



LESSON TOPIC

SEXUAL HEALTH RECAP

HELLO!

LESSON QUESTION

What impact do STIs and unplanned pregnancies have on the individuals experiencing them?

Find us on social media...



@spectrumcish



@spectrumcish



@spectrumcish



@spectrumcish



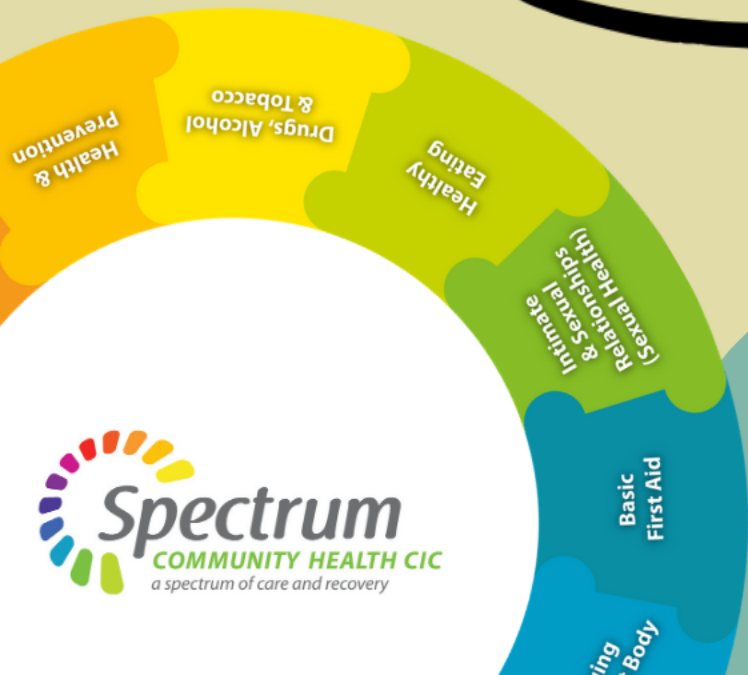
@sp3ctrumsharp



CREATING A SAFE SPACE FOR RSHE

Group Agreement

- | We will be kind - no put downs
- | We will respect each other
- | We will use inclusive and positive language
- | We will listen carefully, challenging the statement not the person
- | We will not ask or have to answer personal questions
- | We will not put anyone 'on the spot'
- | We will use correct terms for body parts and sexual activities
- | We will be sensitive to diversity, and be careful about making careless remarks
- | We will not talk about personal experiences



INSTRUCTION

1

On your handout circle a number to show your starting knowledge of contraception and STIs.

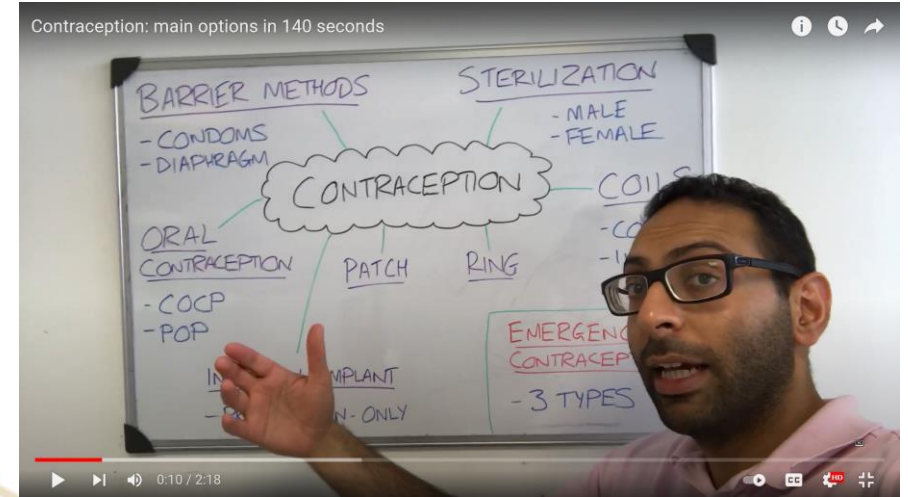
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2

Complete the handout to evidence what you can recall about contraception & STI's.

What is it called? What facts can you remember? what are the positives and negatives of the contraceptive or symptoms/treatments for the STIs?

1. What is the impact of unplanned pregnancies and STI's on individuals, families and communities?
 2. Where is your local sexual health clinic?



Dr Aman Arora

	CONTRACEPTIVE IMPLANT	INTRAUTERINE DEVICE (IUD)	INTRAUTERINE SYSTEM (IUS)	CONTRACEPTIVE INJECTION
WHAT IS IT?	A small, flexible rod put under the skin of the upper arm releases progesterogen.	A small plastic and progesterogen releasing device is put into the uterus (womb).	A small, T-shaped, progesterogen releasing device is put into the uterus (womb).	An injection of progesterogen.
EFFECTIVENESS	Perfect use: over 99% Typical use: over 99%	Perfect use: over 99% Typical use: over 99%	Perfect use: over 99% Typical use: over 99%	Perfect use: over 99% Typical use: around 94%
ADVANTAGES	Works for 3 years but can be taken out sooner if you choose.	Works for 5 or 10 years depending on type but can be taken out sooner if you choose. Periods often become lighter, shorter and less painful. Can be used as emergency contraception and left in place as an ongoing method.	Works for 3, 5 or 6 years but can be taken out sooner if you choose. Periods often become lighter, shorter and less painful.	Works for 8 or 13 weeks depending on which type is used - You don't have to think about contraception during this time.



Find us on social media...



Name 5 forms of contraception that are 98% effective or above.

1

Implant

20

2

Coil

15

3

Injection

10

4

Pill

5

5

Condom

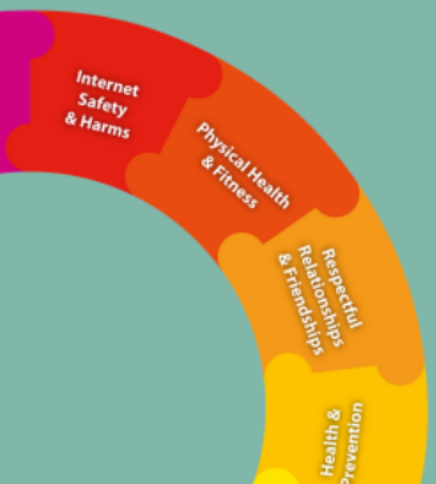
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Name 5 possible side effects of hormonal contraception.

- | | | |
|---|-------------------------------|----|
| 1 | Breakthrough vaginal bleeding | 20 |
| 2 | Headaches or migraine | 15 |
| 3 | Mood changes | 10 |
| 4 | Nausea | 5 |
| 5 | Weight gain | 1 |





What if people find out about it?



Name the 5 most common STI's

1

Chlamydia

20

2

Genital Warts

15

3

Gonorrhoea

10

4

Syphilis

5

5

HIV/AIDS

1



Where can young people access sexual health advice and information

1	Spectrum clinics	20
2	GP surgery	15
3	School health service	10
4	Youth clubs	5
5	NHS websites	1





How can you protect yourself from Sexually Transmitted Infections

- | | | |
|---|---------------------------------|----|
| 1 | Don't have sex | 20 |
| 2 | Know your partner | 15 |
| 3 | Use a condom | 10 |
| 4 | Regular sexual health check ups | 5 |
| 5 | Knowledge of STI's | 1 |



CHLAMYDIA

Chlamydia is a **bacterial infection** which means it can usually be easily treated with **antibiotics**

Research suggests that 50% of men and 70-80% of women **don't get symptoms** at all with the Chlamydia infection

Passed on through **unprotected sex**, common in sexually active 15-25yr olds

You can only be certain you have chlamydia if you have a **test**

If untreated, it can lead to **long-term health problems**, such as pelvic inflammatory disease, inflammation of the testicles and **infertility**

Condom use will help to prevent the transmission of this infection



If chlamydia is preventable and treatable, why is it still the most common infection?

Chlamydia. How do I know if I've got it?



Often, you don't. It's a sexually transmitted infection that doesn't always have noticeable symptoms and can make you infertile. Be safe. Use a condom.

sex

Are you thinking about it enough?

If you're under 18 and need advice about sex or contraception, call Sexwise on 0800 28 29 30 or visit us at www.nuthinking.co.uk. The call is free and confidential. Textphone (for people with hearing impairments) 0800 308 1651.



They can take a year to appear after infection

Vaccination programme is in place for HPV which has reduced the rate of the warts virus in young people.

If genital warts spread or become enlarged, the condition can be uncomfortable or in some cases even painful.

Genital Warts (HPV)

Genital warts are very common. In England, they are the second most common type of (STI) after Chlamydia.

An ointment sometimes works. Otherwise treatment such as freezing the warts is necessary

Small fleshy growths, bumps or skin changes around the genital area

5 HIV FACTS

1 PEOPLE ON EFFECTIVE HIV TREATMENT CAN'T PASS IT ON

Effective treatment for HIV suppresses the virus to such low levels that it can't harm you and you can't pass it on.

2 HIV CAN'T BE PASSED ON THROUGH DAY-TO-DAY CONTACT

HIV can't be passed on through things like touching, kissing, sharing cutlery or glasses.

HIV can be passed on through sex without a condom but only if a person is not on effective treatment. It can also be passed on through sharing needles and during pregnancy (but in the UK this is extremely rare because we have great treatment).

3 HIV CAN AFFECT ANYONE

Some groups of people are affected by HIV more than others, but it can be passed on to anyone.

4 PEOPLE LIVING WITH HIV CAN LIVE LONG AND HEALTHY LIVES

There isn't a cure for HIV, but there is excellent treatment. If you are diagnosed in good time and take your medication, you can have as long and healthy a life as everyone else.

5 THERE ARE MANY WAYS TO PREVENT HIV

- Getting regularly tested for HIV if you are sexually active
- Taking PrEP or PEP (tablets which prevent HIV either before or just after you've been exposed to it)
- Using condoms
- Never sharing needles
- Taking your medication if you are living with HIV

TRANSFORMING
THE UK'S
RESPONSE
TO HIV



www.nat.org.uk

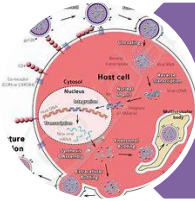
HIV/AIDS



HIV is a virus. HIV stands for **Human Immunodeficiency Virus**, there are at least 103,700 in the UK being treated for HIV although many more may carry the infection.



It is transmitted through transfer of bodily fluids (blood, seminal fluids and vaginal fluids, breast milk)



The virus attacks the white blood cells damaging and eventually destroying the bodies immune system.



When an infected person is fighting three or more potentially life threatening infections and cancers they are classed as having AIDS (**Acquire Immune Deficiency Syndrome**).



There is currently no cure for HIV, however it's progress can be slowed with the use of anti-retroviral medication.

ABCDEF

G

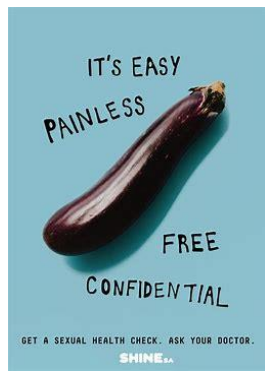
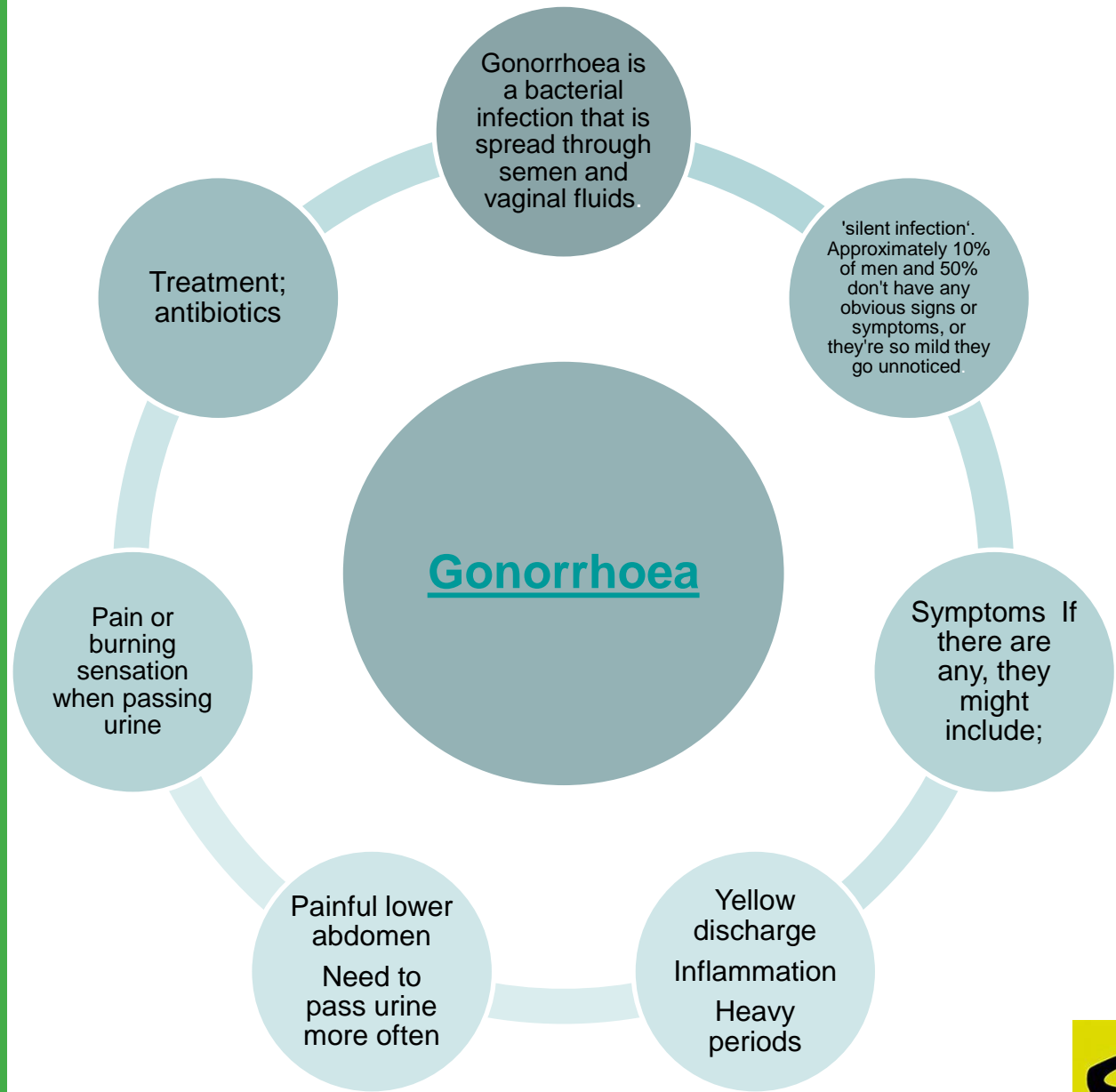
GONORRHOEA...

HARD TO SPELL... EASY TO CATCH

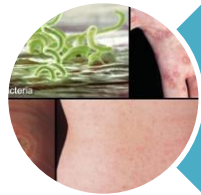
Gonorrhoea infections are increasing among young men and women.

Get tested and always use condoms

www.yoursexualhealth.ie



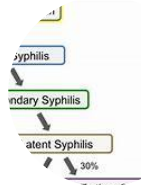
SYPHILIS



Syphilis is caused by bacteria. It's an infection that spreads easily through anal, vaginal and oral sex and can seriously damage your heart, brain and nervous system. It's easy to treat and cure with antibiotics



Syphilis infections in pregnant women can cause miscarriage, stillbirth and infection to the baby



Syphilis is a sexually transmitted infection that is caught by having sex with someone who is infected.



syphilis symptoms aren't always obvious. Some people may even have no symptoms at all. Symptoms may even disappear on their own but this doesn't mean the infection has gone.



Cases of syphilis hit highest level in England since 1949



GETTING
TESTED FOR
SYPHILIS

Syphilis Causes



unprotected sex



multiple partners



men having sex
with men



mother-to-child
transmission



HIV positive

GENTITAL HERPES

Spectrum's RSE
Programme
2020-2021



Type of infection

- **Viral infection**
- There is treatment for first episode and for people with frequent episodes.
- There is also treatment to help relieve the pain of the blisters.



symptoms

- Symptoms
- Small painful blisters or sores in the genital area which heal in a week or two.
- Tingling or itching
- Feeling like you have flu
- Pain or burning sensation when passing urine

Effect on health

- Effect on health
- A pregnant women might infected her baby although this is very rare



Did you know...

Half of all new STIs are in people under age 25

Nexplanon Implant

Find a clinic near to you
Use our interactive map to find the clinic that's nearest to where you are

Substance misuse clinics Sexual health clinics



Small flexible rod which is placed just under the skin contains progestogen only

Last up to 3 years.
Over 99% effective



Effective and rapidly reversible method of contraception

YOUR SEXUAL HEALTH STILL MATTERS!

CALL 0800 1214860 OR VISIT www.sexual-health.co.uk

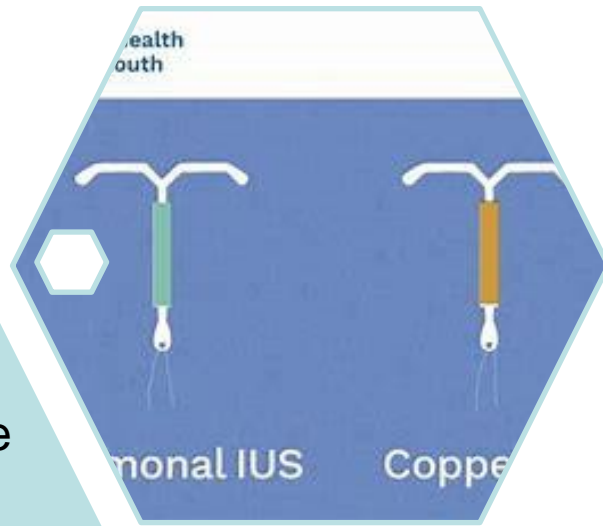
#StillHereToHelp

Spectrum COMMUNITY HEALTH CIC
Yorkshire MESMAC
wakefieldcouncil working for you

Useful for women who struggle to remember their contraceptive



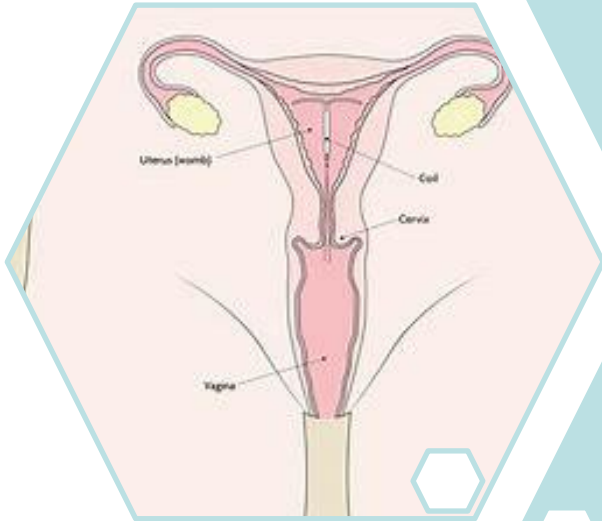
IUS & IUD COILS



IUS coil
Over 99% effective
Last up to 5 yrs.
Less than 1 woman in 100 will get pregnant in a year

IUD
Around 99% effective
A small plastic and copper device is put into the womb. Can stay in between 5-10 years
Periods may be heavier, longer or more painful
Can be used as an emergency contraceptive

Contact Spectrum Community health for more information



Spectrum's RSE Programme 2020-2021



Contraceptive Injection



Emergency Hormonal Contraception (EHC)	Condoms	Contraceptive Pills
The Coil - IUS/IUD	Implant	Injection/Depo
Diaphragm/Cap	Vaginal Ring	Patch



With perfect use, over 99% effective at preventing pregnancy.



Less than one in 100 injection users will get pregnant in a year.



Perfect use means that you always use the injection exactly as instructed.



With typical use, around 94% effective.



Typical use means that you don't always use the injection as instructed, for example if you have an injection late.



YOUR SEXUAL HEALTH STILL MATTERS!

#StillHereToHelp

CALL 0800 1214860 OR VISIT www.sexual-health.co.uk

Spectrum COMMUNITY HEALTH CIC
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wakefieldcouncil working for you

Combined Pill & Progestogen-only pill



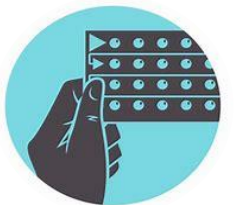
Combined Pill (CoC) At least 99% effective when used correctly. Typical use; 91% effective. The combined pill is usually just called the pill. It contains two hormones – oestrogen and progestogen. These are similar to the natural hormones produced by the ovaries.



Useful for young healthy women who can reliably take pills. Works mainly by preventing egg release.



(PoP) It's 99% effective at preventing pregnancy with perfect use and 91% effective with typical use. Remember regularly: You have to take the pill every day at the same time. Periods: May become irregular, stop or last longer



Contains progestogen which thickens cervical mucus to prevent sperm meeting an egg and thins the lining of the womb to prevent an egg implanting.



In some women it stops ovulation

Condoms

Spectrum's RSE
Programme
2020-2021



Recap the facts about the full range of contraceptive choices, efficacy and options available. Understand the prevalence of some STIs, the impact they can have on those who contract them and key facts about treatment

- Barrier method of contraception
- When used correctly around 98% effective for male condoms and 95% for female condoms.
- Typical use; around 82% effective.
- Avoids hormones
- Offers some protection against STI's such as Chlamydia & HIV

Need condoms? You're in the right place.

If you're aged between 16 and 25 years, you can get free condoms from this site through the Wakefield C-Card scheme. If you're 13-15 you can still register with C-Card and get free condoms but you will need to go to one of the [C-Card Venues](#).

Using condoms is the best way to prevent you from getting or spreading sexually transmitted infections, not to mention pregnancy.

LOGIN »

To order free condoms, just enter your C-Card number in the box below and click 'Submit'.

C-Card Number:

Login

REGISTER »

You need to have a C-Card to get free condoms from this site. If you've not already registered, you can do it by clicking below.

REGISTER



CAN YOU NOW ANSWER THIS QUESTION?



LESSON QUESTION

What impact do STIs and unplanned pregnancies have on the individuals experiencing them?

INSTRUCTION

On your handout circle a number to show your knowledge of contraception and STIs at the end of the lesson.

3

6