

RELATED FOUNDATIONS:

- Student Engagement

RESOURCES:

Beach Ball

- Beach ball
- Permanent marker

Quiz, Quiz Trade

- Quiz, Quiz, Trade cards cut into strips

Trivia

- Buzzer or bell

Sexually Transmitted Infection (STI) Trivia Activities

ACTIVITY GOAL: To increase or test student knowledge of STIs.

ACTIVITY INSTRUCTIONS: BEACH BALL ACTIVITY

1. Use a permanent marker to draw numbers all over the surface of a beach ball.
2. Use the numbered list of trivia questions.
3. Toss the ball out into the class.
4. The student who catches the ball says the number that is facing them on the ball and the teacher asks the corresponding question to the student.
5. The student can answer the question or defer the question to the class.

ACTIVITY INSTRUCTIONS: QUIZ, QUIZ, TRADE

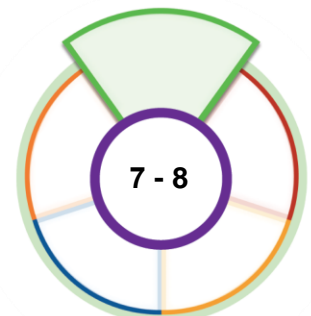
1. Cut the trivia questions into strips on the dotted lines, fold each strip in half to make a quiz card, with question on one side and question and answer on the other.
2. Provide each student with a quiz card.
3. Have students find a partner. Student 1 asks the question on their card while holding up the question side to student 2.
4. Student 2 answers the question to the best of their ability and the student 1 provides the correct response where needed.
5. Follow the same process with student 2 asking the question on their card.
6. Once both questions have been answered, students trade cards and find another partner to repeat quiz.

ACTIVITY INSTRUCTIONS: TRIVIA CHALLENGE

1. Divide class into 2 or 3 teams.
2. Read a question from the trivia questions
3. The first team to hit the buzzer/bell answers the question.
4. Consider offering a small incentive to the winning team

Curriculum Connections

- Grade 4: C1.5 Puberty – changes; emotional, social impact, C2.4: Puberty – personal hygiene and care
- Grade 5: C1.3: Reproductive system C1.4 Menstruation, spermatogenesis
- Grade 6: C2.5: Understanding of puberty changes, healthy relationships
- Grade 7: C1.3: Delaying sexual activity C2.4: Sexual health and decision making
- Grade 8: C1.4 Decisions about sexual activity; supports C2.4: Decision making,



1. Can a person have an STI and not know it? Can a person have an STI and not know it?

A: Yes, many STIs are asymptomatic (they do not have any symptoms). The only way to detect an infection is through testing.

2. Is it normal to have some vaginal discharge?

Is it normal to have some vaginal discharge?

A: Yes, some vaginal discharge is normal. Normal vaginal discharge does not have a strong odour and is usually clear, white, or slightly yellow. If you find that the discharge is smelly, has changed color, or is itchy or irritating to your skin, see a healthcare provider.

3. If someone has had an STI and has been cured, can they get it again?

If someone has had an STI and has been cured, can they get it again?

A: Yes, re-infection is possible, using condoms/dental dams every time can reduce the risk of getting an STI.

4. What are the best ways to avoid getting STIs?

What are the best ways to avoid getting STIs?

A: Abstaining from vaginal, oral and anal intercourse is the only 100% effective method. If engaging in sexual activity, using condoms/dental dams is the best way.

5. Are chlamydia and gonorrhoea curable?

Are chlamydia and gonorrhoea curable?

A: Yes, the infection can usually be cured with antibiotics. After taking the medication the person needs to abstain from sexual contact for 7 days. Any sexual partners need to be notified so that they can be tested as well (and get treatment if needed). Always go back for a ‘test of cure’ –to be sure it’s gone, before you resume sexual activity.

6. Can a pregnant person who has an STI pass the infection on to their baby?

Can a pregnant person who has an STI pass the infection on to their baby?

A: Yes, certain infections can be spread to the baby during childbirth, people who are pregnant are usually tested for STIs before the baby is born.

7. What is the only way a person could know if they had an STI?

What is the only way a person could know if they had an STI?

A: Since many STIs have similar symptoms or no symptoms at all, getting tested is the only way a person can know they have an STI and get appropriate treatment.

8. Do birth control pills offer protection from STIs?

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A: No, birth control only helps protect against pregnancy. Barrier methods (condoms, dental dams) offer protection from STIs.

9. If you know your partner and they say, “they’re clean”, can you still get an STI?

If you know your partner and they say, “they’re clean”, can you still get an STI?

A: Yes, they could have an STI without knowing it, many STIs have no symptoms. The best way to know is to go for STI testing before having a sexual relationship and use condoms to reduce the risk.

10. How are STIs tested?

How are STIs tested?

A: STIs are usually tested by a urine sample, a swab or in some cases, a blood test.

11. A person with a cold sore could spread herpes to their sexual partner through oral sex. True or false?

A person with a cold sore could spread herpes to their sexual partner through oral sex. True or false?

A: True. A cold sore on the lips is caused by the herpes virus, it is best to avoid kissing or oral sex when someone has a cold sore to prevent spreading the infection.

12. A person is at greater risk for an STI if they have unprotected sex with multiple partners. True or false?

A person is at greater risk for an STI if they have unprotected sex with multiple partners. True or false?

A: True. The more partners a person has unprotected sex with will increase the chance of getting and spreading an STI.

13. Will the health care provider tell someone's parent if they have an STI?

Will the health care provider tell someone's parent if they have an STI?

A: No, all the information that someone gives the health care provider is confidential. They won't tell your parents or friends. They do tell (report it) the STI nurse at the Health Unit.

14. Where can a person go for information and help if they are worried about STIs?

Where can a person go for information and help if they are worried about STIs?

A: A doctor, nurse, Public Health Nurse, parent, guardian, teacher, or trusted adult.

15. People can get HPV or herpes without having sexual intercourse. True or false?

People can get HPV or herpes without having sexual intercourse. True or false?

A: True, skin to skin contact can spread these 2 viruses.

16. STIs are spread through oral sex. True or false?

STIs are spread through oral sex. True or false?

A: True. Using a condom or dental dam during oral sex can decrease the risk of spreading STIs.

17. You can get an STI from a toilet seat. True or false?

You can get an STI from a toilet seat. True or false?

A: False. STIs cannot survive on a toilet seat, so they cannot cause infection.

18. What is the most common reportable Sexually Transmitted Infection in the Middlesex-London Region?

What is the most common reportable Sexually Transmitted Infection in the Middlesex-London Region?

A: Chlamydia. Reportable STIs are infections that are, by law, reported to local public health units.

19. You can be infected with more than one STI at a time. True or false?

You can be infected with more than one STI at a time. True or false?

A: True. Having certain infections can also make it easier to get additional STIs.

20. What Sexually Transmitted Infections can a person receive vaccines against?

What Sexually Transmitted Infections can a person receive vaccines against?

A: Hepatitis B, HPV (Gardasil9 protects against 9 strains of HPV)

21. Name four symptoms of STI's.

Name four symptoms of STI's.

A: NO SYMPTOMS, burning with urination, unusual discharge, unusual bleeding from vagina, unusual genital ulcers, sores or blisters

22. Name an STI that is not curable.

Name an STI that is not curable.

A: Herpes, HIV, and HPV cannot be cured, but there are treatments available to help manage symptoms.

23. Name 2 ways a person can help prevent getting an STI. BONUS: Which is 100% effective?

Name 2 ways a person can help prevent getting an STI. BONUS: Which is 100% effective?

A: Abstinence (100%), Condoms, go for testing with partner before sexual activity.

24. Hepatitis C is occasionally contracted from sexual activity but is usually contracted how?

Hepatitis C is occasionally contracted from sexual activity but is usually contracted how?

A: Blood to blood contact (Often from injection drug use with contaminated equipment, can also be transmitted through contaminated tattoo and piercing equipment)

25. Name 2 ways a person can become infected with HIV.

Name 2 ways a person can become infected with HIV.

A: Unprotected sex (oral, vaginal and anal), using contaminated needles or equipment (e.g. tattooing, drug use)

26. What is a dental dam, where can you get one?

What is a dental dam, where can you get one?

A: A dental dam is a sheet of latex placed over the genitals before oral sex to reduce the risk of STIs. Dental dams can be purchased at some pharmacies. Alternatively, a condom can be cut into a square of latex and used in the same way.

27. Where can you get tested for STIs?

Where can you get tested for STIs?

A: The Clinic at the Middlesex-London Health Unit, your family doctor or nurse practitioner, a walk-in clinic.
