

STI check

LESSON DETAILS

Victorian Curriculum Descriptors

Health and Physical Education
Plan, rehearse and evaluate options for managing situations where their own or others' health, safety and wellbeing may be at risk (VCHPEP144)

Identify and critique the accessibility and effectiveness of support services based in the community that impact on the ability to make healthy and safe choices (VCHPEO145)

Evaluate health information from a range of sources and apply to health decisions and situations (VCHPEP148)

Critique behaviours and contextual factors that influence the health and wellbeing of their communities (VCHPEO151)

Personal and Social Capabilities
Evaluate behaviours and protective factors that contribute to the development of self-confidence, adaptability and self-reflection (VCPSCES046)

Critical and creative thinking Capabilities

Critically examine their own thinking and others thinking processes and discuss factors that influence cognitive biases (VCCCTM051)

The Australian Curriculum Descriptors

Health and Physical Education
Propose, practise and evaluate

Key Messages

- Young people need to know how and where to access sexual health information relating to STI check-ups.
- Organising STI testing is important for people to look after their sexual health.

Learning Intentions

Students will:

- Work collaboratively to decide what to do next in each scenario.
- Recognise risk in sexual activities and identify ways to overcome or reduce risk.
- Explore behaviours that enhance better health outcomes.

Success Criteria

Students will be able to:

- Work collaboratively and be able to listen respectfully to alternative options.
- Identify the importance of being aware of STI risk in any type of sexual relationship.
- Assess different situations relating to STIs and identify appropriate responses and courses of action that a young person could take.

Teaching Notes

The purpose of this activity is to discuss the importance of seeking sexual health information and access to STI testing.

Students may consider the following people/ places or actions when brainstorming options:

- Parent
- Doctor
- Teacher
- Wellbeing staff
- Pharmacist
- Taking Post exposure prophylaxis PeP (HIV medication)
- Taking Pre exposure prophylaxis PrEP (HIV medication)
- STI test
- Former partners
- Pregnancy test
- Taking Emergency Contraception
- Health clinics

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responses in situations where external influences may impact in their ability to make healthy and safe choices (ACPPS093)

Personal and Social Capabilities

reflect on feedback from peers, teachers and other adults, to analyse personal characteristics and skill sets that contribute to or limit their personal and social capability

Critical and creative thinking Capabilities

analyse reasoning used in finding and applying solutions and in choices of resources.

Time

30 minutes

Equipment

- STI check scenario cards
- computer and internet access

Direct students to reputable places for researching sexual health information such as Sexual Health Victoria (shvic.org.au).

Note that some scenarios might lead to the need for pregnancy testing. That is not the focus of this activity, but it should be raised as part of managing sexual health.

Please note: it is important to consider people of all genders and all types of relationships. Scenarios do not always specify the gender of those involved. Ask students to consider any additional information / health services that gender diverse or same sex attracted people may need.

Procedure

1. Distribute scenario sheet to small groups of students. (Or show on screens).
2. Students discuss scenarios and brainstorm multiple options for the next steps that could be taken.
3. Students then research what is involved in each step, including costs, the need for appointments, what could be expected from a STI test, who can/should attend, where and what services are available to young people. Students should also include online sources of information they find useful and reputable.
4. Students should also determine what permission, if any, is required from parents/carers.

*Note this activity could be a class discussion. Use scenario cards as class display.

Questioning

Suggested discussion or research points.

- Provide several possible outcomes from the scenario? Select the one you think is the best course of action.
- Outline in detail what, where, when, who and why a person would need to do these things.
- Who are the adults a young person could go to for help? What makes these people useful?
- Does your school offer a service that would support the young people in this scenario?
- Are there any specific youth friendly services available to young people in this situation?
- Telling a partner/previous partner about an STI can be difficult. How would someone go about it? What would make the situation less awkward?

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Extension activity

- Write a story or make a film based on what comes next in the scenario. It may involve going to a doctor, STI testing or telling other partners you have tested positive for an STI.
- Students could make a public service announcement clip or poster on how to prevent the spread of STIs.
- Students could write a script for the conversation the young people could have before they become sexually active to reduce their risk of STIs.

Jamie and Zoe are both 17. They have been going out for about a year. They have had sex before and used condoms. Last week they had sex, but the condom came off and they aren't sure if it worked. What should they do next?

A friend of yours, who is sexually active and has had several partners, tells you that they have had oral, vaginal and anal sex and they don't always use condoms. This friend doesn't think they have anything to be concerned about as they always get enthusiastic, progressive consent from all their partners.

Your cousin has never been in a relationship before, but they are now very interested in someone you know that has had lots of relationships and has sex before. Your cousin asks you what should they do?

Jessica and Rund are in a lesbian relationship so they know they can't get pregnant but are not sure what they can do about STIs. Neither of them has been in a sexual relationship with a woman before. Do they even need to worry about STIs?

Your male friend has just started a casual sexual relationship with a man. He tells you that he used a condom, but neither has had an STI test. Your friend doesn't have any other sexual partners. Is a condom enough protection?

Your friend Alex tells you that they have had a few hook ups in the last couple of months. Then things started to get pretty serious with Taylor. Taylor has told Alex that she has tested positive for chlamydia. Taylor doesn't know when she got chlamydia. What should they do?

Your friend texts you in the morning and is upset. She had sex with her boyfriend the night before and they didn't use a condom. She isn't using any other sort of contraception. She says they 'just kind of forgot'. What should she do next?
