



Staying Safe Like a Girl

Objectives:

- Girls will be able to define STI, recognize the most common STIs and what the symptoms are
- Girls will learn preventative methods to avoid STIs
- Girls will learn how to have conversations with sexual partners about STIs and where to find local and affordable resources

Lesson Plan:

- Review previous session (5 minutes)
- Icebreaker: dance (5 minutes)
- Setting the Scene and Defining Terms (5 minutes)
- Introduction: Sexually Transmitted Infections/Sexually Transmitted Diseases (15 minutes)
- Trivia Introduction: Sexually Transmitted Infections/Sexually Transmitted Diseases (15 minutes)
- Break (5 minutes)
- Different Types of STIs (10 minutes)
- Closing Video (5 minutes)

Review Previous Material (5 minutes)

- Facilitator should ask the girls to write down 2-3 things they remember from the last lesson in their journals and then take volunteers to share out loud

Icebreaker: Dance (5 minutes)

Sometimes it is best to begin with a fun and easygoing activity. This lesson will cover subjects that could be uncomfortable or difficult to discuss. This introduction will help loosen the group up.

- If facilitating online, share the screen and ask participants to dance along to one of these Just Dance dances. If in person, show in the classroom.

Examples:

Juice by Lizzo: https://www.youtube.com/watch?v=KPNb_P4kNi0

Happy by Pharell Williams: https://www.youtube.com/watch?v=G74_o43RQ

Setting the Scene and Defining Terms (5 minutes)

Facilitator begins by explaining that the topic for today is Sexually Transmitted Infections and ways to prevent them, have conversations with sexual partners and friends about them, and understand where to find places to get tested and learn more information about STIs.

The goal of this lesson is to take a different approach to learning about STIs in a way that is memorable and productive. In reducing stress surrounding the topic, the hope is that the girls will never self-diagnose, but instead learn to track their symptoms, get tested regularly, and practice safe sexual interactions.

Before the lesson starts, write these terms on the board with their definitions

- **STI:** Sexually transmitted infection. Infections that are passed from one person to another through sexual contact.
- **STD:** Same thing as STI but more stigmatizing
- **Pap smear:** a test done by a woman's doctor to identify abnormalities in her sexual health. It is a routine procedure done at the doctor's office as girls and women grow up.
- **STI test:** A test to determine whether someone has an STI. There are different tests for different STIs. Can include swabbing, urine tests, and blood tests.
- **What does STI testing entail?**
It can entail a swab of genital area with a cotton pad, a urine sample, or a blood test.

Trivia Introduction: Sexually Transmitted Infections/Sexually Transmitted Diseases (15 minutes)

Facilitator asks the following trivia questions. Each participant should have a pen and paper in front of them and should be instructed to write down the answer before it is revealed by the facilitator;

- What age group is at the highest risk of getting a STI/STD?
 - *Teens ages 15 to 19 according to the CDC report.*
- What 3 things make a teenager more at risk for contracting a STI/STD?
 - *Having more than one sexual partner, not using a condom, being under the influence of drugs or alcohol.*
- Where can a teen go for testing and treatment of an STI/STD?
 - *Planned Parenthood, primary health care provider, dermatologist.*

- *Testing is a means of prevention for STIs, and is important to do not just once but before engaging in sexual behavior with a new partner.*
- Why should a teen notify their past and current sexual partner(s) when they find out they have an STI/STD?
 - *Past and current partner(s) may need treatment.*
 - *It's legally required!*
- Does a person always know right away if they have contracted an STI/STD?
 - *No, girls do not always show symptoms from STIs*
 - *Boys and men are less likely to show symptoms of STDs and STIs.*
 - *Because of this, imagine how easy it is to spread STIs if we are not being tested regularly!*

BREAK

Different Types of STIs (10 minutes)

Resource -

[https://www.who.int/news-room/fact-sheets/detail/sexually-transmitted-infections-\(stis\)#:~:text=Of%20these%20infections%2C%204,and%20human%20papillomavirus%20\(HPV\).](https://www.who.int/news-room/fact-sheets/detail/sexually-transmitted-infections-(stis)#:~:text=Of%20these%20infections%2C%204,and%20human%20papillomavirus%20(HPV).)

Curable vs Treatable STIs

Facilitator may use the short slide deck below to show the difference between curable and treatable STIs

https://www.canva.com/design/DAET--DSnio/Us2xziZnTOTT8H6-Rs02Zw/view?utm_content=DAET--DSnio&utm_campaign=designshare&utm_medium=link&utm_source=publishsharelink

Curable STIs

- Gonorrhea -No visible symptoms for women; burning when urinating; itching; swelling; unusual discharge; fever or abdominal pain. - Curable
- Chlamydia – Considered silent infection for women with no visible symptoms; painful or frequent urination; dull stomach or back ache or bleeding between periods. - Curable
- Syphilis – Chancre (painless) sores on genitals; body rash; can lead to internal damage to heart, brain, eyes, bones, and other organs. - Curable
- Trichomoniasis - Discharge from genitals, vaginal odor, itching or irritation, pain during sex or urination. - Curable

Treatable STIs

- Genital Herpes – Cold sores or blisters; itching or burning in genitals or mouth; flu-like symptoms. - treatable

- Human Papillomavirus (HPV) - pink, red, or skin-colored bumps (flat or bumpy; single or multiple). - treatable
- HIV/AIDS (HIV is the virus that causes the AIDS infection) – Flu-like symptoms; weight loss; fatigue; diarrhea; white spots in mouth or yeast infections that won't go away. - treatable
- Hepatitis B - treatable

Discussion

- What are signs you might have an STI?
 - Irregular discharge, pain during sex, pain when urinating, odor, ulcers, abdominal pain
- Do STIs always have symptoms?
 - No, in fact, according to WHO, “The majority of STIs have no symptoms or only mild symptoms that may not be recognized as an STI.”
- What do you do if you have a treatable STI?
 - Treatment
 - You can still have a normal, happy, healthy life
- What can we do to prevent STIs and mitigate their effects if we do get them?
 - Vaccines for HepB and HPV
 - Regular testing if you’re sexually active
 - Using condoms if you’re sexually active
 - Being familiar with our bodies so we can catch symptoms sooner and begin any necessary treatment sooner
- How do stigmas affect how we think about STIs?

Closing Video: Do you know yourself?/ Vagina Portraits (5 minutes)

<https://www.youtube.com/watch?v=DnHC3B07ags>

Parent Email

The parent email section serves to engage parents or caretakers of the material the girls are learning each week and gives them a guide to further the conversation outside of Project Like a Girl. If the facilitator desires, they should send a “summary” of the lesson the day the lesson is taught.

Today’s Objectives

- *Participants will be introduced to STIs and ways to protect against them in the future if they decide to be sexually active.*
- *Participants will become more comfortable approaching conversations surrounding STIs*
- *Participants will gain an understanding of what to expect at their doctor’s appointments as they get older*

Discussion Questions

- *What is one thing you already KNOW about sexual health?*
- *What is one thing you WANT to know or learn more about?*
- *What is one thing you LEARNED today?*

Facilitator Resource Notes

STI/STD Overview

List the STIs to be covered during the activity:

- Gonorrhea
- Chlamydia
- Syphilis
- Pubic Lice (Crabs)
- Trichomoniasis (trich)
- Genital Herpes – Simplex 2
- Human Papillomavirus (HPV) - Genital Warts
- HIV/AIDS

Symptoms:

- Gonorrhea – No visible symptoms for women; burning when urinating; itching; swelling; unusual discharge; fever or abdominal pain. -
- Chlamydia – Considered silent infection for women with no visible symptoms; painful or frequent urination; dull stomach or back ache or bleeding between periods.
- Syphilis – Chancre (painless) sores on genitals; body rash; damage to heart, brain, eyes, bones, and other organs (can lead to death).
- Pubic Lice – Powdery substance in pubic hair (eggs); itching; blood spots in underwear and visible parasites in the pubic area. Not necessarily sexually transmitted.
- Trichomoniasis – Discharge from genitals, vaginal odor, itching or irritation, pain during sex or urination.
- Genital Herpes – Cold sores or blisters; itching or burning in genitals or mouth; flu-like symptoms.
- Human Papillomavirus (HPV) – Abnormal Pap smear with dysplastic cells; pink, red, or skin-colored bumps (flat or bumpy; single or multiple).
- HIV/AIDS – Flu-like symptoms; weight loss; fatigue; diarrhea; white spots in mouth or yeast infections that won't go away.

Complications:

- Gonorrhea and Chlamydia- Sterility; birth defects in infants
- Syphilis – Death or body organ damage
- Pubic Lice (Crabs) – None
- Trichomoniasis (trich) – increased risk of other STIs, pregnant women may have a baby early and be low birth weight
- Genital Herpes – Lifelong infection; birth defects in infants.

- Human Papillomavirus (HPV) – Cervical cancer; death
- HIV/AIDS – Lifelong infection; death