

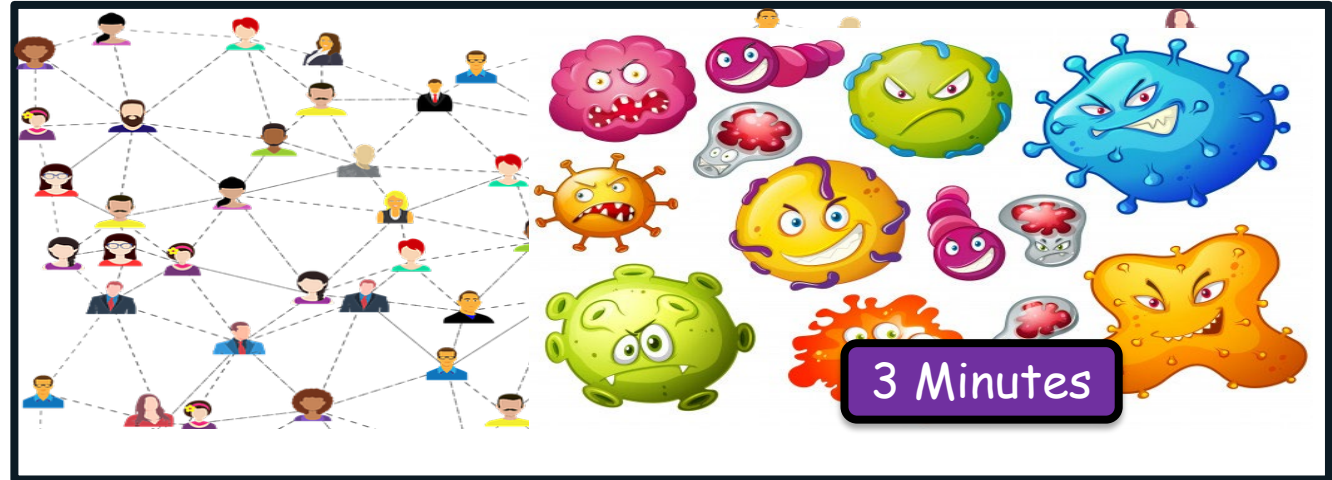
## Revisiting: Sexually transmitted Infections

### Knowledge, Skills & Actions

To understand the way STI's spread and the groups at higher risk

To increase awareness of the process of a young person's sexual health consultation at a clinic.

To understand the differences between viral STI's and bacterial STI's



Individually, answer these questions in your booklet.  
You have 3 minutes.

- Two things I would talk about with a partner before having sex would be.....
- Safe sex is .....
- An STI is.....
- If I needed more advice about STI's I would...



### **New Vocabulary**

SEXUAL HEALTH, CLINIC,  
ACCESSING SERVICES,  
CONCEPTION, FEARS, HELP  
AND SUPPORT,  
CONTRACEPTION

Go to the front section of your booklet and complete a base line assessment of how confident you feel about the topics below.

## ASSESSMENT FOR LEARNING



NOT  
CONFIDENT



CONFIDENT



VERY  
CONFIDENT



### **BASELINE** CONFIDENCE CHECKER

#### BEFORE THE LEARNING

1

2

3

4

5

6

7

8

9

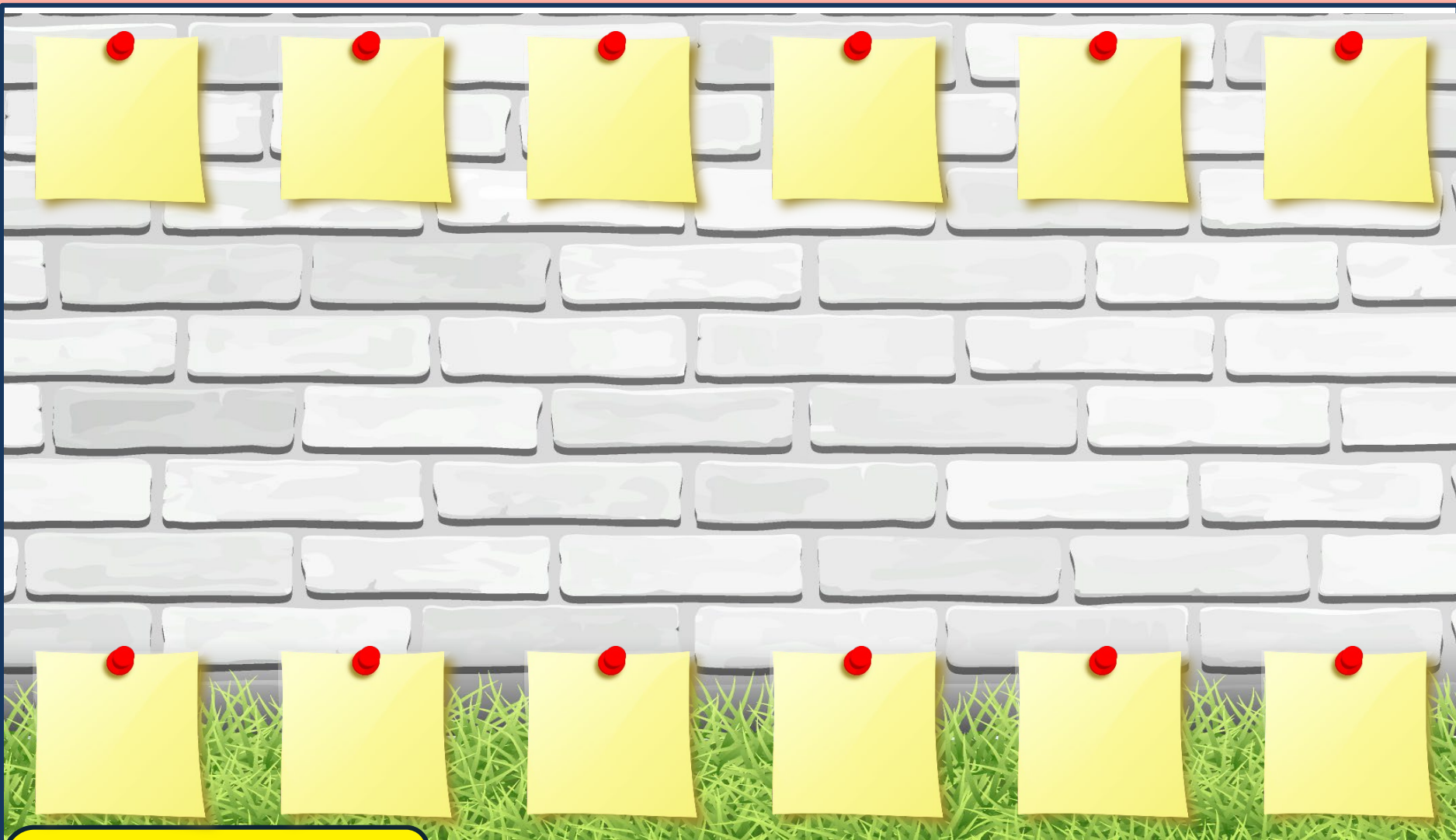
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I understand what happens at a sexual health clinic

I can explain some differences between bacterial STI's and viral STI's

I understand the risk of catching an STI with regard to various activities couples might engage in

2 Minutes



## Tasks

- 1) Discuss in pairs which ones you know and make a list. You have 4 minutes
- 2) As a class you will create a knowledge wall. Your teacher will then ask each pair to give a response. Try not to respond with the same one as other pairs.

# Sexually transmitted Infections: The List

- **Chlamydia – most common in the UK.** Chlamydia is the most common STI in the UK for under 25's and is passed on through unprotected sex. It is often labelled the 'silent infection' due to 75 percent of women and 50 percent of men reporting no symptoms.
- **Gonorrhoea** - spread through unprotected sex and is caused by bacteria called Neisseria gonorrhoeae or gonococcus. It used to be known as "the clap." Around half of women and one in 10 men will not get symptoms of the infection.
- **Trichomoniasis**
- **Genital warts**
- **Genital herpes**
- **Scabies**
- **Syphilis**
- **Human papillomavirus (HPV)**
- **HIV/AIDS**

Teacher note, read through the slide

Teacher note - For more information, please see this link

[https://www.mirror.co.uk/news/health/common-sti-symptoms-students-need-30995637?int\\_source=amp\\_continue\\_reading&int\\_medium=amp&int\\_campaign=continue\\_reading\\_button#amp-readmore-target](https://www.mirror.co.uk/news/health/common-sti-symptoms-students-need-30995637?int_source=amp_continue_reading&int_medium=amp&int_campaign=continue_reading_button#amp-readmore-target)



## Did you know?

Your local G.U.M. clinic ( Genito-Urinary Medicine) is an N.H.S. run clinic and provide confidential advice for all aspects of sexual health.

What barriers stop young people accessing help from sexual health clinics?  
*How can we overcome these?*

In pairs, discuss the speech bubble above. Use the stats to help you. You have 2 minutes.



STI UK rates	2002	2013	2015
Chlamydia	79,271	208,755	200,288
Gonorrhoea	24,123	29,291	41,193
Herpes	17,259	32,279	33,218
Syphilis	1,560	3,249	5,288
Warts	62,982	73,418	68,310



Which method is the best for pregnancy prevention?

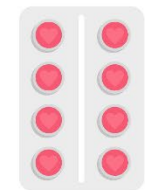
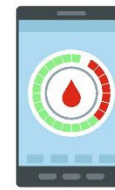
○ Which method is the best for STI prevention? Explain why

○ Which method of contraception would you recommend to a friend? Why?

○ Which method can be used in combination with another method?

○ Which methods do not require a doctor's visit or prescription?

Discuss the questions to the left in pairs. You have 3 minutes





### Questions asked

When did you last have sex?

Was the sex unprotected?

Do you have any symptoms?

Why do you think you might be at risk?

### Local Information

Your nearest GUM clinic is .....

Nearest Pharmacy is.....

### Ways to test

Blood test

Urine Sample

Vaginal swab

Examination of genitals, mouth, anus or skin

Swab of the Vagina, throat, rectum, Cervix or Urethra

### Services

- ☐ Testing & Treatment
- ☐ Advice & Information
- ☐ Free Condoms
- ☐ Pregnancy Testing
- ☐ Other forms of Contraception (EC & Pill)
- ☐ HIV Testing & PEP Medication
- ☐ Hepatitis B Vaccinations
- ☐ Abortion Advice
- ☐ Referrals to specialists
- ☐ Help & Support for sexual assault victims

### What to expect

Confidentiality  
Professionalism  
Qualifies advice  
Support  
Treatments  
diagnosis

Read through what happens at a sex clinic, fill in the rest of your sheet. You have 5 minutes.

Sexual Health (GUM) Clinics



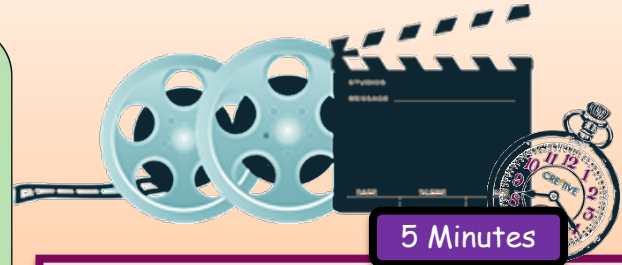
HEALTH



# Recap on HIV and AIDS

Click on the link to play the video.

Students, you will need to complete the Video Reflection Task



**Life Noggin Clip:**  
**What Happens If You Get HIV / AIDS?**

**Did you know?**

*Over 77 Million People have been infected with HIV*

**Did you know?**

*Over 35 Million people have died from AIDS related illnesses – We now have ART therapy and Antiviral medicines to combat this*



Read through the "cards" below, in your booklet, write them in the correct column.

## LOW TO NO RISK



## MEDIUM RISK



## HIGH RISK



Going on a bicycle ride with someone

Sharing towels and underwear

Anal Sex without a condom (or any barrier method)

Mutual masturbation

Kissing and snogging with tongues

Anal sex with a condom

Vaginal sex without a condom (or any barrier method)

Vaginal sex with a condom

Oral Sex without a condom (or any barrier method)

Kissing on the lips

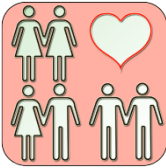
Having a bath with someone

Holding hands

Abstinence

Oral sex using a latex barrier

Solo masturbation



"Having unprotected sex with someone is one of the most careless things you can do"

## Talking points

I think that ...  
 I don't think... is right because...  
 My opinion is...  
 I would argue the same because...  
 I disagree with... because  
 Building on what ....  
 An alternate way of looking at this is...  
 I sort of agree, however....  
 In my view...  
 I would challenge what... said because ...

## Task

- 1) In pairs discuss the question. You can use the talking point box to help.
- 2) Come up with reasons to agree / disagree
- 3) Write down your responses in the activity box at the bottom of the page.
- 4) Then give your personal opinion.



# Discussion topics



**What should you do if you catch an STI?**

**What should you do if you become pregnant?**

**What should you consider before engaging in a sexual relationship?**






**How can you reduce your risk of catching an STI?**

**How are viral infections different from bacterial infections?**

**Make up a discussion topic**

## Confidence Checker



AFTER THE LEARNING	1	2	3	4	5	6	7	8	9	10
	NOT CONFIDENT				CONFIDENT				VERY CONFIDENT	
I understand what happens at a sexual health clinic										
I can explain some differences between bacterial STI's and viral STI's										
I understand the risk of catching an STI with regard to various activities couples might engage in										

3 Minutes



IMPORTANT  
INFORMATION

# SEEKING SUPPORT

Enjoy the lesson, Challenge  
your perceptions and  
understand how to seek  
further advice and support

IMPORTANT  
INFORMATION



FOR MORE INFORMATION ABOUT THE TOPICS COVERED IN THIS UNIT  
WE WOULD ADVISE ONE OF THE BELOW:

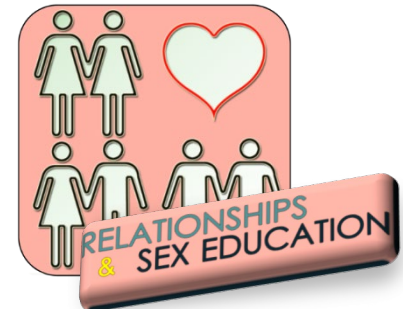
SPEAK TO YOUR PARENTS/GUARDIANS OR HEAD OF YEAR,  
TRUSTED ADULT OR FRIEND IF YOU HAVE ANY CONCERNS ABOUT  
YOURSELF OR SOMEONE YOU KNOW - IT IS ALWAYS IMPORTANT TO TELL SOMEONE!



VISIT THE BROOKE WEBSITE <https://www.brook.org.uk/> FOR ADDITIONAL SUPPORT ON SEXUAL HEALTH  
AND WELLBEING FOR UNDER 25s

SPECIFIC FURTHER INFORMATION ON THIS TOPIC CAN BE FOUND  
HERE:

- ☐ some pharmacies
- ☐ a sexual health clinic (GUM clinic)
- ☐ a contraception clinic
- ☐ some young people's services - call the national sexual health helpline on 0300 123 7123 for details
- ☐ Brook centers - for under-25s
- ☐ GP surgeries
- ☐ [www.nhschoices.co.uk](http://www.nhschoices.co.uk)



2 Minutes

SIGNPOSTING  
SUPPORT

HELP & SUPPORT  
SERVICES

FURTHER  
INFORMATION



# REFLECTION PLENARY

I know if I need further support or help I could speak to.... or contact...

Before I could/would say and do ... but now I feel I am able to say

Before I only knew ... now I also know ...

I supported others by...

One thing I didn't realise was... now I know that...

The key words for this lesson are...

I always knew ... but now I can see how it connects to...

The most important thing I have learnt today is...

I'm really proud of the way I have...

I used to feel ... but I now feel ..

I would like to learn...

A question I would like to ask is...

Before I thought that ... but now I realise..

One assumption of mine that was challenged was...

Today I have tried to...

Next lesson I would like to..

Before I would have done... Now I will ...

Before I would have said ... but now I will say...

A problem I overcame today was...

2 Minutes

