

## Teen Health Course 3

### Chapter 18 Communicable Diseases

#### VIDEO SUMMARY

In the video, Dr. Thomas Lehner talks about some of the most common STDs and their effects on your physical health. He also shows how STDs can affect your social health and future relationships. Finally, Dr. Lehner discusses how the media can influence your decisions about sexual activity and what you can do to avoid contracting an STD.

[Click here to watch video; 00:06:05](#)



#### Discussion Questions

1. According to the video, what are the most common sexually transmitted diseases? Which are bacterial and which are viral?  
*Chlamydia, gonorrhea, syphilis (bacterial); herpes, HPV, and HIV (viral).*
2. What are the long-term effects of common sexually transmitted diseases?  
*Infertility, impaired immune function, death; also social/emotional effects such as depression.*
3. What is the best way to avoid contracting an STD?  
*The best way to avoid contracting an STD is to practice abstinence.*

## Activity

### OBJECTIVE

Students will research an STD and create visual materials to share their findings.

*Skill Summary:* Practicing Healthful Behaviors; Refusal Skills; Advocacy

### MATERIALS

- Internet access for research; library resources
- Paper and drawing supplies

### PROCEDURES

1. Form small groups and assign each group one sexually transmitted disease to research.
2. Have students create a tri-fold flyer that describes the symptoms of the disease, how it is contracted, short-term and long-term health consequences of the disease, how it is treated, and ways to avoid contracting the disease.
3. Distribute flyers to other classes or grade levels, or place flyers in the nurse's office for students to access.

### EXTENSION

Contact and visit a local youth center or a health clinic that treats teens for sexually transmitted diseases to discuss the real-life implications of STDs.

### WEB LINKS AND ADDITIONAL GLENCOE RESOURCES

- STDs are just one form of communicable disease. Learn more about another common communicable disease at [KidsHealth.org](http://KidsHealth.org).
- This teen newsletter from the [U.S. Department of Health and Human Services](http://U.S. Department of Health and Human Services) addresses frequently asked questions about STDs.



Go to [Fitness Zone Online](#) for additional [fitness activities](#), [videos](#), and [podcasts](#).

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After you have watched the video, write your responses to these questions.

1. According to the video, what are the most common sexually transmitted diseases?

Which are bacterial and which are viral? \_\_\_\_\_

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2. What are the long-term effects of common sexually transmitted diseases?

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3. What is the best way to avoid contracting an STD? \_\_\_\_\_

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