

# YOUR SEXUAL HEALTH

IN YOUR GROUPS, ON THE POST-IT NOTES PROVIDED, YOU HAVE 5 MINUTES TO WRITE YOUR QUESTIONS AND THOUGHTS

WHAT I WANT TO KNOW MORE ABOUT

**STICK POST-IT NOTES ON the A3 sheet**

Once complete, stick them on the A3 sheet and hand in your sheet to your teacher. . Who will address these later in the lesson.

**NO NEED TO PUT YOUR NAMES ON IT**



## Sexual HEALTH Education Contraception and STIs

- What are STIs?
- How can you prevent and treat STIs?
- Why is sexual health important?



**What does  
STI  
stand for?**

# Answer

- Sexually
  - Transmitted
  - Infection
- 
- The term changed from STD (**S**exually **T**ransmitted **D**isease) to STI (Sexually Transmitted Infection) because some infections may or may not lead to a disease.



How much do you know about sex and STIs? Test your knowledge in this quiz.

Press **start** to begin.

**start**

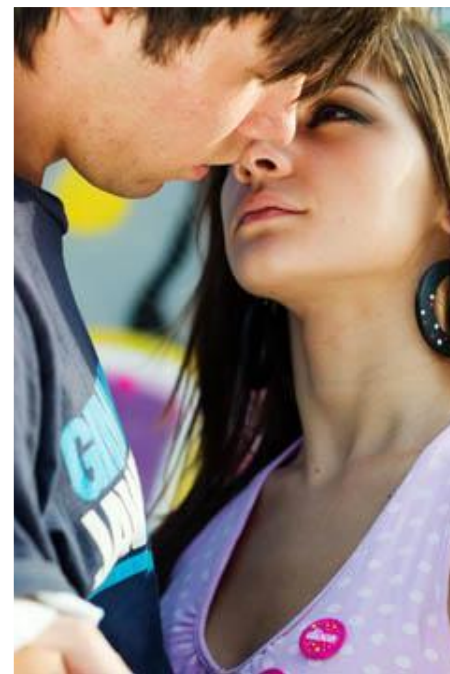




**STIs** are infections which are passed on through **unprotected** sexual contact. They can be spread by genital contact as well as vaginal, anal or oral sex.

Chlamydia, had been caught by 2,938  
13 and 14 year olds between 2011 and  
2016

A group who are all under the age of  
consent according to UK law.



# There are 3 types of STIs

Bacterial (Curable)

Parasitic ( Curable)

Viral (life-long but Treatable)





What do you know about STIs?  
Press on the buttons to find out  
information about the four most  
common STIs in the UK.

Press **start** to begin.

**start**



Chlamydia is currently the most commonly diagnosed Sexually Transmitted Infection amongst 16-24 year olds in the UK. Latest data suggests that approximately 1 in 14 young people aged under 25 who are tested carry Chlamydia.



Young people are more likely to be diagnosed with an STI than older age groups. In 2015, among heterosexuals diagnosed, 15 to 24-year-olds accounted for 62% of those with chlamydia, 52% with gonorrhoea, 51% with genital warts, and 41% with genital herpes.

Some STIs, such as Chlamydia,  
do not always have symptoms

- A person can contract an STI  
and not know it

Why would you be at greater risk of  
getting an STI that doesn't cause any  
symptoms?



## Think About It

If someone doesn't have symptoms they're less likely to get tested and treated, if they don't know they have an infection they are more likely to pass it on to someone else

Chlamydia remains the most common STD throughout the UK. London sees the largest number of confirmed with 47,291 cases in London diagnosed in 2015.

Gonorrhoea cases rose by 15 per cent in 2015 in London, with 18,945 cases diagnosed. London makes up nearly half of all gonorrhoea case in England.

Syphilis cases in London have increased 22 per cent since 2014, with 2,811 cases in 2015 compared to 2,306 cases in 2014.

London cases represent 56 per cent of all cases in England. London is obviously the most likely to have highest rates of Chlamydia infection due to population levels

There may also be a number of unreported cases that are diagnosed through Chlamydia home test kits and treated in private GP clinics.



# How can someone get an STI?

- Vaginal sex
- Anal sex
- Oral sex
- Transmission from mother to baby during childbirth
- Skin to Skin contact
- Sharing equipment
- Exchange of bodily fluids ( including Hepatitis B through saliva)

# Bacterial STIs

Chlamydia

Gonorrhea

Syphilis

Bacterial STIs are caused by bacteria passed from person-to-person during sexual activity.



# Syphilis

- Rare sexually transmitted bacterial infection
- Can cause serious damage to the body if not cured, including death
- Passed along by having unprotected oral, anal or vaginal sex
- Condoms can help prevent the spread of syphilis during vaginal or anal sex
- Condoms or dental dams can be used for protection during oral sex

# Syphilis

- Syphilis produces a wide range of symptoms that are often confused with other illnesses
- Some people have no symptoms at all
- The infection can be cured with antibiotics
- A person can get the infection again, so their partners should also be tested

*Remember syphilis is CURABLE!*

# Parasitic STIs

Pubic lice

Scabies

Trichomoniasis

A parasite is an organism that lives on or in a host and gets its food from or at the expense of its host (CDC)

# Pubic lice



The lice attach their eggs to the pubic hair and feed on human blood

# Trichomoniasis



Caused by a parasite that is usually sexually transmitted, but it can survive 24 hours on wet towels and bathing suits

# Scabies



Caused by the itch mite. It burrows just under the skin and lays eggs. The scabies mite can live for 2-4 days away from the human body; it can be transmitted without sexual contact.

# How to prevent parasitic STIs

## Trichomoniasis

- Condoms will help prevent the spread

## Pubic lice and Scabies

- Avoid sharing towels and clothing that have not been washed
- When trying on bathing suits or underwear in the store always wear something underneath

## Signs and symptoms of a parasitic STI

- Intense itchiness
- Reddish rash
- Pain during sex or urination
- Vaginal discharge

## How are parasitic STIs treated?

- Shampoo – special shampoo to kill lice or scabies
- Lotion - special shampoo to kill lice or scabies
- Ointment- special shampoo to kill lice or scabies
- Antibiotic – used to treat trich



# Viral STIs

Human Papilloma Virus (HPV)

Herpes

Hepatitis

HIV / AIDS

# Human Papillomavirus (HPV)

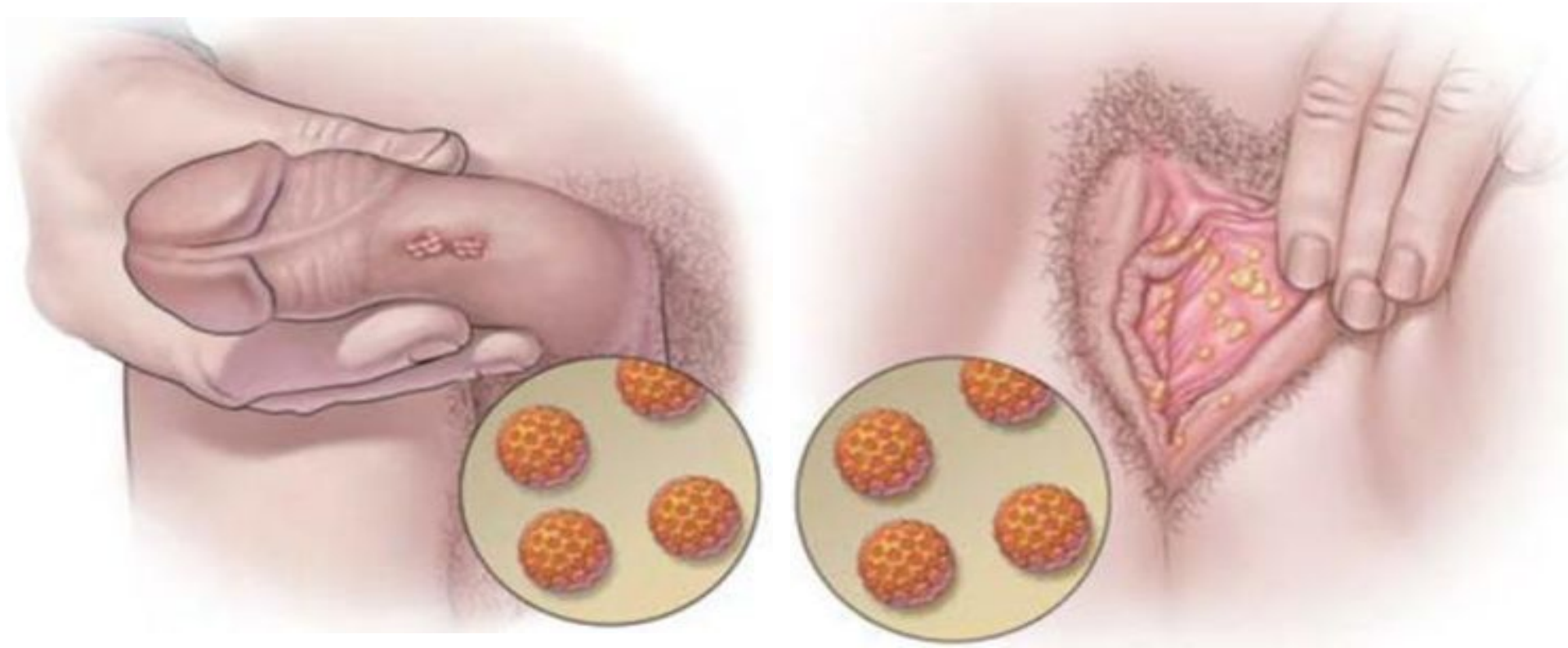
- Very contagious virus
- Some people never get symptoms
- HPV is spread through skin to skin contact , oral, anal and vaginal sex with an infected partner
- Some types cause genital warts and other types can cause cancer of the cervix

# Human Papillomavirus (HPV)

## Treatment

- Treatments remove the warts but does not remove the virus from the blood
- Most warts will clear over time
- There is no cure for HPV
  
- There is a vaccine to prevent HPV available for students in Year 8, which is given to female students

# Human Papillomavirus (HPV)



# Genital Herpes

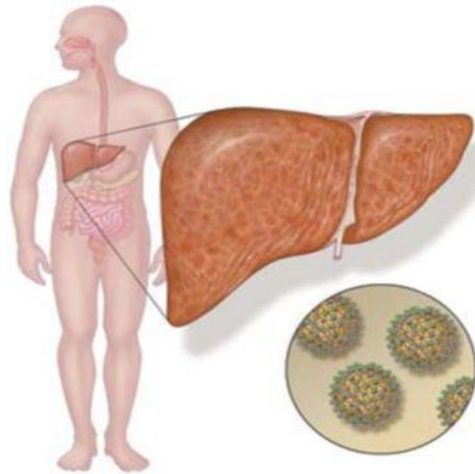
- Caused by the Herpes Simplex Virus (HSV)
- Spread through skin to skin contact and oral, anal and vaginal sex
- Some people with herpes never develop sores, but are still contagious and may spread it to others without knowing
- People who have an initial outbreak can have more outbreaks throughout the rest of their life

*Remember herpes is not CURABLE. It is TREATABLE!*

# Genital Herpes



# Hepatitis



- Hepatitis is a virus that affects your liver
- It can cause permanent liver disease and cancer of the liver
- Hepatitis A & B can be prevented by vaccines
- There is no vaccine for Hepatitis C

*Remember hepatitis is not CURABLE!*

# How is Hepatitis transmitted

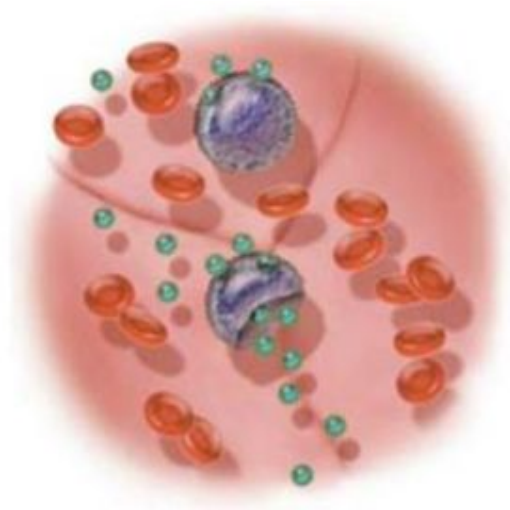
- Hepatitis A is transmitted through fecal oral route
- Hep B is transmitted through blood and bodily fluids
- Hep C is transmitted mostly through blood but also through bodily fluids



# How can someone lower their chances of getting Hepatitis B and C?

- Get vaccinated against Hepatitis B
- Practise safer sex
- Do not share instruments used in body-piercing, tattooing or hair removal
- Do not share personal items such as toothbrushes, razors and needles

# Human Immunodeficiency Virus (HIV) and Acquired Immunodeficiency Syndrome (AIDS)



# HIV and AIDS

- HIV is the initial infection
- AIDS is the advanced stage of the disease
- Over a period of time, the virus attacks and damages the body's immune and nervous system

## How is HIV/AIDS spread?

- The virus is spread through bodily fluids
- Decrease risk with condom use
- There is no cure for HIV infection
- Once infected, you have HIV for life



Watch this video about a teenager's experience of catching a sexually transmitted infection.



**What challenges has this young person faced since learning she has an STI?**

**Do you think her boyfriend's reaction was fair? Why or why not?**

**How would you react if your boyfriend or girlfriend told you they had an STI?**

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# Where can someone go for STI testing and treatment?

Family Doctor/Nurse Practitioner  
Walk-In Clinic  
GUM Clinics in local hospitals

The nearest is:

Loxford Polyclinic , which offers free sexual health & contraception services.

- **Loxford Polyclinic, 417 Ilford Lane, Ilford, IG1 2SN**
- **Other clinics can be located using this link**  
**<https://www.nhs.uk/Service-Search/Sexual-health-information-and-support/LocationSearch/734>**

**What is the only 100 % effective  
way of preventing STIs and  
pregnancy?**

**abstinence**

# What does abstinence mean?

- Abstinence means to not do something
- Sexual abstinence means to abstain from different levels of sexual activity
- Possible choices for sexual abstinence between two people could be:
  - Avoiding vaginal and anal intercourse
  - Avoiding oral-genital contact
  - Avoiding genital contact

# Preventing STIs and pregnancy

- Delay sexual activity until you are older
- If you choose to be sexually active, use protective barriers (condoms, dental dams) and birth control



# What are some reasons to not engage in sexual activity?



# Summary

- Keep informed about STIs and how to protect yourself
- Talk to a parent, teacher, or a trusted adult

**Time to address your thoughts and questions from the starter activity.**