



An introduction to STIs and sexual health



Evie and Nik are both 18 and have been dating for a year. They are responsible teens and before they decided to sleep together for the first time, they did some research on contraception. They wanted to ensure they were not only going to prevent pregnancy, but also prevent sharing any STIs.

Discuss: What do we mean by the terms; STIs and contraception?



Why is it a good idea to be responsible, like Evie and Nik, when deciding to take a relationship to a more serious and physical level?

CLUES: *risk* *consequences* *hurt* *trust* *commitment*

An introduction to STIs and sexual health



Learning outcomes:

Identify the most common STIs and the best ways of preventing them.

Explain why using protection is so important and which method of protection best prevents each of the most common STIs.

Sexual Health – Sexual health is a state of being healthy in relation to sexuality.

STIs – sexually transmitted infections. Also referred to as STDs (sexually transmitted diseases).

Contraception - The use of medication, devices or surgery to prevent pregnancy. Some contraceptives can also prevent the sharing of STIs.

Watch the following clips and complete the questions in your booklet

<https://www.youtube.com/watch?v=Ec5gAUScVys>

<https://www.youtube.com/watch?v=qeMgN9NhUkA>



What does STI stand for?

How are these passed on?

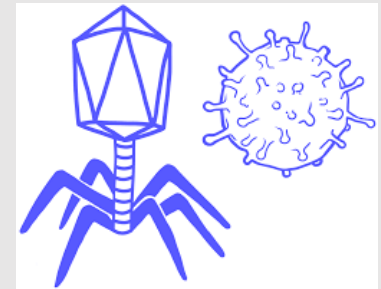
What kind of changes in the body could indicate an STI?

How can you get your results?

What is the best way to stay safe against STIs?

Why don't many people realise they have an STI?

What should be people who are most at risk do?



Let's go through our answers together now.



What does STI stand for?

Sexually transmitted infections

How are these passed on?

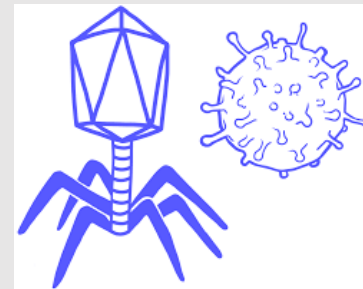
Through sex and sexual contact

What kind of changes in the body could indicate an STI?

Bumps, blisters, rashes, unusual discharge, pain, smells, fever, lice, lumps, blood in wee

How can you get your results?

Text, phone call or letter



What is the best way to stay safe against STIs?

Condoms

Why don't many people realise they have an STI?

They can be symptomless



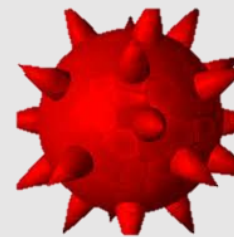
What should be people who are most at risk do?

Get tested (screening) regularly.

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Each of you has an STIs chart and information in your booklet.


Complete your chart in as much detail as you can. We'll go through the answers together afterwards.



Gonorrhea

Gonorrhea is another bacterial infection which may not have any severe symptoms. In fact, the symptoms it does bring are quite jumpy to those of chlamydia, including vaginal discharges and bleeding as well as pain while urinating for women and an unusual discharge and pain during urination for men. Condoms prevent the spread of Gonorrhea.

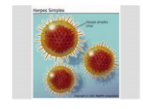
Gonorrhea can also infect the rectum and eyes, which might lead to symptoms of discharge and pain, as well as the throat which may not have any symptoms. Women whose gonorrhea goes untreated will be at increased risk for damage to their reproductive organs and pregnant women can transfer this infection to their babies. Gonorrhea may be treated with a single dose of antibiotics.



Genital Herpes

Genital herpes is a form of the herpes simplex virus, the same virus that can cause cold sores. This virus penetrates small cracks in the skin or mucous membranes and therefore can affect the mouth, vagina and rectum. Herpes is a sneaky virus and can wait quietly in the nerve cells until something triggers it and you become infectious. Condoms prevent the spread of Genital Herpes. They should be worn throughout any sexual act with a possibly infected person.

Common symptoms of genital herpes include pain (stinging or burning) or itching in the genital area, small blisters on the genitals, buttocks or general area, and pain while urinating. While there is currently no cure for genital herpes this STI can be treated with antiviral drugs to help relieve symptoms and shorten outbreaks.



Name of STI	What it looks like under a microscope (sketch)	Symptoms it presents in people.	How it is transmitted.	How it and why it can be prevented	Way of preventing STI and why this is.
Chlamydia					
Gonorrhea					
Genital Herpes					
Genital Warts					
HIV					

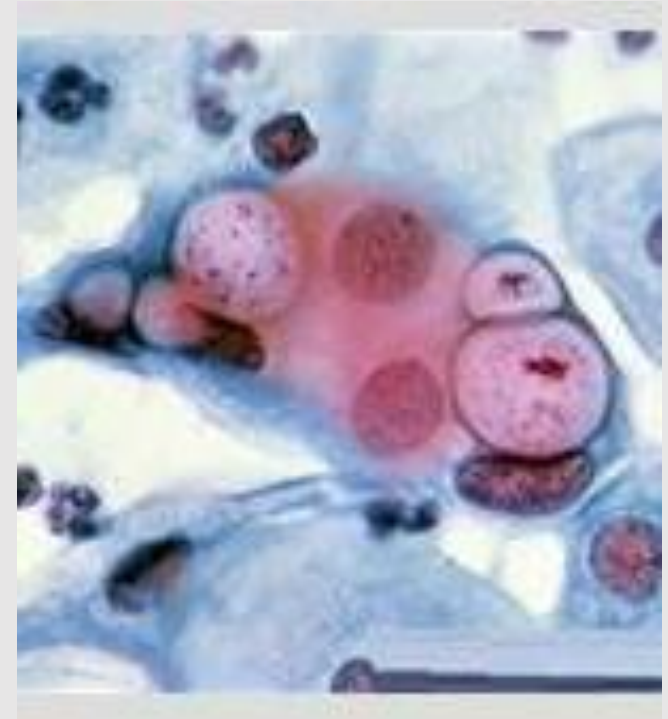
Name of STI	What it looks like under a microscope (sketch)	Symptoms it presents in people.	How it is transmitted.	How it is treated and whether it can be cured.	Best way of preventing this STI and why this is.
Chlamydia					
Gonorrhea					
Genital Herpes					
Genital Warts					
HIV					



Chlamydia

Chlamydia is a bacterial infection that usually does not have severe symptoms but can severely damage a woman's reproductive organs and even lead to infertility. Women who are infected with chlamydia may notice unusual vaginal discharges, vaginal bleeding, pain during sex or while urinating and/or a more general lower abdominal pain. Condoms should always be used to prevent this, until a partner has been treated and tests have come back clear.

Women infected with chlamydia can pass this infection on to their babies if they become pregnant. Men who are infected with chlamydia may notice a discharge from the penis and/or pain while urinating. A more general pain in the testes may also occur. Chlamydia can also infect the rectum, throat and eyes. It can be treated with antibiotics.





Gonorrhea

Gonorrhea is another bacterial infection which may not have any severe symptoms. In fact, the symptoms it does bring are quite similar to those of chlamydia, including vaginal discharges and bleeding as well as pain while urinating for women and an unusual discharge and pain during urination for men. Condoms prevent the spread of Gonorrhea.

Gonorrhea can also infect the rectum and eyes, which might lead to symptoms of discharge and pain, as well as the throat which may not have any symptoms. Women whose gonorrhea goes untreated will be at increased risk for damage to their reproductive organs and pregnant women can transfer this infection to their babies. Gonorrhea may be treated with a single dose of antibiotics.



Genital Herpes

Genital herpes is a form of the herpes simplex virus, the same virus that can cause cold sores. This virus penetrates small cracks in the skin or mucous membranes and therefore can affect the mouth, vagina and rectum. Herpes is a sneaky virus and can wait quietly in the nerve cells until something triggers it and you become infectious.

Condoms prevent the spread of Genital Herpes. They should be worn throughout any sexual act with a possibly infected person.

Common symptoms of genital herpes include pain (stinging or burning) or itching in the genital area, small blisters on the genitals, buttocks or general groin areas, and pain while urinating. While there is currently no cure for genital herpes this STI can be treated with antiviral drugs to help relieve symptoms and shorten outbreaks.





Genital Warts

Genital warts are believed to be the most common of all STIs. The human papilloma virus (HPV) causes genital warts, a few types of which can cause cervical cancer in women. Genital warts can be transmitted during sex but also during skin-to-skin contact. Most often genital warts develop on the vagina and urethra as well as on the vulva, cervix, anus, penis, and scrotum. Thankfully, we now have immunization programs (injections) to prevent this developing, but it's always best to use a condom anyway, as there are so many other STIs about as well and still not everyone has been immunized.

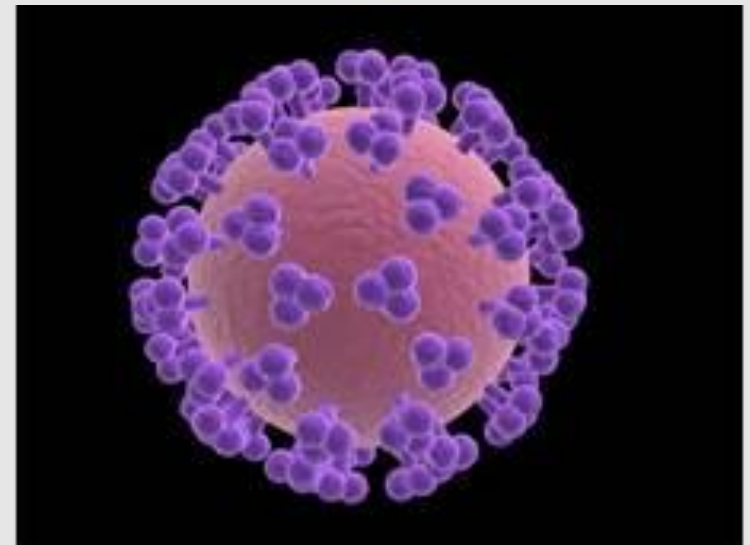
Though rare, warts can also be passed from the genitals to the mouth or lips during oral sex or from a pregnant woman to her baby. Some genital warts may be itchy. There is no cure for genital warts, but outbreaks can be treated directly with creams, preparations, heat or freezing treatments and even surgery.

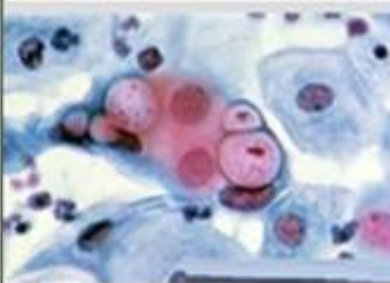
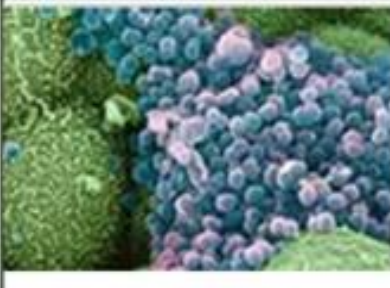


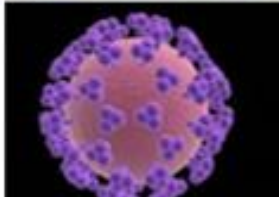


HIV

HIV, the human immunodeficiency virus, can be passed via infected blood, semen, vaginal fluid and breast milk, and infected women can pass HIV on to their babies. The symptoms of HIV closely mimic those of the flu at first. Fevers, night sweats, swollen lymph nodes and diarrhoea can all be symptoms of HIV. A blood test can confirm the presence of HIV antibodies and therefore infection. This is the most serious of the STIs we are studying today, as the development of AIDS from HIV means the body cannot fight common illnesses anymore and a minor infection could prove deadly.

There is no cure for HIV, though antiretroviral drugs can help slow the progression of the virus. Eventually HIV can develop into AIDS or acquired immune deficiency syndrome. AIDS can be confirmed by blood tests as well. There is currently no cure for AIDS, although developments in medicine are improving life expectancy for those infected with HIV.



Chlamydia		<p>Women-unusual vaginal discharges, vaginal bleeding, pain during sex or while urinating and/or abdominal pain. Men- discharge from the penis and/or pain while urinating. General pain in the testes may also occur. Can also infect the rectum, throat and eyes. Can lead to infertility.</p>	<p>Unprotected sex or passed to a baby if a pregnant woman is infected</p>	<p>It can be treated with antibiotics and be cured.</p>	<p>Condoms can be used, as a barrier against the infection.</p>
Gonorrhea		<p>Gonorrhea is bacterial, which may not have any severe symptoms. Vaginal discharges and bleeding as well as pain while urinating for women and discharge and pain during urination for men. Can infect the throat, with no symptoms, and the rectum and eyes, with discharge and pain. Women are at increased risk for damage to their reproductive organs.</p>	<p>Unprotected sex or passed to a baby if a pregnant woman is infected</p>	<p>It can be treated with a single dose of antibiotics and be cured.</p>	<p>Condoms can be used, as a barrier against the infection.</p>
Genital Herpes		<p>The same virus that can cause cold sores. Can affect the mouth, vagina and rectum. pain (stinging or burning) or itching in the genital area, small blisters on the genitals, buttocks or general groin areas, and pain while urinating.</p>	<p>Unprotected sex</p>	<p>There is currently no cure for genital herpes this STI can be treated with antiviral drugs to help relieve symptoms and shorten outbreaks.</p>	<p>Condoms can be used, as a barrier against the infection.</p>
Genital Warts		<p>Sometimes itchy warts on the genitals that can cause cervical cancer in women. Most develop on the vagina and urethra as well as on the vulva, cervix, anus, penis, and scrotum.</p>	<p>Can be transmitted during sex but also during skin-to-skin contact. Can also be passed from the genitals to the mouth or lips during oral sex or from a pregnant woman to her baby</p>	<p>No cure for genital warts, but outbreaks can be treated directly with creams, preparations, heat or freezing treatments and even surgery.</p>	<p>Condoms can be used, as a barrier against the infection.</p>
HIV		<p>Like flu at first. Fevers, night sweats, swollen lymph nodes and diarrhea can all be symptoms. The development of AIDS from HIV means the body cannot fight common illnesses anymore and a minor infection could</p>	<p>Can be passed via infected blood, semen, vaginal fluid and breast milk, and infected women can pass HIV on to their</p>	<p>No cure for HIV, though antiretroviral drugs can help slow the progression of the virus. Eventually HIV can develop into AIDS or acquired immune deficiency syndrome. AIDS can be confirmed by blood tests as well. There is currently no cure for AIDS, although developments in medicine are improving life expectancy</p>	<p>Condoms can be used, as a barrier against the infection.</p>

What happens at an STI clinic?

As you watch the clip, answer the questions around the hospital sign. Not all clinics are in hospitals, but it's common for them to be.

<https://www.youtube.com/watch?v=iKgdpgm9OEI>



What happens when you arrive?

When you arrive, you will....



What kind of tests do they do?

The tests performed are...

What will you be checked for?

You will be checked for...

What does it mean if you hear nothing back?

If you hear nothing back it means...

What happens at an STI clinic?



What happens when you arrive?

When you arrive, you will get a ticket and a form to fill in. If you are male, you are asked not to use the toilet for an hour beforehand.



What kind of tests do they do?

The tests performed are based on your sexual history. You may have a urine, a blood test a swap test (vaginal or from the penis or from the throat) or a rectal test.

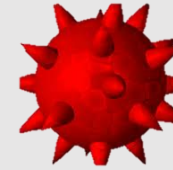
What will you be checked for?

You will often be checked for chlamydia, gonorrhoea, HIV, syphilis, Hepatitis B and Hepatitis C

What does it mean if you hear nothing back?

If you hear nothing back it means usually that this is good news – you're all clear. You might want to phone in just to double check though.

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Useful helplines and charities:

Childline. Support for people under 19 in the UK. Call: 0800 11 11

Young Minds. Child and adolescent mental health charity. Call: 0808 802 5544

Teen Line | Teens Support hotline - Connect, talk, get help! Teen Line's highly trained teen listeners provide support, resources and hope to any teen who is struggling.

<https://www.themix.org.uk/sex-and-relationships> Relationships advice for young people

NEW Young Persons Advice Guide - Let's Talk about It (letstalkaboutit.nhs.uk) New young persons advice guide from the NHS

<https://www.brook.org.uk/topics/stis/> Further advice, real stories and local services finder





Reporting a Concern at Thornden School

- It is important to us that all of you feel safe, happy and belong at Thornden.
- We also know that sometimes it is not as easy as simply telling a member of staff
- It could be:
 - A friend you are worried about
 - Someone being unkind to you
 - Something you have heard and think we should know

How can you report anything you are worried about?

- Speak to a member of staff or parent / carer
- Visit the Well Being Den or Head of Year area
- On Satchel each week you will be sent a link to a form to share any worries you have
- On our school website homepage there is a 'Report a Concern' link.
- In the Student Bulletin there is a 'Report a Concern' link
- On all school desktops there is a 'Report a Concern' logo to click and report anything

Need Support? You're Not Alone

If anything in today's lesson has affected you, or you want to talk to someone, there is help available.



Mental Health & Low Mood

YoungMinds – <https://www.youngminds.org.uk>

Kooth – <https://www.kooth.com>

Mind – <https://www.mind.org.uk>

Talk to Someone

Your Tutor or Head of Year – We're here to help.

Wellbeing Team and School Nurse

Report a Concern on Satchel

Safeguarding Team with the Purple lanyards

Healthy Lifestyle

NHS Every Mind Matters – <https://www.nhs.uk/every-mind-matters>

Change4Life – <https://www.nhs.uk/change4life>

Apps That Can Help

Calm – For mindfulness and sleep.

Headspace – Meditation and stress relief.

Clear Fear – Manage anxiety (designed for young people).

MeeTwo – Anonymously talk to other teens, moderated by experts.

Eating Concerns

Beat Eating Disorders –

<https://www.beateatingdisorders.org.uk>

NHS Live Well – Eating Disorders –

<https://www.nhs.uk/mental-health/conditions/eating-disorders/>