



PROJECT LIFE

Creating lifelong connections for youth.

A partnership with and funded by VDSS.

Sexual Education

Youth will increase their knowledge about sex, sexual behaviors, and sexually transmitted diseases.

Risk Prevention

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Sexual Education

<i>Age Range</i>	14+
<i>Skill Focus</i>	Youth will increase their knowledge of facts about sex, sexual behaviors, and sexually transmitted diseases.
<i>Group Size</i>	5+
<i>Time Required</i>	55 minutes
<i>Materials Needed</i>	<ul style="list-style-type: none"> - <i>Sexual Education Myth v. Fact Statements</i> - Container (box or bag) to hold statements - Index cards - Markers - <i>Overview of Sexually Transmitted Diseases Handout</i>
<i>Adapted From</i>	<p>Life Planning Education; Advocates for Youth, Washington, DC; stayteen.org/myths; Trisha Dawe, http://www.ehow.com/info_7882981_std-education-activities.html STD Information - http://www.greattowait.com/STDs.html</p>

Leader's Notes:

STD Web Activity	10 minutes
Myths and Facts	20 minutes
STD Overview	25 minutes
Final Thoughts	5 minutes

STD Web Activity (10 minutes)

STD Web Instructions:

- Draw one inconspicuous red dot on a blank index card and privately instruct one student to remain seated and not partake in the activity.
- Pass out one card to each student, including the marked card.
- Instruct each student to write the numbers one through four vertically on the card and gather a different signature from each of four classmates, next to each of the numbers.
- The first student should still sit quietly at his desk.
- After all index cards are completed (with the one exception), ask students to look for a small red dot on their card.
- The student with the red dot will be the first to speak the names on her card, while you write all the names in a web formation on the board.
- Ask the students whose names appear on the first card to state the names on their own card, and so on until you have placed all names on the board.
- Relate the activity to the manner in which STDs are transmitted through sexual activity and how quickly they are able to spread.
- The student asked not to participate will be the only person without a hypothetical STD

Myths and Facts (20 minutes)

*Note: Prior to workshop, leader should print and cut out statements listed on **Sexual Education Myths v. Facts** document. Statements should be put in a box or bag.*

Inform the group they will play a game to learn what is fact and fiction about sexuality.

Instructions for the game:

- The group will be divided into 2 separate teams.
- A member from the first team will draw a statement from the container and say whether it is fact or fiction; the youth can consult with his/her team before answering the question.
- The second team will then draw a statement.
- The game continues until all statements have been read.
- Each correct answer get 1 point.