

- What is an STI?
- What are the most common STIs?
- How do you contract an STI?
- The importance of regular sexual health check ups.
- What different types of contraception exist? How do they work?
- *RE Link: How do religions feel about the use of contraception?*
- **Ensure to focus on LGBTQ+**
- **Do not cover consent or the actual act of sexual relationships, this is covered elsewhere**

Do now task:

Rank the STIs from most common to least common for the year 2020

Gonorrhoea

Genital Warts

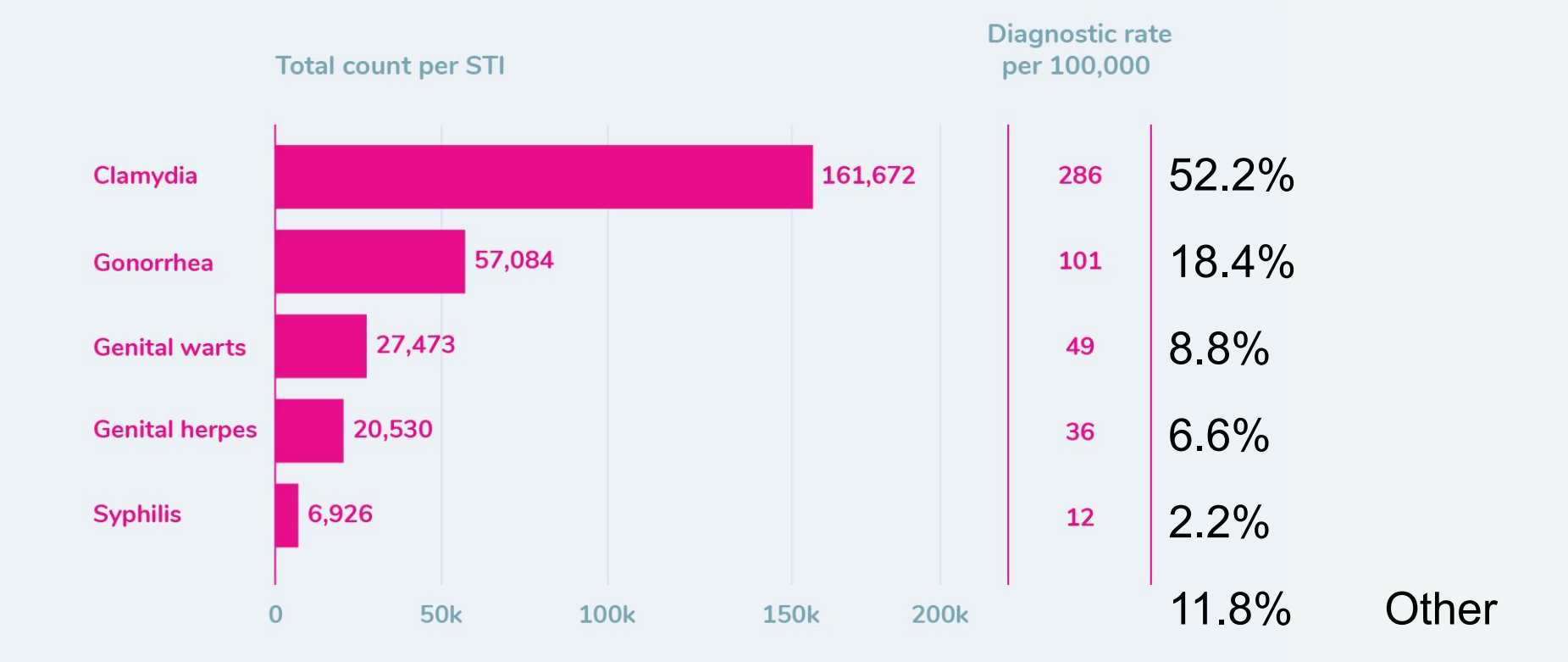
Syphilis

Chlamydia

Genital Herpes



Out of these 309,921 reported cases in 2020 these were the order of most contracted:



Where are the connections from previous PSHCE days?

PSHCE Day 1 - Students learnt about healthy and unhealthy relationships.

Year 8 - Students learnt what it means to be ready for sexual intimacy.

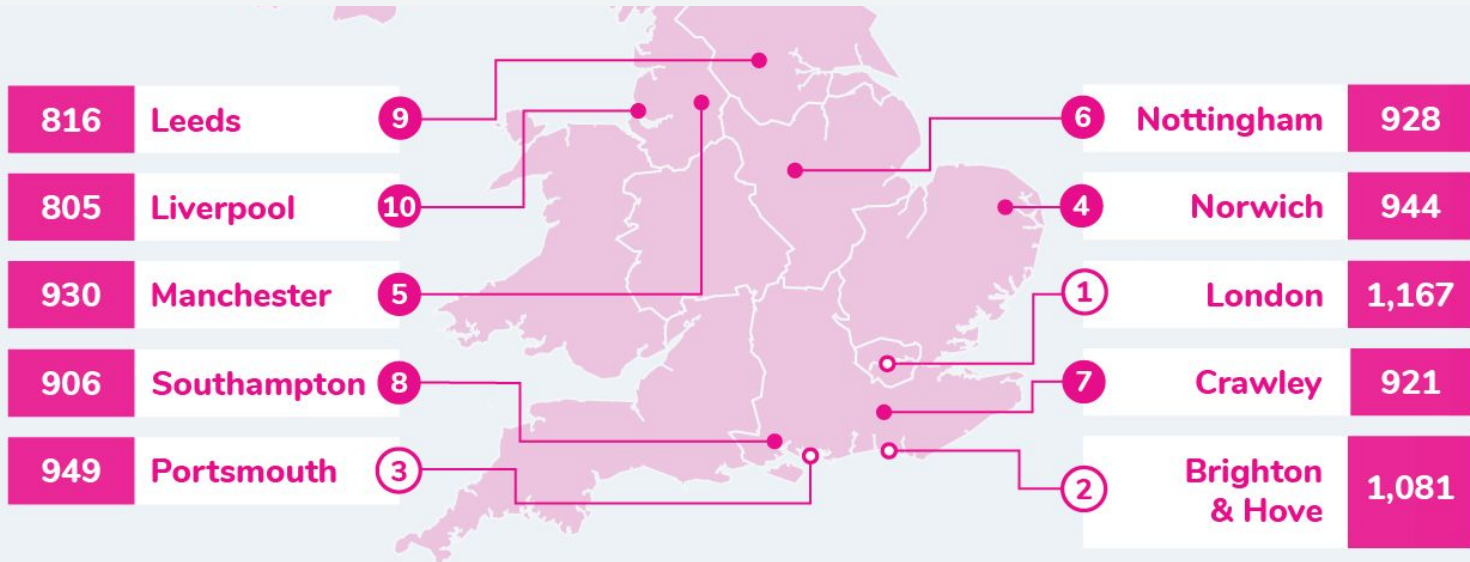
Year 9 - Students learnt about sexually transmitted infections and different types of contraception.

Look at the number of sexually transmitted infections below and the rise and fall of cases:



What could have caused this massive drop in cases in 2020?

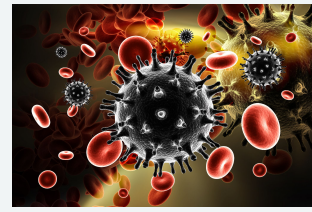
Regions with the highest STI diagnoses per 100,00 people



Regions with the Lowest STI diagnoses per 100,00 people



In 2020 2,961 were diagnosed with **human immunodeficiency virus (HIV)**



AIDS (acquired immune deficiency syndrome) is the name used to describe a number of potentially life-threatening infections and illnesses that happen when your immune system has been severely damaged by the HIV virus.

Many people with HIV do not know they're infected.

Anyone who thinks they could have HIV should get tested.

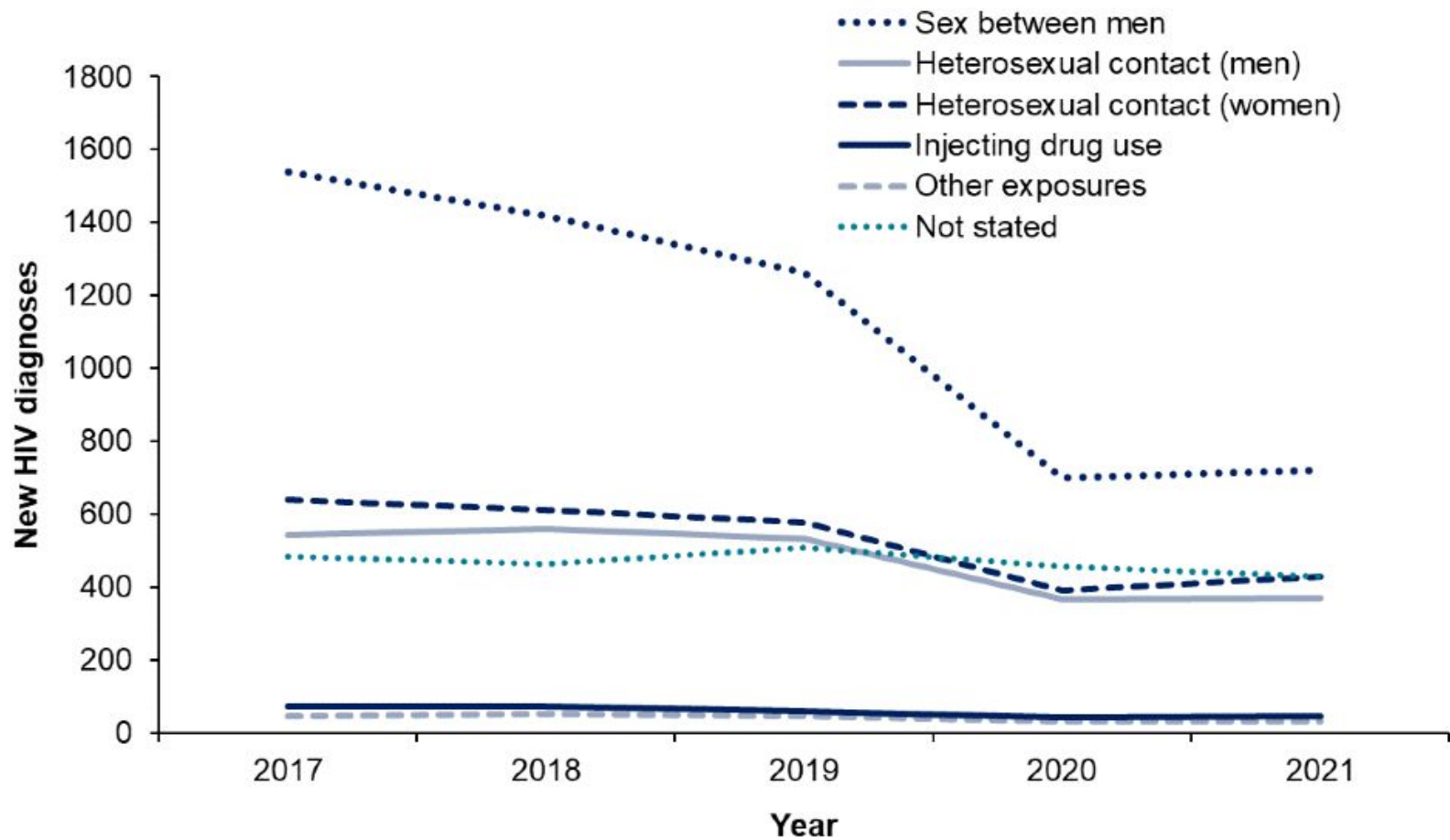
Antiretroviral medicines are used to treat HIV. They work by stopping the virus replicating in the body, allowing the immune system to repair itself and preventing further damage.

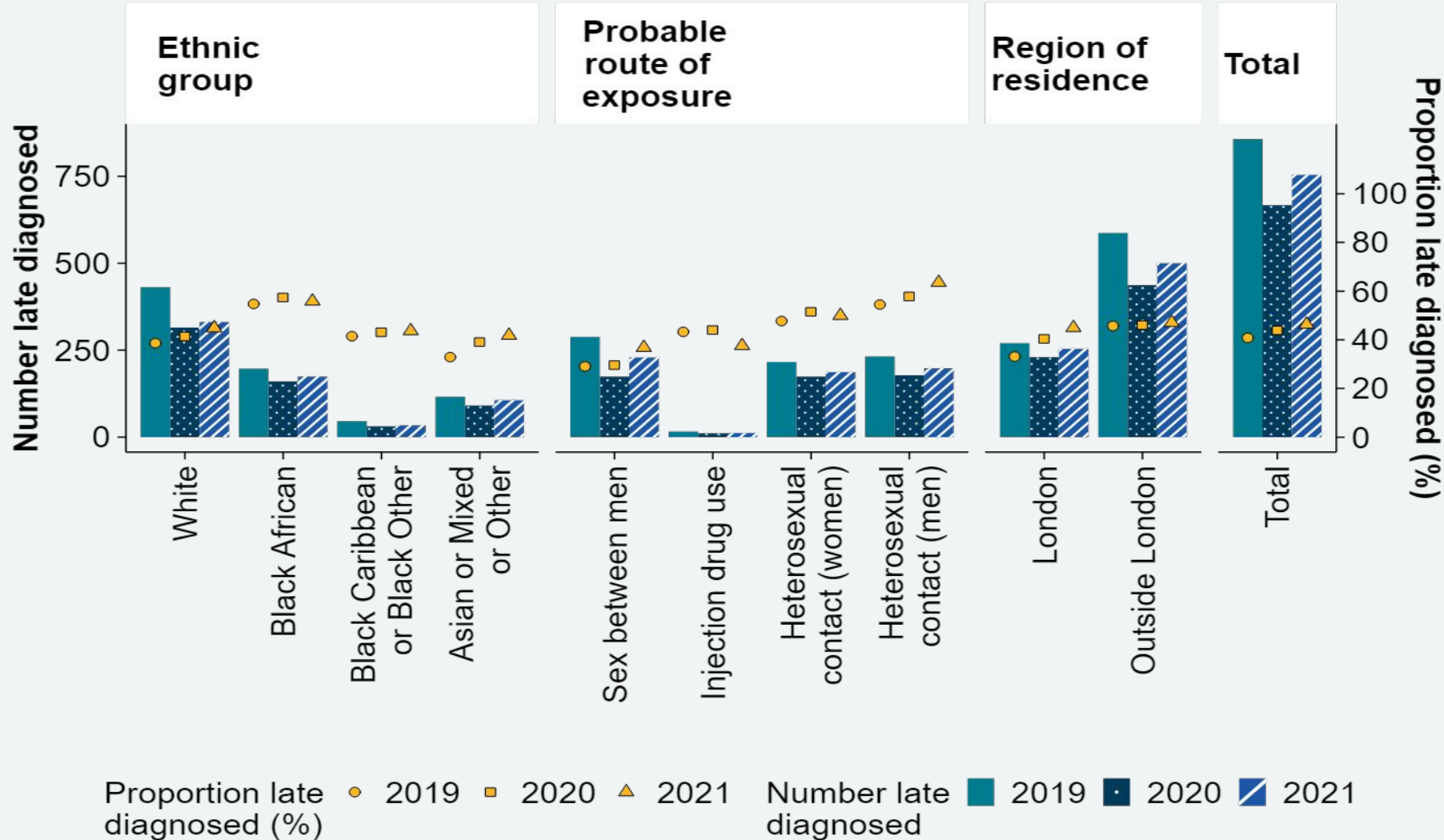
HIV is able to develop resistance to a single HIV medicine very easily, but taking a combination of different medicines makes this much less likely.

A young man with short dark hair and clear-rimmed glasses is shown from the chest up, looking slightly to the right. He is wearing a dark-colored t-shirt. The background is a soft-focus outdoor scene with a blue sky and some greenery. The text is overlaid on the left side of the image.

***“HIV IS
NOT A
DEATH
SENTENCE”***

ATSA





<https://www.gov.uk/government/statistics/sexually-transmitted-infections-stis-annual-data-tables>

WHAT ARE

STDs?

#FACTCHECK

amaze



Chlamydia

Most people with chlamydia do not notice any symptoms and do not know they have it.

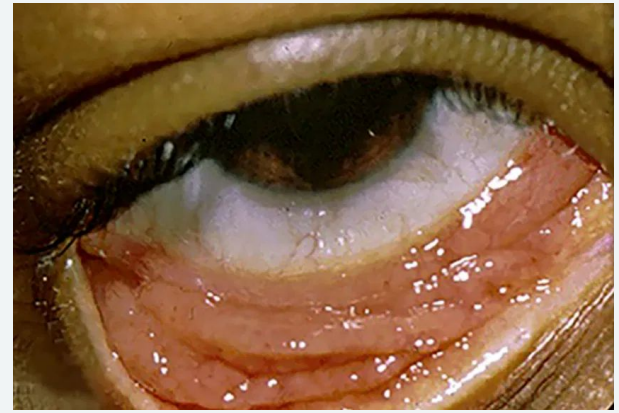
If you do develop symptoms, you may experience:

- pain when peeing
- unusual discharge from the vagina, penis or bottom
- in women, pain in the tummy, bleeding after sex and bleeding between periods
- in men, pain and swelling in the testicles

You can get chlamydia through:

- unprotected vaginal, anal or oral sex
- sharing sex toys that are not washed or covered with a new condom each time they're used
- your genitals coming into contact with your partner's genitals – this means you can get chlamydia from someone even if there's no penetration, orgasm or ejaculation
- infected semen or vaginal fluid getting into your eye

It can also be passed by a pregnant woman to her baby.



You do not always need a physical examination by a nurse or doctor.

If you're a woman, sexually active and under 25 in England, it's recommended that you have a chlamydia test once a year, and when you have sex with new or casual partners.

If you're a man, sexually active and under 25 in England, it's recommended that you have a chlamydia test once a year if you are not using condoms with new or casual partners.

Chlamydia can usually be effectively treated with antibiotics. More than 95% of people will be cured if they take their antibiotics correctly.

Gonorrhoea

The bacteria that cause gonorrhoea are mainly found in discharge from the penis and in vaginal fluid.

Gonorrhoea is easily passed between people through:

- unprotected vaginal, oral or anal sex
- sharing vibrators or other sex toys that have not been washed or covered with a new condom each time they're used

Typical symptoms of gonorrhoea include a thick green or yellow discharge from the vagina or penis, pain when peeing and, in women, bleeding between periods. But around 1 in 10 infected men and almost half of infected women do not experience any symptoms.

Gonorrhoea is usually treated with a single antibiotic injection (usually in the buttocks or thigh). With effective treatment, most of your symptoms should improve within a few days

Gonorrhoea is not spread by kissing, hugging, swimming pools, toilet seats or sharing baths, towels, cups, plates or cutlery. The bacteria cannot survive outside the human body for long.



The image features two identical, colorful, spiky spheres positioned side-by-side. Each sphere has a vibrant, multi-colored core with shades of purple, yellow, and blue, surrounded by a dense layer of thin, golden-brown, hair-like spines. The background is a soft, out-of-focus bokeh of pink, purple, and blue light spots. The word "TIME" is written in a white, serif font in the bottom-left corner.

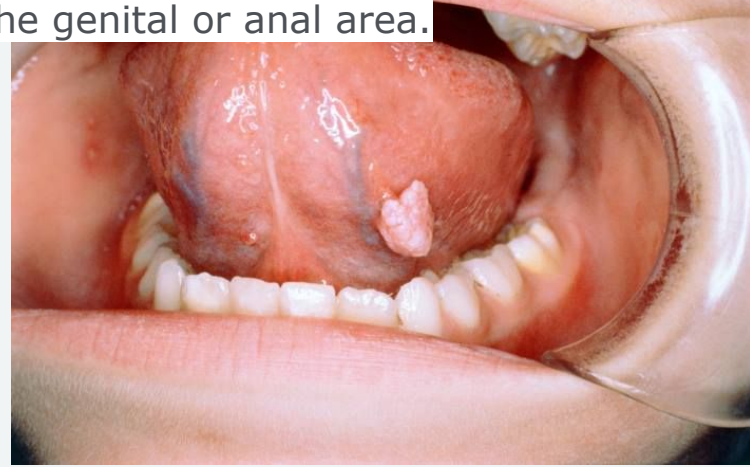
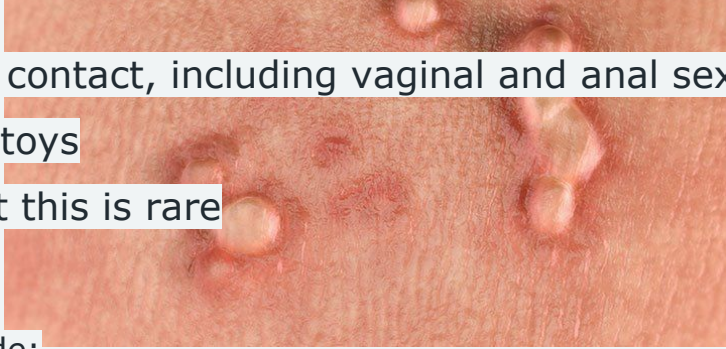
TIME

Genital Warts hpv

Genital warts are small fleshy growths, bumps or skin changes that appear on or around the genital or anal area.

It may not be possible to find out who you got genital warts from, or how long you've had the infection. You can get them from:

- skin-to-skin contact, including vaginal and anal sex
- sharing sex toys
- oral sex, but this is rare



Treatments include:

- cream or liquid: you can usually apply this to the warts yourself a few times a week for several weeks. Treatment can cause pain, irritation or a burning sensation.
- surgery: a doctor or nurse may cut, burn or use a laser to remove the warts. This can cause pain, irritation or scarring.
- freezing: a doctor or nurse freezes the warts. This can cause pain.



Genital Herpes

- small blisters that burst to leave red, open sores around your genital area
- tingling, burning or itching around your genitals
- pain when you pee
- in women, vaginal discharge that's not usual for you

You can catch it from:

- from skin-to-skin contact with the infected area when there are no visible sores or blisters
- if a cold sore touches your genitals
- by transferring the infection on fingers from someone else to your genitals
- by sharing sex toys with someone who has herpes
- from objects such as cutlery or cups – the virus dies very quickly when away from your skin

You may be prescribed antiviral medicine to stop the symptoms getting worse – cream for the pain



Syphilis

Symptoms of syphilis include:

- small sores (ulcers) on your penis, vagina, or around your bottom (anus) – these are usually painless and you may only have one of them
- sores in other areas, including in your mouth or on your lips, hands or bottom
- white or grey warty growths most commonly on your penis, vagina or around your anus
- a rash on the palms of your hands and soles of your feet that can sometimes spread all over your body – this is not usually itchy
- white patches in your mouth
- flu-like symptoms, such as a high temperature, headaches and tiredness
- swollen glands
- patchy hair loss on the head, beard and eyebrows

The most common way of getting syphilis is by having unprotected sex (vaginal, anal or oral sex without a condom) with someone who's infected. You can get the infection if you come into contact with an ulcer on their penis, vagina, bottom (anus), or inside their mouth. If you have syphilis, **your current and any recent sexual partners will also need to be tested and treated.**

Complications of syphilis: If it's not treated, syphilis can cause serious and potentially life-threatening problems including:

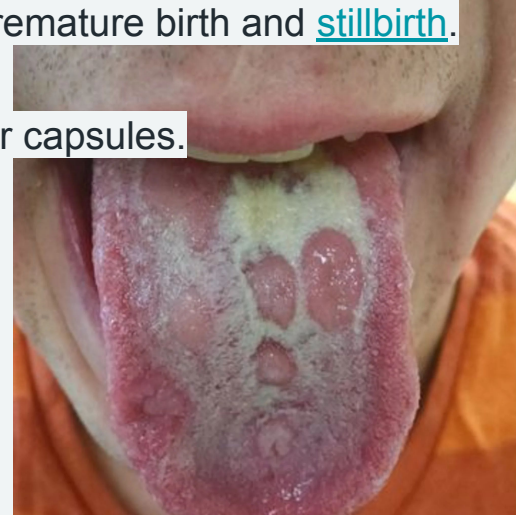
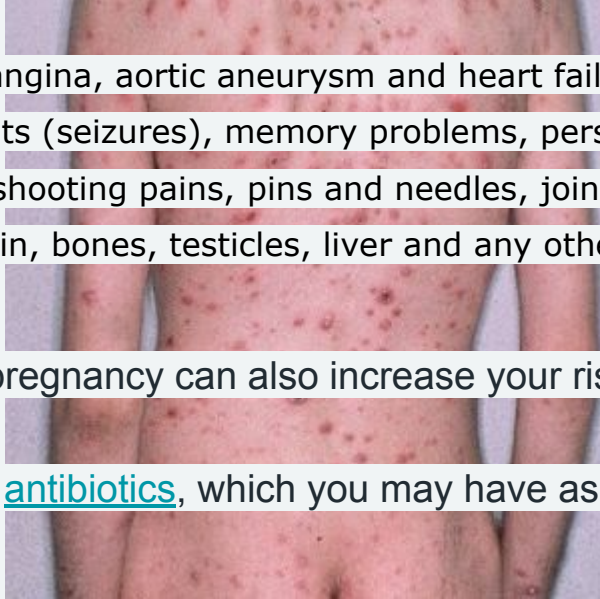
- heart problems like angina, aortic aneurysm and heart failure
- brain problems like fits (seizures), memory problems, personality changes and dementia
- nerve problems like shooting pains, pins and needles, joint pain and gradual damage the joints
- problems with the skin, bones, testicles, liver and any other organ

Having syphilis during pregnancy can also increase your risk of [miscarriage](#), premature birth and [stillbirth](#).

Syphilis is treated with [antibiotics](#), which you may have as injections, tablets or capsules.

Important

Do not have sex (vaginal, anal or oral) until you and your partner have finished treatment and tests have shown treatment has worked.



ALL STI's 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

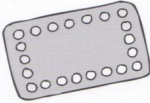
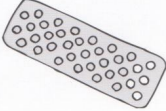
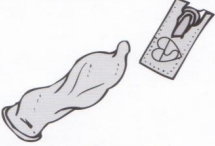

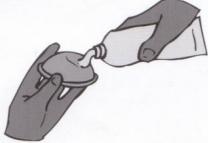




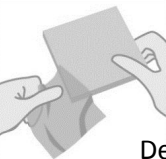
- ✗ do not share sex toys (or wash and cover them with a new condom before anyone else uses them)

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

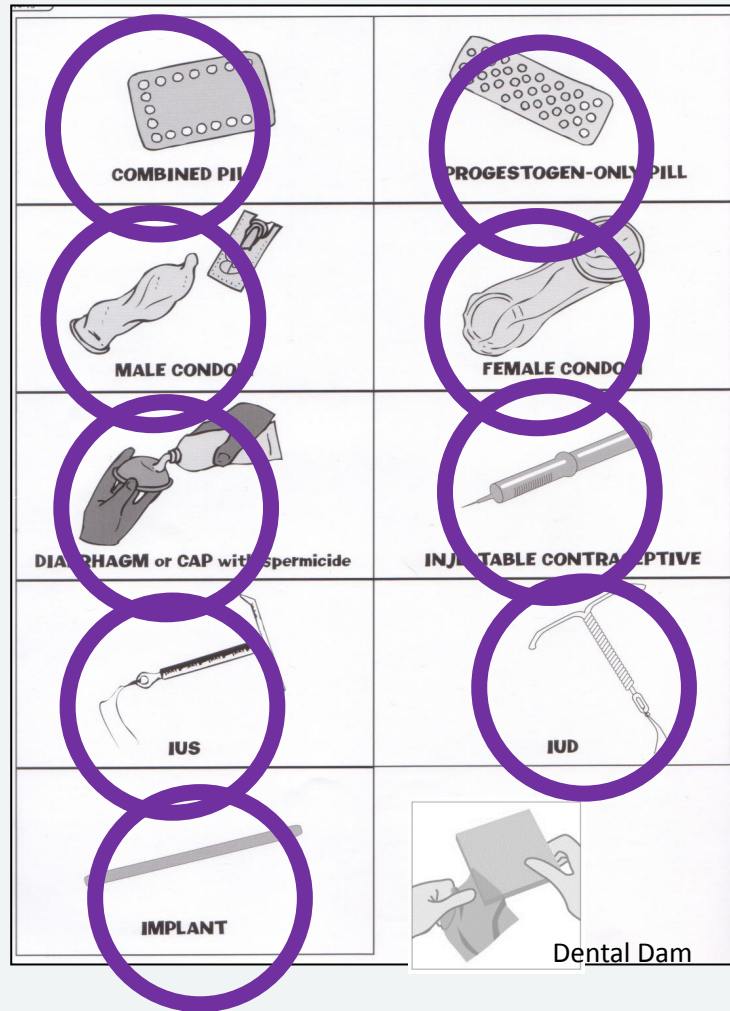


Which of these forms of contraception protect against pregnancy?



 <p>COMBINED PILL</p>	 <p>PROGESTOGEN-ONLY PILL</p>
 <p>MALE CONDOM</p>	 <p>FEMALE CONDOM</p>
 <p>DIAPHRAGM or CAP with spermicide</p>	 <p>INJECTABLE CONTRACEPTIVE</p>
 <p>IUS</p>	 <p>IUD</p>
 <p>IMPLANT</p>	 <p>Dental Dam</p>

Which of these forms of contraception protect against pregnancy?



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.

Sex and religion

What do you think are some of the key thoughts about sex in different religions? Consider use of protection and sex before marriage too...



Today, the Catholic Church is the only Christian denomination that adheres to a historical standard on birth control/contraception, which is that any form of contraceptive use is against their religion. This includes any form of artificial contraception such as:

- The pill and all hormonal methods of birth control
- Withdrawal method
- Sterilization (a.k.a permanent pregnancy prevention from removal of sex organs)
- Condoms and other barrier methods

IS CONTRACEPTION EVER ALLOWED?



Muslim scholars have declared permissible forms of contraception, subject to three conditions.

1. As offspring are the right of both the husband and the wife, the birth control method should be used with both parties' consent.
2. The method should not cause permanent sterility.^[35]
3. The method should not otherwise harm the body.

The Quran does not prohibit birth control. It is important to note that Islam's view of birth control is focused within the context of marriage and family, as both of these components play a large role in the religion.

This being said, contraception allows for a Muslim family to have children when they want and are prepared.



PERMISSIBILITY OF BIRTH
CONTROL IN
ISLAM

SHAYKH WALEED BASYOUNI

There are two major Jewish principles that come into play when talking about birth control:

1. Mitzvah: to marry, procreate, and have children.
2. It is forbidden to “waste seed”.

Thus, the majority of rabbinic authorities believe and teach their followers that women may use contraception, but only certain forms of it. In Judaism, contraceptive methods must enable sexual intercourse to occur and happen without a barrier naturally. This way, there is no “seed wasted”. Furthermore, birth control pills and other forms of hormonal birth control are generally permitted. On the other hand, contraception via items such as condoms is not accepted.



Some Hindu scriptures include advice on what a couple should do to promote conception, thus providing contraceptive advice to those who want it.

Buddhist attitudes to contraception are based on the idea that it is wrong to kill for any reason. The most common Buddhist view on birth control is that contraception is acceptable if it prevents conception, but that contraceptives that work by stopping the development of a fertilized egg are wrong and should not be used.

Buddhists believe that life begins when the egg is fertilized.

What should you do if you think you have an STI?

- If you think you may have a [sexually transmitted infection \(STI\)](#), go to your GP or local sexual health
- Local sexual health clinics:

Hants lane Health Centre – Ormskirk

Ashurst Health Centre – Skelmersdale

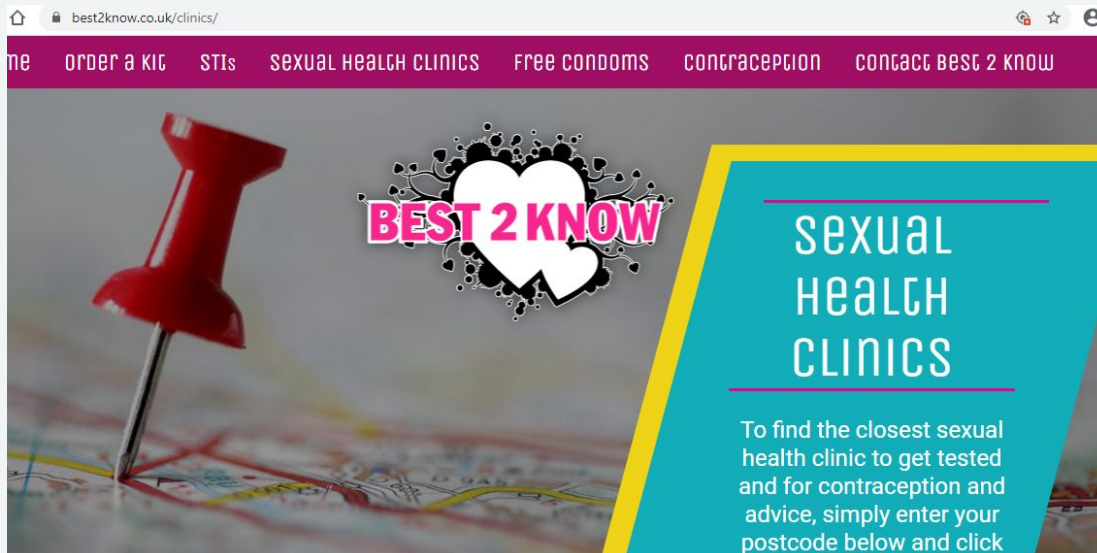
Centre for Health and Wellbeing - Southport

<https://lancashiresexualhealth.nhs.uk/>

Your GP

Hants Lane
Ormskirk

Sandy Lane
Skelmersdale





BEST 2 KNOW

SEXUAL HEALTH CLINICS

To find the closest sexual health clinic to get tested and for contraception and advice, simply enter your postcode below and click

You can order a self-test kit for Chlamydia from best2know.co.uk

<http://lgbt.foundation/sexualhealth>

Sexual Health

- [COVID-19 And LGBT Sexual Health: Lessons Learned, Digital Futures?](#)
- [Mpox \(Previously Referred To As Monkeypox\)](#)
- [Get Tested With Us!](#)
- [Sex During Outbreaks & Pandemics](#)
- [Condoms And Lube](#)
- [HIV](#)
- [STIs](#)
- [Workshops We Offer](#)



LGBT Foundation has temporarily shifted to become a remote service delivery charity due to the ongoing Covid-19 pandemic. This means that all our face-to-face services have been paused until further notice. To find out more about what this means for this service, you can call us on 0345 3 30 30 30 or email sexualhealth@lgbt.foundation

**TALK
OPENLY**

**TAKE
CONTROL**

**TEST
REGULARLY**

LEAVE SITE
QUICKLY 



Lancashire Sexual Health Service

Under 25s

We offer all types of Contraception, Sexual Health Testing and treatment, advice and information for young people living in Lancashire.

We offer a combination of booked and drop in appointments for both contraception and sexual health screening at various locations across Lancashire specifically for young people under 25.

To make an appointment call: 0300 1234 154.

General Under 25 Information

When you attend one of our Under 25 services in Lancashire, you can access a wide range of screening for Sexually Transmitted Infections: – Chlamydia; Gonorrhoea; HIV & Syphilis. The nurses can assess and treat patients experiencing symptoms of herpes and warts, please be aware you may be asked to attend a level 3 service in some instances.

We also provide a wide range of contraception methods including pills, implants, injections, coils, condoms and emergency contraception – there is more information on the NHS.UK website: