6th Grade CSHE Lessons for Spring 2022
Hockinson Middle School
(last updated 4/12/22)

Curriculum: *Goodheart-Wilcox Essential Health Skills for Middle School* (Chapter 18)

Chapter 18: Sexually Transmitted Infections and HIV/AIDS

Day 1:
18.1 - Sexually Transmitted Infections (STIs)
- Set classroom expectations for sexual health lessons
- Paper/notecards for anonymous questions distributed
- Handouts: Reading Guide 18.1 (Teacher guided while going through slides for 18.1)
- Start Slides Presentation: PowerPoint slides for 18.1 (Instructor Resources, Chapter 18 Teacher Presentation).
- Anonymous questions are collected at the end of class

Day 2:
18.2 - HIV/AIDS
- Paper/notecards for anonymous questions distributed
- Review classroom expectations
- Health and Wellness Video 18 (2:50) (Companion Website 18)
- Handouts: Reading Guide 18.2 (Teacher guided while going through slides for 18.2)
- Complete Slides Presentation: PowerPoint slides for 18.2 (Instructor Resources, Chapter 18 Teacher Presentation).
- Parent/Trusted Adult Engagement Assignment: Let’s Talk STIs and HIV/AIDS Part 2 (Instructor Resources Guide - Chapter 18.2)
- Anonymous questions are collected at the end of class

Day 3:
- Answer anonymous questions from index cards that relate to STIs and HIV/AIDS.
- Summative Assessment Ch 18

Chapter 18 Key Vocabulary & Big Ideas:
- Key Vocabulary: sexually transmitted infections (STI), HIV/AIDS, abstinence
- Big ideas: sexually transmitted infections (broad overview), HIV/AIDS, prevention of STI/HIV infection
Lesson 18.1 Reading Guide

As you read and study Lesson 18.1, use the Reading Guide to help you understand the concepts being presented in the lesson. Use the left column to identify main ideas, questions, and vocabulary terms. Use the right column to record additional notes, examples, and unanswered questions about each main idea, question, or vocabulary term. After completing the reading, record two or three sentences summarizing the main concepts or ideas of the lesson. You can also use this guide as a study aid for the Chapter 18 assessment.

<table>
<thead>
<tr>
<th>Essential Question</th>
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<tbody>
<tr>
<td>How can you protect yourself from STIs and HIV/AIDS?</td>
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</table>

<table>
<thead>
<tr>
<th>Main Ideas, Questions, Vocabulary Terms</th>
<th>Notes, Examples, Unanswered Questions</th>
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Summary

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Expectations for Sexual Health Lessons
• maintain maturity
• respect each other
• no personal questions or stories
• it’s okay to pass on verbal questions
• anonymous written questions are welcome
• try to use correct terms for body parts and activities
• use inclusive language
• listen when others are speaking
• remember the appropriate places and times to discuss these topics outside of class
• we will be sensitive to diversity, and be careful about making careless remarks
Lesson 18.2 Reading Guide

As you read and study Lesson 18.2, use the Reading Guide to help you understand the concepts being presented in the lesson. Use the left column to identify main ideas, questions, and vocabulary terms. Use the right column to record additional notes, examples, and unanswered questions about each main idea, question, or vocabulary term. After completing the reading, record two or three sentences summarizing the main concepts or ideas of the lesson. You can also use this guide as a study aid for the Chapter 18 assessment.

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Summary
Essential Health Skills for Middle School Presentations for PowerPoint
Chapter 18

Sexually Transmitted Infections and HIV/AIDS
How can you protect yourself from STIs and HIV/AIDS?
18.1
Lesson
Sexually Transmitted Infections (STIs)
Learning Outcomes

· explain treatment methods for STIs.
· identify potential STI resources.
· describe the most commonly reported STIs.
· understand how people contract sexually transmitted infections.

After studying this lesson, you will be able to...
STIs

People with more sexual partners have greater chances of getting an STI.

Engaging in sexual activity one time is all it takes to contract an STI.

STIs are caused by diseases that spread from one person to another.

Sexually Transmitted Infections
Pathogens that cause STIs live in rectum, blood, and other bodily fluids. They can also live in the mouth, and on reproductive organs.

Health Alert!
STI Transmission

Through

cannot occur

STI

STI

Casual contact, such as using the same toilet seat

Kissing (for certain oral STIs)

Sexual intercourse

Sexual touching

Person's reproductive organs

Sexual activity (any contact with a
• Can be treated and cured with antibiotics
• Can cause infertility
• Can progress to Pelvic Inflammatory Disease (PID) in females, which undiagnosed
  Chlamydia has few or no symptoms, which means it often goes
Chlamydia
<table>
<thead>
<tr>
<th>Possible Symptoms in Females</th>
</tr>
</thead>
<tbody>
<tr>
<td>PID and infertility if untreated</td>
</tr>
<tr>
<td>Abnormal bleeding between periods</td>
</tr>
<tr>
<td>Pelvic and lower back pain</td>
</tr>
<tr>
<td>Mild burning or itching</td>
</tr>
</tbody>
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<table>
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<tr>
<th>Possible Symptoms in Males</th>
</tr>
</thead>
<tbody>
<tr>
<td>Swollen testicles</td>
</tr>
<tr>
<td>Abnormal discharge</td>
</tr>
<tr>
<td>Burning during urination</td>
</tr>
</tbody>
</table>

- Typically few or no symptoms

Gonorrhea

A bacterial infection that affects the genitals, rectum, and throat is...
Syphilis is a bacterial infection that causes serious health conditions that can be cured through antibiotics. Symptoms of first two stages are sores and a rash. Uncured, late-stage syphilis can cause brain damage, paralyzis, and fatal heart, liver, and blood vessel damage.
Trichomoniasis is a protozoa infection.

- Males often show no symptoms, but sexual partners can infect each other.
- Females may experience itching, burning, and pain during urination.
- Extremely curable with prescription medications.
No cure, but medications can help control outbreaks and return.

Outbreaks include blisters that appear at the infection site, burst, heal, usually with or no symptoms.

Two kinds of herpes simplex virus cause genital herpes.
Human Papillomavirus (HPV)

- An HPV infection is the most commonly contracted STI.
- HPV can cause genital warts or cancer.
- Most HPV conditions do not cause health problems.
practicing abstinence?

What are some influences that might stop young people from abstinence, or refrain from sexual activity?

The only 100 percent effective way to prevent STIs is to practice...
Seek advice
- Talk to a trusted adult or another adult you feel comfortable speaking to.
- Remember you don’t need to face this alone.

Refuse
- Walk away from the situation.
- Use a short, simple, honest response.
- You can also consider the potential risky words you might use.

Reflect on practice
- Consider the situations.
- To refuse sexual activity.

Skills check
Activity

A new condom must be used each time a person engages in sexual activity.

- Using a condom can reduce the chances of contracting STIs.
- Condoms made of latex, polyurethane, or polychloroprene reduce the risk of STI transmission.
- Condoms must be used each time a person engages in sexual activity.
Most STIs are easily treated, especially in their early stages.
- Viral STIs can be controlled, but not cured, with antiviral medications.
- Bacterial STIs are treatable through antibiotics.

Treatment does not make a person immune to STIs. A person can contract the STI again if exposed to it another time. A person can also contract a different STI.
Support groups and counseling can offer emotional support.

Some schools may provide sexual health and wellness programs.

Treatment and prevention.

Public and private health programs often cover diagnostics.

Doctors can provide STI testing and treatment.

STI Resources
• Abstinence: condom

• Sexual activity:

STIs' an(s) can also reduce the chance of transmission during while is the only 100 percent effective method for preventing false.

• False: Activity just one time. True or false? You cannot contract an STI from engaging in sexual

Lesson Review
HIV/AIDS

Lesson 18.2
Learning Outcomes

- Describe the signs and symptoms of HIV/AIDS.
- Understand the transmission of HIV.
- Distinguish between HIV and AIDS.

After studying this lesson, you will be able to
Learning Outcomes

• Identity treatment methods for HIV/AIDS.
• Explain testing procedures for diagnosing HIV.

After studying this lesson, you will be able to
Understanding HIV and AIDS

HIV

- Does not always lead to immune system weakening the body's (HIV) infects and kills cells' Immuno deficiency virus
- Sometimes, HIV leads to Acquired Immune deficiency Syndrome (AIDS)
- This is often fatal
- AIDS, but can in some cases lead to disease which the body cannot fight infections and disease

AIDS
HIV Transmission

HIV can be found in blood (including needles for drugs or medications, tattoos, or piercings)

HIV is not found in

- semen
- vaginal fluids
- breast milk
- open sores on skin, in the mouth, or on genitals
- tears
- saliva (kissing, spitting, sharing hands, using the same toilet seat, etc.)
- sweat
- mosquitoes
- healthy, intact skin

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Signs and Symptoms of HIV/AIDS

Stage 1
- Flu-like symptoms
- Fatigue and weakness
- Swollen, painful lymph nodes

Stage 2
- Initial opportunistic infections
- Loss of weight
- Fever and chills
- Diarrhea

Stage 3
- No symptoms
- Development of severe opportunistic infections and nausea
On going transmission of HIV to nearly one-third of undiagnosed HIV contributors. They have it, HIV do not know. 1 in 7 people with health alert!
should see a doctor to confirm the results and get treatment.

An over-the-counter version to use at home is available, but a person

quick tests are available in doctors' offices and hospitals.

HIV testing is the key to controlling HIV/AIDS transmission.

Testing for HIV/AIDS
Think About It...

- How can people promote acceptance and resist discrimination?
- What laws protect people with HIV/AIDS from discrimination?
- How can people living with HIV/AIDS?
- Copyright Goodheart-Willcox Co., Inc. May not be posted to a publicly accessible website.
Some people taking ART never develop AIDS.

- Reduces the amount of HIV in a person's blood.
- The treatment for people living with HIV/AIDS is antiretroviral.
HIV Prevention

- The same methods used to prevent other STIs also help prevent HIV/AIDS
- Avoiding needle sharing also reduces risk

Unprotected sexual activity offers no protection against HIV

Condoms can help protect against HIV, but are not 100 percent effective

Abstinence is the only method effective in preventing HIV transmission through sexual activity
againts HIV after exposure
Post-exposure prophylaxis (PEP) is a course of ART that protects
against contracting HIV
Pre-exposure prophylaxis (PrEP) is a course of ART that protects
PrEP and PEP
Lesson Review

- anti-retroviral therapy (ART)

What is the main treatment method for HIV/AIDS?

- False

Blood, semen, breast milk, sweat, and saliva. True or false? HIV can be transmitted through bodily fluids such as...
18: Sexually Transmitted Infections and HIV/AIDS

Transcript:

Chapter 18 Sexually Transmitted Infections and HIV/AIDS

Summary of video:

What do you know about STIs and HIV/AIDS?

Sexually transmitted infections (STIs) are communicable diseases that spread from one person to another during sexual activity.

Common STIs include: Chlamydia, Gonorrhea, Syphilis, Trichomoniasis, Genital Herpes, Human Papillomavirus (HPV)

Another important STI to be aware of is HIV, which can progress to the health condition AIDS.

Globally, more than 37 million people are living with HIV/AIDS.

The World Health Organization estimates 35 million people have died from AIDS-related causes.

HIV/AIDS knows no national boundaries.

It affects people of all sexes, ages, races, nationalities and ethnic groups. HIV/AIDS does not discriminate.

There is a lot of misinformation about HIV/AIDS. We randomly asked people what they know about HIV/AIDS.
Guest #2: Whatever you decide, be safe and be healthy.

Guest #3: Make healthy decisions.

Guest #5: Get the facts on HIV and AIDS.

What is the most effective method for preventing HIV/AIDS? What are some additional methods?

How can you help educate others in your community about how HIV/AIDS spreads and how to prevent and treat HIV/AIDS?
May 23, 2022

Hello Parents / Trusted Adults:

In your child’s science class, students will be learning Comprehensive Sexual Health Education (CSHE) on May 25-27, 2022. This year we are piloting the adopted CSHE curriculum *Goodheart-Wilcox Essential Health Skills for Middle School*; therefore, will only be covering chapter 18: *Sexually Transmitted Infections and HIV/AIDS*.

A key part of your child’s understanding of these topics occur from conversations at home. The curriculum provides “Parent and Trusted Adult Engagement Assignments” that correspond with classroom learning. We will be sending home a one page assignment on May 26th with your student. The prompts within the assignment are meant to initiate the conversation. The pledge at the bottom is between you and your child; we are not requiring the papers to be returned.

Sincerely,

HMS Science Team
Heidi Holland, MollyAnn Callen
Heather Stivers, Mark Muckerheide
Parent/Trusted Adult Engagement Assignment: Let’s Talk STIs and HIV/AIDS (continued)

Part 2

Discuss two of the questions below with your parents, guardian, or another trusted adult. Reflect on your discussion and then complete the writing assignment that follows.

Discussion Questions

1. What are the benefits of abstinence?
2. How can you reduce your risk of STIs and HIV today and in the future?
3. What are the potential consequences of contracting an STI?
4. Where can you go or whom can you talk to for reliable information on STIs and HIV?

Student Writing Assignment and Reflection

Write a summary and reflect on the two questions discussed.

Pledge

I commit to having these crucial conversations.

Parent/Guardian Signature ___________________________ Date ____________

Student Signature ___________________________ Date ____________