medical professional.
6. If you ignore an STD, it will probably go away.
7. The Pill can protect a girl from an STD.
8. You can't have more than one STD at one time.
9. Having sex with many different partners can increase your risk of getting an STD.
10. As long a person with an STD isn't sexually active while he or she is having symptoms, their partner can't catch the disease.



Name: _____

Date: _____

C. Underline the correct answers:

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

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

2. 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

3. Many STDs:

- a) are extremely painful
- b) have no symptoms at all
- c) cause high fevers
- d) cause the flu

Fill in the blank:

4. The only behavior that is 100% effective in preventing all STDs is _____ .



Quiz Answer Key

A. Write the STD under its correct description:

Chlamydia	Gonorrhea
Genital herpes	HIV/AIDS
Genital warts	Syphilis

1. Caused by a virus that's related to the virus that causes cold sores around the mouth. Spreads through any form of unprotected sex, and can be spread even when someone has no signs of having the virus. May not cause any symptoms or can cause repeated outbreaks of blisters and painful sores in the genital area. Has no cure, but medications can help control outbreaks.

Genital herpes

2. Caused by certain types of the human papillomavirus (HPV). Symptoms include bumps in and around the genitals. Spreads through any sexual contact (anal, oral, and vaginal), and also by skin-to-skin contact. A vaccine exists to help prevent this disease.

Genital warts

3. Caused by a bacterium called *Neisseria gonorrhoeae*. Often produces no symptoms. If there are symptoms, they may include painful urination and discharge from the penis or vagina. Can be treated with antibiotics. If left untreated, or not treated early in the infection, more serious long-term problems can result, including infertility, pain, and joint problems.

Gonorrhea

4. A common infection caused by bacteria. Spreads through any form of unprotected sex. May cause discharge, pain, and burning during urination, but often causes no symptoms at all. Can be treated with antibiotics. Untreated infections can lead to more serious health problems, such as pelvic inflammatory disease, which can lead to infertility.

Chlamydia

5. Bacterial infection that spreads through any form of unprotected sex and by skin-to-skin contact. Typically has three stages of increasingly serious symptoms. During the early stages, can be treated with antibiotics. During the later stage, the heart, eyes, and brain may be affected. If untreated, it may increase the risk of getting HIV.

Syphilis

6. Transmitted through direct contact with the blood or body fluid of someone who is infected (usually through unprotected sex, sharing needles, or passed from a mother to a baby at birth). Symptoms may take 10 years or more to show. Once they appear, the person is susceptible to life-threatening infections.

HIV/AIDS



Quiz Answer Key

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

- | | T | F | |
|-----|-------------------------------------|-------------------------------------|---|
| 1. | <input checked="" type="checkbox"/> | <input type="checkbox"/> | Many people with STDs don't even know they have them. |
| 2. | <input checked="" type="checkbox"/> | <input type="checkbox"/> | People who start having sex at a younger age are more likely to get an STD. |
| 3. | <input type="checkbox"/> | <input checked="" type="checkbox"/> | Using a condom can only help prevent pregnancy, not any STDs. |
| 4. | <input type="checkbox"/> | <input checked="" type="checkbox"/> | A person who only had unprotected sex once doesn't have to worry about an STD. |
| 5. | <input checked="" type="checkbox"/> | <input type="checkbox"/> | The only way to know for sure if you have an STD is to get tested by a medical professional. |
| 6. | <input type="checkbox"/> | <input checked="" type="checkbox"/> | If you ignore an STD, it will probably go away. |
| 7. | <input type="checkbox"/> | <input checked="" type="checkbox"/> | The Pill can protect a girl from an STD. |
| 8. | <input type="checkbox"/> | <input checked="" type="checkbox"/> | You can't have more than one STD at one time. |
| 9. | <input checked="" type="checkbox"/> | <input type="checkbox"/> | Having sex with many different partners can increase your risk of getting an STD. |
| 10. | <input type="checkbox"/> | <input checked="" type="checkbox"/> | As long a person with an STD isn't sexually active while he or she is having symptoms, their partner can't catch the disease. |



Quiz Answer Key

C. Underline the correct answers:

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

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

2. 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

3. Many STDs:

- a) are extremely painful
- b) have no symptoms at all
- c) cause high fevers
- d) cause the flu

Fill in the blank:

4. The only behavior that is 100% effective in preventing all STDs is abstinence .