

Protecting Myself

Objective: Participants will identify strategies for dealing with STIs.

Structure: Individual.

Time: 20 minutes.

Materials: “Protecting Myself” handout.

Procedure

1. **Disseminate** the “Protecting Myself” handout to participants. Inform them that they will not be required to share their answers. Allow sufficient time to complete the handout.
2. **Discuss** the following questions:
 - What advice would you give to someone who thinks s/he has an STI?
(**Get STI testing at a physician’s office or clinic**)
 - What advice would you give to someone who just tested positive for an STI?
(**Get treatment, get regular pap tests, inform sexual partners**)
 - What are the best ways to avoid getting STIs?
(**Abstaining from vaginal and anal intercourse or using condoms**)
3. **Conclude** by pointing out how important it is to be supportive of people who test positive for STIs and to seek out support if testing positive for an STI. There are several ways to help prevent the transmission of STIs, including abstaining from intercourse, engaging in lower risk sexual activities, or if having sex, using condoms each and every time.

(Adapted with permission from: Planned Parenthood Federation of Canada (2001) *Beyond the Basics: A Sourcebook on Sexual and Reproductive Health Education*. Ottawa: Author.)

