

LO: To know how to have sexual health checks and details of self checking and recall the importance of contraception. Information about living with STIs

H14. about the health services available to people; strategies to become a confident user of the NHS and other health services; to overcome potential concerns or barriers to seeking help

H26. the different types of intimacy — including online — and their potential emotional and physical consequences (both positive and negative)

H27. about specific STIs, their treatment and how to reduce the risk of transmission

H28. how to respond if someone has, or may have, an STI (including ways to access sexual health services)

H29. to overcome barriers, (including embarrassment and misconceptions) about sexual health and the use of sexual health services

R23. how to choose and access appropriate contraception (including emergency contraception) and negotiate contraception use with a partner

Do Now

What do we mean by sexual health?

What is an STI?

Name 3 forms of contraception

Why is it important to look after your sexual health?





Using this image to help you,
what do you think the word
'Authenticity' means?





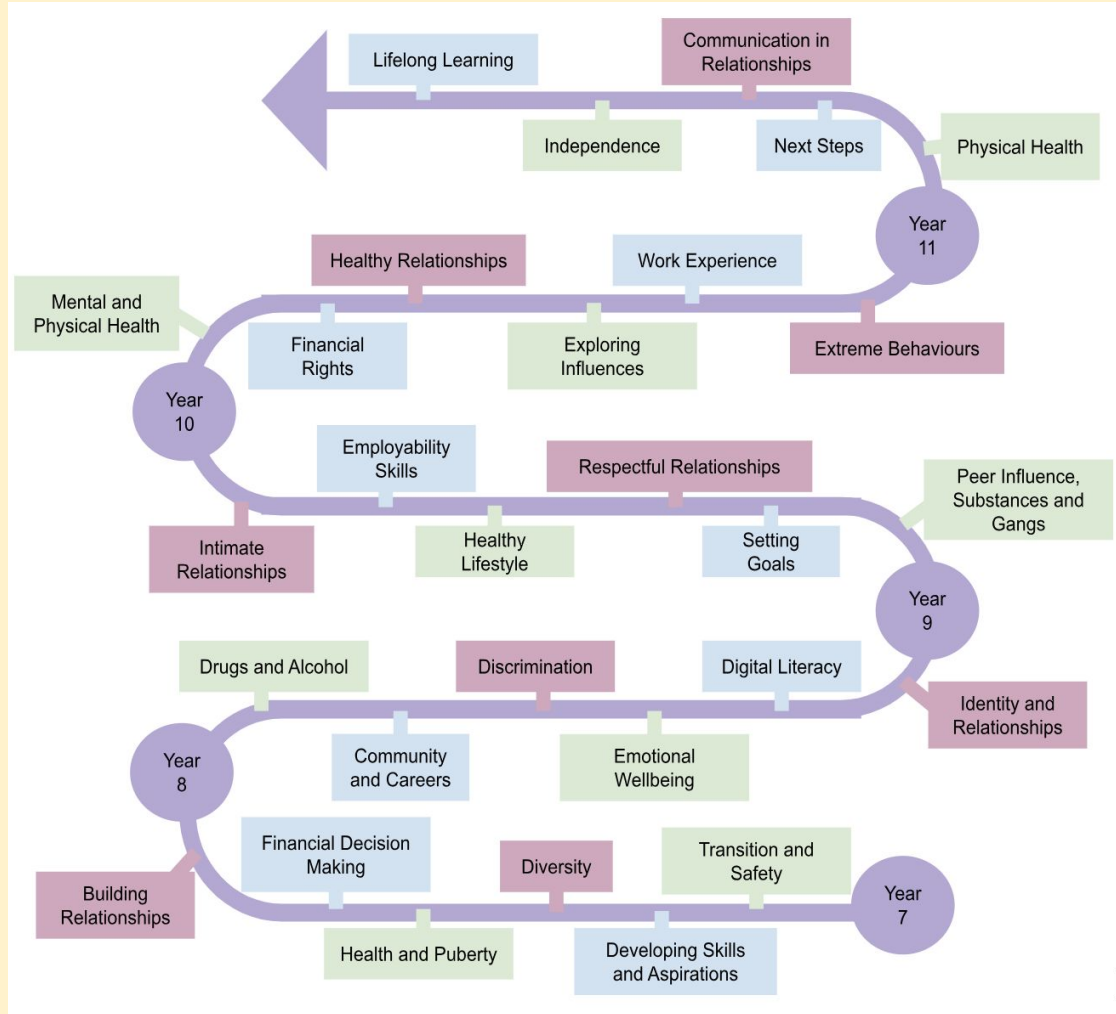
Authenticity means the
quality of being real or true

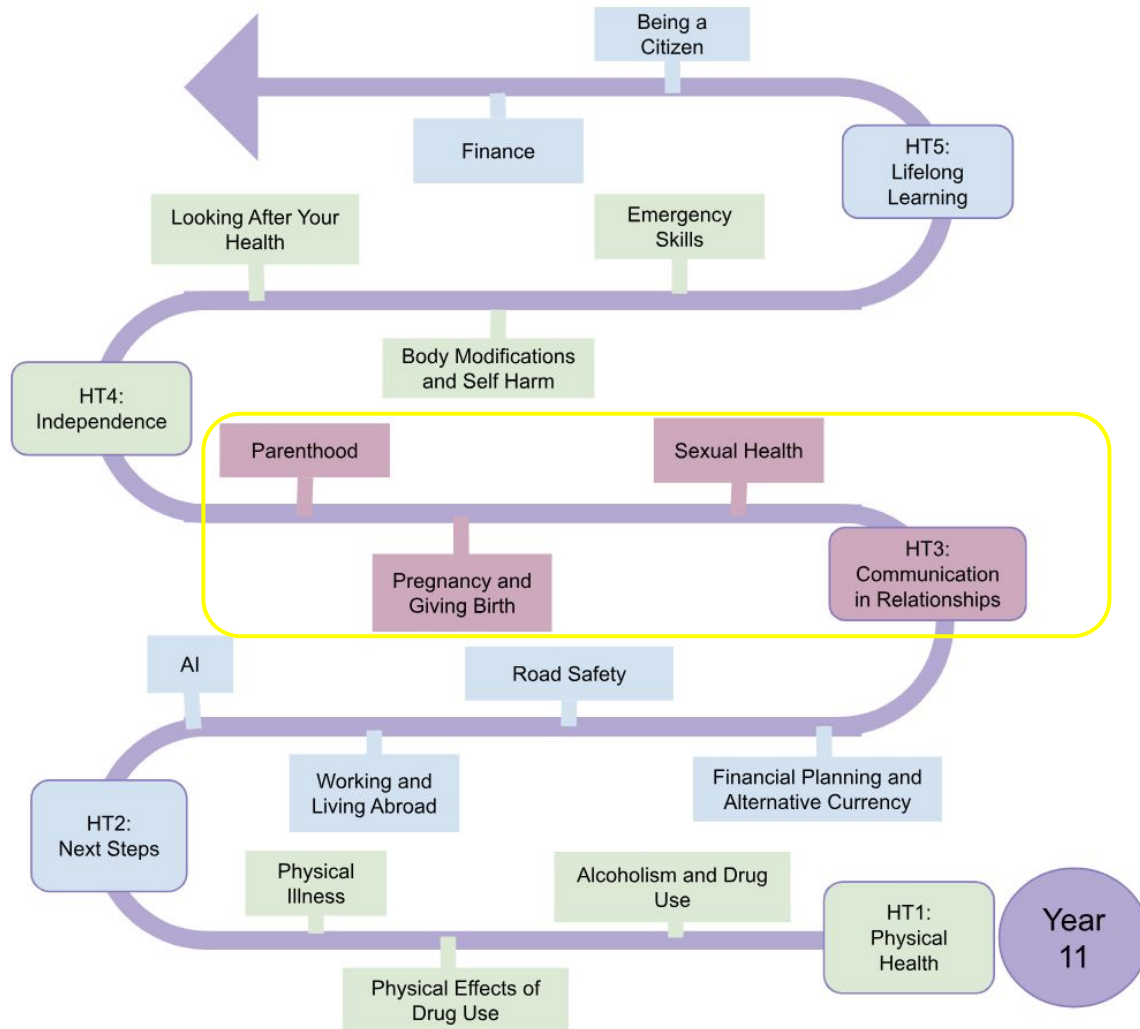


Why is it important for people to show authenticity?



PSHE Curriculum Map





What is Sexual Health?



Sexual health is the ability of women and men to enjoy and express their sexuality and to do so free from risk of sexually transmitted diseases, unwanted pregnancy, coercion, violence and discrimination.

Statement	True or false?
The average length of time for sex is 30 minutes	
You can't get pregnant during your period	
You can't get pregnant if the penis is withdrawn before ejaculation	
Women can't get STIs from sex with another woman	
Not all women bleed when they first have sex	
You can't get pregnant the first time you have sex	
Condoms can be re-used	
There are certain sexual positions that will protect you from pregnancy	
Once you have an STI/STD, it's always there	

Statement	True or false?
The average length of time for sex is 30 minutes	False- There is no average
You can't get pregnant during your period	False- it's unlikely, but still possible
You can't get pregnant if the penis is withdrawn before ejaculation	False- semen is still present before ejaculation
Women can't get STIs from sex with another woman	False- Women can catch STIs such as herpes, genital warts and chlamydia when exchanging bodily fluids
Not all women bleed when they first have sex	True
You can't get pregnant the first time you have sex	False- Having sex for the first time is the same as having sex any other time
Condoms can be re-used	False- they can only be used once!
There are certain sexual positions that will protect you from pregnancy	False- no sexual position can protect from pregnancy
Once you have an STI/STD, it's always there	False- some can be cured on antibiotics and some can't- such as HIV

Self-checking



Many diseases, such as cancer, are more treatable when **diagnosed early**.

We can make an early diagnosis more likely by **self-checking**.

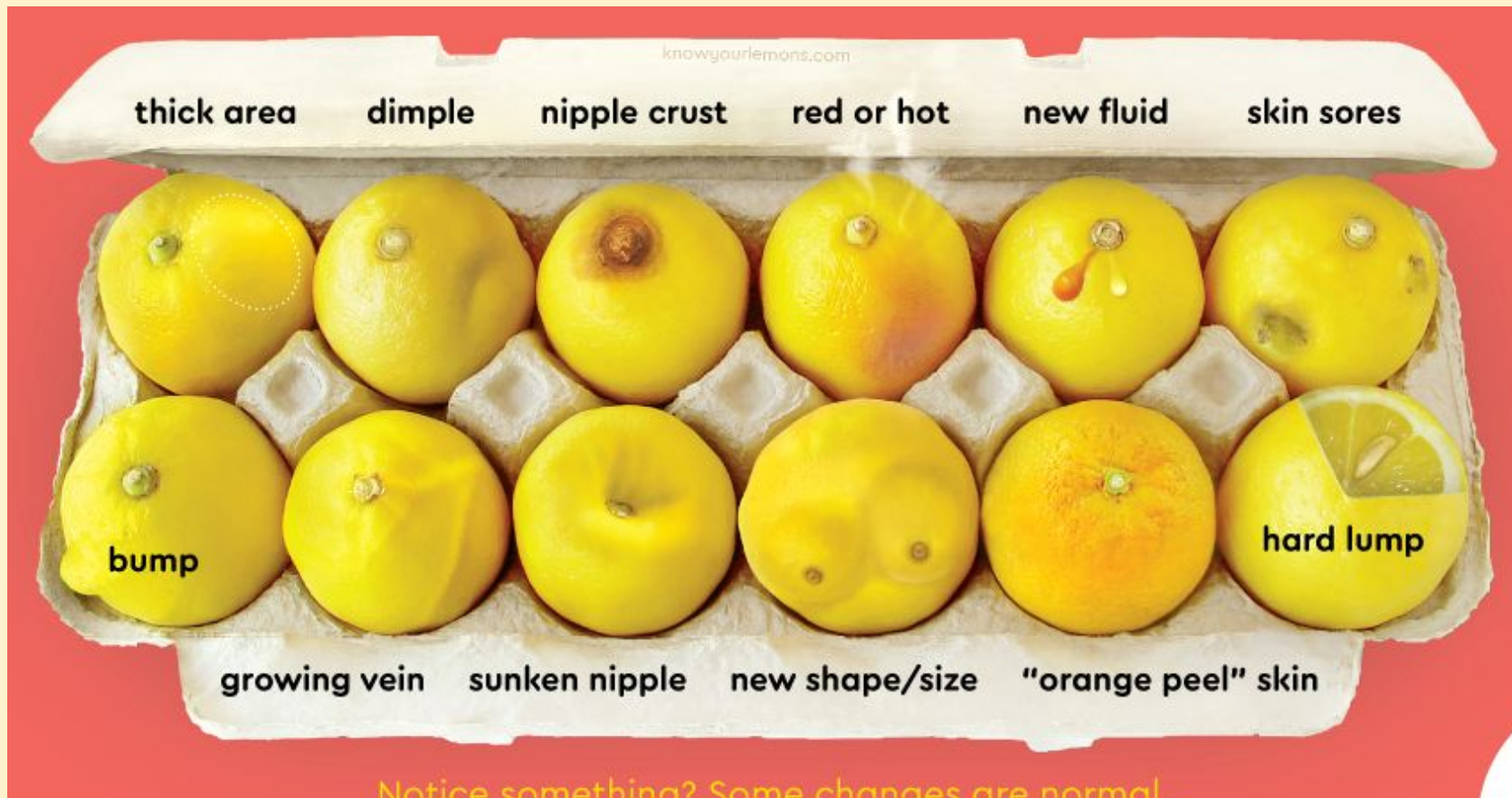
This can include checking our breasts and/or testes for lumps.

By doing it **regularly**, we are more likely to notice when something **changes**.

Self-checking



Self-checking



Self-checking



Check your testicles
in less than a minute

With Dr Claudia



HOW TO CHECK YOUR TESTICALS



PERFORM A SELF EXAM
IN THE SHOWER WITH SOAP
AT LEAST ONCE PER MONTH



CHECKING ONE TESTICAL
AT A TIME, GENTLY ROLL IT
BETWEEN THE FINGERS



LOOK FOR HARD LUMPS,
SMOOTH OR ROUNDED BUMPS...



... CHANGES IN SIZE,
SHAPE OR CONSISTENCY...



... OR ANY AREAS THAT
ARE PAINFUL

Self-checking



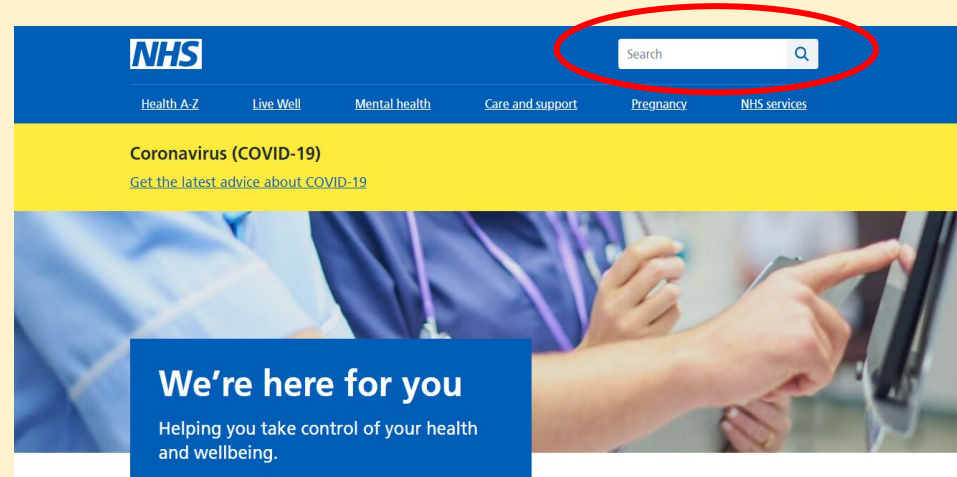
Summarise in your own words:

- Why is it important to self-check regularly?
- What should we check for?
- How can you perform a self-check?

If you want to learn more, you can talk to an adult in school or at home

Or go to the **NHS** website (www.nhs.co.uk) and use the search bar:

- “Self check for lumps”



Give some examples of STI's

How do you know if you have an STI?



WHAT ARE
STDs?

#FACTCHECK



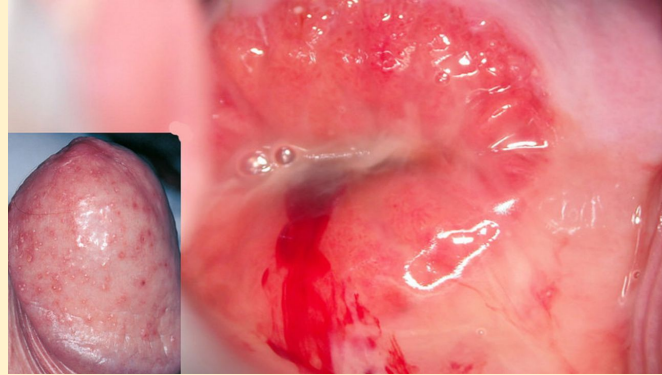
amaze

Chlamydia

Cause and spread:
Bacteria

Possible symptoms

- ☉ Pain when urinate
- ☉ An unusual discharge from the penis, vagina or rectum
- ☉ Bleeding after sex



Prevention and Treatment:

Use a condom

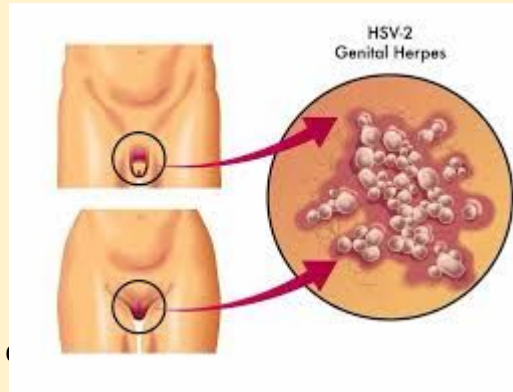
Antibiotics.

Can spread if left untreated and can cause infertility

Genital Herpes

Cause and spread :

Herpes Simplex Virus (HSV) -spread by skin-to-skin contact with during genital or oral sex.



Possible Symptoms:

- stinging or tingling in the genital area
- small blisters on the genital area which break into small painful red sores
- sores that look like a rash or cracked skin on the genitals
- difficulty passing urine
- Once infected, you can continue to have episodes of symptoms throughout your life.

Prevention and Treatment:

- There is no cure for genital herpes. However, it is possible to reduce the symptoms using anti-viral medicine.
- If you have genital herpes, it is important to always use condoms

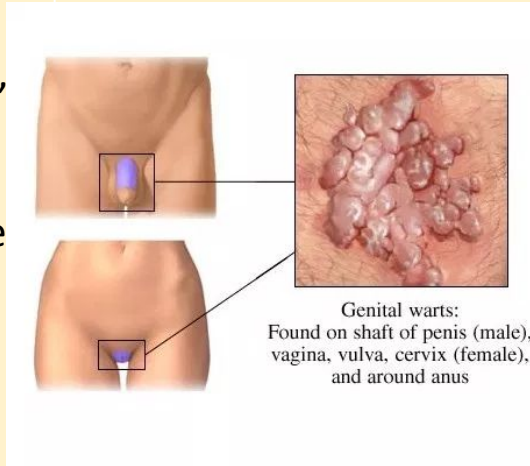
Genital Warts

Cause and spread:

Warts are caused by the human papillomavirus (HPV).

Possible symptoms:

- Bumps on the vagina, penis, anus and scrotum.
- Usually harmless but can be annoying.
- They can be bumpy, flat, or appear in clusters.



Prevention and treatment:

The HPV vaccine

Treatment options include:

- wart paint (specifically for genital warts)
- freezing (cryotherapy) or burning off
- laser treatment

Gonorrhea

Cause and spread: Bacteria - sexual intercourse.

Gonorrhoea can also be passed from an infected mother to her baby during birth, which can cause eye infection (neonatal conjunctivitis) and even blindness.

Possible Symptoms:

- unusual vaginal/ tip of the penis discharge, which may be thin or watery and green or yellow in colour
- pain or a burning sensation when passing urine
- pain or tenderness in the lower abdominal area – this is less common
- bleeding between periods, heavier periods and bleeding after sex – this is less common
- inflammation (swelling) of the foreskin
- pain or tenderness in the testicles – this is rare



Prevention and Treatment:

Tell all your sexual partners from the past three months that you have been diagnosed with gonorrhoea. They will need to be tested for gonorrhoea and treated if infected.

Antibiotics

Syphilis

Cause and Spread: Bacteria - sexual intercourse

Possible symptoms:

- Small, painless sores or ulcers on the penis, vagina, or around the anus, and mouth
- A blotchy red rash on the palms of the hands or soles of the feet
- Small skin growths on the vulva in women or around the anus in both men and women
- White patches in the mouth
- Tiredness, headaches, joint pains, a high temperature (fever), and swollen glands in your neck, groin or armpits



Prevention and treatment:

- It is safest not to have sex, even with a condom, until after you have completed the full course of treatment. Syphilis is very infectious, particularly during the early stages.
- an injection of antibiotics into your buttocks –
- a course of antibiotics tablets if you can't have the injection – this will usually last 2 or 4 weeks.

AIDS (Acquired Immune Deficiency Syndrome) / HIV (Human Immunodeficiency Viruses)

Cause and Spread: HIV is found in the body fluids of an infected person. This includes semen, vaginal and anal fluids, blood, and breast milk.

The most common way of getting HIV in the UK is through having anal or vaginal sex without a condom.

Possible symptoms:

- flu-like illness 2-6 weeks after HIV infection, which lasts for a week or two.
- After these symptoms disappear, HIV may not cause any symptoms for many years, although the virus continues to damage your immune system. This means many people with HIV don't know they're infected.

Prevention and treatment:

- Use a condom
- Antiviral drugs to suppress the virus
- There's currently no cure for HIV

Many STIs have no symptoms at first and sometimes not at all but can lead to lifelong problems such as infertility.

So, how can we protect ourselves from STIs?

ALL STIs on NHS.co.uk have this on the page

Do

- ✓ use a condom when you have vaginal or anal sex
- ✓ use a condom to cover the penis or a latex or plastic square (dam) to cover the vagina if you have oral sex

Don't

- ✗ do not share sex toys (or wash and cover them with a new condom before anyone else uses them)

The best and easiest accessible methods of contraception to avoid catching STIs are:



**Which forms of contraception protect
against pregnancy?**



Diagram of Contraceptive Methods



Condom



Female
Condom



Oral
Contraception



Hormonal
Ring



UID



Contraceptive
Injection



Surgical
Sterilization



Implant



Coitus
Interruptus



Calendar
rhythm
Method



Vaginal
Douche



Contraceptive
Patch



Diaphragm/Cap

<https://vimeo.com/887587918>

Worst Case Scenario

What happens if you have had sex and you haven't used contraception?

You have 72 hours to get a morning after pill.
You are advised to also be screened for STIs.

What if you miss this window and you find yourself pregnant?

An abortion is *possible* but is **not** a form of contraception. An abortion is a very difficult experience.

How do you decide which is the most appropriate form of contraception?

Why is it important to discuss contraception with a partner?

