

Treating STIs and the Clinic

LEARNING OUTCOMES

Knowledge, Skills
& Actions



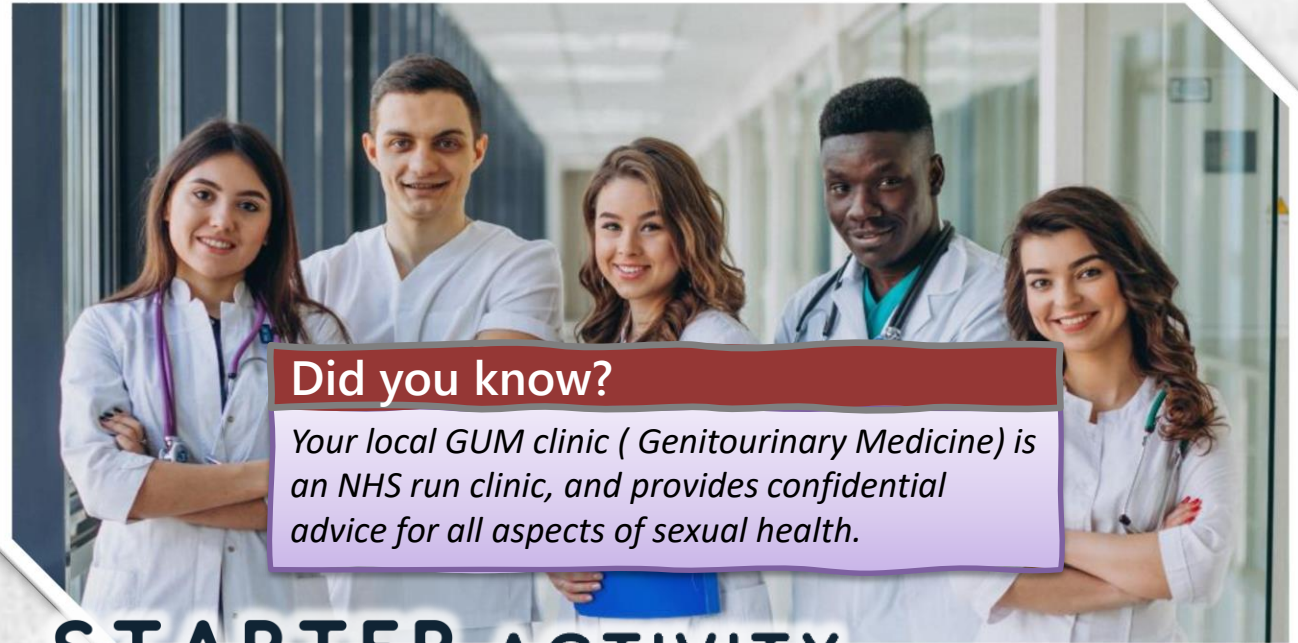
To describe the key symptoms
and risks associated with a
variety of different STIs

To understand the
importance of Sexual Health
Clinics (GUM)

To explain why people should
always get themselves
checked out after
unprotected sex

NEW VOCABULARY

GUM, Sexual Health Clinic,
GP, Contraception,
Unprotected Sex,
Promiscuous



Did you know?

*Your local GUM clinic (Genitourinary Medicine) is
an NHS run clinic, and provides confidential
advice for all aspects of sexual health.*

STARTER ACTIVITY

Can you recall the names of any STIs?

How can you catch an STI?

How can you reduce the risk of catching an STI?

Why do people go to the doctor?



3 Minutes

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

Treating STIs and the Clinic

ASSESSMENT FOR LEARNING

BASELINE CONFIDENCE CHECKER



BEFORE THE LESSON	NOT CONFIDENT				CONFIDENT				VERY CONFIDENT	
Knowledge, Skills & Actions	1	2	3	4	5	6	7	8	9	10
I understand the key symptoms and risks associated with different STIs										
I know several places where I can go to access help and support										
I understand the important role GUM clinics perform, and what to expect from one										



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

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

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

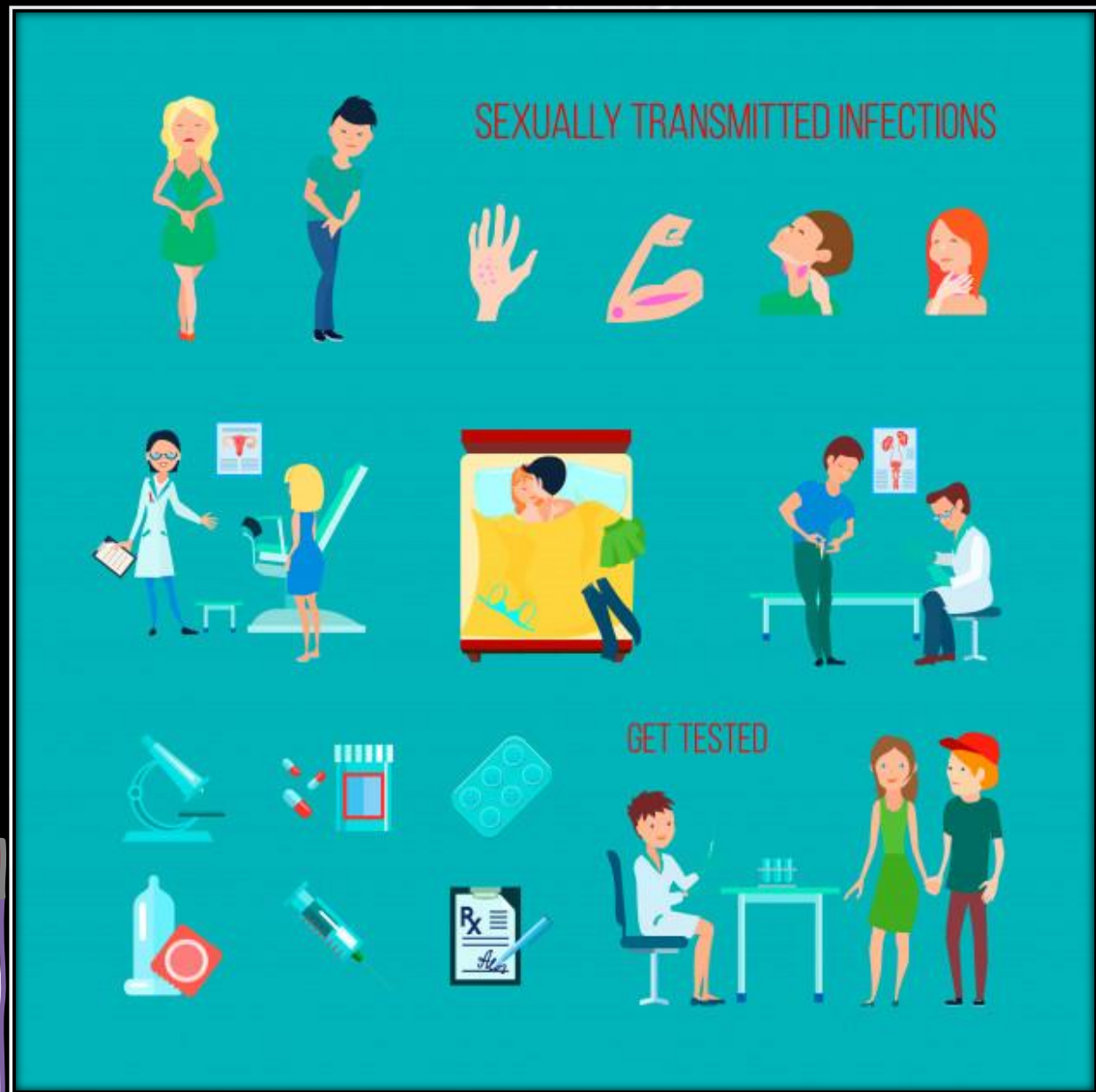
You may hear 'STD' or 'STI' used out in the world; the 'D' refers to disease and the 'I' to infection.

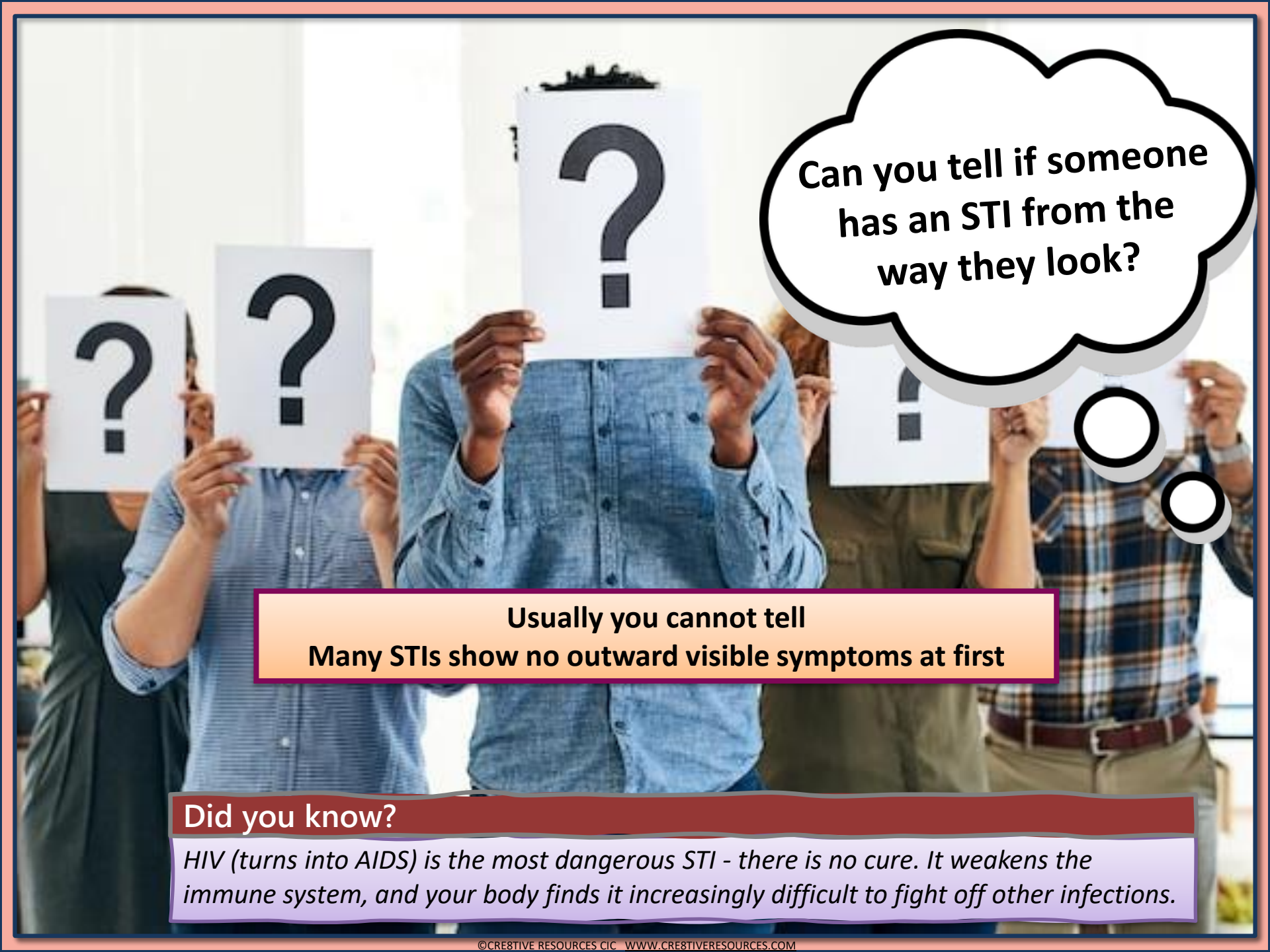
There are only small differences between them and in this lesson, we will call them STIs

Did you know?

Unprotected sex (when barrier method is used) greatly increases your chances of catching an STI (Chlamydia, syphilis, gonorrhoea, and HIV)

Recap - What is an STI?



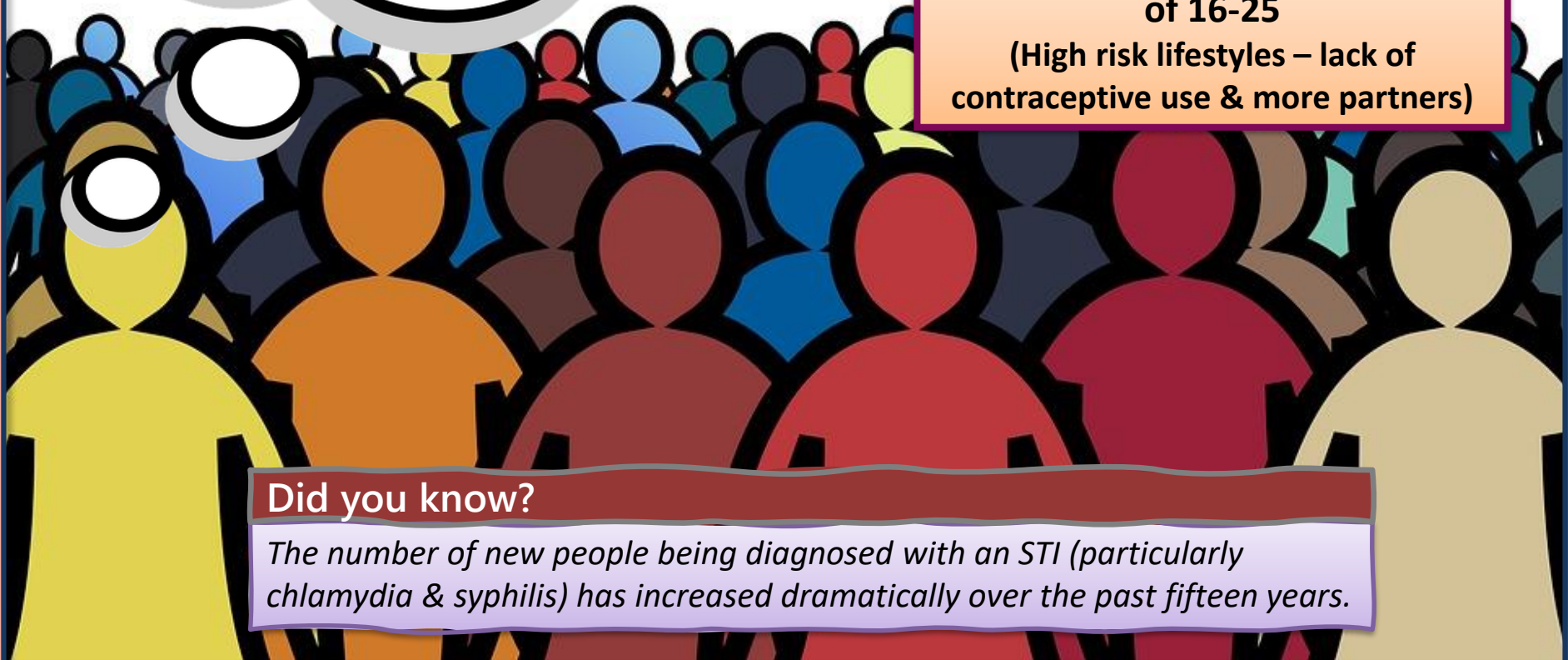


Can you tell if someone
has an STI from the
way they look?

Usually you cannot tell
Many STIs show no outward visible symptoms at first

Did you know?

HIV (turns into AIDS) is the most dangerous STI - there is no cure. It weakens the immune system, and your body finds it increasingly difficult to fight off other infections.



Are there any groups in society who are more likely to catch an STI than others?

Those that have many sexual partners (Promiscuous)

Drug addicts who share needles (HIV and Hepatitis)

Women (Due to their reproductive organs)

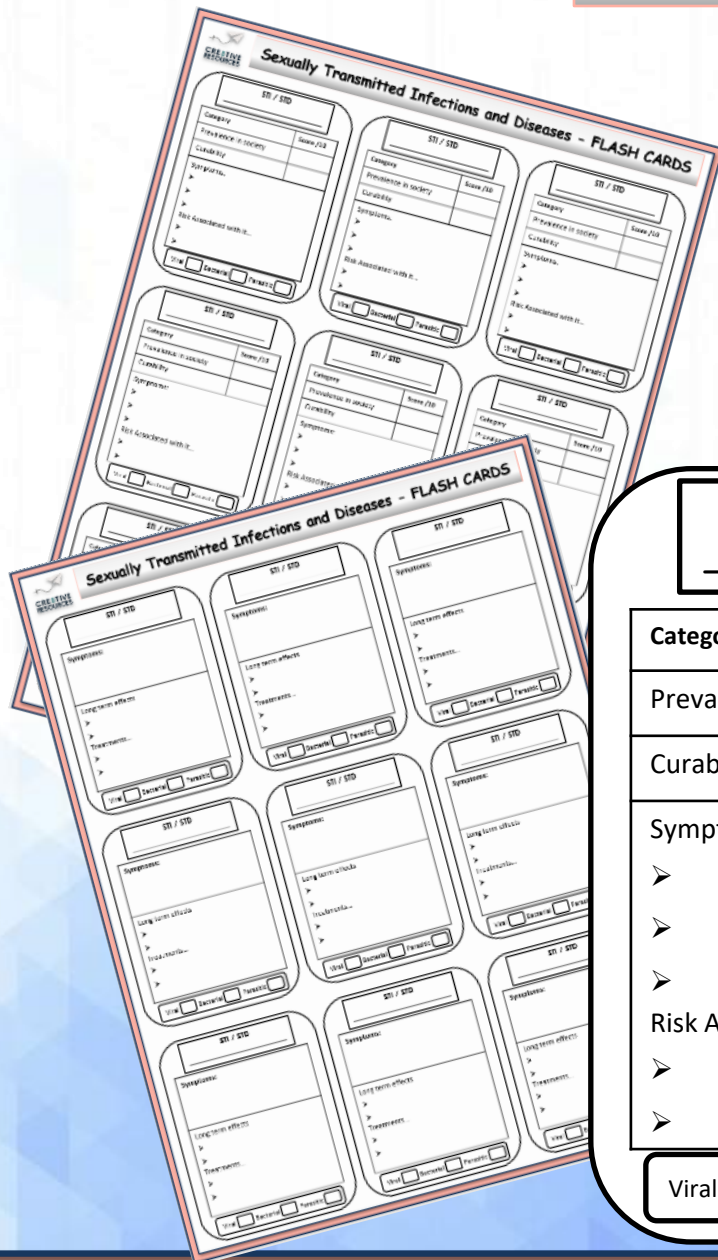
Young people between the ages of 16-25 (High risk lifestyles – lack of contraceptive use & more partners)

Did you know?

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

ACTIVITY

STIs and Diseases FLASH CARDS



Task

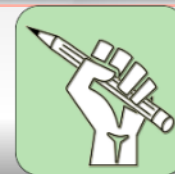
Using any resources your teacher has made available, (Internet, leaflets, print outs) pick nine STIs and complete a set of flash cards

STI / STD	
Category	Score /10
Prevalence in society	
Curability	
Symptoms:	
➤	
➤	
➤	
Risk Associated with it...	
➤	
➤	
Viral <input type="checkbox"/> Bacterial <input type="checkbox"/> Parasitic <input type="checkbox"/>	

STI / STD
Symptoms:
Long term effects
➤
➤
Treatments...
➤
➤
Viral <input type="checkbox"/> Bacterial <input type="checkbox"/> Parasitic <input type="checkbox"/>



Most Common STIs



STIs (and Puppy Pictures!)

Task: Pick one or two coloured hats and answer all the related questions



10 Minutes



What facts do I know? What else do I need to know? What do I want to know?

INFORMATION



How do I feel about this? What don't I like about this? What do I like about this?

FEELINGS



Can something be done? New ideas? What are the solutions/suggestions?

CREATIVITY



What thinking is needed? Next steps? Where are we now?

THINKING



What is wrong? Is it safe? Can it be done?

JUDGEMENT

What barriers stop young people accessing help from sexual health clinics?

How can we overcome these?



Did you know?

Sexual health check-ups are free and available to everyone in the UK. You can arrange a visit to a sexual health (GUM) clinic anytime. It is completely confidential.

Sexual Health (GUM) Clinics

NHS

Local Information

Your nearest GUM clinic is ...

Nearest Pharmacy is...

What to expect

- Confidentiality
- Professionalism
- Qualified Advice
- Support
- Treatments
- Diagnosis

Services

- Testing & Treatment
- Advice & Information
- Free Condoms
- Pregnancy Testing
- Other forms of Contraception (EC & Pill)
- HIV Testing & PEP Medication
- Hepatitis B Vaccinations
- Abortion Advice
- Referrals to specialists
- Help & Support for sexual assault victims

Question they ask

- When did you last have sex?
- Was the sex unprotected?
- Do you have any symptoms?
- Why do you think you might be at risk?

Ways to test

- Blood test
- Urine Sample
- Swab of the vagina, throat, rectum, cervix or urethra
- Examination of genitals, mouth, anus or skin



Where can you access help & support?

A trusted adult, family member, or teacher

**Sexual Health Clinic
(GUM Clinic)**

The NHS Website

<https://www.nhs.uk/livewell/sexual-health/>

A contraception clinic

**Your local GP
(Doctor)**

**Young people's
services national
helpline
0300 123 7123**

Under 25s Brook Centres

Local pharmacist





Myth, Rumour or Fact



Sexually transmitted infections

Statements	Agree – It's a Fact	Unsure – It's a Rumour	Disagree - It's a Myth
A condom helps to stop STIs			
You can't get an STI the first time you have sex			
It's normal for women to have some vaginal discharge			
HIV can be present in breast milk and semen			
Many STIs can go away without any treatment			
You may have an STI and have no symptoms			
Having an STI and being pregnant could be harmful to the baby			
Going on the pill can prevent you from getting an STI			

HANDOUT

STI Information Sheet

Task

Using the STI information sheet, try and solve a few STI hunts on the next slide.

STI Information - CLUE CARDS

STI INFORMATION Can be spread through sexual contact, including vaginal sex, anal sex, and oral sex CHLAMYDIA GENITAL HERPES HUMAN PAPILLOMAVIRUS (HPV) GONORRHEA HEPATITIS B HIV/AIDS SCABIES PUBIC LICE SYPHILIS	STI INFORMATION Can be cured easily CHLAMYDIA GONORRHEA SYPHILIS SCABIES PUBIC LICE	STI INFORMATION You are able to be treated but you are not yet curable GENITAL HERPES (HPV) HEPATITIS B HIV/AIDS
STI INFORMATION A condom offers really good protection against it CHLAMYDIA GONORRHEA HEPATITIS B SYPHILIS HIV	STI INFORMATION One of the most common STIs among adolescents in the UK CHLAMYDIA HUMAN PAPILLOMAVIRUS (HPV) GONORRHEA GENITAL HERPES	STI INFORMATION Can be transmitted through oral sex CHLAMYDIA GONORRHEA SYPHILIS HPV GENITAL HERPES HIV HEPATITIS B PUBIC LICE SCABIES
STI INFORMATION These can be transmitted via skin to skin contact GENITAL HERPES HPV SYPHILIS PUBIC LICE SCABIES	STI INFORMATION It can cause a sore or outbreak of sores within two weeks of catching it GENITAL HERPES SYPHILIS	STI INFORMATION It is caused by a parasite or bug (Not bacterial) SCABIES PUBIC LICE
STI INFORMATION Find the sexually transmitted infection 1= 2= 3= 4=	STI INFORMATION These have vaccines HPV HEPATITIS B	STI INFORMATION These can be detected through a blood test HERPES HEPATITIS B HIV/AIDS SYPHILIS

What is the most common symptom of an STI?

How can you protect against STIs?

EXTENSION

Create your own STI Hunt by picking one STI, and writing down all the key information about it

STI Clue Hunt

CLUE HUNT – [Click to Reveal]

1

CLUE HUNT – [Click to Reveal]

2



CLUE HUNT – [Click to Reveal]

3

CLUE HUNT – [Click to Reveal]

4

STI Clue Hunt Answers

Syphilis

Scabies & Pubic Lice

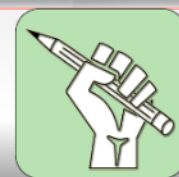


AIDS / HIV

Chlamydia



Visiting a Sexual Health Clinic



Sexual Health Clinic in Exeter - What to expect

Task: Pick one or two coloured hats and answer all the related questions



2 Minutes



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JUDGEMENT

What Do You Think?



“Having unprotected sex with someone is one of the most careless things you can do”

Talking Points



I think that ...

I don't think... is right because...

My opinion is...

I would argue the same because...

I disagree with... because...

Building on what... said. I think...

An alternate way of looking at this is...

I sort of agree, however....

I would challenge what.. said because ...

Do you agree or disagree? Why?

Can you add to the statement?

Do you have a question about the statement?

Would you like to challenge what is being said?

Do you have an alternative idea?



1. The class will be split in two – Nominate a player
2. Teacher will read out a definition or ask a question
3. The first nominated player to fly-swat / 'splat' the correct answer on the board gets the point. (hold your hand over the word to splat)
4. Teams may help their players

SPLAT - TEAM CHALLENGE

Bacterial

The Pill

GUM Clinic

Barrier Method

HIV and AIDS

Chlamydia

Condom

Confidential Advice

Contraception

Ovulation

Pregnancy

No Symptoms

Pubic Lice



REVIEW YOUR LEARNING OUTCOMES

ASSESSMENT
FOR LEARNING

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HOMEWORK SUGGESTION



DUE DATE

It must be submitted by..

Hand / Google
Classroom



Homework Explained

Write down three pieces of advice you would give to someone who feels pressured into having sex without a condom.





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

