

RISKY/NON-RISKY BEHAVIOURS ACTIVITY OUTLINE

Purpose: To assist students' in the identification of both risky and non-risky behaviours related to the common sexually transmitted infections (STIs).

Equipment Required: Risky/ Non-Risky cards
Game pieces of Risky and Non-risky behaviours

Time Required: 10 minutes

Instructions:

1. Take the 'Risky' and 'Non-Risky' cards and post on the wall or blackboard
2. Divide the class into a number of small groups
3. Distribute a behaviour card to each small group to determine which category the behaviour belongs under
4. Ask a student from each group to place the behaviour card under one of the two headings (Risky/Non-Risky)
5. Lead discussion with the students about the placement of the cards, as required and field other opinions and thoughts.
6. Confirm Risky Behaviours as follows:
 - **Sharing toothbrushes** (risk of blood contact from bleeding gums)
 - **Sharing razors** (risk of blood contact from nicks)
 - **Sharing needles**
 - **Oral intercourse** (reduce risk with use of a condom on a male or a latex dam on a female)
 - **Intimate genital contact** (for example penis touching female genitals)
 - **Vaginal intercourse** (reduce risk with use of a condom)
 - **Anal intercourse** (very high risk as the anal skin is easily damaged, allowing organisms to enter the body; risk can be reduced by using a condom and plenty of water-soluble lubricant)
 - **Using drugs** (smoking through anything that can cause burns to the mouth [such as glass pipes] is risky if the apparatus is shared; drugs or alcohol can impair judgement)
 - **Getting a tattoo or piercing** (if it is not done safely at a reputable parlour)

- Classify behaviours according to their degree of risk for STIs
A person is also at greater risk of catching an STI if:
- He or she has a new sex partner
- The person or the partner is having sex with other people
- The partner has a sexually transmitted infection
- The person is sharing sex toys

7. Confirm Non-Risky Behaviours as follows:

- **Kissing** (unless there is blood in the mouth from recent brushing of teeth, or there are oral sores such as cold sores)
- **Holding hands**
- **Donating blood**
- **Using a toilet**
- **Sharing eating utensils**
- **Using a drinking fountain**

Risky/Non-Risky Game Pieces

Print on card stock /coloured paper the following game pieces.

RISKY

NON-RISKY

***Sharing a
toothbrush***

***Sharing a
razor***

***Sharing
needles***

***Vaginal
intercourse***

Intimate genital contact

Sharing Sex Toys

Anal Intercourse Using drugs

Getting a tattoo or piercing

Holding hands

***Using a
water
fountain***

Oral sex

***Sharing
eating
utensils***

***Using a
toilet***

Kissing

***Donating
blood***