

PCHS SUMMER HEALTH UNIT 2019

20% of Final Grade Total

- 1) The assignments and activities within this packet (108 pts total) will constitute **10% of your overall grade** for Summer PE/Health.
- 2) There will also be a 40-45 question multiple-choice test on the last day of your Summer PE session based on topics/questions located within the study guides found online that will count as **10% of your overall grade** for Summer PE/Health.

All assignments located within this packet must be completed and turned in to PCHS office no later than _____.

Name: _____

An electronic copy of this activity packet, a copy of the study guide for the test, and links to resources can be found on the PC High School website.

Curricular Objectives:

- Analyze social influences that encourage or discourage a person to practice sun safety
- Analyze the influence of the media on selection of personal health products
- Compare and contrast the positive and negative effects on the media on adult personal health and safety.
- Describe the human cycle of reproduction, birth, growth, aging, and death.
- Explain the structure, function, and major parts of the human reproductive system.
- Compare and contrast pros and cons of methods used for pregnancy and disease prevention
- Describe routine medical screening and examinations for maintaining reproductive health
- Identify resources that provide information
- Apply strategies including refusal and assertiveness skills to avoid, manage, and escape situations that are high risk
- Explain how stereotypes, norms, peer influence, alcohol, drug use, and media, and personal responsibility can impact sexual decision making
- Evaluate the physical, social, financial, emotional impact of teen pregnancy, teen parenting, HIV infection, or STDs on personal lifestyle, goal achievement, friends, and family members
- Develop a personal game plan for best contraceptive or disease-prevention method including abstinence
- Analyze the rates of sexually transmitted infections among teens
- Summarize the symptoms, modes of transmission, consequences, and methods to prevent HIV and other STIs and conclude that abstinence is the most effective method to avoid HIV or other STIs
- Summarize the criteria for who should be tested and the advantages of early diagnosis and treatment

Note: As per 022 PA Code §4.29 HIV/AIDS and other life-threatening and communicable diseases (Reference PCSD Board Policy 203.1)

(b) The program of instruction must include information about the nature of the diseases, treatments and cures, methods of transmission and how infection can be prevented...Programs discussing transmission through sexual activity must stress that abstinence from sexual activity is the only completely reliable means of preventing sexual transmission. Programs must stress that avoidance of illegal drug use is the only completely reliable means of preventing transmission of disease through shared drug paraphernalia.

(c) A school entity shall excuse a pupil from HIV/AIDS instruction when the instruction conflicts with the religious beliefs or principles of the pupil or parent or guardian of the pupil and when excusal is requested in writing. Prior to the commencement of instruction, a school district shall publicize that detailed curriculum outlines and curricular materials used in conjunction with the instruction are available to parents and guardians during normal school hours or at teacher-parent conferences. Curricular materials, if practical, shall be made available by the school entity for home instructional use by a parent or guardian if the student has been excused from the school entity's HIV/AIDS instruction.

PCHS SUMMER HEALTH UNIT 2019

Part # 1 - Analyzing Media Influences (13 pts)

1. Watch the video [Digital Bytes: Selling Out](#). React in 3 sentences to the video.
2. How does media influence the perceptions teenagers have of themselves?
3. Watch the video, [Junk Food Ads and Kids](#), from Common Sense Media. What types of tactics do food companies use to market foods to children and how can parents respond?
4. Give two personal examples of how media has shaped your own attitude and/or behavior?
5. Watch the video, [The Secret Science of Advertising](#), list at least three strategies advertisers use? Describe below:
 - a)
 - b)
 - c)
6. In your opinion, what can be done to lessen the impact of advertising on teens' self-image/attitudes?

PCHS SUMMER HEALTH UNIT 2019

TOPIC - Sexually Transmitted Diseases (30 pts)

Resources:

STDs and Other Infections from the Nemours Foundation and KidsHealth.Org

<https://kidshealth.org/en/teens/sexual-health/stds>

STD Fact Sheets from the Centers for Disease Control

https://www.cdc.gov/std/healthcomm/fact_sheets.htm

Sexually Transmitted Diseases Program from the PA Department of Health

<https://www.health.pa.gov/topics/programs/STD/Pages/STD.aspx>

1. List two myths often associated with STD's.
 - a)
 - b)
2. What does it mean to be asymptomatic?
3. What are the main methods of STD transmission?
4. What reasons put teens at high risk for acquiring sexually transmitted diseases?
5. What is the most effective way to protect yourself from an STD?
6. List at least three possible medical complications caused by STDs?
7. What could happen if a pregnant woman has an STD?

PCHS SUMMMER HEALTH UNIT 2019

8. Choose 5 STDs and Complete the Chart Below.

STD	Symptoms	Health Risks	How Common?	Curable?
1.				
2.				
3.				
4.				
5.				

PCHS SUMMER HEALTH UNIT 2019

TOPIC - HIV/ AIDS (19 pts)

Resources:

HIV and AIDS from the Nemours Foundation and KidsHealth.Org

<https://kidshealth.org/en/teens/std-hiv.html>

HIV from the Centers for Disease Control

<https://www.cdc.gov/hiv/default.html>

1. How many people in the United States are currently infected with HIV?
2. How many people are infected with HIV worldwide?
3. What does Human immunodeficiency mean?
4. What does the acronym A.I.D.S stand for?
5. How do you get HIV?
 - a. Can it spread through casual contact?
 - b. Hugging? Kissing? Door knobs? Toilet seats?
 - c. How do most people get HIV?
 - i. What other ways?
6. AIDS are diagnosed with T-cell count drops below _____ or they have an AIDS _____ condition.
7. Do we have a cure for AIDS?
8. OI's stand for? Name two OI's the CDC considers AIDS defining conditions?
9. _____ the people living with HIV in the United States don't even know they have it.
10. HIV can remain in the body for _____ without causing any symptoms.
11. Now, _____ and _____ tests can be used and results only take as quick as 20 minutes.
12. Name 2 responsible ways to avoid contracting HIV and AIDS?

PCHS SUMMER HEALTH UNIT 2019

TOPIC– Abstinence and Contraception (37 pts)

Resources:

Deciding to Wait from the American Academy of Pediatrics

<https://www.healthychildren.org/English/ages-stages/teen/dating-sex/Pages/Deciding%20to%20Wait.aspx>

Birth Control from the Nemours Foundation and KidsHealth.Org

<https://kidshealth.org/en/teens/contraception.html>

Contraception from the Centers for Disease Control

<https://www.cdc.gov/reproductivehealth/contraception/index.htm>

1. What is the ONLY 100% effective means to avoid a sexually transmitted disease? _____

Complete the following table.

Method	What is it <i>and</i> how does it work?	How effective is it in preventing pregnancy?	How effective is it in preventing an STD?
Abstinence			
Fertility Awareness			
Withdraw			
Diaphragm			
Condoms			
Pill, Patch, Ring			
Shot, Implant			
IUD			
Emergency Contraception			

PCHS SUMMER HEALTH UNIT 2019