

# AIDS/STD's: SMALL GROUP ACTIVITIES AND DISCUSSION

## **Group Activity (5 Minutes)**

Divide the class in half. Allow three minutes for both groups to compile a list of sexually transmitted diseases (by whatever names they know). Ask them to list all of the specific ways that you can become infected with each STD, and what are the ways to prevent infection. Ask students to write down the success rate of each method of prevention. Share the answers on the board.

## **SHOW THE VIDEO (16 Minutes)**

### **Small Group Questions (10 Minutes-5 per group, assign 3 or 4 questions)**

1. Did anyone in the video look like they had AIDS or a bad STD? Did that surprise you? What does that say about the people you know?
2. How can you tell if someone has AIDS or an STD?
3. Do you think you could get AIDS or an STD if you just date people you know?
4. Dr. Jordan says condoms are not safe sex. Do you and your friends agree?
5. If you knew a plane had a one in ten chance of crashing, would you still fly in it?
6. Is abstinence realistic? Why or why not?
7. What are the benefits of waiting until you are married (or choosing to no longer have sex until marriage), both physically and emotionally?

## **Group Activity (10 Minutes)**

Compare answers to #3. Statistically, there are a few people in every high school who have AIDS, and dozens who have STD's--even though they may not know it! Discuss #5. The point is that condoms are no safer than flying in a plane that has a one-in-ten crash rate. Share the answers to #7 and note that AIDS is not just a homosexual disease. All STD's are easily contracted through sex.

# AIDS/STD's: WRAP-UP

## **AIDS IS DEADLY AND YOU CAN CATCH IT EASILY!**

- Just because someone doesn't look like they have AIDS or an STD doesn't mean they don't! They might be carrying it and not even know it.
- Even people who practice "safe sex" are not safe at all. They still have a one in ten chance of getting AIDS if their partner is infected. That's like flying on an airline even though one in ten of their planes has crashed!
- Most STD's are treatable but incurable. Herpes and other diseases will follow you into marriage. They'll be with you and your spouse for the rest of your life.

## **THE ONLY KNOWN PERFECT PREVENTION OF AIDS AND STD'S IS NOT HAVING SEX!**

- Wait until you are married for sex. That's the best way to avoid AIDS and STD's, and to keep your marriage unique and special.
- If you've already had sex, you can start over and become a new virgin.

## **MAKE A PLAN TO AVOID PREMARITAL SEX.**

- Sexual temptation may be difficult now, but AIDS and STD's last forever!
- Plan your dates so that you can avoid sex. Don't set yourself up for a tempting situation by going over to his/her house when the parents aren't home, etc. If you need to, double date all of the time. That may help keep you out of bad situations.
- Date people who have the same convictions as you. Make your morals known to the people you date so that they don't have other expectations!

## **PEOPLE WITH AIDS NEED COMPASSION AND SUPPORT.**

- Many of them are dying, and not all of them got AIDS by their actions.
- Treat people who have AIDS with compassion and care, and try to imagine what it would be like to be in their situation.

# HOMEWORK: AIDS AND STD'S

## **HOMEWORK Project: What's Out There**

**Call your local public health clinic and ask to speak to a social worker. Explain that you are doing a paper on AIDS and STD's, and you need their help. See if you can go in and ask the following questions:**

1. In this community, what are the STD's that teenagers come into the clinic with, and what percentage of the teenage population do you think has each of those?
2. What are the problems that each STD causes?
3. What are the ways you can catch these diseases?
4. What are the chances of getting an STD the first time you have sex if your date is or has been sexually active?
5. What 100% sure method, other than abstinence, is there for protection against AIDS and STD's?
6. How easy is it to die from an STD--or does death only apply to AIDS?
7. What do you think about waiting until marriage to have sex?
8. What is a teenager supposed to do with their natural sexual desires?

**Based on the answers, create a skit with other students about the reality of STD's and AIDS in your community, or write a report about your findings. Recommend a plan to make your school aware of AIDS and STD's and abstinence!**

## **HOMEWORK Project: Condoms and Russian Roulette**

**Research Russian Roulette and any reports about condoms and AIDS (you can find the latter in recent journals of medicine.) Write a report comparing the chances of death in both. Consider the following:**

1. What is similar between the chances of death in both topics?
2. Summarize recent studies about AIDS and condoms.
3. Why would people have sex with a partner who might be infected if they knew a condom was not so safe after all? Is it a false sense of security?
4. What surprises you about the studies? Do you think public policy should change towards condoms?

**Design a poster campaign for your school showing the similarities between Russian Roulette and Safe Sex. Plan to make students aware of AIDS and other STD's. Make them aware of the fact that you don't really know who is carrying an STD. Encourage your peers to save sex for marriage!**