



<p>Activity: Understanding HPV and vaccination</p>	<p>Time: 50 minutes</p>
<p>Connection to APP material: Safer sex (STIs- HPV vaccination)</p>	
<p>Learning intentions:</p> <p>Understand the basics of what HPV is, and why it's important to learn about.</p> <p>Understand the ways in which someone can reduce their chances of getting HPV.</p> <p>Ākonga will:</p> <p>Reflect on the range of factors that can contribute to our sexual health.</p> <p>Learn the key facts about Human Papillomavirus, including how it can affect the body and prevention.</p> <p>(If time/resources - learn about the importance of barrier methods and how to use them correctly.)</p>	<p>Underlying Concepts:</p> <p>Hauora- understand the HPV symptoms and consequences on someone's hauora</p> <p>Health promotion- Ākonga recognise the importance of personal and collective action against HPV</p> <p>Key Competency:</p> <p>Managing self</p>
<p>Quotes from rangatahi/young people:</p> <p>“How to identify STIs / How do I know if I have an STI/ How do I know what STI I have?”</p> <p>“Information about STIs. What is the treatment like/where to get tested”</p> <p>“Sexual Health and who to talk to about facts etc.”</p>	
<p>Background information (for educator knowledge only):</p> <p>Human Papillomavirus (HPV) is thought to be the most common sexually transmitted infection in the world. Most adults who haven't had the HPV vaccine will be infected at some point during their life - it's a natural consequence of being sexually active. For the majority, the virus is harmless.</p> <p>There are multiple strains of HPV, and they cause infection on the surface layer of the skin. Like other STIs, the virus is often asymptomatic, so the majority of people don't know they have it. The virus can sometimes cause visible warts. HPV isn't routinely tested for during STI screening, although warts may be diagnosed if someone presents with these symptoms, and cervical screening aims to detect changes to cells in the cervix prior to them becoming problematic.</p> <p>There is a link between HPV and certain types of cancer, including cervical, penile, anal and throat cancers. However, it's important to remember that very few people with HPV will ever</p>	

develop HPV-related cancer, and therefore this topic should be approached with care in the classroom.

More importantly, there is a safe vaccine (Gardasil) which has been in use globally for many years, and is highly effective at preventing HPV-related cancers (as well as warts). It's so effective, in fact, that Australia is on-track to eliminate cervical cancer by 2035, through their consistent ~90% vaccination rate.

Unfortunately, in Aotearoa, our HPV vaccination rate is much lower than our neighbour's. The HPV vaccination is given through the school-based immunisation programme, usually in Year 8, since the vaccine is most effective if given before someone becomes sexually active, and it's offered to all students regardless of gender. If a person misses out on HPV vaccination during school (i.e. owing to absence or disruption during the pandemic), they can also access the vaccine through their local healthcare provider. It is available free of charge until your 27th birthday, and after this time there is a fee for the doses.

Particularly in an age of internet misinformation, it's important that rangatahi have access to accurate information to support them to make informed decisions about their health and wellbeing.

For more information about HPV visit www.hpv.org.nz

Resources:

Powerpoint and a screen or projector to display it. Pieces of A3 paper: enough for one for each group or whiteboard and markers. Students need one laptop per group of 4-6. Mix and match activity.

You could also include a condom and other barrier methods demonstration (via appropriate video or condom & condom demonstrator) in this session or 'part 2', if not already covered elsewhere in your curriculum. This could include a chance for students to practice putting an external condom on a condom demonstrator. If so, you will need condoms, demonstrators and ideally an external condom and dental dam to show the range of barrier methods available.

Introduction

5-10 min: Ask students to think/pair/share, what comes to mind when they hear the term 'sexual health'? Prompt them to have a brief discussion or write down any words or ideas.

2 min: Remind the group of the safety guidelines, including where they can go if they need more information about STIs or sexual health (e.g. school nurse or local services).

2 min: Introduce the learning intentions and explain how these are going to be achieved.

Development

5-10 min: Ask ākongā to think/pair/share again: what do you know so far about HPV? Then share the information in the slides which give a brief introduction to Human Papillomavirus.

10 min: Explain that each group should have one laptop. The person with their laptop open should go to justthefacts.co.nz. Ask if they can use the website to find answers to the following questions, then share responses together:

1. How does someone get HPV? A: HPV is a very common STI (sexually transmitted infection) which is spread via direct, skin-to-skin contact during intimate sexual contact. This can include all types of sex, not just penetrative sex.

2. What are the symptoms of HPV? A: often none! Like a lot of STIs it can be asymptomatic (i.e. you can have the virus but have no visible symptoms). Sometimes, HPV can cause warts (on the genitals/anus for instance).

3. Is HPV serious? A: In short, usually, no - it's normally harmless and the virus often clears up by itself. But sometimes the virus can cause changes to skin cells that, if not treated, can lead to cancer in some people.

5-10 min: Watch the following video about HPV and vaccination (2 min 13 sec):

<https://www.youtube.com/watch?v=5dTCIGmrqtw>

Ask ākongā:

- The group in the video discussed a method which prevents you getting some types of HPV - what was it? (A: HPV vaccination.)
- What were the benefits of being vaccinated against HPV? (A: Prevents HPV-related cancers; also not mentioned in the video, but it also can prevent most cases of genital warts.)
- How can people get the HPV vaccination? (A: through school - usually offered in Year 8 - or through your local healthcare provider. It's free until your 27th birthday.)

Briefly talk through the following which summarises some key points about HPV vaccination

10 min: Activity - correct condom use (note: this activity could also be moved into the follow-up lesson if insufficient time in this lesson).

Ask ākongā, in addition to vaccination, what other methods do they think might help reduce the chances of someone getting HPV - or other STIs in fact?

Explain that using condoms and other barrier methods can help reduce the chance of getting STIs, including HPV. This is because they can put a barrier between people's skin (reducing skin-to-skin contact - and that's how HPV is spread) and also reducing contact with someone else's bodily fluids.

- Optional: Use the mix and match activity attached to the resources, this is focused on why different aspects of condom use happens

Using a condom and condom demonstrator, remind ākongā how to use a condom correctly, or find a suitable video which shows this. Ideally, also explain to students/show them what internal condoms and dental dams look like and how they work to reduce the spread of STIs.

If time and resources, give the group condoms and condom demonstrators to have a go themselves. Stress that this activity is optional.

5 min: Anonymous question and feedback box

Give each ākongā a slip of paper and ask them to write: 1. One thing they learnt today or one thing they found interesting 2. One question they have about the topic for the next session

Mix and match activity

Sequence	Why?
Consent has been given by BOTH to have sex.	So, both people enjoy the experience and are on the same page
Source a condom and check the packet for the expiry date.	So we are practicing safe sex and reducing the chances of an unintended pregnancy or STI (its less likely to break more easily if past the expiry date)
Open condom packet carefully by the indication given on the packet and not by using teeth	Less likely to tear, practice safer sex
Work out which is the right way before putting a condom on the erect penis (it will start to roll down easily).	So, it stays on, less likely of a mishap
Squeeze tip of the condom and roll it on.	For ease of use, less likely to tear or fall off
Use a water-based lube.	So the experience is more enjoyable, lessens friction and reduces life of sperm