

## Purpose

Participants will become aware of how rapidly sexually transmitted infections (STI's) can be spread with unprotected intercourse. One of the greatest deterrents to the practice of safer sex is the mindset, "it can't happen to me". This lesson demonstrates how quickly STI's can be spread and provokes participants to think about the reasons why so many people do not protect themselves.

## Materials

You will need the Don't Pass It Along (STI Version) Activity Cards. There are two sets of cards. Each set has 30 cards in total. There will be 19 blank cards, 2 cards marked with an "I", 3 cards marked with an "C/D", 3 cards marked with a "CB", and 3 cards marked with "A". Make sure to distribute cards with a letter "I" on them in separate ends of the class. If you have a group of less than 30, remove blank cards as needed.

"I" – Stands for Sexually Transmitted Infection (STI)

"C/D" – Stands for Condom or Dental Dam was used

"A" – Stands for Abstinence

"CB" – Stands for Condom Broke

## Activity Instructions

1. Distribute a card to each participant face down, instructing them not to look at their card. Ensure that the cards marked with I, C/D, A and CB are distributed evenly throughout the class. Also, you might want to strategically place the "I" cards with students at each end of the class. Ensure that students are mingling with new classmates each time they stand to discuss a question.
2. Explain that this lesson is designed to teach participants how to avoid transmission of STI's, and to identify how easily STI's can be spread. Ask participants to image they are mingling at a party.
3. Ask participants to stand, and find another person in the room and have a discussion with them on "What are the different ways a person could get an STI?" Fist bump at the end of the discussion and sit down. Remind participants to remember who they were with.
4. Ask them to stand again, find a different person and have a discussion on "Where can someone get STI testing?" Fist bump at the end of the discussion and sit down. Again, remind them to remember who they were with.
5. Ask them to stand again, and find a different person and have a discussion on "When should someone get STI testing?" Fist bump at the end of the discussion and sit down. Remind them to remember who they were with.
6. One more time have participants find a different person and have a discussion on "what are the common symptoms of an STI?" Fist bump at the end of the discussion and sit down. One more time reminding them to remember who they were with.
7. Now have the students look at their cards. Ask the people with an "I" on their card to stand up. These people represent someone with a "Sexually Transmitted Infection (STI)".

8. Ask all participants who fist bumped with them to stand up. They may also be infected with a STI.
  - Discuss the feelings of people who are standing (possible responses- surprised, angry, caught)
  - Discuss the feelings of the people who are sitting (possible responses- lucky, happy)
9. Next, everyone who fist bumped with the group of students who just stood up must also stand up too- they too may be infected. Continue until the entire class is standing.
  - Discuss how rapidly an infection can spread with unprotected intercourse.
  - STI rates are highest among people 15-24 years old.
10. Now, people with a “C/D” card may sit. They used a condom or dental dam.
11. People with a “A” may also sit. They are in a relationship but are practicing abstinence.
12. People with a “CB” card must remain standing. Although they used a condom, their condom broke, putting them at risk for STI transmission.
13. Ask all students who remain standing to sit. Have a debrief about activity and the 4 discussion questions.
  1. What are the different ways a person could get an STI?
    - Oral, vaginal, anal sex
    - Skin to skin contact
    - Exchange of bodily secretions
    - During pregnancy/birth from mother to baby
    - Breastfeeding
    - Sharking of needles or unsafe tattooing
  2. Where can someone get STI testing?
    - Family Dr., Walk-in Clinic, MLHU Sexual Health Clinic
  3. When should someone get STI testing?
    - With each new partner
    - After any episode of unprotected sexual contact
    - After unsafe piercing, tattooing or drug use
  4. What are the common symptoms of and STI?
    - The most common symptom of an STI is no symptoms at all!

*Updated by YAT: August 2019*