



STD's and AIDS

A program designed and presented by The Health Adventure staff.

Suggested Classroom Activities:

- 1) Distribute the attached sheet, "DECISIONS, DECISIONS". Divide class into small groups. Ask each group to choose a typical decision facing teens (choosing a career or college, choosing classes for next year, deciding about sex, being offered drugs, etc.) and apply the model. Each group should then present their decision scenario to the class through description or role play.
- 2) Pre and/or Post Text

Use copies of the attached sheet to see how much your students know about STD's (before they come to The Health Adventure or after, or both). This is not to be graded, and let them know there's no need to put their names on the test. This is an activity they could share with their parents.
- 3) Discuss the attached list of state STD rankings: Is North Carolina's ranking surprising?

Program Objectives: With our teaching staff, students will:

- ✓ Learn the symptoms and transmission routes of major STD's
- ✓ Learn how STD's spread rapidly through a population
- ✓ Review (if necessary) the anatomy and physiology of the male and female reproductive systems.
- ✓ Discuss the benefits of abstinence as the only 100% effective STD prevention.
- ✓ Examine the effectiveness of various prevention techniques.

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DECISIONS, DECISIONS!

Some people think that making good decisions is a matter of luck or fate. Not true! The ability to make good health decisions is a skill that can (and should) be learned.

Step One: Define the problem

What is it you are trying to decide? What is your desired outcome?

Step Two: List your options

What are your choices? Think of as many options as you can. Write them down if it helps.

Step Three: Think about consequences

Every action has a result. Try to imagine the likely result of each of your options. Can you picture yourself feeling good about the results of a particular choice?

Step Four: Act on your decision

Pick an option you think will have the best outcome after weighing all your choices.

Step Five: Evaluate the results

After you have chosen, look at the actual consequences. Is the outcome what you imagined? If not, why not? Everyone makes mistakes – this step helps keep you from making the same ones twice!

As with any skill, practice helps! If you try this method when you have easy decisions, you'll be better prepared when you have really tough decisions to make.

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Sexually Transmitted Disease Quiz

Circle T for TRUE or F for FALSE

1. Some STDs have no cure. T F
2. Testing for STDs is usually free. T F
3. Birth control pills prevent STDs. T F
4. There is now a cure for AIDS. T F
5. I would know if I had HIV or another STD. T F
6. STDs can only be transmitted through sexual intercourse. T F

Circle the correct answer:

7. The most common STD in the US, this virus comes in many varieties, some of which can lead to cancer of the cervix:
 - a. Herpes
 - b. Crabs
 - c. HPV/Genital Warts
8. The only 100% effective prevention for STDs is:
 - a. Penicillin
 - b. Condoms
 - c. Abstinence
9. As many as 1 in 10 American adolescent females test positive for this STD. This curable, bacterial infection is found in the genital area, the rectum, and the mouth:
 - a. Strep
 - b. Chlamydia
 - c. Syphilis
10. Which of the following statements is not true?
 - a. Two-thirds of all STDs occur in people 25 years of age or younger.
 - b. All diagnosed STD's are required to be reported to state health departments.
 - c. One in four new STD infections occur in teenagers.

State-by-State Sexual Health Rates and Rankings

Ranked from 1 (best) to 50 (worst)

Teen birth rate, 2000 (per 1000 females ages 15-19)*

1. New Hampshire
2. Vermont
3. Massachusetts
4. North Dakota
5. Maine

38. North Carolina

45. Georgia
46. New Mexico
47. Arkansas
48. Arizona
49. Texas
50. Mississippi

AIDS, 2001 (per 100,000 population)**

1. North Dakota
2. Wyoming
3. Idaho
4. Montana
5. Alaska

34. North Carolina

45. New Jersey
46. Georgia
47. Delaware
48. Florida
49. Maryland
50. New York

*National Vital Statistics Reports, 2002

** CDC. Sexually Transmitted Disease Surveillance, 2001.

Chlamydia, 2001 (per 100,000 population)**

1. Vermont
2. Maine
3. New Hampshire
4. Utah

30. North Carolina

45. Delaware
46. South Carolina
47. Louisiana
48. Georgia
49. Mississippi
50. Alaska

Gonorrhea, 2001 (per 1000 population)**

1. Idaho
2. North Dakota
3. Utah
4. Maine
5. Montana

44. North Carolina

45. Delaware
46. Georgia
47. Alabama
48. South Carolina
49. Mississippi
50. Louisiana

**CDC. Sexually Transmitted Disease Surveillance, 2001