# STI Bingo! (5-10 mins)

* This activity is suitable for school and community groups and can be found in the [KS4 lesson plan](http://www.e-bug.eu/en-gb/ks4-stis) “STIs”. Participants are introduced to sexual health concepts relating to safer sex, STIs and sexual health testing.

## Recap on your sex education ground rules or use the suggested rules provided in the teacher refresher section at the start of the teaching pack/ training manual.

## Use the introduction in the KS4 lesson plan to discuss:

## Explain to the group that there are many ways in which microbes can be transmitted, e.g., touch, sneezing or through contaminated food or drinking water. Highlight that another important route of transmission is through the exchange of bodily fluid, i.e., unprotected sexual intercourse.

## To prevent participants being shy about the topic, ask if they have ever heard of any STIs and if they know what causes them.

## Explain that STIs are generally transmitted through unprotected sexual contact i.e., not using a condom, although some of the infections can be transmitted in other ways such as shared needles and syringes, or skin to skin contact, or from mother to unborn child and through breast milk.

## This is because some STIs are carried in the blood and transmission of this bodily fluid can also transmit the infection.

## EMPHASISE that non-barrier forms of contraception, e.g., the contraceptive pill, DO NOT protect against STIs.

## Note that the terms STI (Sexually Transmitted Infection) and STD (Sexually Transmitted Disease) are equivalent terms. An infection is defined as the invasion of the body by a microbe. While an infection can cause symptoms and complications, altering the normal function of the body, it does not depend upon this by definition. A disease, by contrast, causes specific health complications. STI is used as a broader term.

## Before you begin you will need:

* Lesson plan for KS4 STIs, available on the website link [here](http://www.e-bug.eu/en-gb/ks4-stis)

## Use the following steps as a guide to implement this activity:

This is a reinvention of the classic bingo game using sexual health terms instead of numbers.

Participants are introduced to sexual health concepts relating to safer sex, STIs and sexual health testing.

1. Give each player a sexual health bingo playing card.
2. Draw sexual health bingo caller cards from a hat one at a time and read aloud the bingo call from the caller card and the associated health message.
3. The first person to cross off a complete horizontal, vertical or diagonal row and call out “Bingo!‘’ wins the game. This game helps remove the taboo that may be associated with sexual health messaging.

**Use the plenary or discussion questions to check participant’s understanding after the activity is completed.**