

# What are STIs?

## LEARNING OUTCOMES

Knowledge, Skills  
& Actions



To be able to name at least five common STIs, and explain how they are transmitted

To understand the different groups that STIs are categorised by

To identify the facts, dangers, and symptoms of some common STIs

## NEW VOCABULARY

STI, STD, Bacterial, Viral, Parasitic, Gonorrhoea, Chlamydia, Syphilis, HIV, HPV



Why might someone still go to a doctor even if they have no STI symptoms?

What is an infection?



3 Minutes

# STARTER ACTIVITY - LAST PERSON STANDING

*Pick a number, your row will all stand up, and each of you will come up with examples of what is written one at a time.*

Rule 1: You cannot repeat an answer already given

Rule 2: Pause for more than 5 seconds - you must sit down

Rule 3: Last person standing wins

**1 (CLICK TO REVEAL)**

**2 (CLICK TO REVEAL)**

**3 (CLICK TO REVEAL)**

**4 (CLICK TO REVEAL)**

**5 (CLICK TO REVEAL)**

**6 (CLICK TO REVEAL)**

# GROUND RULES



Be open and honest  
**No Personal Comments**  
Discussions must be about  
'general situations'



You don't have to say  
things about yourself if  
you don't want to

**It's OK to be embarrassed**  
by a topic but don't show  
that you are embarrassed  
through silliness



## Be Respectful

Listen & don't interrupt others  
Only 1 person talking at a time  
Use the agreed appropriate  
Language (Avoid slang terms)



**Don't Make Assumptions**  
about people's values,  
attitudes, behaviours, life  
experiences or feelings

## **PSHE CLASSROOM RULES**

### **DEALING WITH SENSITIVE TOPICS**

### **SAFEGUARDING YOUR WELFARE & HAVING YOUR INTERESTS AT HEART**

## Be Non-Judgemental

No put-downs. Challenge  
the opinion, not the  
person



Conversations on sensitive  
topics stay in the  
classroom unless it is a  
**safeguarding issue**

There are **no stupid questions**  
It's OK to get things wrong

**Enjoy the lesson, challenge your perceptions and understand how to seek further advice and support**








# What are STIs?

ASSESSMENT  
FOR LEARNING

## BASELINE CONFIDENCE CHECKER



| BEFORE THE LESSON  | NOT<br>CONFIDENT  |  | CONFIDENT   |   | VERY<br>CONFIDENT  |
|--|---|--|---|---|--|
| Knowledge, Skills & Actions  | 1  2 | 3  4 | 5  6 | 7  8 | 9  10 |
| I can name at least five sexually transmitted infections               |   |  |   |   |  |
| I understand the three main groups of STIs which exist                 |   |  |   |   |  |
| I am able to describe some of the facts and symptoms of different STIs |   |  |   |   |  |



2 Minutes



Complete a baseline assessment of where you think you are at for this lesson  
(Discuss or complete sheet)



I'm not confident at all on this topic



A little confident



Confident



Very confident



I am super confident on this topic



# DISEASES TRANSMISSION WAYS INFOGRAPHICS

## TRANSMISSION WAYS

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STALE FOOD

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DURING PREGNANCY

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HANDSHAKES

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UNSAFE SEX

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BIRDS AND ANIMALS

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INJECTION

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KISSES

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INSECTS

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## SYMPTOMS

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COUGH

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SKIN RASH

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RED EYES

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DIARRHEA

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NAUSEA

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15% DO NOT KNOW ABOUT THE DISEASE



100% ALWAYS AT RISK

3% ARE FATAL OR INCURABLE OF CASES

## FIRST HELP

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DOCTOR ON CALL

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HOSPITALIZATION

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ANALYZES

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TREATMENT

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Infections and diseases can spread in many ways from person to person, and sometimes from animals to humans.

Today, we will be looking at a specific class of infections called sexually transmitted infections (STIs).

*Discuss the following topics for 1 minute*

**Topic 1 (CLICK TO REVEAL)**

**Topic 2 (CLICK TO REVEAL)**

**Topic 3 (CLICK TO REVEAL)**

**Did you know?**

*As many as 70% of women and 50% of men who have an STI don't show any symptoms.*

An STI is an infection you may get when doing something sexual with another person.

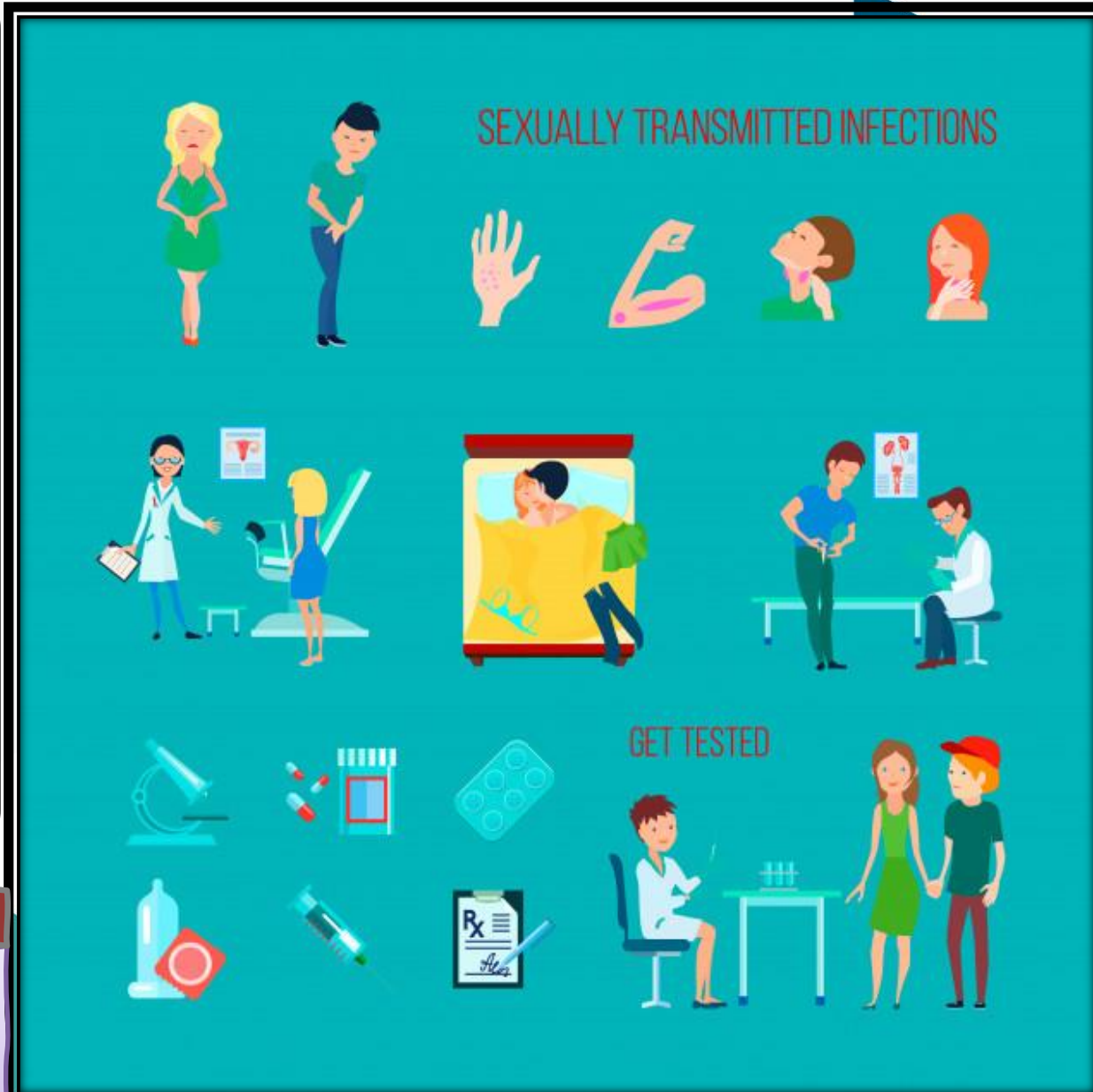
You can only get an STI from someone who has one.

You may hear the word 'STD' or 'STI' used out in the world; the 'D' refers to disease and the 'I' to infection.


There are only small differences between them, and in this lesson, we will call them STIs

### Did you know?

***Unprotected sex (when no barrier method is used) greatly increases your chances of catching an STI (Chlamydia, syphilis, gonorrhoea and HIV)***




# What are the three main groups of STIs?



**Bacterial STIs:** These are caused by bacterial infections that can be cured with antibiotics



**Parasitic STIs:** These are caused by parasites and can be cured with medication.



**Viral STIs:** These are caused by viruses and cannot be cured, but the symptoms can be managed with medication.

***There are many different types of STIs. Some estimates suggest that there are more than 30 different types of STIs that can be transmitted through sexual contact.***

**SAFE SEX**



## Task

What STIs have you already heard of?  
Do you know which of the groups they fit under?



# THE BIG STI GUESSING GAME

- Rule 1: Each player receives a card (or two)
- Rule 2: Raise your hand if it is not an STI
- Rule 3: Lose all your lives, and the class loses
- Rule 4: Find all 11 STIs to win



| CARD SORT - STI'S   |  |   | RD SORT - STI'S   |  |  | RD SORT - STI'S  |                       |                   | RD SORT - STI'S  |   |  | RD SORT - STI'S   |   |                   | RD SORT - STI'S   |   |   |  |   |  |
|---|--|---|---|--|--|--|-----------------------|-------------------|--|---|--|---|---|-------------------|-------------------|---|---|--|---|--|
| <b>Testicular Liberation</b><br><br><input type="checkbox"/> Real STI <input type="checkbox"/> Real but not an STI <input type="checkbox"/> Made up word<br><input checked="" type="checkbox"/> <input checked="" type="checkbox"/> <input checked="" type="checkbox"/> | <b>Icheelabia</b><br><br><input type="checkbox"/> Real STI <input type="checkbox"/> Real but not an STI <input type="checkbox"/> Made up word<br><input checked="" type="checkbox"/> <input checked="" type="checkbox"/> <input checked="" type="checkbox"/> | <b>Smear</b><br><br><input type="checkbox"/> Real STI <input type="checkbox"/> Real but not an STI <input type="checkbox"/> Made up word<br><input checked="" type="checkbox"/> <input checked="" type="checkbox"/> <input checked="" type="checkbox"/> | <b>Cancerous Ovulation Condition</b><br><br><input type="checkbox"/> Real STI <input type="checkbox"/> Real but not an STI <input type="checkbox"/> Made up word<br><input checked="" type="checkbox"/> <input checked="" type="checkbox"/> <input checked="" type="checkbox"/> | <b>Herpes</b><br><br><input type="checkbox"/> Real STI <input type="checkbox"/> Real but not an STI <input type="checkbox"/> Made up word<br><input checked="" type="checkbox"/> <input checked="" type="checkbox"/> <input checked="" type="checkbox"/> | <b>Testicular Incarceration</b><br><br><input type="checkbox"/> Real STI <input type="checkbox"/> Real but not an STI <input type="checkbox"/> Made up word<br><input checked="" type="checkbox"/> <input checked="" type="checkbox"/> <input checked="" type="checkbox"/> | <b>Vulvatic Curlpubosis</b><br><br><input type="checkbox"/> Real STI <input type="checkbox"/> Real but not an STI <input type="checkbox"/> Made up word<br><input checked="" type="checkbox"/> <input checked="" type="checkbox"/> <input checked="" type="checkbox"/> | <b>BONUS LIFE</b><br> | <b>LIFE 1</b><br> | <b>Trichomoniasis</b><br><br><input type="checkbox"/> Real STI <input type="checkbox"/> Real but not an STI <input type="checkbox"/> Made up word<br><input checked="" type="checkbox"/> <input checked="" type="checkbox"/> <input checked="" type="checkbox"/> | <b>Genital Warts</b><br><br><input type="checkbox"/> Real STI <input type="checkbox"/> Real but not an STI <input type="checkbox"/> Made up word<br><input checked="" type="checkbox"/> <input checked="" type="checkbox"/> <input checked="" type="checkbox"/> | <b>Syphilis</b><br><br><input type="checkbox"/> Real STI <input type="checkbox"/> Real but not an STI <input type="checkbox"/> Made up word<br><input checked="" type="checkbox"/> <input checked="" type="checkbox"/> <input checked="" type="checkbox"/> | <b>Scabies</b><br><br><input type="checkbox"/> Real STI <input type="checkbox"/> Real but not an STI <input type="checkbox"/> Made up word<br><input checked="" type="checkbox"/> <input checked="" type="checkbox"/> <input checked="" type="checkbox"/> | <b>Impotent Aperture</b><br><br><input type="checkbox"/> Real STI <input type="checkbox"/> Real but not an STI <input type="checkbox"/> Made up word<br><input checked="" type="checkbox"/> <input checked="" type="checkbox"/> <input checked="" type="checkbox"/> | <b>LIFE 1</b><br> | <b>LIFE 1</b><br> | <b>Candiasis</b><br><br><input type="checkbox"/> Real STI <input type="checkbox"/> Real but not an STI <input type="checkbox"/> Made up word<br><input checked="" type="checkbox"/> <input checked="" type="checkbox"/> <input checked="" type="checkbox"/> | <b>Hemorrhoids</b><br><br><input type="checkbox"/> Real STI <input type="checkbox"/> Real but not an STI <input type="checkbox"/> Made up word<br><input checked="" type="checkbox"/> <input checked="" type="checkbox"/> <input checked="" type="checkbox"/> | <b>Crorlingh Zits</b><br><br><input type="checkbox"/> Real STI <input type="checkbox"/> Real but not an STI <input type="checkbox"/> Made up word<br><input checked="" type="checkbox"/> <input checked="" type="checkbox"/> <input checked="" type="checkbox"/> | <b>Psoriasis</b><br><br><input type="checkbox"/> Real STI <input type="checkbox"/> Real but not an STI <input type="checkbox"/> Made up word<br><input checked="" type="checkbox"/> <input checked="" type="checkbox"/> <input checked="" type="checkbox"/> | <b>Encrustation Extirpation</b><br><br><input type="checkbox"/> Real STI <input type="checkbox"/> Real but not an STI <input type="checkbox"/> Made up word<br><input checked="" type="checkbox"/> <input checked="" type="checkbox"/> <input checked="" type="checkbox"/> |

## Did you know?

*The number of new people being diagnosed with an STI (particularly chlamydia and syphilis) has increased dramatically over the past fifteen years*

# Which of the below are STIs? (There are 11)

Hand out cards to students - Click to reveal answers (once lives are lost the game ends!)

Pubic Lice

Vulvatic  
Curlpubosis

Venereal  
Disease

Impotent  
Aperture

Buttpong

Encrustation  
Extirpation

Chlamydia

Testicular  
Incarceration

Gonorrhea

Scabies

Willyrot

Psoriasis

Acute  
Protuberances

Herpes

Discharge  
Detonation  
Disorder

Syphilis

Hemiptera  
Arachnid

HIV - Aids

Cancerous  
Ovulation  
Condition

Chancroid

Genital Warts

Hepatitis B and  
C

Hemorrhoids

Crorlingh Zhits

Compulsive  
Masturbation  
Disorder

Smear

Cokrot

Trichomoniasis

Kizbhut

Candidiasis

Life

Life

Life

Testicular  
Liberation

Icheelabia

Bonus life

# Click on an STI - To find out more...

Bacterial infections

A cure is possible

Viruses

No cure is possible

Chlamydia  
Gonorrhoea

Syphilis

OTHERS

Genital  
Herpes

HPV &  
Genital  
Warts

HIV



# Chlamydia and Gonorrhoea

## The facts

- Caused by bacteria
- Spread person to person during sexual activity
- Throat infections possible from oral sex
- Curable with antibiotics

## Symptoms in women

➤ Usually no symptoms

But may have...

- Vaginal Discharge (fluid)
- Burning or pain when peeing
- Lowed abdominal Pain

## Dangers of it

- Can cause infection of the cervix, Pelvic inflammatory disease (PID),
- Trouble getting pregnant later in life
- Irritation when peeing, damage to the testicles, reduction in quality of sperm

## Symptoms in men

➤ Usually no symptoms

But may have...

- Urethral Discharge (drip)
- Burning when peeing
- Testicular Pain



# Syphilis

## The facts

- Caused by bacteria
- Spread person to person during sexual activity
- Two stages to the disease
- Curable with antibiotics

## Dangers of it

- Infection can continue even if symptoms go away
- Serious problems years later (Heart problems, memory loss and stroke-like problems)

## Symptoms

➤ May have no symptoms

But may have...

- Stage 1 - Painless sore anywhere sex occurred
- Stage 2 - An infectious brown skin rash across the body
- Fever, swollen glands, hair loss, and a sore throat

### Did you know?

*It is much easier to catch HIV when infected with Syphilis*

# Genital Herpes

## The facts

- Common 1 in 5 adults
- Viral infection of the skin membrane and nerves
- The infection will go away and come back
- There is no cure

## Dangers of it

- You could transmit it to someone even if you had no ulcers (herpes) showing
- There is currently no cure but medicines can help
- It can be passed on through oral sex

## Symptoms

➤ Often no symptoms

But may have...

- Ulcers developing in the genital areas
- Blistering of the skin
- Unexplained pain or sensitive skin





# HPV and Genital Warts

## The facts HPV

- HPV known as Human Papillomavirus
- Some types can cause genital warts, others can cause cancer (cervix, penis, and throat)
- Easy to catch - skin to skin contact
- Very common, some people can clear their infection without treatment

## Symptoms in women

➤ Can be no symptoms

But may have...

- Small flesh coloured bumps
- Mainly occurring on the vulva and other areas of the cervix

## The facts Genital Warts

- Genital warts may require creams, freezing, chemicals, and even surgery (still no cure) but your body could clear the virus over time
- Quick detection of HPV (cancerous strain) is essential for best possible treatment (smear tests)

## Symptoms in men

➤ Can be no symptoms

But may have...

- Small flesh coloured bumps
- Mainly on the penis, near the anus, or between the penis and the scrotum

# HIV

## The facts

- HIV known as Human immunodeficiency virus
- There is no cure
- Transmitted through sexual contact or sharing needles (drug equipment)

## Dangers of it

- Can be passed onto babies through childbirth
- Attacks and gradually destroys the immune system
- The body becomes more susceptible to infections, cancers, and other serious illnesses

## Symptoms

➤ Often no symptoms

But may have...

- Fever
- Fatigue
- Rash
- Swollen Glands

## Did you know?

*If HIV is not treated, it can lead to AIDS*







# ALL OTHERS

## The Names

### Bacterial STIs:

- Chancroid
- Mycoplasma genitalium
- Ureaplasma urealyticum

### Viral STIs:

- Hepatitis B and C
- Cytomegalovirus (CMV)
- Epstein-Barr virus (EBV)
- Molluscum contagiosum
- Human T-lymphotropic virus (HTLV)
- Zika virus (ZIKV)

### Parasitic STIs:

- Trichomoniasis
- Pubic lice (crabs)
- Scabies
- Pediculosis (body lice)

## Symptoms

➤ Can be no symptoms

But may have...

- Pain
- Blisters
- Bumps
- Soars
- Drip or discharge
- Itching
- Scarring
- More likely to get other infections

### Did you know?

*It is recommended to get tested for STIs regularly if you are sexually active, and to practice safe sex to reduce the risk of transmission.*



# REVIEW YOUR LEARNING OUTCOMES

ASSESSMENT  
FOR LEARNING

## CONFIDENCE CHECKER



| AFTER THE LESSON   | NOT<br>CONFIDENT |   |   |   | CONFIDENT |   |   |   | VERY<br>CONFIDENT |    |
|--|------------------|---|---|---|-----------|---|---|---|-------------------|----|
| Knowledge, Skills & Actions  | 1                | 2 | 3 | 4 | 5         | 6 | 7 | 8 | 9                 | 10 |
| I can name at least five sexually transmitted infections               |                  |   |   |   |           |   |   |   |                   |    |
| I understand the three main groups of STIs which exist                 |                  |   |   |   |           |   |   |   |                   |    |
| I am able to describe some of the facts and symptoms of different STIs |                  |   |   |   |           |   |   |   |                   |    |



Complete the confidence checker of where you think you are at for this lesson

(Discussion or complete sheet)



3 Minutes

I'm not  
confident at all  
on this topic

A little  
confident

Confident

Very  
confident

I am super  
confident on  
this topic

# HOMEWORK SUGGESTION



## DUE DATE

It must be submitted by..

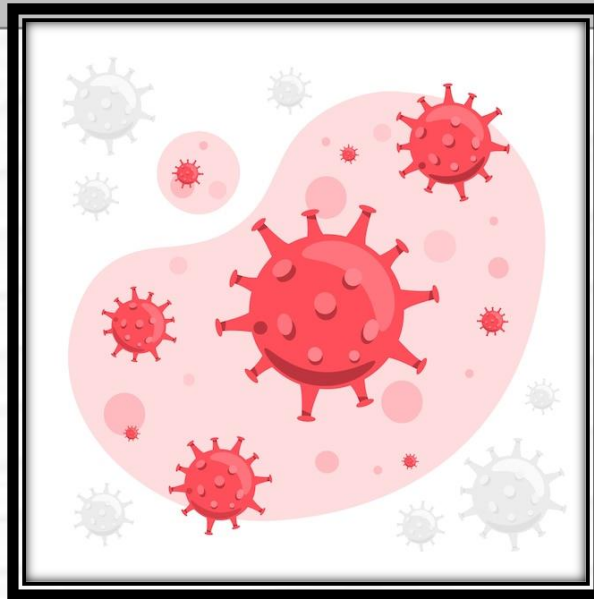
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Classroom



## Homework Explained

Choose one specific STI to focus on, and create a poster or presentation that includes the following information:

- Name of the STI and how it is transmitted
- Symptoms of the STI and how it can be diagnosed
- Long-term health consequences of the STI if left untreated
- Prevention measures for the STI, including ways to reduce the risk of transmission





# IMPORTANT INFORMATION



2 Minutes



FOR MORE INFORMATION ABOUT THE TOPICS COVERED IN THIS UNIT  
WE WOULD ADVISE ONE OF THE BELOW:

SPEAK TO YOUR PARENTS/GUARDIANS, HEAD OF YEAR,  
A TRUSTED ADULT OR FRIEND.

IF YOU HAVE ANY CONCERNS ABOUT YOURSELF OR SOMEONE YOU KNOW.  
IT IS IMPORTANT TO SPEAK UP AND TELL SOMEONE!

SPECIFIC FURTHER INFORMATION ON THIS TOPIC CAN BE FOUND HERE:

- ☐ <https://www.brook.org.uk/> free & confidential sexual health & wellbeing experts
- ☐ Some pharmacies
- ☐ A sexual health clinic (GUM clinic)
- ☐ A contraception clinic
- ☐ Young people's services - call the national sexual health helpline on 0300 123 7123 for details
- ☐ NHS Website <https://www.nhs.uk/live-well/sexual-health/>

RELATIONSHIPS  
& SEX EDUCATION

SEEKING  
SUPPORT



# REFLECTION PLENARY



A problem I overcame today was...

Before I only knew...  
now I also know...

The key words for this lesson  
were...

I'm really proud of the way I have...

Today I have tried to...

The most important thing I have  
learnt today is...

I used to feel ... but I now feel ...

Before I would have done...  
Now I will ...

Next lesson I would like to...

A question I would like to ask  
is...

I would like to learn more  
about...

I know if I need further support  
or help I could speak to.... or  
contact...

I now know I can supported  
others by...

One thing I didn't realise was...  
this will help me to...

2 Minutes





# REFER TO MINDFULNESS POWERPOINT

