

## LESSON 5 ALL ABOUT STIS

### Learning Intentions

Students will understand aspects of sexually transmissible infections (STIs) that are relevant to them (information which is considered a human right).

### Success Criteria

By the end of this session, students will be able to:

- 1 talk about information presented in an STI educational videos
- 2 access *Young Deadly Free* STI resources
- 3 decide if statements about STIs are true or false.

### Teacher background information

- 1 [Group Agreement](#)
- 2 Dealing with [disclosures and protective interrupting](#)
- 3 [Handout 5.1 Scripts for animations](#)
- 4 [SHQ: STIs A guide for youth and community workers](#) (external link)

Title	Link	Length
All About STIs	<a href="https://youtu.be/WmpbDecy8IO">https://youtu.be/WmpbDecy8IO</a>	2:15 mins
Get tested for STIs	<a href="https://youtu.be/OtjirJDvanA">https://youtu.be/OtjirJDvanA</a>	2:56 mins

TIME	ACTIVITY	RESOURCES
00:00–05:00 (5 mins)	<p><b>WELCOME AND GROUP AGREEMENT</b></p> <p>Display and remind students of the <i>Group agreement</i> created in lesson 1.</p> <p>Question box: Answer questions from previous session.</p>	<p><i>Group agreement</i> created in lesson 1 + <a href="#">Group agreement guidelines</a></p> <p>Question box</p>
05:00–11:00 (6 mins)	<p><b>WATCH THE VIDEO</b></p> <p>Watch All About STIs (hand out copies of the <a href="#">Handout 5.1 Scripts for animations</a> for students to follow)</p>	<p>Animation on USB or link</p> <p>Projector/Screen/Smartboard</p>
11:00–16:00 (5 mins)	<p><b>HOT POTATO SUMMARY</b></p> <p>Explain to the group that you are going to have a game of Hot Potato. Have a ball, tell the group you are going to say someone’s name and throw the ball to them. As they catch the ball, they need to say the first thing that pops into their head about what they learnt from the animation or what they know about STIs and STI testing. Explain that there are no wrong answers, if any of the information is inaccurate, it can be talked about when the hot potato activity is finished. Then they pass the ball to another student to repeat the process. When each student has had at least one turn, OR the group is struggling to come up with new things, finish the activity.</p> <p>Spend some time discussing the points the group made and going over any key messages they may have missed.</p> <p><i>Alternative: Get students to work in small groups to brainstorm all the things they learnt—the group who comes up with the most responses wins.</i></p>	<p>Ball</p> <p>Music</p> <p><a href="#">Handout 5.2 Key messages from STI animation (p. 5)</a></p> <p>Butcher's paper/scrap paper</p> <p>Small prizes</p>

16:00–36:00 **FACT CHECK**

(20min)

There are lots of things about STIs that people don't know. Sometimes people have some information but not all the information, sometimes people have the WRONG information. So to make sure we have all the right information we are going to do a fact check.

Give each group a *Handout 5.3 STI Investigators Sheet* and assign them an STI, either syphilis, chlamydia, trichomonas or gonorrhoea.

Explain that they need to go to the *Young Deadly Free* website and find the Factsheet and Infographics about their STI. Students will fill in the *STI Investigators Sheet* using the information they find. Explain that when they have completed the worksheet, they are to report their findings back to the rest of the class.

**ALTERNATIVE: FACT CHECK RELAY**

Split the class in to 2 or 3 small groups

Give each group a set of cards in an envelope or bag.

Have them line up in front of a piece of butcher's paper with a true and false column.

Explain that they are going to have a relay. Each person must have a go at pulling a statement out of the bag. They must read the statement and decide with their group whether or not the answer is true or false. They then run up, put the statement in the agreed column and run back to tag their next team member until all the statements are on the butcher's paper.

(HINT: it's a good idea to have a small prize for the group who finished first and then another prize for the group who has the most correct answers.)

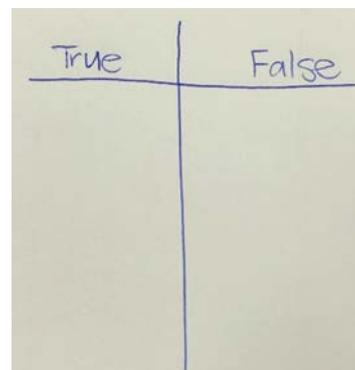
[Handout 5.3 STI Investigators Sheet for each group \(p. 6\)](#)

Internet access to search Young Deadly Free website

<https://youngdeadlyfree.org.au/>

[Handout 5.4 Fact check relay true / false cards \(p. 7\)](#), print and cut up enough sets for each group

[Handout 5.5 Fact check relay true / false answers \(p. 8\)](#) (for teacher)



36:00–45:00 **CLOSING DISCUSSION**

(9 mins)

Going around the room get students to finish this statement:

“STIs are a worry because...”

**QUESTION BOX**

Recap how the question box works and ask students to write questions to be answered in the next session. Collect questions.

Question box

Scrap paper

Pens

## Handout 5.1 Scripts for animations

### **TITLE: All about STIs: educational animation for young Aboriginal and Torres Strait Islanders**

This is an important story for us.

By us, it's for the young people.

Let's cut to the point, we all like sex, however, when you have sex, there are some risks that you should be aware of.

One of these risks is catching sexually transmitted infections or STIs.

STIs can be passed from one person to another person during any type of sex, including vaginal, oral and anal sex.

You don't know by looking at someone that they have an STI and you don't know how many partners the last person you slept with has had.

There are 4 really common STIs in remote communities.

These are chlamydia, gonorrhoea, trichomonas and syphilis.

These bugs have 4 things in common.

Firstly, they mostly affect our young people, aged 15–30 years.

Secondly, they are sneaky.

Most times, you will not know you have an STI as they mostly don't have any signs or symptoms.

Thirdly, without medicines, these STIs can spread through your body and harm you and even cause infertility or not being able to have a baby.

And lastly, if untreated, they are all no good if you are pregnant as they can harm you and your baby.

The good news is that for all these STIs they are all easily tested and treated at the clinic.

If you get a test for STIs, the clinic will keep it private and they can all be treated with medicine and cleared up soon afterwards.

To prevent getting STIs, there are 2 things you can do.

Use condoms during sex with a new partner because even though you get tested and treated for an STI, you can still get that STI again.

So it's important to get tested regularly.

Testing is recommended at least once a year or more if you are sexually active or pregnant.

Make sure your partner also gets tested and treated.

Have you had your full STI check?

If you are aged 15 to 30 years, or had sex without a condom recently get tested and treated today.

### **TITLE: Get tested for STIs: animation**

Sex is great, but even better when you know you and your partner are healthy.

There are different sicknesses you can get from having sex without a condom.

They're call sexually transmitted infections or STIs and blood borne viruses or BBVs for short.

Getting tested for these STIs or BBVs is the best way to keep everyone protected.

Testing is recommended for young people that are having sex, for people who have had sex with different partners and for people who have had sex without a condom.

Women and men planning to have a baby should also get tested.

If you belong to any of these groups you should get tested at least once a year.

Testing is simple, it can be done at your local clinic, sexual health clinic, hospital and it's free and private.

The good thing about getting tested is that if you test positive, treatment is available to get you healthy again.

Testing is super important as these STIs can harm you and your baby.

Both mum and dad should have a checkup.

Getting an STI check is quick, it can be done in around 30 minutes.

The clinic will ask you a few questions so they know what test to do.

The clinic will then take a wee and blood sample to check for infections.

A wee test looks for gonorrhoea, chlamydia and trichomonas.

These STIs are the most common infections in our communities.

A blood test looks for other sicknesses like syphilis, HIV, hep B and hep C.

They may also take a swab of sores, spots and puss if there are any.

It can take a couple of weeks to get the tests back.

Use a condom during this time.

The clinic will contact you to tell you your results.

If any tests come back positive there are medicines you can take.

The clinic will talk to you to make sure that your partners are also tested and treated.

This is important to make sure that you don't get the infection again and to stop these infections spreading through the community.

Don't worry, the clinic is not allowed to share this information with anyone else so it will stay private.

If you have an STI the clinic will call you back in about 3 months to have another test.

This is important to make sure you haven't got the infection back again.

Remember, if you feel shame to go to the clinic you can take your sis or your bro or anyone else that you feel comfortable with.

So to stay young deadly and free you should use condoms and get tested every year.

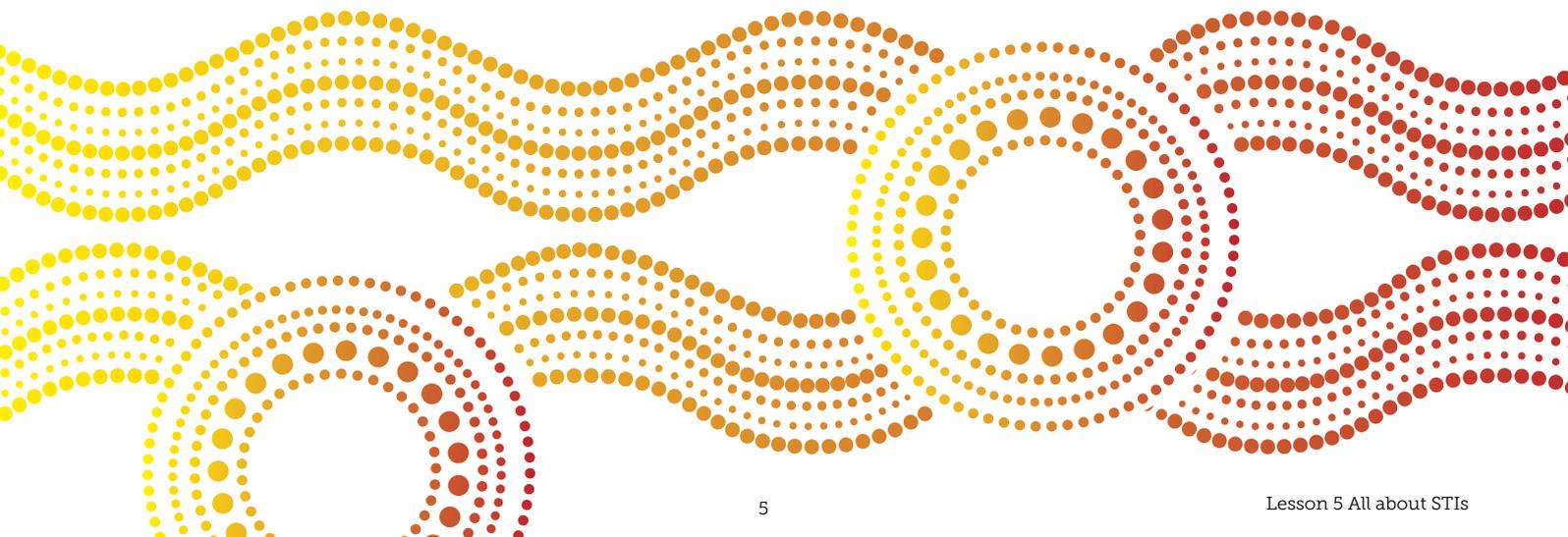
You can even set a reminder to help you remember.

So don't forget to look after your friends and family and tell them to get tested too.

Together we can knock out STIs and BBVs.

## Handout 5.2 Key messages from STI animation

- 1 STIs are infections that you can get from having vaginal sex (penis in vagina), oral sex (mouth on penis or mouth on vagina) and anal sex (penis in bum).
- 2 STIs are really common in young people.
- 3 Most STIs have no symptoms, meaning that when people get an STI they often don't feel sick or have any signs that something is wrong with them.
- 4 STIs are really bad for us if we get one and we don't get tested and treated.
- 5 If we don't get tested and treated, STIs can damage other parts of our body and can even stop us from being able to have a baby. This is called infertility.
- 6 You can get the same STI more than once.
- 7 It's important to use condoms to protect yourself from STIs.
- 8 The only way to know for sure if you have an STI or not, is to get tested.
- 9 If you test positive, there are medicines that can treat STIs.



Handout 5.3 STI investigators sheet

# STI INVESTIGATORS SHEET

STI you are researching.....

How can people get this STI?.....

How can people protect themselves from getting this STI?.....

What people are at most risk of this STI? .....

Do people get signs/symptoms that they have this STI?.....

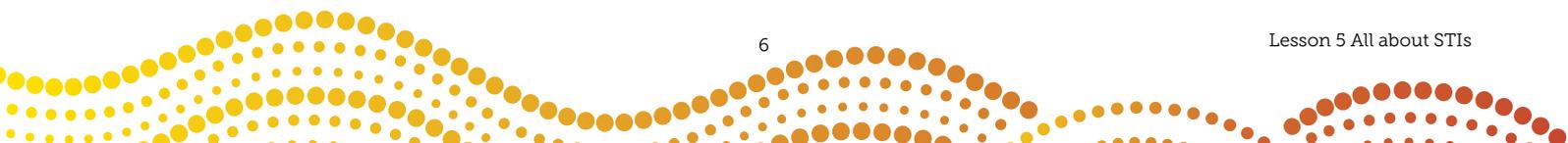
Does this STI hurt babies if a pregnant mum has it?.....

Does this STI stop people from having children if it is left untreated?.....

If people do get signs, what are those signs?.....

How is this STI tested for? .....

Anything else interesting you learnt: .....



**Handout 5.4 Fact check relay true / false cards**

<p>A full STI/BBV checkup consists of</p> <ul style="list-style-type: none"> <li>• Urine sample</li> <li>• Blood sample</li> <li>• Swabs of genitals and or mouth</li> </ul>	<p>Most people who get chlamydia have no signs or symptoms that their body is sick</p>	<p>The rod/bar protects you from STIs as well as unplanned pregnancy</p>
<p>Testing for STIs is expensive</p>	<p>All STIs can be cured with medicines (antibiotics)</p>	<p>Most men who get Gonorrhoea will have symptoms</p>
<p>Syphilis left untreated can damage your brain, heart, eyes and liver</p>	<p>STIs can't be passed on from a pregnant woman to her unborn baby</p>	<p>Syphilis can be treated with medicine</p>
<p>STIs mostly affect people over 40</p>	<p>The 3 most common STIs in Australia are:</p> <ul style="list-style-type: none"> <li>• Syphilis</li> <li>• Chlamydia</li> <li>• Gonorrhoea</li> </ul>	<p>Once you have been treated and cured of an STI, you can't get it again</p>
<p>Reinfection (getting an STI again) is more likely to happen if your partners don't also get tested and treated for STIs</p>	<p>STIs are only passed on from vaginal sex</p>	<p>You can tell by looking at someone if they have an STI</p>
<p>STIs can damage your baby-making body parts and stop you from being able to have a baby</p>	<p>You can get an STI from a toilet seat</p>	<p>Most STIs go away without treatment if people wait long enough</p>
<p>Testing is recommended at least once a year, or more if you are sexually active or pregnant</p>	<p>Wearing 2 condoms at once will give you better protection from STIs</p>	<p>Going to the toilet after sex will prevent you from getting an STI</p>
<p>You don't need to be tested if you are in a relationship</p>	<p>STI testing can only be done at specialist sexual health centres</p>	<p>STI testing is private</p>

**Handout 5.5 Fact check relay true / false answers**

<p>A full STI/BBV checkup consists of</p> <ul style="list-style-type: none"> <li>• Urine sample</li> <li>• Blood sample</li> <li>• Swabs of genitals and or mouth</li> </ul> <p><b>TRUE</b></p>	<p>Most people who get chlamydia have no signs or symptoms that their body is sick</p> <p><b>TRUE</b></p>	<p>The rod/bar protects you from STIs as well as unplanned pregnancy</p> <p><b>FALSE</b></p>
<p>Testing for STIs is expensive</p> <p><b>FALSE</b></p>	<p>All STIs can be cured with medicines (antibiotics)</p> <p><b>TRUE</b></p>	<p>Most men who get Gonorrhoea will have symptoms</p> <p><b>TRUE</b></p>
<p>Syphilis left untreated can damage your brain, heart, eyes and liver</p> <p><b>TRUE</b></p>	<p>STIs can't be passed on from a pregnant woman to her unborn baby</p> <p><b>FALSE</b></p>	<p>Syphilis can be treated with medicine</p> <p><b>TRUE</b></p>
<p>STIs mostly affect people over 40</p> <p><b>FALSE</b></p>	<p>The 3 most common STIs in Australia are:</p> <ul style="list-style-type: none"> <li>• Syphilis</li> <li>• Chlamydia</li> <li>• Gonorrhoea</li> </ul> <p><b>TRUE</b></p>	<p>Once you have been treated and cured of an STI, you can't get it again</p> <p><b>FALSE</b></p>
<p>Reinfection (getting an STI again) is more likely to happen if your partners don't also get tested and treated for STIs</p> <p><b>TRUE</b></p>	<p>STIs are only passed on from vaginal sex</p> <p><b>FALSE</b></p>	<p>You can tell by looking at someone if they have an STI</p> <p><b>FALSE</b></p>
<p>STIs can damage your baby-making body parts and stop you from being able to have a baby</p> <p><b>TRUE</b></p>	<p>You can get an STI from a toilet seat</p> <p><b>FALSE</b></p>	<p>Most STIs go away without treatment if people wait long enough</p> <p><b>FALSE</b></p>
<p>Testing is recommended at least once a year, or more if you are sexually active or pregnant</p> <p><b>TRUE</b></p>	<p>Wearing 2 condoms at once will give you better protection from STIs</p> <p><b>FALSE</b></p>	<p>Going to the toilet after sex will prevent you from getting an STI</p> <p><b>FALSE</b></p>
<p>You don't need to be tested if you are in a relationship</p> <p><b>FALSE</b></p>	<p>STI testing can only be done at specialist sexual health centres</p> <p><b>FALSE</b></p>	<p>STI testing is private</p> <p><b>TRUE</b></p>