

## LESSON 3: SEXUAL HEALTH AND SEXUALLY TRANSMITTED INFECTIONS



### Learning Objectives

- To gain knowledge of the most prevalent STIs and how one can prevent transmission.
- To become aware of personal risk taking.
- To gain decision making skills with respect to managing sexual risk.

### WARM-UP

- Participants write on a post-it note some characteristics of the ideal vacation. The post-it notes are mixed up and redistributed, and each participant reads out their post-it and tries to guess who it belongs to. If the lesson is done online, then participants can write on the Zoom whiteboard (please remember to tick the option for anonymous annotations in the menu!) or on a virtual sticky note in Google Jamboard and they collectively try to guess the owner of each vacation note.

### Activity 1: Jeopardy competition

**1** Explain that participants will take part in a competition. Divide the group in teams of maximum 5, 6 people. Give them 1 minute to come up with a name for their team. Write the names on a board/flipchart, where the scores will be recorded. Indicate the board where the Jeopardy questions are displayed (as in the photo). Explain that each team will in turn select a question type for a number of points. The more points a question has, the more difficult it is. If they come up with the correct answer, they receive that number of points and the next team takes its turn. If they cannot answer, or they answer wrong or just partially, they can receive half of points or no points and the next team in order can answer their question. This means that, as a team takes a turn, all the other teams should prepare to answer that question, because their turn might come if the assigned team cannot answer that question.

**2** Go through all questions, keep the score and give a prize to the winning team with the highest number of points. The prize should be something that can be shared with the whole group (a box of chocolates).

Thoughts	Prevention	Signs
10	10	10
20	20	20
30	30	30
40	40	40
50	50	50
60	60	60

WARM-UP  
|  
ACTIVITY 1: JEOPARDY COMPETITION  
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ACTIVITY 2: SELF-ASSESSMENT OF  
SEXUAL RISK  
|  
ASSIGNMENT: SPREAD THE  
AWARENESS

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Thoughts	Prevention	Signs
<p><b>10</b> People can have sex and orgasms without having intercourse.</p> <p>True. Penetration is not necessary for people to have sex and orgasms can happen through different types of stimulation in addition to penetration.</p>	<p><b>10</b> For vaginal and anal intercourse, who is more at risk to become infected with HIV, the insertive or the receptive partner?</p> <p>The receptive. In case of anal intercourse, the receptive is most at risk. Why? On the inside, the anus has very thin skin with a lot of blood vessels. For some STIs, persons with typically female primary sex characteristics are physiologically more vulnerable to infection than persons with typically male primary sex characteristic.</p>	<p><b>10</b> Do all STIs have symptoms?</p> <p>Some STIs cause symptoms or discomfort. Others do not always have symptoms (especially among people with typically female primary sex characteristics).</p>
<p><b>20</b> Masturbation helps people learn and understand their body's response to sexual stimulation</p> <p>True.</p>	<p><b>20</b> Say at least 3 infections which you can get through having sex.</p> <p>HIV, Hep B, Hep C, syphilis, gonorrhea.</p>	<p><b>20</b> How long after the moment of infection with HIV can you have a revealing test?</p> <p>Minimum 3 months, better 6.</p> <p>Additional discussion: So is it any good to get an HIV test two days after you had sex without a condom? No, because only after 3 months the test can reveal the virus in your body.</p>
<p><b>30</b> Many people who are the receptive partner do not have orgasms from intercourse alone.</p> <p>True.</p>	<p><b>30</b> Can you get HIV by mosquito bites? What about using the toilet after an infected person? What about eating with the same spoon and fork with an infected person? What about kissing an infected person with tongue?</p> <p>No to each question. For the last one: it takes 8 liters of saliva to facilitate transmission.</p>	<p><b>30</b> What are the deadly STIs?</p> <p>If left undetected and untreated these typically lead to death: HIV, syphilis, hepatitis C.</p>
<p><b>40</b> The first time a person with a vagina has sex it will hurt.</p> <p>False. Upon penetration, the hymen may get ruptured which can produce a temporary discomfort.</p>	<p><b>40</b> Can someone get HIV through penis-to-mouth oral sex? What about tongue-to-clitoris sex?</p> <p>Theoretically yes. In practice very few cases have been documented, but it's possible. There are several factors: receiver more at risk, if the infected person takes treatment, less risk, cum in mouth more risk. Not possible for tongue-to-clitoris sex. But other STIs can be transmitted this way.</p>	<p><b>40</b> Say 2 infections that you can get through sex which can be cured and 3 that cannot be cured</p> <p>Syphilis, gonorrhea, Hep B, HIV, Hep C, herpes, HPV.</p> <p>HIV, herpes, HPV cannot be cured. Hep C can be cured sometimes.</p>
<p><b>50</b> Masturbating frequently is a problem.</p> <p>False, for the most part, exceptions are situations where the membranes are irritated and sore.</p>	<p><b>50</b> True or false? If I have unprotected penetrative sex with someone who is living with HIV and their viral load is undetectable I will not get infected.</p> <p>True. Undetectable = non infectious in vaginal and anal intercourse.</p>	<p><b>50</b> Say 3 signs that can tell you you might have syphilis or gonorrhea?</p> <p>Sores and skin lesions on genital area (syphilis), anus, or mouth, milky looking penis or anal discharge with a specific smell, painful urination/defecation, itchy anus, or sore throat (gonorrhea).</p>
<p><b>60</b> If a young person with a vagina does not bleed the first time they have sex, it means they are not a virgin.</p> <p>False.</p>	<p><b>60</b> Indicate at least 3 methods through which you can avoid or reduce the risk of getting infected with HIV or another STI.</p> <p>Monogamy in a relationship where both partners have been tested and treated for any pre-existing STI. Abstinence. Having non-penetrative sex. Reducing the number of partners. Reducing behaviors which could impact judgement (alcohol, substances, for example). Using consistently and correctly condoms. Using PreP.</p>	<p><b>60</b> What is the most common sign of a HPV infection and what is its most serious consequence?</p> <p>A common STI is human papilloma virus (HPV). Many strains of HPV exist; some cause genital warts and others lead to cancer — most commonly, cervical cancer.</p>

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### Activity 2: Self-assessment of sexual risk

**1** Invite participants to consider everything they discussed during the Jeopardy game and reflect individually for 1 minute. They have to rate their own sexual risk in the last 3 months on a scale from 1 to 10, where 1 is very risky and 10 is zero risk. They will not have to share their rating with anyone if they do not want to. Then ask the following questions and ask participants to reflect and take some notes in response to the questions.

*Why are you at current rate and not lower?*

*What can you do to improve your rate by one or two points?*

**2** It is important for the facilitator to model some responses to these two questions using own example or a hypothetical situation. The facilitator should respond exactly as asked, and must avoid resistance speech, focusing rather on positive, change speech. For example:

*I am at this current rate and not lower because I have been in a monogamous relationship in the last year and we still use condoms for penetrative sex. Or: even if I have multiple sexual partners, I do not have penetrative sex with them.*

*In order to improve my rate by one or two points, I will get STI and HIV tests before the end of the year. This way, I will know my status and get treatment if I need to.*

**3** After the facilitator models the responses, the participants share their responses to the questions in pairs or triads.

**4** After the small group sharing, invite participants to reflect and write down on a piece of paper one commitment that they take for themselves for the near future, with respect to everything they have heard during today's lesson. Ask if there are any volunteers to share their commitments but do not insist. Invite them to save the piece of paper with the commitment so that they can look at it again and remind themselves of what they promised to themselves.

### ASSIGNMENT: SPREAD THE AWARENESS

Speak with 3 friends with a message of prevention or support in the next week.

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