

Focus: How can we keep good sexual health?

Objectives

1. Identify the most common STIs and the best ways of preventing them.
2. Describe the symptoms of the most common STIs.
3. Explain why using protection is so important and which method of protection best prevents each of the most common STIs.

What are STIs?

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

What STIs do you know of already?

Quick question....why are we learning about STIs in Year 9?

1. With a partner, write down as many different STIs as you can.
2. Now label them in order of how common you think they are.



What are STIs?

[Watch this.....](#)

Introduction to STIs....Watch this....

As you watch the clip, answer the questions.

- 1) What are the most common STIs?
- 2) How are these diseases usually passed on?
- 3) Name three short-term problems they can cause.
- 4) Name three long-term problems they can cause.
- 5) Which of these STIs sounds worst in your opinion? Why?
- 6) Explain what should a person do if they suspect they have an STI.



Types of STIs

Use your devices and resourcefulness.

You now have 20 minutes to

For 5 STIs (chlamydia, gonorrhoea, genital herpes, genital warts and HIV) investigate and note take:-

1. What symptoms might you look out for or experience?
2. How is it transmitted?
3. How is it treated? Is it curable?
4. What is the best way of preventing it?

10 Signs you might have an STI.....

Can you list 10 signs that might indicate to you that you have an STI?

[Health For Teens 10 Signs](#)



To recap.....Chlamydia

Chlamydia is sometimes described as a 'silent' infection. This is because about 75% of women with chlamydia and 50% of men don't have any obvious signs or symptoms.

How can you get chlamydia?

- Unprotected vaginal sex
- Unprotected anal sex
- Unprotected oral sex
- Your genitals coming into contact with your partner's genitals
- It's not fully known whether it can be passed on via fingers

You can't get chlamydia by:

- Kissing
- Hugging
- Sharing baths
- Sharing towels
- Going to a swimming pool
- Sitting on a toilet seat
- Sharing cups or utensils

To recap.....Chlamydia

If you think you have chlamydia (or any other sexually transmitted disease), it's very important that you tell all recent sexual partners, as they will need testing /treating as well.

If left untreated, women with chlamydia are at risk of developing pelvic inflammatory disease (PID) and suffering damage to the fallopian tubes, and men can get an infection in their testicles. In both men and women, chlamydia can cause infertility.

Testing

This can be done by a urine test or a swab test. You can get a free postal test online [here](#), or can also visit your GP or local sexual health clinic for support.

Treatment

Treatment for chlamydia is a course of antibiotics. During the seven day treatment period, you should not have sex. The doctor or nurse who gives you the medicine will advise you on how to take it, and what side effects you may experience.

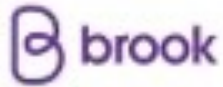
Plenary

1. Write one thing you have learnt this lesson.
2. Write down one important fact that you will take away with you.
3. Write a question you still have.



Further support

- If you have any worries with the issues surrounding the topics we have discussed today, you can speak to:
- Your teacher, form tutor, Head of Year or a member of the safeguarding team.
- You can also visit ChildLine, the NHS website, Sexual Health Bucks, or your GP.



HEALTH ROTH TEENS

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SEXUAL HEALTH
Buckinghamshire

