

COURSE: Health	GRADE(S): 9 th Grade
UNIT: Sexuality - STD's and AIDS	TIMEFRAME: 4 Lessons

<p>NATIONAL STANDARDS:</p> <p>STANDARD 1: Students will comprehend concepts related to health promotion and disease prevention to enhance health.</p> <p>STANDARD 2: Students will analyze the influence of family, peers, culture, media, technology, and other factors on health behaviors.</p> <p>STANDARD 3: Students will demonstrate the ability to access valid information and products and services to enhance health.</p> <p>STANDARD 7: Students will demonstrate the ability to practice health-enhancing behaviors and avoid or reduce health risks.</p>
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<p>STATE STANDARDS:</p> <p>10.1. Concepts of Health 10.1.9.E. Analyze how personal choice, disease and genetics can impact health maintenance and disease prevention.</p> <p>10.3. Safety and Injury Prevention 10.3.9.C. Analyze and apply strategies to avoid or manage conflict and violence during adolescence.</p> <p><i>Reading Assessment Anchors:</i></p> <p>R11.A.2 Understand nonfiction appropriate to grade level R11.A.2.1 Identify and apply the meaning of vocabulary in nonfiction R11.A.2.3 Make inferences, draw conclusions, and make generalizations based on text R11.A.2.4 Identify and explain main ideas and relevant details</p> <p>R11.B.3 Interpret, describe, and analyze concepts and organization of non-fictional text R11.B.3.1 Interpret, describe, and analyze the characteristics and uses of facts and opinions in non-fictional text.</p>

<p>UNIT OBJECTIVES:</p> <p>Describe and explain responsible decision making to avoid risky behavior associated with STDs.</p> <p>Compile the causes, transmission and treatment of STDs.</p>	<p>CONTENT:</p> <p>I. STD Facts</p> <ul style="list-style-type: none"> - STD is short for <i>sexually transmitted disease</i>. STDs are illnesses that pass from one person to another through sexual contact. They can be prevented. - There are more than 20 million cases of STDs reported each year in the U.S. 30% occur in adolescents. - STDs can be serious and life threatening. - STDs are caused by pathogens that are transmitted from an infected person to an uninfected person during intimate sexual contact. - The organisms that cause STDs have an affinity for mucous membranes like those in the reproductive organs.
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II. Common Sexually Transmitted Diseases

- Candidiasis: Caused by a fungus and commonly called a yeast infection. This organism is normally present in the vagina, but the use of antibiotics and changes in the sugar level can cause this.
- Chlamydia: Caused by bacteria and are four times more common than gonorrhea. In men the urethra and epididymis are inflamed and in women the vagina and cervix. If the infection is not checked, the upper reproductive tract can be infected, *pelvic inflammatory disease* (PID). Symptoms include fever, abdominal pain, nausea, and disrupted menstrual periods. Some ectopic pregnancies and cases of sterility have been linked to PID.
- Gonorrhea: Caused by bacteria and can also be transmitted to a baby during birth. Males show more symptoms. If untreated this infection can cause sterility.
- Syphilis: Caused by a bacteria. Untreated it passes through four stages: primary, secondary, latent, and tertiary. If untreated it can result in blindness, paralysis, liver damage, and mental problems. Treatment is penicillin.
- Genital Herpes: Simplex 2 is associated with sores and lesions in the genital area. There is no cure.
- Genital Warts: Dry wart-like growths caused by a virus. No treatment is available to eradicate completely.
- Pediculosis (Pubic Lice): Lice are parasitic insects. They attach themselves to pubic hairs and burrow into the skin, feeding on blood. It is treated by Lindane, a prescription drug and NIX, an over the counter preparation. There are no major complications with this condition.
- Scabies: Tiny parasitic mites that burrow in the skin. They are not always acquired by sexual contact. Close bodily contact is a common way to transmit them. Itching in the genital area occurs four to six weeks after infection. The mites can be spread to other body areas—especially the fingers and forearms—by touching the genital area. Hot baths and medicated creams can cure this problem.
- Trichomoniasis: Caused by a protozoan, often occurring after woman's menstrual cycle. Symptoms may include odorous discharge, genital itching and burning.
- Viral Hepatitis: Infection of the liver caused by a virus. Four types: A, B, C, and D. Symptoms include: fatigue, jaundice, nausea, and abdominal pain. No medication, rest and fluids.

Describe and explain how a STD may affect you in a future relation.

- HIV/AIDS:
 - o Biological Aspects of AIDS
 - Review the terms:
 - HIV, human immune-deficiency virus is a pathogen that causes AIDS, acquired immune deficiency syndrome.
 - Review how the body defends itself from pathogens that try to enter:
 - Unbroken skin, body oil & perspiration, tears, nasal mucus & hairs and cilia.
 - Review the role of the lymphatic system in fighting pathogens:
 - Carries fluid away from body tissue to the circulatory system and filters blood and lymph so that pathogens are removed from the body. White blood cells, lymphocytes, circulate throughout the lymphatic system to fight pathogens. Helper T cells signal B cells to produce antibodies to destroy pathogens. HIV attaches to the helper T cell, takes over that cell and reproduces its genetic makeup inside that cell. HIV spreads unchecked and the immune system cannot defend itself. It is the infections and diseases caused by "opportunistic" pathogens that lead to death in people who have AIDS.

III. How Could STDs affect a future relationship?

- To live a long and healthy life.
- To keep my body healthy.
- So my reproductive organs will function normally.
- To avoid medical expense.
- To tell future marriage partner that I never had an STD.
- To remain fertile so I can become a parent.
- Not to infect my child with an STD.

IV. Choosing Abstinence, the only sure way to avoid getting STDs.

- No vaccines are available to prevent STDs.
- The body doesn't build up immunity to STDs.
- Smart behaviors:
 - o Choose friends carefully – those who will support your decision to choose abstinence.
 - o Avoid being alone on a date.
 - o Seek advice from trusted adults.
 - o Say no through words and actions.

Devise the risk behaviors for the transmission of STDs and explain their consequences.

V. Risk behaviors for transmission:

- Having sexual intercourse with an infected person.
- Having sexual intercourse with multiple partners.
- Having sexual intercourse with a prostitute.
- Engaging in open-mouth kissing with a person with open mouth sores.
- Failing to practice restroom habits that promote personal hygiene.
- Sharing an infected needle to inject drugs.
- Failure to use universal precaution.
- Sharing an infected needle when having a tattoo, performing a blood brother/sister ceremony, or having body parts pierced.
- Not following precautions when caring for an AIDS patient.
- Using drugs can change your ability to make responsible decisions.
- Being the child of an HIV infected mother. It can be transmitted during pregnancy, in childbirth or from breastfeeding.

VI. Testing for HIV Infection

- ELISA: detects antibodies in response to the presence of HIV. These antibodies develop within three to six months after infection.
- Western Blot: test confirms a positive ELISA. More sophisticated test.

VII. Disease Progression

- The time period from initial infection to diagnosis of AIDS is 8 to 12 years. 15 to 18 years is not uncommon. Average survival time once AIDS is diagnosed is 24 to 30 months.
- Initial signs include swollen lymph gland, sore throat, skin rash or fever, then asymptomatic from 6 months to ten or more years. The wasting syndrome of weight loss occurs with fever, diarrhea and night sweats.
- AIDS is diagnosed when T cells fall below 200. Normal is from 500 to 1,200.
- When the immune system breaks down thrush and shingles can occur.
- About half AIDS patients develop Pneumocystis Carini Pneumonia, or PCP, which is an inflammation of the lungs. Tuberculosis is also an opportunistic disease.
- Kaposi's-Sarcoma is a type of cancer associated with AIDS.

VIII. Treatment

- AZT is a drug used to treat AIDS.
- DDI has helped.
- Sometimes AZT and DDI are used in

	<p>combination.</p> <p>IX. Medical Care</p> <ul style="list-style-type: none"> - Knowledgeable physician on HIV/AIDS. - Comfort level with physician. - Long term relationship with physician. - Understandable and assessable physician. - Physician needs to spend time with the patient.
<p>ACTIVITIES:</p> <p>Students rotate stations, viewing STD fold out displays and flip charts.</p> <p>"A Gift for You" activity and worksheet. The teacher places students in 5 or 6 teams. One student from each team selects <i>one</i> out of a possible six gift bags sitting on the teacher's desk. Before opening the bag, the teacher asks each student why they selected that particular gift bag (Each gift bag should be unique.) Students then remove a slip of paper from the bag telling them what their gift is, (herpes, HIV, genital warts, syphilis, gonorrhea, chlamydia). The underlying theme is "you don't know what's in the package." (PMSD Materials book)</p> <p>Group presentations on individual STDs. (Analyzing Internal/External Influences)</p> <p>Health Educators – PMSD peer education group <i>S.A.V.E. (Stop AIDS Via Education)</i> Interactive presentation on history, prevention, and treatment of HI V/AIDS. (Interpersonal Communication)</p> <p>Choose fact or myth to a series of statements about AIDS. (Advocacy)</p> <p>Locate lifestyle, as it relates to AIDS prevention, on a continuum of risky behaviors. (Accessing Information)</p> <p>Access internet sources to research STI'S to complete handout (Accessing Information)</p> <p><i>Teacher directed differentiated instructional projects and activities are ongoing and based on student need.</i></p> <p>RESOURCES:</p> <p><i>Education for Sexuality and HIV/AIDS, Meeks Heit Publishing Company 1993</i></p>	<p>ASSESSMENTS:</p> <p>Team completion of STD worksheet that accompanies "A Gift for You" activity.</p> <p>Journal entry: In a short paragraph, each student will describe how they would feel and what they would do if they thought they had an STD.</p> <p>Student will score proficiency on a written test on STDs and AIDS.</p> <p>Partners will create and present a pamphlet on the causes, transmission and treatment of a STD of their choice.</p> <p>Journal entry: The students will describe and explain how a STD may affect a future relationship.</p> <p>M & M activity: The students will travel around the room to 10 students and remove one M&M from each others cup. After returning to their seats, the students will tabulate the red M&M's and devise the risk behaviors for the transmission of STDs. (Student ratio for red cups of M&M's is 1:10)</p> <p>REMEDIATION:</p> <p>Teacher assistance with worksheets/activities.</p> <p>Peer helpers.</p> <p>Extra time as needed.</p> <p>ENRICHMENT:</p> <p>Using teacher resources, plan and direct the class in a brief interactive activity, relating to cognitive, psychomotor, or affective domains of STD education.</p> <p>Choose an infections disease and visit the CDC's or your state health department websites and locate statistics about it. Create a chart that shows the trend of the disease case over the past 10 years, and</p>

Educator's Guide to AIDS and other STD's,
Stephen R. Sroka/Health Education Consultants

Pamphlets available in planning center:

"STDs minitext" by W.R. Spence, M.D.

"Hepatitis B" ETR associates

"Chlamydia" ETR associates

"Vaginitis" ETR associates

"PID" pelvic inflammatory disease" ETR
associates

"NGU" ETR associates

"Syphilis" ETR associates

Video: "STD's" ETR

Video: "Time Out" – Magic Johnson video

Fold out STD/HIV Displays

Overview on STI's / STD's (2006),

American Social Health Association

Retrieved on June 21, 2006 from:

http://www.ashastd.org/learn/learn_overview.cfm

HIV/AIDS & STDs (2006),

Centers for Disease Control and Prevention

Retrieved on June 21, 2006 from:

<http://www.cdc.gov/std/hiv/default.htm>

HIV/AIDS Prevention Education (2005),

School Health Education Clearinghouse

Retrieved on June 21, 2006 from:

<http://www.siecus.org/school/hiv/hiv0000.html>

Self-Guided Training Modules (2005),

School Health Education Clearinghouse

Retrieved on June 21, 2006 from:

<http://www.siecus.org/school/trainingModules/index.html>

Sexually Transmitted Infections (2006), Sex, ETC

Retrieved on June 21, 2006 from:

[http://www.sxetc.org/index.php?topic=Sexually+
Transmitted+Infections](http://www.sxetc.org/index.php?topic=Sexually+Transmitted+Infections)

HIV Prevention and Testing,

Retrieved on June 22, 2006 from:

<http://www.thebody.com/basics.html>

Center for Disease Control (CDC) National STD
and AIDS Hotlines. 1-800-342-2437

AIDS hotline 1-800-662-6080

PA Department of Health hotline 1-800-692-7254

National STD Hotline 1-800-227-8922

prepare a report that explains what can be done to
reduce the number of cases.

Create a commercial about preventing STD's. Present
to class.

Choose an infection disease and gather information
about the distribution of disease cases in the United
States by all races. Prepare a graph that compares
the number of cases of the disease for each race
over the past three years.

Video: "STD's" ETR

Video: "She's Too Young" Lifetime Video