

SRE LESSON PLAN

Sexually Transmitted Infections

Suggested
Year Group 8

Unit Aims: To learn some basic information about how STIs are transmitted

Lesson duration: 1 hour

Organisation: Mixed Sex

Resources required:

- ✓ *STI Letter Cards*
- ✓ *STI Quiz & Answers*
- ✓ *Local C-card Scheme and Sexual Health Service Information.*

Intended Learning Outcomes:

- Acquire some basic information about STIs.
- Learn how to prevent STIs being acquired and transmitted.

Introduction:	Time	Grouping
<p>1. Establish/Recap Ground Rules In a circle, go through the ground rules that you have set for these lessons. Ensure you explain - don't ask personal questions, confidentiality and the right to pass.</p>	5mins	Whole Group
<p>2. STI Brainstorm Ask pupils to name any STIs they have heard of and what the signs and symptoms may be.</p>	5 mins	Whole Group
<p>3. STI Autograph Game This activity helps students become aware of how rapidly a STI can spread with unprotected sexual intercourse. It will help them to identify different strategies for protecting themselves.</p> <p>Give each learner a piece of paper, one side is blank the other has a letter on it N,S,C,P. Ensure you give out two cards with S on (be careful who you give the cards to as these people will find out later that they have a STI).</p> <p>Ask the students to stand and mingle, then find a partner. (Partners cannot be repeated during this game). With the first partner, students sign their names on their partner's card, and then discuss names of STIs they have heard of. Repeat this activity twice more so that each person has signed 3 cards, they can discuss the same question.</p> <p>Ask the students to look at the back of their card. Tell the people with the S on their cards to stand. Explain that this letter indicates that the person has a STI. Ask the people with the S card to read out the names of people who have signed</p>	30 mins	Small Groups

<p>their cards. Explain that these people have had sexual contact with the infected people and now have the potential to be infected with a STI themselves.</p> <p>Discuss:</p> <ul style="list-style-type: none"> • How does this activity relate to the spread of STIs? • How did it feel to find out you had been exposed to an STI? • How did it feel to find out you had exposed others to an STI? • How did it feel for those that had not been exposed? • Many people who are exposed to STIs don't know until the other person lets them know that they may have been infected. • Sometimes that person may choose not to tell other people or may never know they have a STI <p>Extension: Explain that: N = No sexual contact C = Sexual contact using barrier method P = Sexual contact using female method e.g. pill, LARC. How might these individuals have put each other at more/less risk in the activity?</p>		
<p>4. STI Quiz Give out the quiz for the students to complete individually or in small groups. Go through the answers as a whole class, using the facilitator's answer sheet and learning points</p>	15 mins	Small groups
<p>5. Review & Closing Activity (plenary): Discuss how to prevent the spread of STIs – e.g. use of condoms, female condoms and dental dams. Signposting to local services that can offer support.</p>	5 mins	Whole Group