

Year 10 MY Curriculum

Sexual Health & Sexually  
Transmitted Infections

# Starter - Quick Quiz



1. There are over 450,000 STI diagnosed each year in the UK.
2. You can always tell if you or someone else has an STI.
3. Some STI's can have serious consequences and leave you unable to have children.
4. You can get some STI's just by having skin to skin contact.
5. Not all STI's can be cured.
6. You can't catch the same STI twice as your body will be immune to it.
7. You can access Sexual health Services confidentially even if you are under 16.

Write True or False to the statements in your books.

# Quick Quiz



*Do you want to  
**change** any of  
your answers?*



# Quick Quiz

1. There are over 450,000 STI diagnosed each year in the UK. **True**
2. You can always tell if you or someone else has an STI. **False**
3. Some STI's can have serious consequences and leave you unable to have children. **True**
4. You can get some STI's just by having skin to skin contact. **True**
5. Not all STI's can be cured. **True**
6. You can't catch the same STI twice as your body will be immune **False**
7. You can access Sexual health Services: they are confidential even if you are under 16. **True - but most people need support and would use their parents help.**



# RULES:

- We will neither ask nor answer any personal questions.
- We will respect each other and not laugh at each other's questions.
- We will not discuss anything that we want to be kept confidential.
- We can pass or opt out if something makes us feel uncomfortable.
- Only correct names for parts of the body to be used

Objective: To improve on my knowledge of sexual health, contraception and STIs



Outcomes:

- Explain the importance of safe sex to another person
- Understand the different options for contraception and safe sex
- Identify symptoms of STIs, how they are transmitted, and how transmission can be reduced.



# Task

Copy these headings into your books.

## Sexually Transmitted Infections

Complete the table to compare the different sexually transmitted infections (STIs).

Name of STI	Type of Pathogen	Transmission	Symptoms	Treatment

Around the room are information sheets about some STIs.  
Collect the information to complete the table in your books.

# STI : Match up!

Name/ Type of STI

Genital warts

Pubic lice

HIV

Chlamydia

Gonorrhoea

Syphilis

Transmission (spread by...)

- Unprotected sex
- Sharing needles
- Mother to baby

- Unprotected sex
- Genital contact

- Unprotected sex
- Oral sex
- Anal sex
- Foreplay

- Unprotected sex
- Oral sex
- Foreplay

- Unprotected sex
- Genital contact

- Unprotected sex
- Oral sex
- Foreplay

Common symptoms

- Discharge
- Pain when urinating
- Mostly no symptoms

- Green/yellow discharge
- Pain when urinating

Bumps/warts on genital area

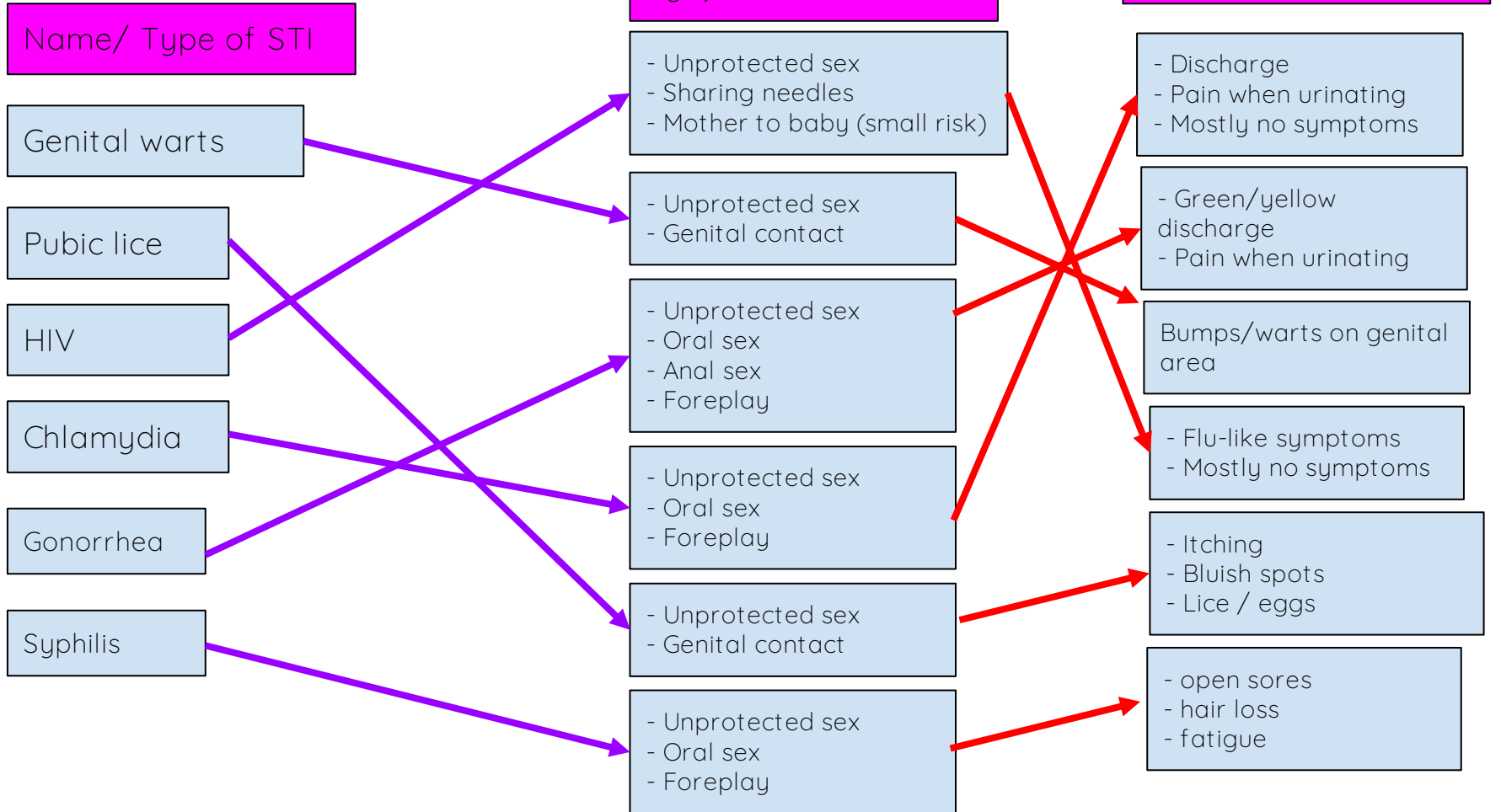
- Flu-like symptoms
- Mostly no symptoms

- Itching
- Bluish spots
- Lice / eggs

- open sores
- hair loss
- fatigue



# STI : Match up!



# Chlamydia

What is it?

**Bacteria**

Caught by:

**Unprotected Sex  
Oral Sex  
Foreplay**

Symptoms?

**Most People  
have no  
Symptoms**

Can Cause

**Infertility  
Ectopic Pregnancy**



- If symptoms do occur;
  - Discharge
  - Pain when Urinating
  - Swollen testicles

**Someone may not realise they have the infection therefore may not realise they are passing it on!!!**

# Gonorrhoea

What is it?

**Bacteria**

|

Symptoms?

**Most people  
will have  
symptoms.**

Caught by

**Unprotected sex  
Oral Sex  
Foreplay**

Can Cause

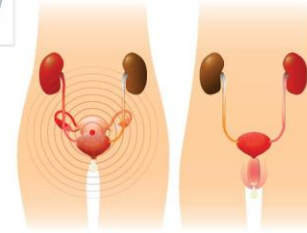
**Infertility  
Ectopic Pregnancy**

## Gonorrhea Signs and symptoms



Abdominal pain  
or pain with  
intercourse

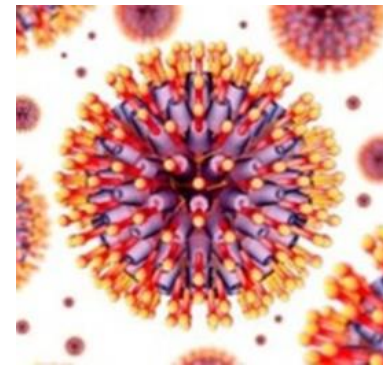
Vaginal  
discharge  
and bleeding



Infected kidneys  
Urinary tract  
infection  
Burning sensation  
with urination  
Inflammation  
of the penile  
Swollen testicles  
Discharge from  
the penis

- 90% of males and 50% of female will have symptoms.
- Can include;
  - Discharge (& unusual smell)
  - Pain when Urinating
  - Swollen Testicles
  - Pelvic Pain
- Beware Super-Gonorrhoea!

# HIV



What is it?

**Virus**

Caught by:

**Unprotected Sex  
Sharing Needles  
Mother to Baby**

Symptoms?

**Most People  
have no  
Symptoms**

Can Cause

**Can be life  
shortening if not  
treated.**

- Individuals may get flu like illness a few weeks after infection, which subsides.
- Treated & well managed HIV infection poses very little risk of onward infection.

# Genital Herpes



What is it? |

**Virus**

Symptoms?

**Stinging or  
itching in  
infected area  
Small blisters**

Caught by:

**Unprotected  
Sex  
Oral Sex  
Skin to Skin  
contact**

Can Cause

**No long term  
effects**

- Presentation of Genital Herpes very similar to “Cold Sore”
- Virus remain in body and recurrence varies but usually stop after 18-24months.

# HPV / Genital Warts

What is it?

**Virus**

Caught by:

**Unprotected  
Sex  
Genital  
contact**

Symptoms?

**Bumps or  
warts in  
Genital area.  
(can appear a  
few days or up  
to a year after  
infected)**

Can Cause

Cervical cancer  
(some strains)



- For some genital warts will only appear once, but for many recurrence can occur.
- Warts can take up to 18 months to develop after initial infection.

# Pubic Lice

What is it?

**Parasite**

Symptoms?

**Itching**

**Bluish spots**

**Lice / eggs**

Caught by;

**Close contact,  
including  
sexual  
contact.**

Can Cause

**No Long Term  
effects**



- Pubic Lice can live in any body hair except hair on head.
- Can be treated through shampoos / lotions bought from Pharmacies. (note; Head Lice treatment does not work!)

# Syphilis

## What is it?

Bacteria

## Symptoms?

Open sores  
Fatigue  
Hair loss  
Cramps

## Caught by:

Kissing  
Unprotected sex  
Genital contact  
Mother to baby

## Can Cause

Blindness  
Dementia  
Death



- Syphilis has been around for hundreds of years (Abraham Lincoln apparently had it)
- Condoms lower the risk of transmission
- It can be treated with antibiotics, but damage already done cannot be reversed



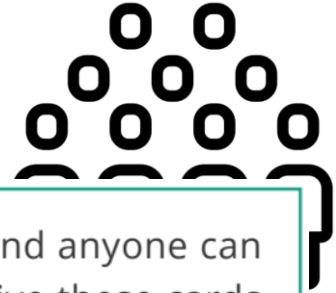
# Dr Christian Jessen explores the issues of STI's

<https://www.youtube.com/watch?v=nGeJqBnY7E4>

PLAY FROM 1  
MINUTE 30  
SECONDS



# Task - The results are in....



Y  
T  
f

**S** - These people unknowingly have an STI. They can sign anyone's card and anyone can sign theirs. Two students should be given these cards. You may wish to give these cards to students who are not easily embarrassed.

**C** - These people are correctly using a condom so are protected against STIs for the purposes of this activity. Two students should be given these cards.

**R** - These people are in a monogamous relationship and have both been tested for STIs so are not at risk of becoming infected. Two students should be given these cards.

**N** - These people are choosing not to have sex and are therefore not at risk of becoming infected. Two students should be given these cards.

**U** - These people are unprotected so are at risk of becoming infected. The remaining students should be given these cards.

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BEYOND

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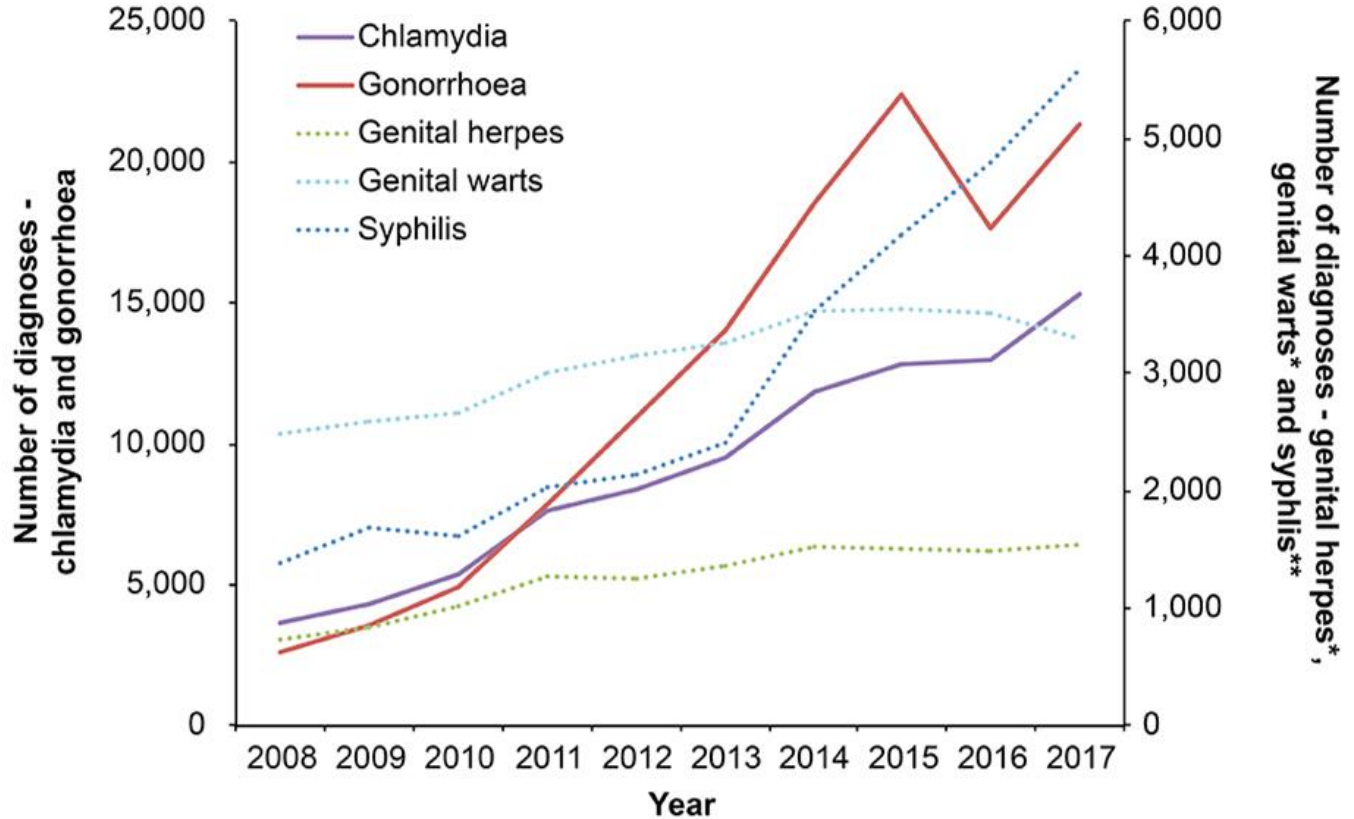
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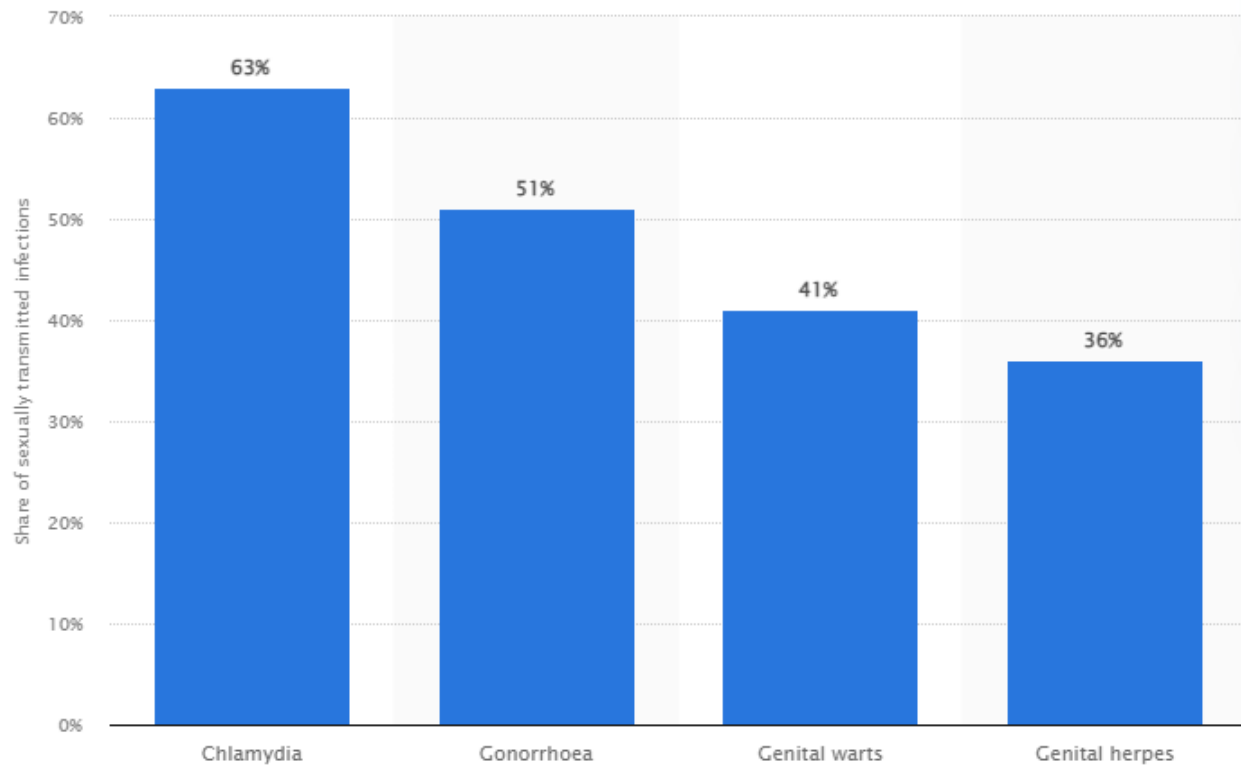
BEYOND

Have a look at the graph.

- What information can you take from it?
- Why is it important to know about STIs?



# STIs in 15 - 24 year olds in 2022



How can we reduce the transmission of STIs?

Prevention is better than cure!!

# Treatment

Treatments for STIs include:

Antibiotics for bacterial infections

Antiretroviral drugs for viral infections

Creams, ointments or medicated washes



# Prevention

Treatments for STIs include:

Wearing condoms during any form of sex

Abstaining from sex

Getting regularly tested.



# Methods of contraception

<b>Method</b>	<b>Protection against STIs</b>	<b>% effectiveness vs pregnancy</b>
Condom	Yes	82%
Internal condom (Femidom)	Some	79%
Pill	No	91%
Implant	No	99.9%
Coil (IUD)	No	99%
Injection	No	94%
Withdrawal	No	78%
Douching (Showering)	No	None

Condoms are the only protection against STIs  
(apart from celibacy.....)

<https://www.youtube.com/watch?v=Eh5HK3F42IU> condoms

<https://www.youtube.com/watch?v=P0gd7kUf1bo> female condoms

<https://www.youtube.com/watch?v=fz86g-S3OJI> - condom song  
Optional Spitting Image





# Myths and misconceptions (pun intended!) about condoms

They will be too small.....

Nice try! Latex is very stretchy and will fit everyone (just watch a Youtube video of someone putting one over their head...)

I won't feel anything.....

Condoms have come a long way from the first ones made of sheep intestines, and are now very thin and allow sensation

We don't need to use them if we're faithful.....

Well....yes and no. You are effectively having sex with everyone your partner ever had sex with, so unless you've both been tested then there may still be a risk

# Myths and misconceptions (pun intended!) about condoms

I should use two condoms  
to be extra safe.....

Nooooo!!!!!!! They will rub against each other which could cause tearing. One condom is safer than two.

The condom might break.....

This is actually very rare now, as technology has made them strong and effective

You don't need to use them for oral sex

Granted you aren't going to get pregnant this way, but a number of STIs can be transmitted via oral sex

# Myths and misconceptions (pun intended!) about condoms

I can't afford condoms

Guess what?! Sexual health clinics give them away for free!!!!

My partner won't use one

This is your body and your sexual health. If they don't want to look after you then the chances are they'll be selfish in bed too.....

Sexual  
Health

Q&A

NHS

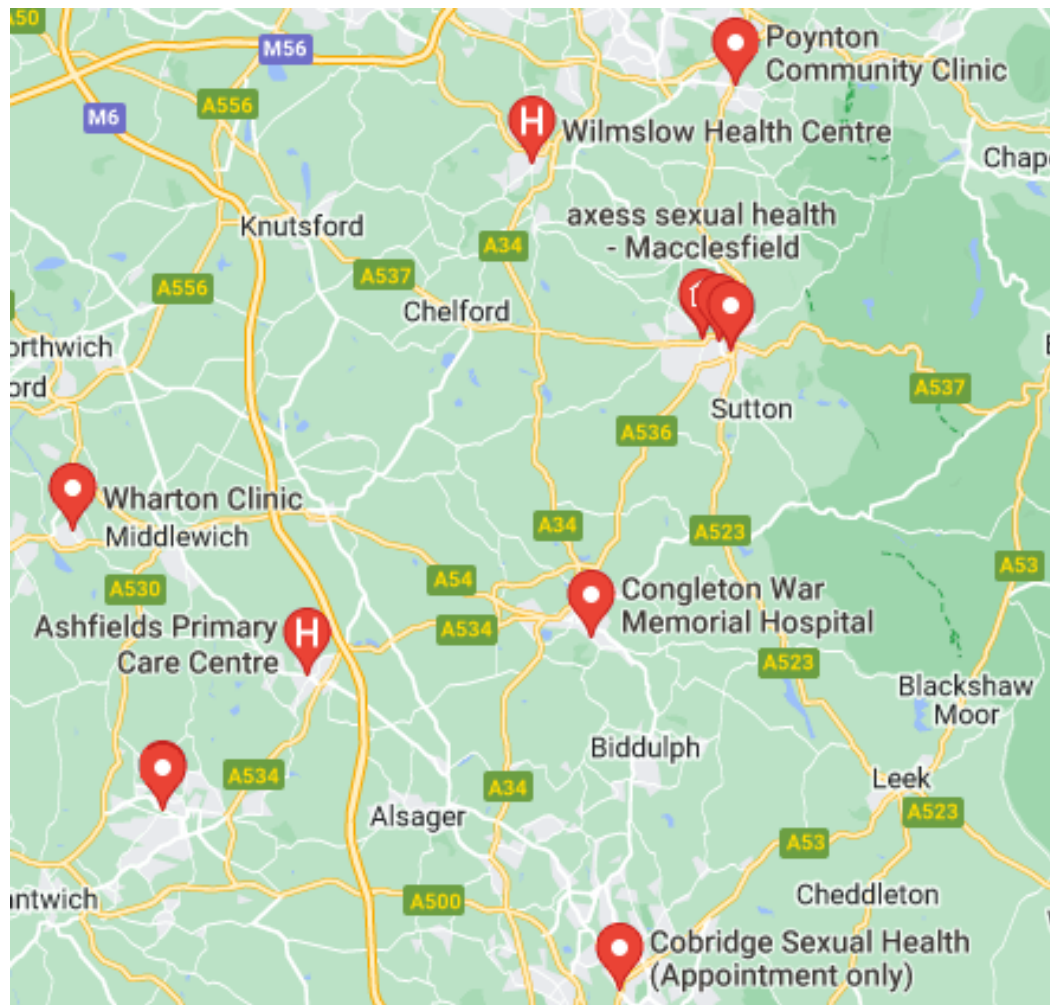


# Further support;

- Open link and explore with the class.

<https://www.nhs.uk/live-well/sexual-health/>

Congleton War Memorial Hospital (Sexual Health  
Clinic)



# Local sexual health clinics

**NETFLIX**

**BEST OF  
OTIS' ADVICE**



# Today...

One piece of advice you  
would give to someone  
after today's lesson