



## Be in Charge Daily Outline

Lesson 4/Day 4:

### **Lesson Summary**

Students learn how to effectively avoid the transmission of STIs (sexually transmitted infections), which are also often referred to as STDs (sexually transmitted diseases). They learn about the different types of STIs and their symptoms, how STIs are transmitted, and how to prevent transmission; with an emphasis on abstinence as the only 100% effective method to do so. Through interactive activities, students develop an understanding of how to make informed decisions about their own personal health and safety, as well as how to make a healthcare appointment.

### **Home Activities**

Students will be given a worksheet titled *My Plan to Prevent Sexually Transmitted Infections* where they will be able to create a plan that includes methods to prevent giving or getting an STI, where to get tested, and who to talk to about getting tested. If they show their completed worksheet to the facilitator at the following class, they will receive a small incentive (i.e. puzzle pen, piece of candy, etc.).

### **Conversation Starters**

What have you heard about sexually transmitted infections? What are your concerns about STIs?

What do your friends do to prevent STIs?

