

Don't Pass it On: Sexually Transmitted Infections

HiTOPS Teen Council

Designed for: Males and females, grades 9-12

*"I don't know anybody who has an STI."
"Only promiscuous people get STI's."
"She doesn't LOOK sick."*

The United States has the highest sexually transmitted infection (STI) rates of any country in the industrialized world and teens and young adults account for two-thirds of the infections. Every year, three million teens - about 1 in 4 sexually active teenagers – contract an STI and yet, only 45% of sexually active teens reported using a condom during last intercourse. Infections caused by sexual contact can cause symptoms that range from minor irritation to painful lesions and some have reproductive or life-threatening consequences.

In this peer-led workshop, age-appropriate skits, activities and discussions are used to increase students' knowledge of sexually transmitted infections. Participants will learn what behaviors can put them at risk, the signs and symptoms of common STIs, and important steps to take to reduce the risk of contracting an STI.

Our goals are to help students:

- Understand that abstinence from oral, vaginal and anal intercourse, as well as intimate skin-to-skin contact, is the *only* 100% effective way to avoid an STI
- Know the health risks of having unprotected intercourse and multiple partners
- Learn basic information about common STIs, including identification, course, and treatment options
- Develop personal strategies for preventing the spread of STIs

Average length of workshop: 90 minutes

Recommended number of participants: 20-100