



Pregnancy and STIs: Symptoms, Impacts, and Care

10th Grade Sexual Health Education Lesson

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Lesson plan for tenth grade sexual health education.

Sexual Health Education
Lesson 3

Pregnancy and STIs:
Symptoms, Impacts & Care

Lesson Objectives

- Identify common **symptoms** of STIs and pregnancy.
- Determine when, where, and how to get **tested** for STIs and pregnancy.
- Describe the various **options** a person has for handling an STI or an unplanned pregnancy.
- Reflect on the possible **impacts** of an STI or unplanned pregnancy.

Group Agreements



Pregnancy & STI Trivia

Instructions:

- Spend 10 minutes reading the STI and Pregnancy charts in your worksheet
- As a team, use the STI Info Sheet and the Unplanned Pregnancy Info Sheet in your worksheet to answer trivia questions.
- Every group is eligible to get points for holding up a correct response when the timer rings.
- The group with the most points will receive a prize!

Worksheet Sections 1-2

Question 1

What are the 4 behaviors that can pose a risk for spreading STIs?



Answer:

Unprotected...

1. Penis in Vagina sex
2. Oral Sex
3. Anal Sex
4. Skin-to-skin contact

Question 2

What are the 4 fluids that can spread HIV?



Answer:

1. Vaginal Fluid
2. Semen
3. Blood
4. Breast Milk

Question 3

True or False?

Saliva (spit) and Sweat can also spread HIV.



Answer:

FALSE!

(Saliva and sweat do NOT spread HIV. The only fluids that spread HIV were mentioned in the previous slide.)

Question 4

What are 5 common symptoms a person might experience if they have an STI?



Answer:

1. Unusual discharge
2. Burning
3. Itching
4. Sores
5. Tenderness

Question 5

True or False?

The most common symptom for an STI is to have NO symptoms at all



Answer:

TRUE!

(Getting tested regularly is important. If left untreated, serious health complications can arise from many STIs, even when there were initially no symptoms)

Question 6

True or False:

All STIs can be cured.



Answer:

FALSE!

(Bacterial and Parasitic STIs can be cured. Viral STIs are treatable, but are not curable.)

Question 7

If you realize you are at risk of getting an STI, what should you do?



Answer:

- Go to a clinic and get tested.

Question 8

How often should a sexually active person get tested for STIs?



Answer:

- Every 3-6 Months

Question 9

True or False:

A person can always tell if they are pregnant because they will have the symptoms to prove it.



Answer:

FALSE!

(Many people do not realize they are pregnant. That's why it is important to get tested.)

Question 10

If a person finds out they are pregnant, what are their 4 options?



Answer:

1. Become a parent
2. Adoption
3. Abortion
4. Safe Surrender

Question 11

What are the two different types of abortion?



Answer:

1. Medication abortion
2. In-Clinic Abortion

Question 12

If a person gives birth and decides to safely surrender the baby-- how many hours do they have to do so?



Answer:

1. 72 hours from the time of birth

Question 13

True or False:

Abortion is a safe and
common procedure



Answer:

TRUE!

(in the US about 1 in 3
people with a uterus have
an abortion by age 45)

And the Winning Team Is...



See a Healthcare Provider If You Have...

- **Discharge** from the vulva or penis that has an unusual color or odor.
- **Sores** on your vulva or penis
- Pain during **sexual** activity
- Pain when you **urinate** (pee) or a need to pee more than usual.



- **Bleeding** that isn't part of a regular menstrual cycle (period).
- Unusual or painful lumps in the **breast** area
- Unusual or painful lumps in the **testicles**
- Any **unprotected** sexual activity

Discussion

1. If a person thinks they may have an STI or be pregnant, what should they do?
2. If a teen experiences an unplanned pregnancy or STI, how do you think this might impact their life?

Anonymous Question Box

- Let's answer some questions!
- Additional questions will be answered next time

