



**Lealands**  
High School

# Relationships and Sex Education programme

## **YEAR 9 LESSON 2:** **Sexually Transmitted** **Infections**

### **Do Now:**

Name 2 types of contraception

What should someone say if someone pressures them not to use contraception.



# YEAR 9 LESSON 2:

## Sexually Transmitted Infections

### Learning outcomes:

I can...

- list some of the main STIs, their symptoms and consequences
- explain what someone should do if they have had unprotected sex or are worried they might have an STI
- name the contraceptive methods which provide some protection against STI infection



## WHAT WE **ALREADY KNOW ABOUT STIs**

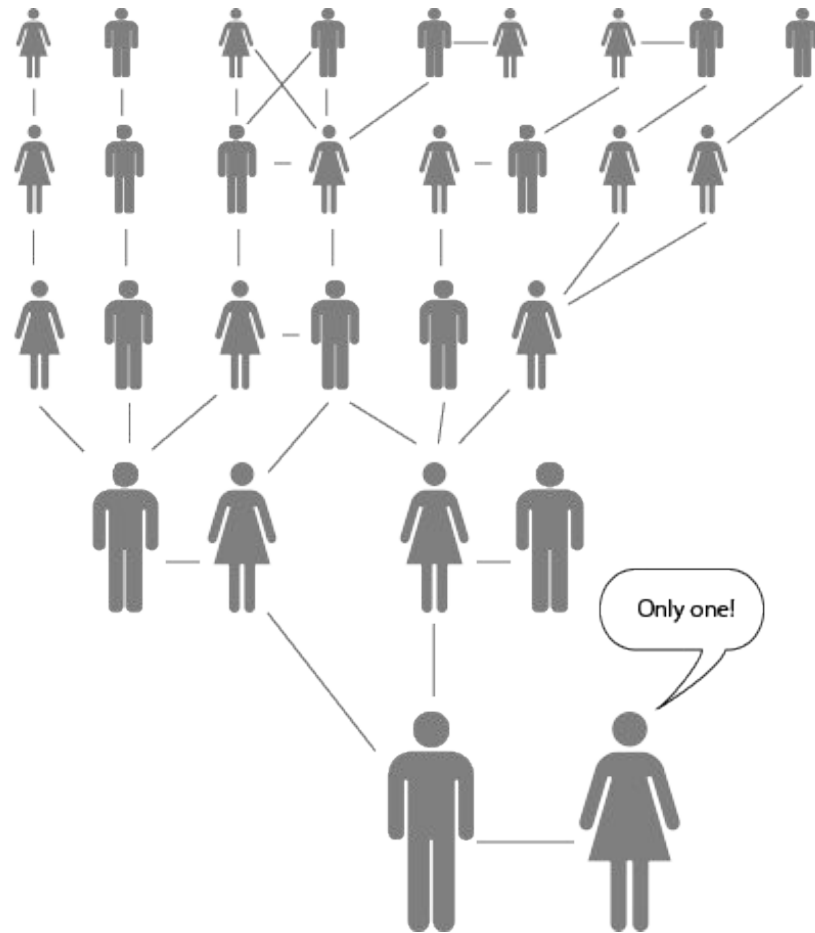
1. On your own, think about all the STIs you know or have heard of
2. Now we will make a list of anything you know already or have heard about each of these

*e.g. possible symptoms, treatment, what it's caused by...*

STI name	Other information

# STI TRANSMISSION

How easy do  
infections  
spread?



How might this situation affect the partner who has only had one sexual partner?

Does this mean that they are not going to give an STI themselves?

# SHARE AND LEARN

**Use the STI information in the coming slides to complete the following in the correct row in the grid:**

- What it is – bacterial, viral or parasitic
- How you get it – type of contact
- Symptoms – are there any?
- How it is treated – can it be? treatment type?
- How a person can protect themselves from it?



**The aim of this is to inform you of the many different types of STI that exist, how they are spread and how to stop that from happening.**

# SHARE AND LEARN



## HIV

- **HIV** (Human Immunodeficiency Virus) is a virus which can cause an incurable and life-threatening condition called **AIDS** (Acquired Immune Deficiency Syndrome).
- HIV attacks the body's immune system, leaving it vulnerable to illness
- HIV is found in blood, semen, vaginal fluid and breast milk. Any activity that involves the sharing of these fluids could result in the transmission of HIV. It cannot be transmitted through saliva.
- People with HIV may have no symptoms for a long time, often for 10 years or more, but most (about 70-90%) will experience some flu-like symptoms soon after infection.
- It's common for people who experience cold or flu type symptoms to worry that these may be signs of HIV, when often they are just signs of a cold or flu – but experiencing these symptoms after being in a situation where a person thinks they may have been at risk should be investigated.
- Remember: not everyone will experience symptoms so it's always best to get tested and find out for sure.
- There isn't a cure for HIV but it can be managed with drugs. They work against the infection by slowing down the spread of the virus in the body.





## Genital Warts

- The most common virally transmitted STI in the UK. They are caused by the human papilloma virus (HPV). There are many strains of HPV. Most are low risk, others are higher risk and increase cervical cancer risk – this is why there is an HPV vaccine given to young women.
- The genital warts virus causes the growth of warts around the genital area. The warts are highly contagious and any contact with them could result in transmission.
- **Symptoms:** During an 'outbreak', small fleshy growths or bumps on the genitals, anus & upper thighs. Growths might be small or large, pink cauliflower like lumps. Whilst the infection is dormant, there will be no symptoms.
- **Treatment:** It's the same for both sexes and it will only be offered if you have visible warts. You'll either be given an ointment or a doctor will freeze them. In extreme cases they can be surgically removed.



*Provides limited protection if sores are not present, but there is still an infection risk.*

# SHARE AND LEARN



## Genital Herpes

- Herpes Simplex One = Oral (mouth) Cold Sores
- Herpes Simplex Two = Genital Sores
- Herpes Simplex One can infect the genital area through oral sex during times of outbreak but genital infections tend to be due to the Herpes Simplex Two virus.
- It's transmitted by sexual contact with the sores or blisters although the virus could be passed on when there are no obvious symptoms so it is important to talk to a sexual health practitioner about how to reduce transmission risk if a person has been diagnosed with the virus.
- **Symptoms:** Flu-like symptoms, including fever, tiredness and swollen glands. Stinging or tingling in genital or anal areas and pain when urinating. Small fluid filled blisters anywhere around the genitals, buttocks or thighs. They burst after 2- 3 days and take up to 10 days to heal.
- **Treatment:** The most common treatment is antiviral tablets and a cream or lotion to soothe the sores.



*Provides limited protection if sores are not present, but there is still an infection risk.*

# SHARE AND LEARN



## Gonorrhoea

- Gonorrhoea is caused by bacteria and is passed on through semen and vaginal fluid.
- Typical symptoms include:

### Women:

- Unusual discharge that might be yellow or green
- Pain urinating
- Spotting or heavier periods

### Men:

- Unusual discharge from tip of the penis
- Pain urinating
- Pain in the testicles
- Sometimes, swelling of the foreskin

*Gonorrhoea is treated with antibiotics, either in a single dose or an injection. Antibiotic resistance means that sometimes treating the infection requires more than one dose of antibiotics.*



# SHARE AND LEARN



## Syphilis

- Syphilis is caused by bacteria that can be passed on through semen and vaginal fluid. It can also be passed on through close contact with sores.
- **Stage 1:** sores where the bacteria entered the body, usually 2 or 3 weeks after infection. These sores are highly infectious and take 2- 6 weeks to heal.
- **Stage 2:** A painless rash, which can spread and is often seen on palms of hands and soles of feet. Flat, wart-like growths on genitals. Flu-like illness, tiredness and loss of appetite. Patchy hair loss.
- **Stage 3:** Serious damage to heart, brain, eyes, bones and nerves. At this stage syphilis can kill you.
- If caught early, syphilis is easily treated with antibiotics. In later stages, antibiotics usually work but higher doses are needed and there may be more complications.



*Unless sores are present.*

# SHARE AND LEARN



## Chlamydia

- Chlamydia is the most common STI amongst young people in this country and is a bacterial infection that is spread through sexual activity. Left untreated it can damage fertility.
- Scarily, 50% of men and 70% of women with chlamydia have no symptoms at all!
- If symptoms are present, men and women report:

### Women:

- Spotting or heavy periods
- Bleeding after sex
- Pelvic pain
- Vaginal discharge
- Pain urinating

### Men:

- A white, cloudy or watery discharge from the penis
- Pain urinating
- Possible testicular pain

*Chlamydia is treated with antibiotics, either in a single dose or daily doses for a week. It is very important to take all doses in the course of antibiotics or the infection may return. The infection usually clears within a week.*



# SHARE AND LEARN



## Hepatitis A, B and C

- Viral hepatitis infections can affect the liver. Chronic infections can sometimes lead to liver cancer.
  - **Hepatitis A-** is transmitted where traces of faeces find a route to the mouth. Mouth to anal contact during sex could result in transmission.
  - **Hepatitis B-** is spread through the exchange of body fluids, including semen, vaginal secretions and saliva. It is 100 times more infectious than HIV.
  - **Hepatitis C-** is most commonly spread through blood. Primarily through sharing injecting equipment.
- **Symptoms:** Flu like symptoms, back pain and jaundice, which is a yellowing of the skin or eyes. It can also cause dark brown urine or pale faeces.
- **Treatment:** Once a person is diagnosed they will receive drug treatment. A doctor will also give advice about diet and alcohol consumption.



# PREVENTING STIs: KEY POINTS

- **Bacterial STIs (Chlamydia, Gonorrhoea, Syphilis)**

When treated the infection can be cured, but can be re-infected if there is continued unprotected sexual activity

- **Viral STIs (HIV, Herpes, Genital Warts, Hepatitis)**


Lives in your blood. Once you have it, you have it for life. The symptoms can be treated, but they can return at any time

- **Parasitic STIs (Public lice)**

Parasites can be transmitted via direct contact

## REMEMBER!

The best way for someone to protect against STIs is to always use a condom and to get regular screening checks every time they change partners. A condom will only protect if used correctly!



NB: Condoms don't protect against all STIs

## SEEKING HELP: OVERCOMING OBSTACLES

I don't know what to expect or what might happen when I go to a sexual health clinic

If I suggest to my partner that we get an STI check before we have sex, will she think I sleep around?

I'm way too embarrassed to talk about this to anyone! I would hate it if my parents found out

I don't know where my local clinic is, when it opens or how to get there.  
EEK!

# VISITING A CLINIC

## TESTING

- Is free and confidential
- It usually involves a urine sample or a swab test, possibly a blood test



Sometimes people might be worried about what they can expect during a visit to a sexual health clinic.

Watch [THIS](#) to help.

***Any questions?***

# ACCESSING SERVICES

- CASH (Contraceptive and sexual health) clinics offer support for sexual health including testing
- GUM (Genito-Urinary Medicine) clinics offer full sexual health check ups
- Chlamydia testing kits are also available free online (15-24 year olds). They are sent to your address in an unmarked box
- Chlamydia testing kits can also be picked up at your local pharmacy



## WHAT WE KNOW NOW

1. On your own, return to the list you created at the start of the lesson
2. What detail can you add to the list as a result of today's lesson?
3. Are there any ideas from the start that you want to change?



Can you give any extra advice to a friend on when and how to discuss safer sex with a new sexual partner?

# SIGNPOSTING

If you want to talk to someone about today's lesson:



- Tutor or Head of Year
- Local Pharmacist
- Relate Relationships Advice
  - 0300 100 1234
  - Online chat available at [www.relate.org.uk](http://www.relate.org.uk)
- Brook
  - 0808 802 1234
  - Website [www.askbrook.org.uk](http://www.askbrook.org.uk)
- Luton Sexual Health
  - 01582 497070
  - Website [www.lutonsexualhealth.org.uk](http://www.lutonsexualhealth.org.uk)