

STDs: A Game of Risks

NHES Standard 7 Students will demonstrate the ability to practice health-enhancing behaviors and avoid or reduce risks.

Teacher Objectives

- Identify and describe symptoms, effects, and treatment for at least five different STDs.
- Create a plan to avoid the risks of contracting an STD.

Teaching Strategies

- To prepare students for this activity, choose one STD from the chapter and ask students to briefly describe the symptoms, long-term effects, and treatment for that STD. Write their answers on the board.
- After students have completed the game, discuss the consequences of contracting an STD. Ask students to identify ways to avoid these consequences. Then ask them to create individual self-management plans to avoid the risks associated with STDs.

Assessment

Using a rubric, student work should provide comprehensive evidence of the following criteria to achieve the highest score:

- ✓ Demonstrates health knowledge about STDs
- ✓ Identifies protective behaviors to avoid STDs
- ✓ Develops a plan to avoid the risk of contracting STDs

Hands-On **HEALTH**

Activity **STDs: A Game of Risks**

You'll play a game called "STDs: A Game of Risks" and create a plan for reducing your risk of contracting an STD.

What You'll Need

- 32 index cards
- black marker

What You'll Do

Step 1

Work in teams of five or six. Write "STD," "Symptoms," "Long-Term Effects," and "Treatment" on four index cards. Spread these category cards in a row on a table or desk.

Step 2

Take five more index cards and write the name of one STD on each. For each STD you choose, write the symptoms, long-term effects, and treatment on three more cards. When finished, shuffle the cards and place them upside down in a stack.

Step 3

At your teacher's signal, turn over one card at a time and place the card under the correct category card. Arrange the cards to align them with the correct STD.

Apply and Conclude

Create a plan to avoid STDs. Include specific steps you can take.

Checklist: Practicing Healthful Behaviors

- ✓ Demonstration of health knowledge about STDs
- ✓ Identification of protective behaviors to avoid STDs
- ✓ Step-by-step plan to avoid risks of contracting STDs
- ✓ Implementation of plan



Home and Community

Parent Involvement Ask students to talk with their parents or guardian about ways to help their teens avoid behaviors that put them at risk for STDs. Some suggestions are talking with the teens, helping to plan safe activities, and giving advice on how to handle negative pressure from peers. Parents and students might also access library or

online resources for ideas. They should work together to create guidelines. In the classroom, encourage students to pool their ideas and make a pamphlet that they can deliver to common locations in the community, such as libraries, grocery stores, and other places of business. Remind students to get permission to distribute the pamphlets.