

# Reproductive System

## Grade 7, Lessons #1

### Student Learning Objectives

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To be able to...

1. Describe the function of the terms on the Reproductive System Reference Sheet.
2. Identify reproductive organs.

### Activities

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#### Read the following:

The purpose of this unit is to discuss Sexual Health. People make healthier decisions when they have thought about what they believe and when they have correct information.

It is important to learn how to talk about sexuality ... so you can talk with your family, your doctor, and even help a friend.

Privacy means different things to each of us, and for each of us there are degrees or levels of privacy.

If you have very personal concerns you want to discuss, your teacher is available to refer you to the appropriate personnel. Contact your teacher.

When we talk about sexuality in school, we use medical/standard terms, as opposed to slang or baby-talk. That's why we need a unit like this! To get more comfortable talking seriously.

#### WORDS YOU WILL LEARN IN THIS UNIT:

Penis	Uterus
Breast	Gene
Scrotum	Touch
Vagina	Pregnancy
Conception	
Virus	
Condom	
Testis	
Ovum	
Sperm	

## Grade 7 Lesson 1

Let's discuss the relevance of the lesson to your lives.

We want you to work on how to take care of yourself. The first step is to understand how your own body and other peoples' bodies work. Before you can learn about how to keep a body system healthy, you have to understand how it is supposed to work, when it is healthy. You have studied other systems; today you will look at the reproductive system. You have studied how individual cells reproduce, and you have looked at simple life forms. It is time to look at reproduction in mammals, and humans in particular.

**Read the Reproductive System Reference Sheets 1-3 to learn the vocabulary about your body.**

## Reproductive System Reference Sheet

**Anus** – The opening in the buttocks from which bowel movements come when a person goes to the bathroom. It is part of the digestive system; it gets rid of body wastes.

**Buttocks** – The medical word for a person’s “bottom” or “rear end.”

**Cervix** – The opening of the uterus into the vagina.

**Circumcision** – An operation to remove the foreskin from the penis.

**Cowper’s Glands** – also called Bulbourethral Glands -- Glands on either side of the urethra that make a discharge which lines the urethra when a man gets an erection, making it less acid-like to protect the sperm.

**Clitoris** – The part of the female genitals that’s full of nerves and becomes erect. It has a glans and a shaft like the penis, but only its glans is on the outside of the body, and it’s much smaller.

**Discharge** – Liquid. Urine and semen are kinds of discharge, but the word is usually used to describe either the normal wetness of the vagina or the abnormal wetness that may come from an infection in the penis or vagina.

**Duct** – Tube, the fallopian tubes may be called oviducts, because they are the path for an ovum. The vas deferens may be called sperm ducts, because they are the path for a sperm.

**Ejaculation** – The release of semen from the penis.

**Epididymis** – The coiled tubes, behind the testicles, where sperm mature, and are stored.

**Erection** – The penis or clitoris filling with blood and becoming larger and harder.

**Fallopian Tubes** – The ducts that carry an ovum from the ovary to the uterus.

**Fimbria** – The finger-like parts on the end of each fallopian tube which find an ovum and sweep it into the tube.

**Foreskin** – The sleeve of skin around the glans of the penis. It is sometimes removed by circumcision.

## Grade 7 Lesson 1

**Genitals** – The parts of the reproductive system on the outside of a person’s body. The female genitals may also be called the vulva.

**Glands** – The parts of the body which produce important fluids (hormones, sweat, urine, semen, saliva, etc.) or cells (sperm, eggs, white blood cells, etc.).

**Glans** – The head of the penis or clitoris. It is full of nerve endings.

**Gonads** – The sex glands. Female gonads are called ovaries. Male gonads are called testicles. Gonads make sex cells (eggs and sperm) and sex hormones. They are part of *both* the reproductive and endocrine systems.

**Hormones** – Natural chemicals made by many glands, which flow, along with blood, through the bloodstream. They are messengers which help the body work properly.

**Hymen** – The thin skin that partly covers the opening to the vagina in some females.

**Labia** – The folds of skin in the female genitals that protect openings to the urethra and vagina.

**Labia Majora** – The larger, outer set of labia.

**Labia Minora** – The smaller, inner set of labia.

**Menstruation** – The lining of the uterus emptying out. It is sometimes called “having a period.”

**Nocturnal Emission** – Ejaculation of semen during sleep. It is sometimes called a “wet dream.”

**Ovaries** – Female gonads. They are glands on either side of the uterus where egg cells are stored and female hormones are made. The singular is *ovary*.

**Ovulation** – The release of an ovum from the ovary.

**Ovum** – The cell from a woman or girl that can start a pregnancy when it joins with sperm cell. It is sometimes called an “egg cell.” The plural is *ova*.

**Penis** – The organ of the male genitals which is sometimes circumcised. It is made of a shaft and a glans, and partly covered at birth by a foreskin. It is used for urination and ejaculation.

**Prostate Gland** – A gland under the bladder that makes some of the liquid part of semen.

## Grade 7 Lesson 1

**Reproduction** – Making more of something. In humans it means making babies (more humans).

**Scrotum** – The sac that holds the testes and controls their temperature.

**Semen** – The thick, whitish liquid which carries sperm cells.

**Seminal Vesicles** – Glands on each vas deferens that make some of the liquid part of semen.

**Sexual Intercourse** – The kind of sex when the penis is in the vagina. Also called “vaginal intercourse,” because oral sex and anal sex may be considered intercourse, too. Usually during vaginal intercourse the male ejaculates and this is how most pregnancies begin.

**Sexuality** – The part of us that has to do with being male or female, masculine or feminine or some of both, being able to trust, liking and respecting ourselves and others, needing and enjoying touch and closeness, and reproducing (making babies).

**Shaft** – The long part of the penis or clitoris. (The shaft of the clitoris is inside of the body.)

**Sperm** – The cell from a man or boy that can start a pregnancy when it joins with an ovum.

**Testicles** – Male gonads. They are glands in the scrotum that make sperm and male hormones. They are sometimes called testes; the singular is testis.

**Urethra** – The tube that carries urine out of the body. In males, it also carries semen, but not at the same time.

**Urine** – Liquid waste that is made in the kidneys and stored in the bladder. It is released through the urethra, when we go to the bathroom. Urine is not the same as semen.

**Uterus** – The organ where an embryo/fetus (developing baby) grows for nine months. Sometimes it is called the “womb.”

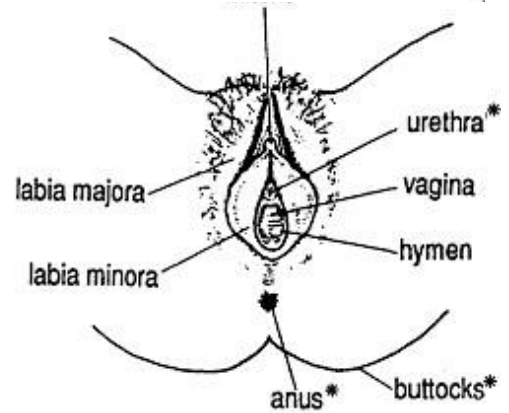
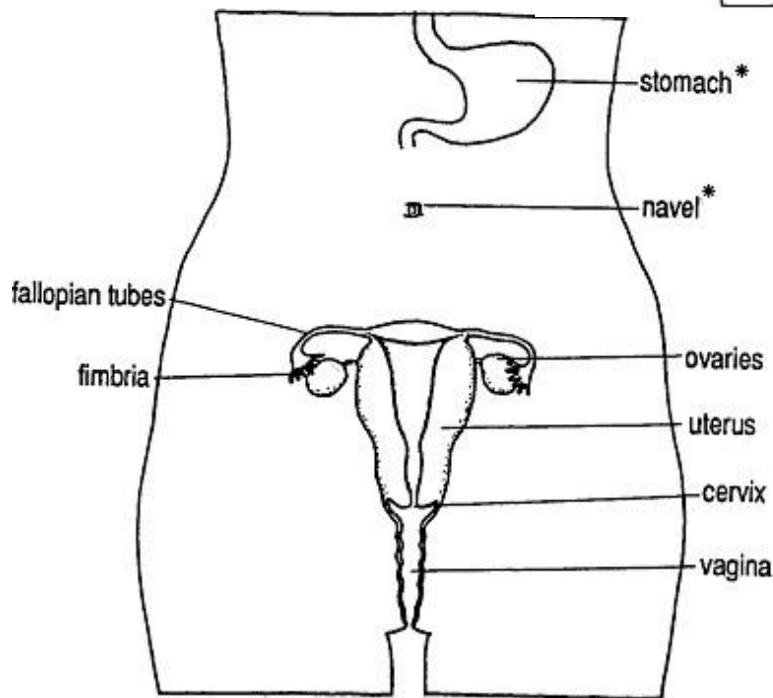
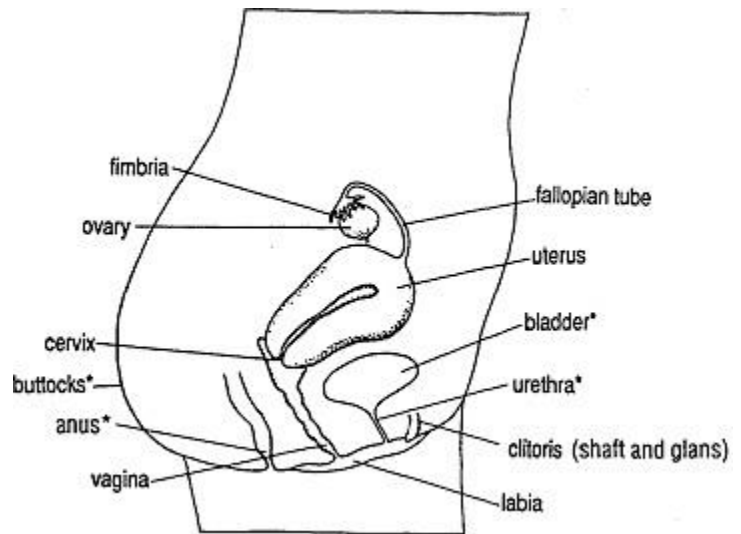
**Vagina** – The tube leading from the uterus to the outside of the female’s body. It is the middle of the three openings in her private parts.

**Vas Deferens** – The tube that carries sperm from the epididymis up into the male’s body. The plural is vasa deferens.

**Vulva** – Another word for female genitals.

# Reproductive System Reference Sheet

## The Female

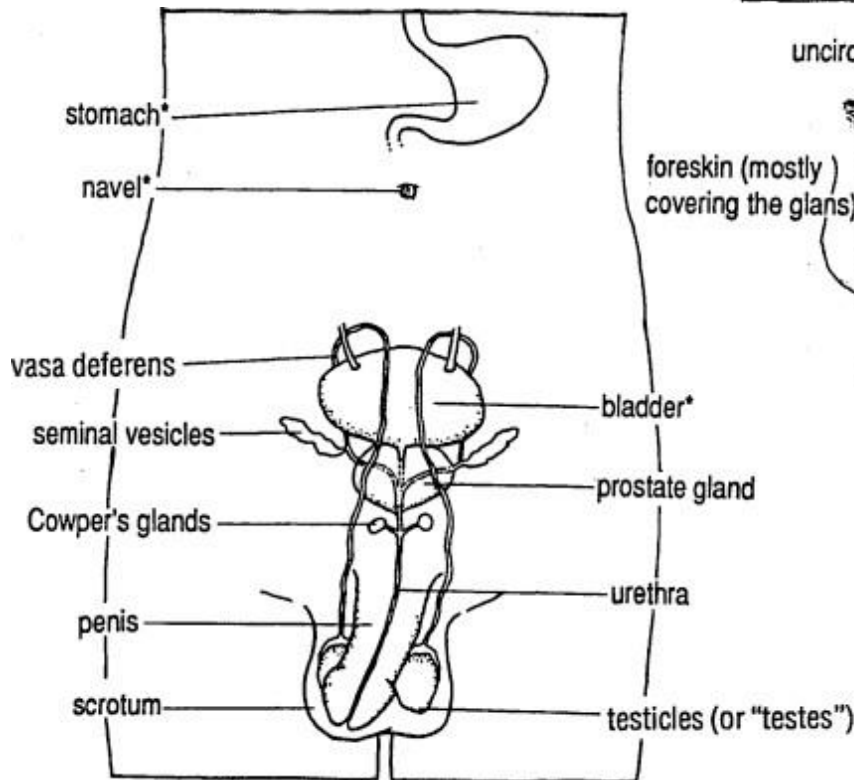
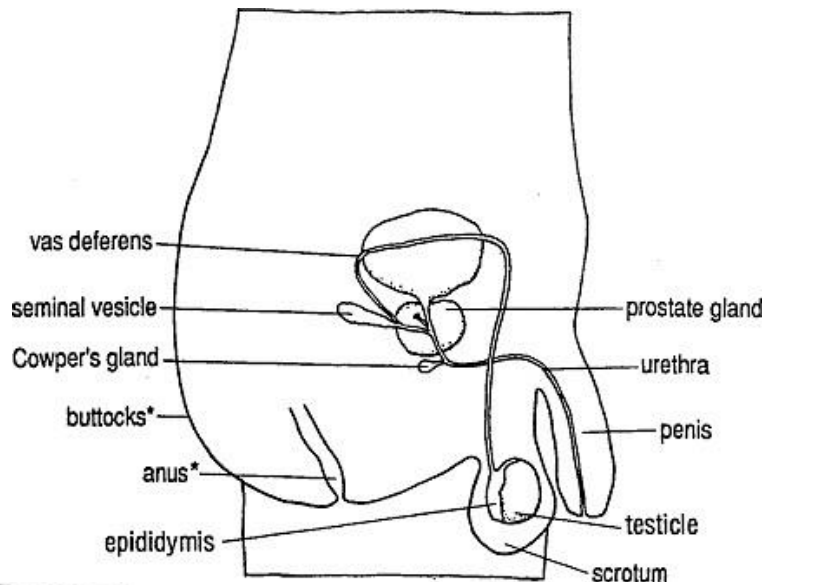


## Female genitals or “vulva”

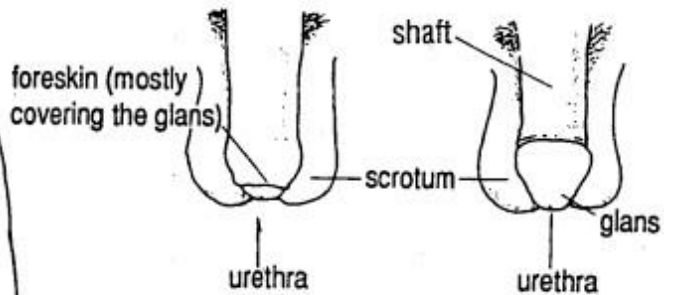
\*not part of reproductive system

# Reproductive System Reference Sheet

## The male



uncircumcised penis      circumcised penis



## Male genitals

\*not part of reproductive system

**NOTE:** The Cowper's Glands are also known as Bulbourethral Glands. Medicine is gradually moving away from using the names of scientists to describe body parts.

# Sexually Transmitted Diseases

## Grades 7, Lesson #2

### **Student Learning Objectives:**

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To be able to...

1. Name the STDs
2. Know the early symptoms of STDs and know that STDs may be asymptomatic (no symptoms)
3. Know critical health behaviors that should follow a suspicion of infection
4. Know that some STDs are life-threatening, and others can have serious consequences
5. Know effective ways of reducing one's STD risk
6. Know the STDs that can be prevented by getting vaccinated.

### **Activities**

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#### **Read the following:**

The preferred term is now sexually transmitted infection (STI). Infection is used instead of disease because many infections don't cause disease; they are asymptomatic (no symptoms) and don't always cause adverse reactions. But the term is less widely recognized by the public than STD. Some professionals now prefer the term reproductive tract infection (RTI), because not all the ailments in our genitals are transmitted sexually. But this leaves out oral and anal manifestations of diseases. We use the term sexually transmitted disease (STD) to describe all the kinds of organisms that are frequently or exclusively communicated through oral, anal and/or vaginal sex.

In this lesson you will look at ways of getting infections. Many people catch infections of the reproductive system by having sex with someone else who has them. You may not be sexually active now. For some teens, it may be several years... even ten or fifteen years from now. But you will want to know this information eventually, even if it's just to act as a health educator for friends and family.



**Read the information below and complete the STD Reference Sheet. Submit completed assignments to your teacher.**

1. There are more than **30** different STDs.

**Explanation/Note:** We discover new ones all the time; eight have been discovered since 1980. Others have been around for thousands of years, like syphilis. Some only affect people with compromised immune systems, like persons with HIV or fetuses during birth. Some are very rare in the United States. Today we will focus on just 13 diseases.

2. The most common STDs:

- ◆ **Chlamydia**
- ◆ **Trichomoniasis**
- ◆ **Genital Herpes**
- ◆ **HPV**
- ◆ **CMV** is actually the most prevalent infection. However, many people have it, while very few get sick from it. It's primarily dangerous to babies and people with already-weakened immune systems, such as those with HIV.

3. Some infections that seem like STDs are usually *not* spread by sex.

- ◆ **yeast infections**
- ◆ **jock itch**
- ◆ **bacterial vaginosis**
- ◆ **mononucleosis**

**Note:** Yeast, jock itch and BV could theoretically be spread sexually, but that's not the primary way they are spread. Mononucleosis is a virus that is passed by saliva and has been called the "kissing disease" but it isn't considered an STD. It is also passed by sharing straws and eating utensils.

4. These STDs can be life threatening:

- ◆ **Syphilis**
- ◆ **Hepatitis B & C**
- ◆ **HIV**
- ◆ **HPV**

**Note:** Pelvic Inflammatory Disease (PID) is commonly caused by chlamydia or gonorrhea. PID can leave scarring in the fallopian tubes, which can in turn lead to an ectopic pregnancy (also called tubal pregnancy). An ectopic pregnancy, if it were to rupture, could also be fatal. But that's a lot of "ifs."

5. Serious consequences can happen from some STDs? These include death, infertility [not being able to have a baby biologically or to get someone pregnant], cancer of the cervix, chronic pain [pain that doesn't go away], blindness, and brain damage).

**Note:** Some of these consequences can be avoided completely or delayed significantly if identified and treated early.

6. These STDs have no cure.

- ◆ **Hepatitis B**
- ◆ **Hepatitis C (this has changed recently and in MOST cases there is a cure)**
- ◆ **Genital Herpes**
- ◆ **HIV**
- ◆ **HPV**
- ◆ **CPV**

**Explanation/Note:** What these STDs have in common is that they are all viruses. Scientists are not sure how viruses work, so they are difficult to cure. All of these STDs can be treated with medication, but not cured.

(Although there's no medical cure for them, viruses such as Hepatitis B and HPV sometimes clear from the body naturally. This is similar to how your body eventually clears a cold virus.)

7. Who can get the HPV (human papilloma virus) vaccine and what does it do?

- ◆ **People ages 9 to 26 years old**
- ◆ **Prevents most cases of genital warts and cervical cancer**

**Explanation/Note:** **HPV vaccine** is recommended for every 11 or 12 year old girl and all teenage girls and young women should get it, if they haven't already. It's also available for boys and men between ages 9 and 26. Ideally, the vaccine is administered before onset of sexual activity -- before people are exposed to the viruses -- but people who are already sexually active

can still be vaccinated.

There is also a **vaccine for Hep B**, and it is recommended for all babies, children and teens 19 years of age or younger. Many people will have already received three doses of the Hepatitis B vaccine as part of childhood immunizations. If not, it is never too late to receive this vaccine. The vaccine helps to prevent people from getting the disease or having serious symptoms.

8. These STDs can have no symptoms.

- ◆ **Scabies**
- ◆ **Pubic lice**

**Explanation/Note:** A person will definitely notice intense itching and bumps or a rash with scabies. With pubic lice, they'll notice intense itching and tiny white nits (eggs) on pubic hair. They may or may not see the actual lice; lice move fast.

With other STDs, symptoms may be obvious, or they may be subtle and tough to identify. Some take years to show up. Sometimes symptoms never show up.

9. Can a person feel fine and look healthy and clean and still have an STD? **Yes, they can have no symptoms and they might still be contagious.**

**Explanation/Note:** In fact, that's often the reason they *are* spread. The person doesn't realize they have an infection. Even if a person *does* get symptoms, the symptoms may go away, although the person is still infected and can still pass on the germs. Genital warts and herpes sores both disappear, for instance, even though the disease is still in the person's body.

10. The most common, early symptoms of STDs ... if people DO have symptoms...are:

- ◆ **Sores**
- ◆ **Bumps**
- ◆ **Itching**
- ◆ **Unusual discharge**
- ◆ **Pain in your lower abdomen (belly)**

♦ **Burning (with urination)**

**Explanation/Note:** Sores can be a symptom, whether they hurt or not. **Discharge** is a symptom only if it is unusual. In men, liquid other than urine or semen coming from the penis is abnormal. For men and women, any liquid besides feces [poop] coming out of the anus can be a symptom. For a woman, unhealthy discharge could be liquid coming from the vagina that is clearly not her normal, healthy wetness, like if it has a different odor than usual, if it's yellow or greenish instead of clear or white, if it is lumpy instead of smooth, or if there is blood when she is not menstruating.

11. The best (most certain) ways people can protect themselves and their partners from getting or giving an STD are:
  - ♦ Not having oral, anal, or vaginal sex (This is called abstinence and it is safest.) **Note:** Abstinence refers to reframing from ANY risky behavior and can start at any time.
  - ♦ Only having sex with one other person, who only has sex with them, ever. (In a marriage or a long-term partner relationship where they have had years to build trust.)
  - ♦ Using a condom correctly every time they have sex.
12. People can't get STDs by hugging, holding hands, cuddling with clothes on, dancing, playing football, brushing someone's hair, etc.
13. If a person thinks he or she might have an STD, he or she should:
  - ♦ Go to a doctor or go to a clinic or get a check-up  
People need to ask the doctor or other provider what infections they tested them for and the results for *each* STD that was tested. If the result of one STD test is negative, it doesn't mean that other results are negative as well or that the person was tested for every possible STD.
  - ♦ Tell their partners. That means anyone with whom he or she has had sex ... and encourages them to get tested, too.  
**Important to add:** If there is a power difference between the two people (like if the boyfriend or girlfriend is a lot older), or if the boyfriend or girlfriend has been violent in the past, or if it's just too scary to talk with them about the fact that they might have an infection, there are people at Public Health who can talk with your partner *for* you. And they don't say the name of the person who suggested they call.
  - ♦ Stop having sex until a doctor says it's OK. **Note:** Sometimes a person needs to be retested to make sure the medicine worked, even for those that are curable.

- ◆ **It's important to remember that abstinence (from oral, anal and vaginal intercourse) protects from all diseases almost 100% of the time. This assumes that there is no needle sharing, and not counting things like public lice that can be passed on bedding. After, abstinence, the next best protection is condoms.**
  
- ◆ **Condoms do protect very well against diseases that are spread through semen, vaginal fluids and blood. They are less effective for diseases that are spread skin-to-skin or, like lice, hair-to-hair. A herpes sore or a genital wart, for instance, might be on a person's scrotum, labia or anus, where as a condom just wouldn't cover it. Or they could shed virus there, even when there was no sore or wart visible. NO DISEASES TRAVEL THROUGH LATEX OR POLYURETHANE.**

For accurate, up-to-date STD information aimed at teens, these resources are available:

- ◆ Sex, Etc., a project of Answer (at Rutgers University): [www.sexetc.org](http://www.sexetc.org)
- ◆ Teen Talk
- ◆ [Advocatesforyouth.org](http://Advocatesforyouth.org)
- ◆ [Amaze.org](http://Amaze.org)
- ◆ Florida Department of Health in Broward County  
954-467-4700 or [www.broward.floridahealth.gov](http://www.broward.floridahealth.gov)
- ◆ [Getprepbroward.com](http://Getprepbroward.com)
- ◆ [Browardschools.com/Page/32879](http://Browardschools.com/Page/32879)
- ◆ [Cdc.gov](http://Cdc.gov)

# Sexually Transmitted Disease (STD)

## Reference Sheet

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Directions: Complete the Reference Sheet. A Sexually Transmitted Disease (STD) is ANY infection people commonly get by having sex with someone who has it.

1. There are more than \_\_\_\_\_ different STDs.

2. What are the five most common STDs:

- Chlamydia
- Gonorrhea
- Syphilis
- Pubic Lice
- Scabies
- Trichomoniasis
- Hepatitis B and C (also called HBV and HCV)
- Genital Herpes (caused by Herpes Simplex Virus 1 or 2)
- HPV (the virus that sometimes causes genital warts)
- CMV (Cytomegalovirus)
- HIV Disease (the last stage of which is AIDS)

3. What are some infections that seem like STDs but in fact are usually *not* spread by sex?

- ♦ Y \_\_\_\_\_ | \_\_\_\_\_
- ♦ J \_\_\_\_\_ | \_\_\_\_\_
- ♦ B \_\_\_\_\_ V \_\_\_\_\_
- ♦ M \_\_\_\_\_

4. What 4 STDs can be life threatening?

5. What serious consequences can happen from some STDs?

- |                      |               |
|----------------------|---------------|
| Death                | Blindness     |
| Infertility          | Brain Damage  |
| Cancer of the cervix | All of these  |
| Pain                 | None of these |

6. What STDs have no cure?

- ♦ \_\_\_\_\_ & \_\_\_\_\_
- ♦ \_\_\_\_\_
- ♦ \_\_\_\_\_

7. Who can get the HPV vaccine and what does it do?

- ♦ \_\_\_\_\_ ages \_\_\_\_\_ to \_\_\_\_\_ years old
- ♦ Prevents most cases of \_\_\_\_\_ & \_\_\_\_\_

Grade 7 Lesson 2

8. Which STDs can have no symptoms? ALL OF THEM except:

- ◆ \_\_\_\_\_
- ◆ \_\_\_\_\_

9. Can a person feel fine and look healthy and clean and still have an STD?

- \_ Yes, they can have no symptoms and they might still be contagious
- \_ Yes, but they can't give it to anyone else unless they have symptoms
- \_ No, they must have symptoms

10. What are the most common early symptoms of STDs ... if people DO have symptoms?

- ◆ \_\_\_\_\_
- ◆ \_\_\_\_\_
- ◆ \_\_\_\_\_ing
- ◆ \_\_\_\_\_ing
- ◆ unusual \_\_\_\_\_
- ◆ \_\_\_\_\_ in the abdomen (belly)

11. The best (most certain) ways people can protect themselves and their partners from getting or giving an STD are:

- ◆ Not having oral, anal, or vaginal sex (This is called \_\_\_\_\_ and it is safest.)
- ◆ Only having sex with \_\_\_\_\_ other person, who only has sex with them, ever. (In a marriage or a long-term partner relationship where they have had years to build trust.)
- ◆ Using a \_\_\_\_\_ every time they have sex.

12. It also cuts down people's risk if they:

- ◆ Limit the \_\_\_\_\_ of people they have sex with in their lives.
- ◆ Go to the doctor, regularly, if they are having sex, and ask for a thorough STD\_ \_\_\_\_\_.
- ◆ Do not \_\_\_\_\_ (wash out the vagina) or use an \_\_\_\_\_ (wash out the rectum) before or after having sex.

13. People \_\_\_\_\_ get STDs by hugging, holding hands, cuddling with clothes on, dancing, playing football, brushing someone's hair, etc.

14. If a person thinks he or she might have an STD, he or she should:

- ◆ \_\_\_\_\_
- ◆ \_\_\_\_\_
- ◆ \_\_\_\_\_



15. Scientists learn more about STDs all the time. It is hard to keep up with the changing information. When friends tell you things, they may be unclear or even wrong. Radio, TV, and newspaper reports may be incomplete or unclear, making things more confusing. So where can you go to find out the most up-to-date answers about STDs?

Trustworthy Telephone Hotlines include:

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Trustworthy Websites include:

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Don't blindly trust rumors. Check them out. Even teachers and doctors make mistakes!

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# HIV/AIDS: Basic Facts

Grade 7, Lesson #3

## Student Learning Objectives

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To be able to ...

1. Describe how the human immunodeficiency virus (HIV) affects the immune system.
2. Name the four body fluids that transmit HIV.
3. Know the three most common ways that HIV is transmitted.
4. Define abstinence.
5. Understand the role of condoms in the prevention of sexually transmitted diseases (STDs).

## Activities

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### Read the following:

We've talked about STD's and Reproductive Health. In this lesson, you will be learning about HIV and AIDS.

The letters H I V stand for:

**Human Immunodeficiency Virus.**

- **Human** refers to people not to animals or insects. Only people can have HIV.
- **Immunodeficiency** is the words —immune and —deficiency smashed together into a compound word.  
Your immune system is made up of the parts of the body that fight infections  
A deficiency is not enough of something.  
So **immunodeficiency** is not enough ability to fight infection.
- A **virus** is a very small kind of a germ.

There are two important parts of the immune system to understand to make sense of HIV.

A T-cell is a specific kind of a white blood cell that is the boss or —conductor of the immune system. HIV attacks and kills T-cells. They are called T-cells because they mature in the thymus gland, which is between your lungs.

An antibody is one of the fighters of the immune system. HIV antibodies try to kill

off HIV. They do kill some. They never kill them all. Antibodies are made by B-cells (made in bone marrow), which are told what to do by T-cells. When too many T-cells die, there is no —**boss to tell the B-cells what to do.**

Four body fluids can transmit HIV

Transmit, Blood, Semen, Vaginal Fluids, Breast Milk

- To transmit a germ is to pass or carry it from one person to another.
- Semen is the fluid that carries sperm.
- Vaginal fluid is the fluid in a woman's vagina.

There are other body fluids from which people do not catch HIV

Spit/Saliva, Pee/Urine, Sweat, Tears.

If the saliva or urine were bloody, HIV might be transmitted.

Here is an example. Student X has HIV. They might have gotten infected in one of the three most common ways that people get infected with HIV.

Having sex without a condom, sharing a needle, or a mother who was already infected with the virus, during pregnancy, birth, or while breastfeeding.

The letters A I D S stand for:

Acquired Immune Deficiency Syndrome

- To acquire is to get or catch. HIV is something that you can only get from someone who has the infection. It's not in your genes.
- Immune refers to your immune system (the parts of the body that fight infections.)
- Deficiency is not enough of something.
- A syndrome is a collection of symptoms (what people feel) and signs (what can be seen or measured – like a temperature).

AIDS is the last stage of HIV infection when HIV (a virus that you get from other people) has destroyed so much of a person's immune system that their immune system doesn't have the ability to fight infections, and they start to have a variety of signs and symptoms and dangerous diseases.

**Read the information below and complete the HIV Review Questions that follow. Submit completed assignments to your teacher.**

**The job of the immune system** *is to help the body fight off infections and other diseases. It helps keep a person healthy.*

**Human Immunodeficiency Virus (HIV)** is the virus that causes AIDS. It attacks the body's immune system. Over time, HIV gradually destroys the body's ability to fight off infection and disease. Then people are more likely to get infections and cancers that would not normally develop in healthy people

**Acquired Immune Deficiency Syndrome (AIDS)** is the last stage of HIV infection, when a person's immune system doesn't work very well anymore.

**This is what could happen to a person with HIV/AIDS.**

- If a person gets infected with HIV, generally he or she will still live for many years even without starting treatment, (unless he gets hit by a car or she dies for some other reason like a heart attack) but people with HIV need to have their health monitored and to start treatment before their immune system is severely weakened.
- Soon after he gets infected, his body's immune system will start to fight HIV.
- His immune system will make antibodies to try to fight the virus (which become detectable in blood tests usually within 1-3 months), but the antibodies won't be able to kill all HIV (antibodies are special cells in the blood that fight infection.)
- Then, probably for years (on average 8-11 years, but usually a lot longer with treatment), she will NOT have any symptoms showing that she's infected. She'll feel fine and healthy and will keep going to work or school. This is called being "asymptomatic." During that time, a person with HIV can still transmit the virus to other people even though he feels fine.
- Finally, without effective treatment HIV will eventually damage his immune system so that it is seriously weak. At this point, he may start to get other infections and conditions that he just can't fight off very well. The doctor may say that his HIV infection is now called "AIDS".
- Finally, she may die from some condition her body can no longer fight off. The average person, once he gets diagnosed as having AIDS, lives another two- three years or so without effective treatment. With treatment, most people with HIV can live much longer, perhaps as long as non-infected persons. But once treatment for HIV begins it will need

to be strictly adhered to for the rest of the person's life.

**What are four fluids known to transmit the virus?**

- Blood
- Semen
- Vaginal fluids
- Breast milk

**What are the two most common ways that HIV transmission occurs?**

1. Unprotected sex with an infected partner. Sex means oral, anal or vaginal intercourse. All three types of intercourse can transmit HIV. (Note: Please refer to trusted adult for definition.)
2. Sharing needles to use drugs.

**What are other ways that HIV transmission occurs?**

- If a woman is infected with HIV, she can give it to her baby during pregnancy or birth, or by breastfeeding. However, except for moms who have HIV, breastfeeding is the healthiest way to feed a baby.
- Doctors, nurses, or other health care workers can be infected with HIV if they get stuck by an HIV-contaminated needle or get HIV-infected blood in their eyes or in cuts.
- It is very rare for a patient to get infected with HIV from receiving HIV-infected blood during an operation or receiving an organ from a person infected with HIV. This was a bigger problem before the U.S. began testing the blood and organ supply in 1985. It is still a problem in countries that cannot afford to test their blood and organ supply. This is important to know if you travel to one of these countries.
- It is theoretically possible to get HIV from sharing needles for tattoos or piercings. There are no known cases of these two modes of transmission; however, hepatitis B and C have been transmitted those ways. People should never share needles - period. It is safest to have piercing and tattooing done by a professional who follows proper equipment cleaning procedures.
- Steroids, like mind-altering drugs, are sometimes taken through needles. Sharing needles could transmit HIV and other viruses.

**What are some ways that HIV is not transmitted?**

- *Donating blood*
- *Sitting on a toilet seat*
- *Shaking hands*
- *Hugging*

## Grade 7 Lesson 3

- Sneezing
- Being bitten by a mosquito
- Sharing eating utensils, food, or objects handled by people with HIV
- Spending time in the same house, school, or public place with a person with HIV

### **Can kissing transmit HIV?**

- In the twenty-plus years of the HIV/AIDS epidemic, there has only been one case of HIV transmission thought to be from kissing. Both people in this case had lots of bleeding from their gums and other sores in their mouths

### **What is the only 100% safe way to protect oneself?**

- Abstinence from injection drugs and all forms of sexual behavior

### **What is abstinence?**

- Abstinence is a fancy word for choosing not to do something.
- People can decide to abstain from all kinds of things: chocolate, cigarettes, sex, TV, meat and so forth. When people decide to abstain from something, it may be a temporary or long-term decision.
- Even if a person is engaging in a particular activity, abstinence can be started at any time.

### **How can people find out if they are infected with HIV?**

- They can get a blood test – or, in some places, an oral test where they swab their mouth -- that checks for antibodies to HIV.
- Almost everybody with HIV has enough antibodies to show up on a test within three months from the time he or she got infected.
- Most people who are infected feel fine for years, so they don't think of getting tested. Some doctors won't do the test unless the patient specifically asks. However, more and more doctors are now making HIV tests a part of a regular office visit, as recommended by the CDC.<sup>8</sup> So if your doctor asks you to take an HIV test, it does not mean your doctor assumes you have it. He or she is simply following guidelines for good health.
- Generally, people of any age can get tested confidentially at Public Health Department clinics, doctors' offices, and teen clinics.

### **Most people have sex some time in their lives. What should they know in order to protect themselves?**

- Condoms greatly reduce the risk of pregnancy as well as HIV and other STDs. Condoms are very effective when used correctly every time people have sex that involves a penis.

## Grade 7 Lesson 3

- Many birth control methods are very effective at preventing pregnancy, but only condoms and abstinence protect against HIV and other STDs. Some people use condoms with another birth control method to protect themselves against pregnancy AND disease.
- Dental dams (barriers) are rectangular pieces of latex used to protect both partners when oral sex is performed on the genitals or anus.
- The fewer partners a person has in their life and the longer they delay beginning to have sex, the lower their risk of getting or giving HIV or other STDs.
- It is safest to practice monogamy with an uninfected partner. Monogamy is when two people have sex ONLY with each other. Before beginning a new monogamous relationship, if either person has taken risks in the past, they should get tested to be sure they are not already infected. Remember, a person who says he or she is monogamous is not the same as that person being monogamous. Be sure you can trust your partner.

***Remember that HIV is preventable.***

# HIV Review Questions

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**Directions:** Answer the questions. Submit completed assignment to your teacher.

- A. What is the job of the immune system?**
  
- B. What is HIV?**
  
- C. What is AIDS?**
  
- D. What happens to a person who has HIV?**
  
- E. What are the four fluids known to transmit the virus?**
  
- F. What are the two most common ways that HIV transmission occurs?**
  
- G. What are other ways that HIV transmission occurs?**
  
- H. What are some ways that HIV is not transmitted?**
  
- I. Can kissing transmit HIV?**
  
- J. What is the only 100% safe way to protect oneself?**
  
- K. What is abstinence?**
  
- L. TV and movies make sex and drugs look so good, why would anyone ever abstain?**
  
- M. How can people find out if they are infected with HIV?**
  
- N. Most people have sex some time in their lives. What should they know in order to protect themselves?**

# Touch & Abstinence

## Grade 7, Lesson #4

### Student Learning Objectives:

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To be able to...

1. Explain, that touch is a basic human need.
2. Distinguish healthy, constructive touch from risky or destructive touch.
3. Distinguish among nurturing, affectionate, sexual, violent and exploitive touch.
4. Define abstinence and list reasons for choosing it.

### Activities

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**Read the following:**

There are two ways people make decisions. One decision we all have to make over and over throughout our lives — is what kinds of touch we want, when, with whom and under what circumstances.

You have learned about sexual abuse in previous lessons. As you get older, touching can get harder to figure out. That is what this lesson is about.

**Read the Touch Reference Sheet and write your answers on the Touch Worksheet.  
Submit completed assignments to your teacher.**



# Touch Reference Sheet

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## FIVE BASIC KINDS OF TOUCH

**NURTURING TOUCH** = Comforting touch, mostly for the sake of the one being touched.

Examples: Neck rub, pat on the back, hugs of appreciation, brushing someone's hair, holding a crying person, caressing a sick person's hand, petting an animal.

**AFFECTIONATE TOUCH** = More equally balanced between the two persons. Shows affection, caring, joy.

Examples: Brief hugs, brief kisses, holding hands, rubbing shoulders, high-five after a winning game, some rough-housing, some dancing.

**SEXUAL TOUCH** = May last longer, be softer, involve sexual parts of the body, though not always.

Examples: Longer hugs or kisses, sexual intercourse, some massage, some dancing.

**VIOLENT TOUCH** = Touch that physically hurts someone. Shows anger or power.

Examples: Slapping or shoving someone in an argument, boxing or tackling for sport, spanking a child for discipline.

**EXPLOITATIVE TOUCH** = Mostly for the sake of the one doing the touching. One person may feel tricked, teased, pushed, threatened, forced, or —talked into touching. No one deserves to be treated this way.

Examples: Child sexual abuse, being teased into touch by your friends, being pinched on a private part by a person on the street, being touched roughly when you expected gentleness, being forced into sexual touch by someone you go out with.

**BELIEFS ... Every family, culture, and religion has its own beliefs about each kind of touch.**

**Touch Reference Sheet** (continued)

**A Bill of Rights**

You have a right to like touching one person and not another. (Just because you hugged your aunt, doesn't mean you have to want to hug your cousin.)

You have a right to like some kinds of touch and not others. (Just because you wanted to kiss, doesn't mean you have to want to hold hands.)

You have a right to change your mind. (Just because you hugged your friend yesterday, doesn't mean you have to now.)

You have a right to not have a reason ... just to choose not to touch or be touched without any explanation.

You have a right to need touch even when you are:

- Elderly
- Single
- Disabled
- A teenager
- Married

**A Bill of Wrongs**

You have a right to ask for touch, but you **never** have a right to:

- **Push** (if he/she says —no three times, you're pushing)
- **Threaten** (—If you don't, I'll break up with you/slap you/kill myself/tell other people you did it anyway)
- **Bargain for touch** (—I'll pay for expensive dates. —I'll be your girlfriend/boyfriend. —I'll take you to Homecoming! —I'll stop teasing you.)
- **Put a person down for saying "no"** (—What's wrong with you? —You're chicken/a wimp/a baby. —You think you're too good!)

**Did you know that...**

- Touch can lift depression, help the body's immune system fight disease, and help a sick person heal more quickly.
- Touch can increase the amount of hemoglobin in the blood, sending more oxygen to your heart and brain.
- Touch can release chemicals called endorphins into your blood and endorphins are a natural pain killer.
- YOU DESERVE GOOD TOUCH!!

# Touch Worksheet 1: 15 Reasons People Sometimes Touch

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Begin each reason with —Because ...— or —In order to ...—

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_
6. \_\_\_\_\_
7. \_\_\_\_\_
8. \_\_\_\_\_
9. \_\_\_\_\_
10. \_\_\_\_\_
11. \_\_\_\_\_
12. \_\_\_\_\_
13. \_\_\_\_\_
14. \_\_\_\_\_
15. \_\_\_\_\_