



# DO NOW – WHITEBOARDS

Write True/False next to each statement letter

a. You can't get pregnant during your period

b. Your testicles will be damaged if you don't have sex when you have an erection, or if you haven't had sex in a long time

g. Not all women bleed when they first have sex

j. There are certain sexual positions that will protect you from pregnancy

m. When you have sex with someone you can't tell if they're a virgin or not

c. Women can't get STIs from sex with another woman

d. You can't get pregnant the first time you have sex

e. The average length of time for sex is 30 minutes

f. You can get pregnant by having oral sex

h. Condoms can be washed out and re-used

i. You can catch an STI by having oral sex

k. You can use plastic bags or cling film instead of condoms

l. You can't get pregnant if a man withdraws before he ejaculates

N. It doesn't matter how big your penis is when it comes to sex

# Prior PSHCE Links

**PSHCE Day 3** - You learnt about risk taking behaviour and how to keep yourselves safe

**Year 8** - You learnt about healthy lifestyles and how to manage this as you move through puberty



When is the right time to  
have sex?

# Age of consent

- **What is it?** The age at which you can legally have sex.
- **What are the rules?** In England, Scotland, Northern Ireland and Wales we have to be 16 or older to have homosexual (gay) or heterosexual (straight) sex.
- 'Sex' can mean *penetrative sex, oral sex or masturbating together*.

# What if I have underage sex?

- The law sees it as sexual assault - it's a criminal offence. This is because in the eyes of the law we are unable to give informed consent to sex when still a child.
- A boy who has sex with a girl under 16 is breaking the law. Even if she agrees.
  - If she is 13-15, the boy could go to prison for two years.
  - If she is under 13 he could be sentenced to life imprisonment.
- A girl age 16 or over who has sex with a boy under 16 can be prosecuted for indecent assault.

# What is consent?

Consent in simple terms means choosing for something to happen. The [legal definition](#) says a person gives consent when they ***'agree by choice, and have the freedom and capacity to make that choice'***.

For example, someone does not have the capacity to give consent if they are unconscious or asleep. They do not have the freedom to consent if they are forced to engage in sexual activity. If someone doesn't give consent, this could be sexual assault or rape. Consent needs to be given for any sexual activity or sexual touching, not just full sex.

# What is the purpose of contraception?

- Contraception can offer protection against pregnancy
- Some contraception offers protection against STIs





# What are STIs?

- An STI is an infection passed from one person to another person through sexual contact. An infection is when a bacteria, virus, or parasite enters and grows in or on your body. STIs are also called sexually transmitted diseases, or STDs.
- Some STIs can be cured and some STIs cannot be cured. For those STIs that cannot be cured, there are medicines to manage the symptoms.



# How are STIs spread?

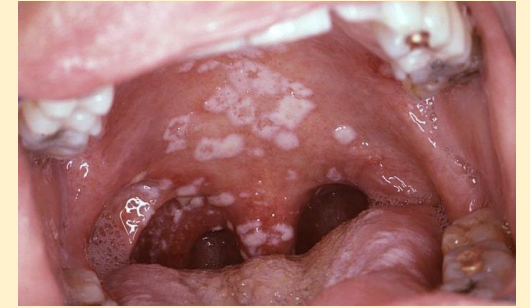
- Having unprotected (without a condom) vaginal, oral, or anal sex with someone who has an STI. This can also occur in same sex relationships.
- During genital touching. It is possible to get some STIs, such as syphilis and herpes, without having sex.
- It can be difficult to tell if someone has an STI. STIs can be spread even if there are no signs or symptoms.

However! Some STIs come with no symptoms at all

# STI symptoms

- an unusual discharge from the vagina, penis or anus
- pain when peeing
- lumps or skin growths around the genitals or bottom (anus)
- a rash
- unusual vaginal bleeding
- itchy genitals or anus
- blisters and sores around your genitals or anus
- warts around your genitals or anus
- warts in your mouth or throat, but this is very rare

# Chlamydia

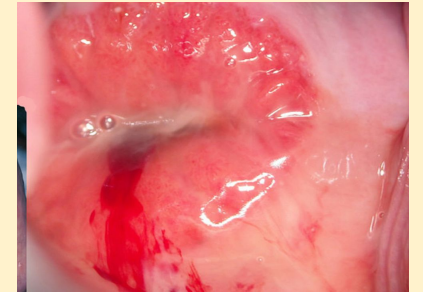


## Symptoms:

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

## Facts:

- Tested by a blood test
- Chlamydia is treated with antibiotics.
- Can spread if left untreated and can cause infertility



# Herpes

Genital herpes is a sexually transmitted infection that is caused by the herpes simplex virus (HSV) — the same type of virus that causes cold sores.

Genital herpes is spread by skin-to-skin contact with someone who has the HSV virus, usually during genital or oral sex.

Genital herpes can cause outbreaks of blisters or sores on the genitals and anus. Once infected, you can continue to have episodes of symptoms throughout your life.

If you have genital herpes, it is important to always use condoms

- stinging or tingling in the genital area
- small blisters on the genital area which develop into small painful red sores
- sores that look like a rash or cracked skin on the genitals
- difficulty passing urine



There is no cure for genital herpes. However, it is possible to reduce the symptoms using anti-viral medicine.

# Genital Warts

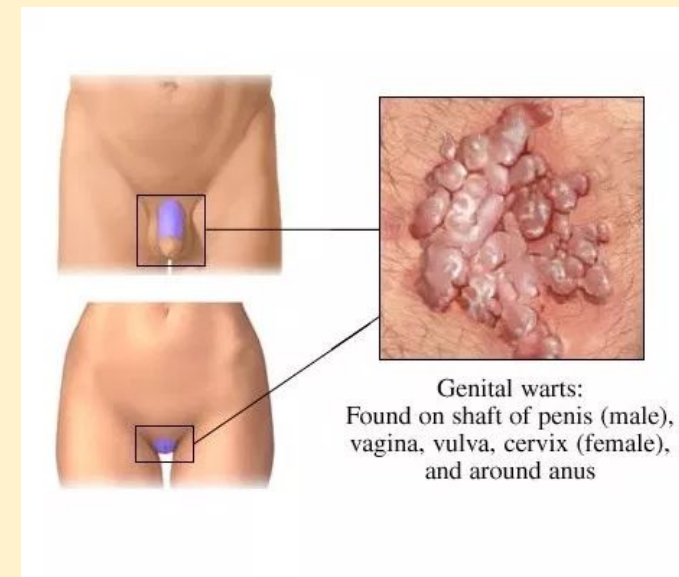
Genital warts are bumps that appear on areas such as the vagina, penis, anus and scrotum. They are usually harmless but can be annoying. Warts are caused by the human papillomavirus (HPV).

The HPV vaccine protects you against the types of HPV that cause most genital warts as well as the high-risk types of HPV that cause cancer. However, the vaccine doesn't protect against all types of HPV.

Treatment options include:

- wart paint (specifically for genital warts)
- freezing (cryotherapy) or burning off
- laser treatment
- cream to boost the immune system to fight the HPV virus
- surgery.

Genital warts are usually painless. They can be bumpy, flat, or appear in clusters. Your doctor can often tell if you have genital warts by examining you.



# Gonorrhoea

It is very important to 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.

In women, symptoms of gonorrhoea can include:

- an unusual vaginal 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

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



In men, symptoms of gonorrhoea can include:

- an unusual discharge from the tip of the penis, which may be white, yellow or green
- pain or a burning sensation when urinating
- inflammation (swelling) of the foreskin
- pain or tenderness in the testicles – this is rare

# Syphilis

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.

Symptoms can include:

- Small, painless sores or ulcers that typically appear on the penis, vagina, or around the anus, but can occur in other places such as the mouth
- A blotchy red rash that often affects the palms of the hands or soles of the feet
- Small skin growths (similar to genital warts) that may develop 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

The test for syphilis usually involves a blood test and removing a sample of fluid from any sores using a swab (similar to a cotton bud)



Syphilis is usually treated with either:

- an injection of antibiotics into your buttocks – most people will only need one dose, although 3 injections given at weekly intervals may be recommended if you've had syphilis for a long time
- a course of antibiotics tablets if you can't have the injection – this will usually last 2 or 4 weeks, depending on how long you've had syphilis



# HIV and AIDs

- HIV (human immunodeficiency virus) is a virus that damages the cells in your immune system and weakens your ability to fight everyday infections and disease.
- 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.
- While AIDS cannot be transmitted from 1 person to another, the HIV virus can.

# HIV and AIDs

- HIV is found in the body fluids of an infected person. This includes semen, vaginal and anal fluids, blood and breast milk.
- HIV cannot be transmitted through sweat, urine or saliva.
- The most common way of getting HIV in the UK is through having anal or vaginal sex without a condom.

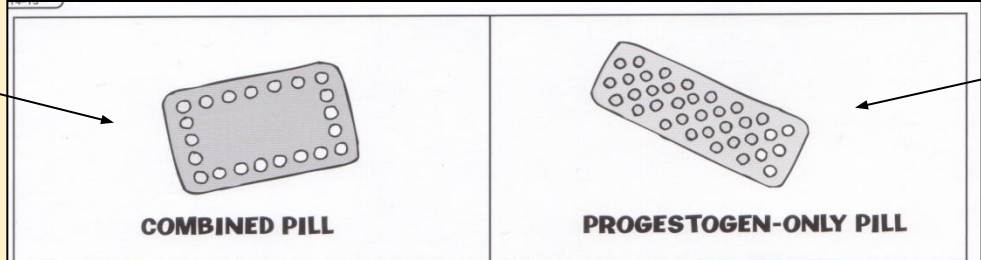
Other ways of getting HIV include:

- sharing needles, syringes or other injecting equipment
- transmission from mother to baby during pregnancy, birth or breastfeeding
- The chance of getting HIV through oral sex is very low and will be dependent on many things, such as whether you receive or give oral sex and the oral hygiene of the person giving the oral sex.



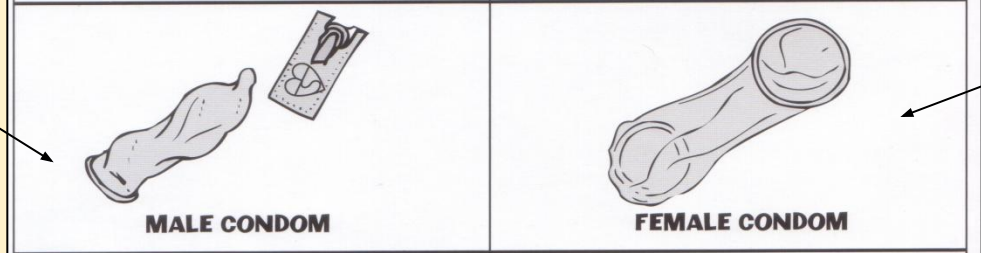
How can we protect ourselves from STIs and unplanned pregnancies?

Blocks release of egg/ovulation  
Both pills 98-92% effective



Hormone release that thins lining of uterus so an egg can not embed

98% effective if used correctly



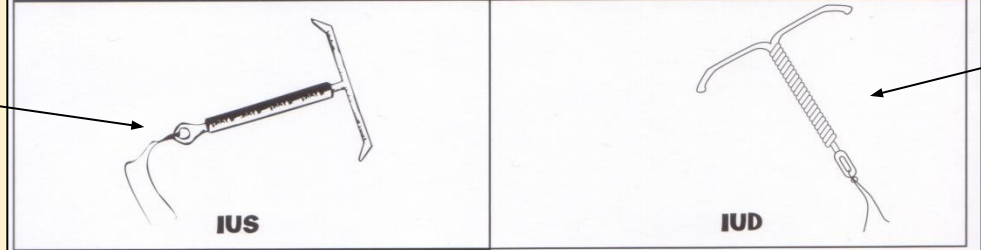
95% effective if used correctly

Can be as low as 85% effective. You MUST use the diaphragm AND the spermicide together otherwise this method is **not** reliable.



Most effective method – brand name is Depo-Provera 97-99.7% effective

Intrauterine System – slow release of hormones. 99% effective if inserted and attached correctly



Intrauterine Device – Made of a copper coil. 7% risk of expulsion.

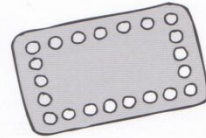
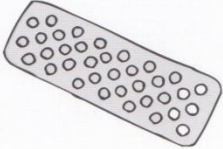
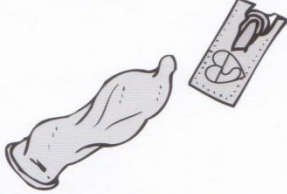

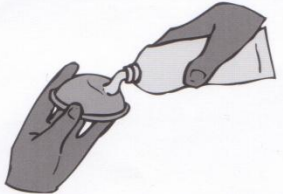


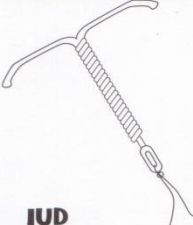

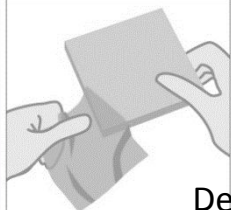
This is a long-term solution. Brand name Implanon. It has a slow-release hormone that stops ovulation



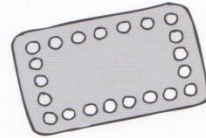
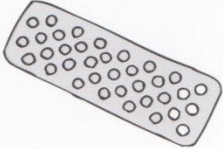


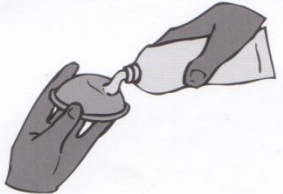


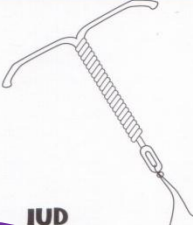

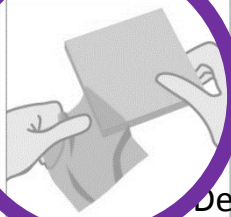
Dental Dam – can be used in oral sex with a female

# Which of these forms of contraception protect against STIs?



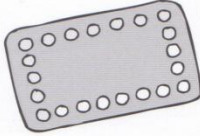
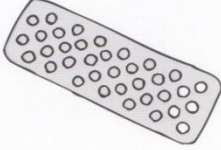
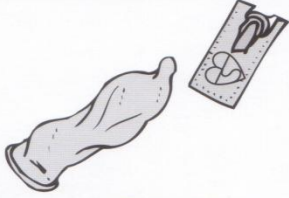
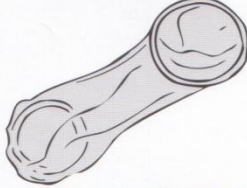
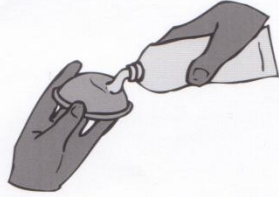


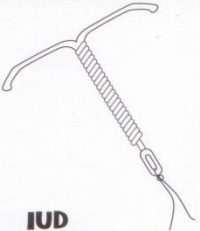

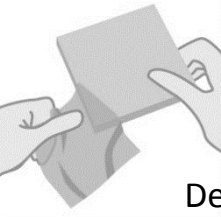
 <p><b>COMBINED PILL</b></p>	 <p><b>PROGESTOGEN-ONLY PILL</b></p>
 <p><b>MALE CONDOM</b></p>	 <p><b>FEMALE CONDOM</b></p>
 <p><b>DIAPHRAGM or CAP with spermicide</b></p>	 <p><b>INJECTABLE CONTRACEPTIVE</b></p>
 <p><b>IUS</b></p>	 <p><b>IUD</b></p>
 <p><b>IMPLANT</b></p>	 <p><b>Dental Dam</b></p>

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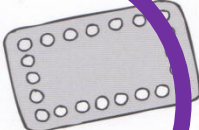
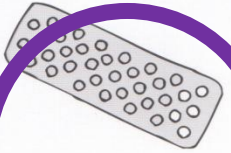
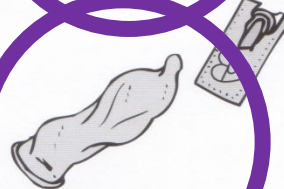
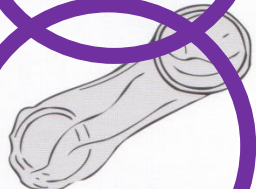





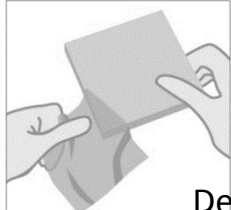
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Which of these forms of contraception protect against pregnancy?



 <p><b>COMBINED PILL</b></p>	 <p><b>PROGESTOGEN-ONLY PILL</b></p>
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Which of these forms of contraception protect against pregnancy?

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



# 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.

# What contraception should females use in a same sex relationship?

- Women who have sex with other women can pass on or get STIs.
- As with all oral sex - avoid if either of you has any cuts or sores in the mouth or on the lips, or for female oral sex you can use a dental dam.
- A dental dam is a latex or polyurethane (very thin, soft plastic) square, of about 15cm by 15cm, which you can use to cover the anus or female genitals during oral sex. It acts as a barrier to help prevent sexually transmitted infections passing from one person to another.

# What contraception should males use in a same sex relationship?

- Having unprotected penetrative sex is the most likely way to pass on a sexually transmitted infection (STI).
- Using a condom helps protect against [HIV](#) and lowers the risk of getting many other STIs.

# Where do you get condoms from?

- Worried the doctor will tell your parents you are having sex? Well, don't be. Under the law, a doctor can provide contraception under the age of 16 without parental agreement, if they think you are mature enough.
- Even if they refuse (though many don't) they still have to keep your visit **confidential** and can't tell your parents.
- If you can't face seeing your GP, try going to a clinic or buying condoms (from your local chemist, supermarket or newsagent, via the internet or in certain record shops). Condoms are free at Brook Advisory Centres

## Work in pairs and decide the order of the following:

- a. After sex, withdraw the penis while it is still erect holding the condom at the base to make sure it does not come off.
- b. Hold the teat at the end of the condom so no air is trapped inside.
- c. Remove the condom from the penis, being careful not to spill.
- d. Wrap it in tissue and put it in the bin. Do not flush it down the toilet.
- e. Still holding the teat, roll it down to the base of the penis.
- f. Take a new condom out of the packet and check for rips.



# Correct answers

1. f. Take a new condom out of the packet and check for rips.
2. b. Hold the teat at the end of the condom so no air is trapped inside.
3. e. Still holding the teat, roll it down to the base of the penis.
4. a. After sex, withdraw the penis while it is still erect holding the condom at the base to make sure it does not come off.
5. c. Remove the condom from the penis, being careful not to spill.
6. d. Wrap it in tissue and put it in the bin. Do not flush it down the toilet.

# 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/>

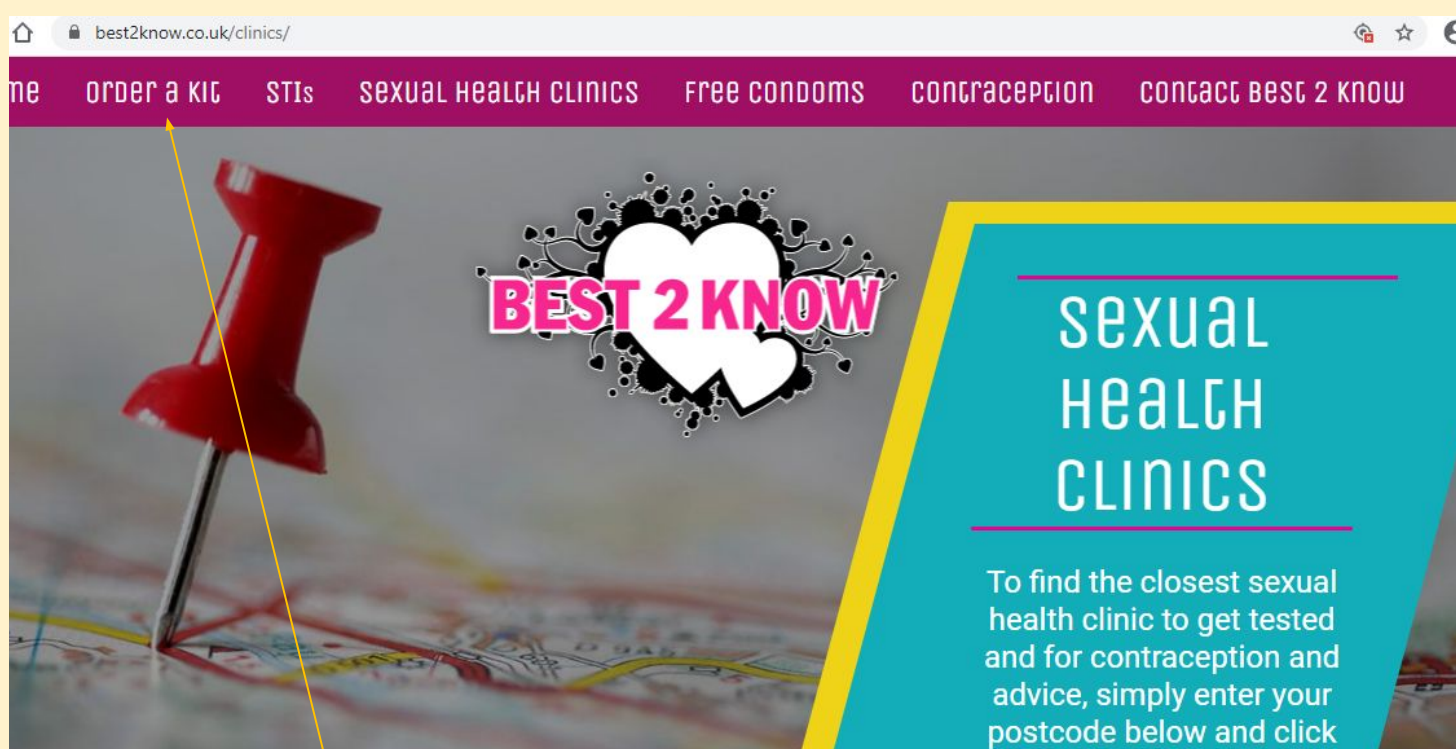
Your GP

Hants Lane  
Ormskirk

Sandy Lane  
Skelmersdale







You can order a self-test kit for Chlamydia from [best2know.co.uk](https://best2know.co.uk)

# 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:

# On your whiteboard:



Design a Safe Sex campaign.

This can be a poster, a speech or both.

I will ask for a volunteer to present at the end.