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Relationships and Sex Education (RSE)

Go ▶

Spectrum's RSE sessions cover a variety of topics, providing you with information and opportunities to explore RSE in an age appropriate, relevant, and safe way.

Remind yourself of the safe space expectations

1

01

ONE

We will be kind - no put downs

02

TWO

We will use inclusive and positive language

03

THREE

We will listen carefully, challenging the statement not the person

Look at the 5 you selected. How will these support your learning today?

2

04

FOUR

We will not ask or have to answer personal questions

05

FIVE

We will not put anyone 'on the spot'

06

SIX

We will use correct terms for body parts and sexual activities

08

EIGHT

We will not talk about personal experiences

07

SEVEN

We will be sensitive to diversity, and not make careless remarks

CREATING A
SUPPORTIVE & SAFE
SPECTRUM RSE SPACE



Relationships

and

Sexual Health



Lesson Topic

Sexual Health



Lesson Question

What is an STI and how can they be prevented and treated?



15-24

Highest rates of diagnoses are seen in **15 to 24 year olds,**



Discussion Question

Why do STIs disproportionately affect specific groups of people such as young people?



NHS

Get clued up on how you can avoid getting these STIs, and the symptoms to look out for:

[nhs.uk/stis](https://www.nhs.uk/stis)

Are STIs something these couples should talk about?

How could they start the conversation?



Discussion Question

What is sexual history and why is it important when thinking about STIs?





Discussion Question

How can STIs be prevented and the rates of infection reduced?

Staying

SAFE

- Talk honestly with partners about sexual history.
- Getting tested, along with a partner, before having sex.
- Reducing the number of partners you have sex with.
- Getting vaccinated against certain infections.
- Avoiding sex when under the influence of alcohol or drugs.

People who are drunk or using drugs often fail to have safe sex

The best way to avoid most STI's is to use a barrier such as a condom when you have sex.



Notifying partners about an infection can feel daunting, but it also shows care and respect for the other person. In the majority of cases, sexual partners are grateful to have been informed, it will prompt them to have a check-up, and get treatment if it is needed.

DON'T FORGET



Section Four: Sexual Health

Sexually Transmitted Infections



1

Turn to Pg. 21

2

Complete this as you listen and progress through the information slides.



Knowledge Check

What impact can STIs have on those who have them?

Gonorrhoea

What is it?, What does it look/feel like and how do you treat it?

Chlamydia

What is it?, What does it look/feel like and how do you treat it?

Genital Herpes

What is it?, What does it look/feel like and how do you treat it?

Genital Warts

What is it?, What does it look/feel like and how do you treat it?

Syphilis

What is it?, What does it look/feel like and how do you treat it?

HIV

What is it?, What does it look/feel like and how do you treat it?



Ideas

How can STIs be prevented?

[Chlamydia](#)[Read more](#)[Genital herpes](#)[Read more](#)[Genital warts](#)[Read more](#)[Gonorrhoea](#)[Read more](#)[HIV](#)[Read more](#)[Human papillomavirus \(HPV\)](#)[Read more](#)[MPox](#)[Read more](#)[Mycoplasma genitalium](#)[Read more](#)[Pubic lice](#)[Read more](#)[Scabies](#)[Read more](#)[Shigella](#)[Read more](#)[Syphilis](#)[Read more](#)[Trichomoniasis vaginalis \(TV\)](#)[Read more](#)[Viral hepatitis](#)[Read more](#)

What is safer sex?

Safer sex means having sex with less risk of transmission (catching or passing on) a sexually transmitted infection (STI).

The risk of catching each infection is different, and also varies according to the type of sex someone has.

[STI symptom checker](#)[Find out more](#)

 **Knowledge Check**

Which STI is the most common for young people in your area?

VIRAL STIS

caused by viruses.

The most common viral STI's include:

- Genital warts
- Genital Herpes
- HIV

BACTERIAL STIS

caused by bacteria.

The most common bacterial STIs include:

- Chlamydia
- Syphilis
- Gonorrhoea

Knowledge Check

What is a difference between the viral and bacterial STI's?

Other than their underlying cause, viral STIs and bacterial STIs are different in one important way - with early detection, **viral STIs can only be controlled** whereas **bacterial STIs can be cured.**

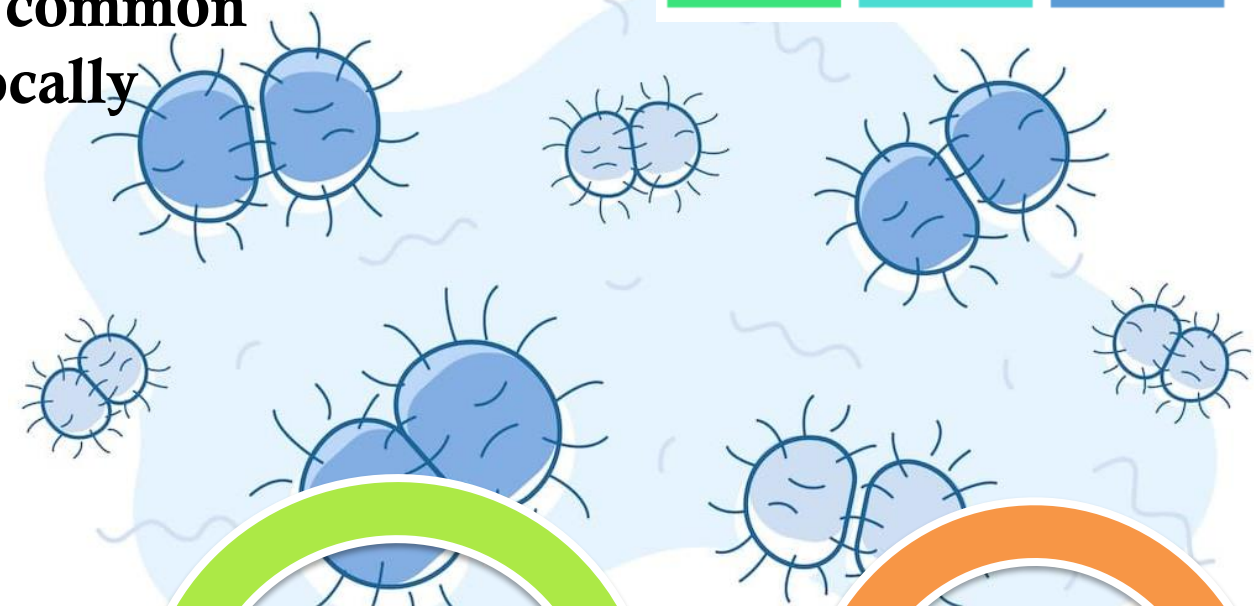
DID YOU KNOW?

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

Chlamydia

The most common STI locally

Chlamydia	HIV	Syphilis
Gonorrhoea	Genital Warts	Genital Herpes



Chlamydia
a bacterial infection

Passed on through **unprotected sex**. Most common in U25 who are sexually active

Symptoms can include: pain while urinating or unusual discharge.

Most people **don't notice symptoms** and don't know they have.

If untreated, it can lead to **long-term health problems:**

Pelvic inflammatory disease, inflammation of the testicles and **infertility.**

Testing is done with a urine test or a swab test.

Usually treated easily with **antibiotics.**

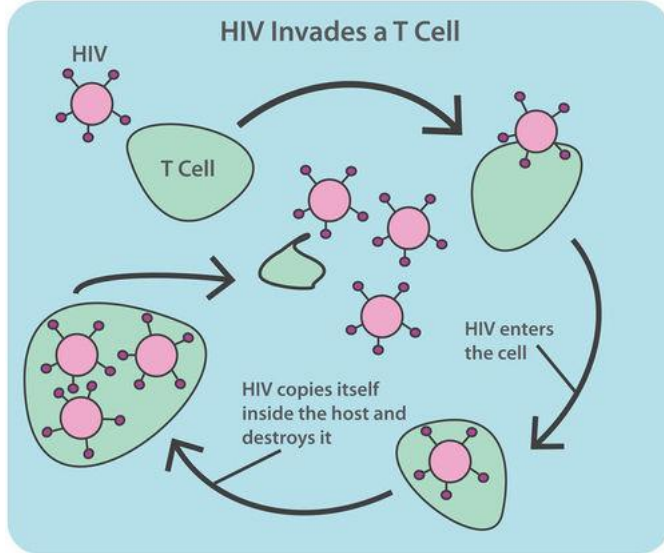
Condom use will help prevent the spread of the infection.

sex



Relationships
Sex
Health
Education

HIV/AIDS



HIV
a viral
infection

The most common way of getting HIV is by having unprotected anal or vaginal sex.
Can be passed through blood, & **breast milk to a baby**

Most people experience a short flu-like illness 2 to 6 weeks after HIV infection, After these symptoms disappear, HIV may not cause any symptoms for many years, although the virus continues to damage your immune system.

There's currently no cure for HIV, but there are effective drug treatments that enable most people with the virus to live a long and healthy life.

Testing is done with sample of blood or saliva.
With an early diagnosis and effective treatments, most people wont develop AIDS and can live a near-normal lifespan.

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

Condom use will help prevent the spread of the infection.

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.

Chlamydia	HIV	Syphilis
Gonorrhoea	Genital Warts	Genital Herpes



Relationships
Sex
Health
Education

Genital Warts

Chlamydia	HIV	Syphilis
Gonorrhoea	Genital Warts	Genital Herpes

Genital warts are caused by a virus called human papillomavirus (HPV).
A vaccination programme is in place for HPV which has reduced the rate of the warts virus in young people.

Genital Warts
a viral
infection

The virus can be passed on even when there are no visible warts. Can be passed on through **skin-to-skin contact**, including vaginal and anal sex

Small fleshy growths, bumps or skin changes that appear on or around the genital area. Many people with the virus **do not have symptoms** but can **still pass it on**.

There is **no cure** for genital warts, but it's possible for your body to fight the virus over time. The warts might **go away, remain unchanged or grow and spread**.

Testing is done by a doctor examining or taking a biopsy

Treatments prescribed by a doctor, include: **ointment, freezing or surgery**. It may take weeks or months for treatment to work and the warts may come back. In some, the treatment does not work.

Condom use **may help prevent** the spread of the infection **but if the virus is in any skin that is not protected by a condom, it can be passed on**.



Genital Herpes

Chlamydia	HIV	Syphilis
Gonorrhoea	Genital Warts	Genital Herpes

Genital Herpes a viral infection

Passed on through **skin-to-skin contact** with the infected area - including **vaginal, anal and oral sex** - even when there are no visible sores or blisters. Also, if a **cold sore** touches your genitals.

Symptoms include: tingling, burning or itching around your genitals and/or small painful blisters that burst to leave red, open sores around your genitals, anus or thighs

Blisters can take weeks, months or years to appear.

There is **no cure** for this infection but treatment for the symptoms is available. Symptoms clear up, but the blisters can come back

Testing is done by using a swab to take some fluid from blisters or sores for testing. The test cannot be done if they are not visible.

Treatment for symptoms: antiviral medicine to stop the symptoms getting worse or cream for the pain

Condom use **may help prevent** the spread of the infection **but if the virus is in any skin that is not protected by a condom, it can be passed on.**

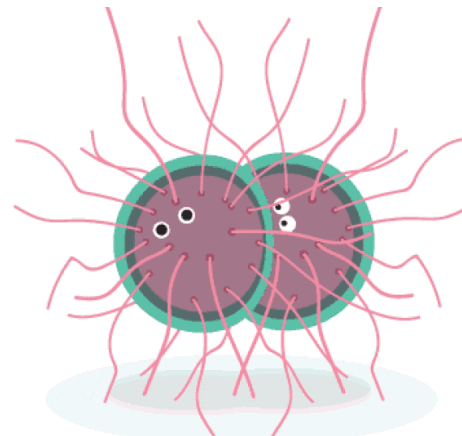




Relationships
Sex
Health
Education

Gonorrhoea

Chlamydia	HIV	Syphilis
Gonorrhoea	Genital Warts	Genital Herpes



Gonorrhoea
a bacterial
infection

Passed on
through
unprotected sex.

10% of infected men &
50% of infected women
will not have
any obvious signs
or symptoms.

Unusual
discharge from the
vagina or penis, pain
or burning when
urinating, bleeding
between periods
are common
symptoms for
this infection

If untreated,
it can lead to
**long-term
health problems:**

Heart issues, skin
disease, arthritis,
blindness and
infertility.

Testing is done
with a urine test
or a swab test.

Usually treated
easily with short
course of
antibiotics.

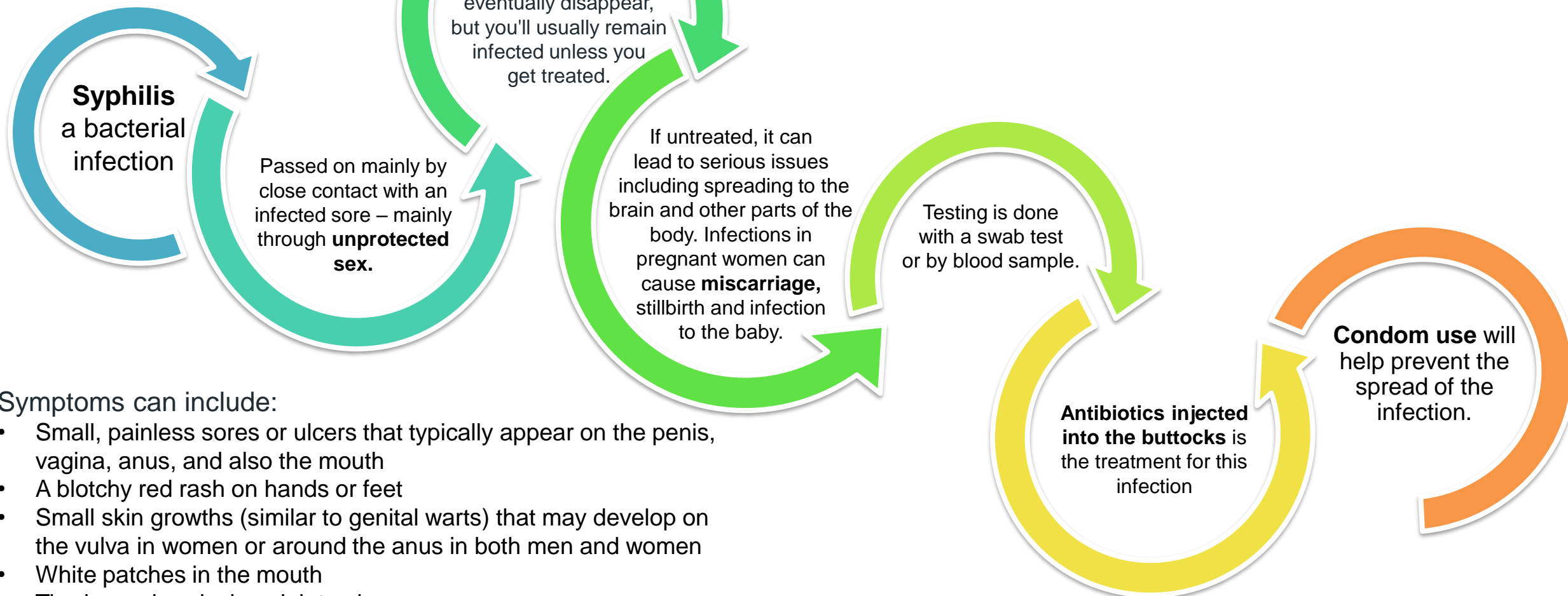
Condom use will
help prevent the
spread of the
infection.



Relationships
Sex
Health
Education

Syphilis

Chlamydia	HIV	Syphilis
Gonorrhoea	Genital Warts	Genital Herpes



Symptoms can include:

- Small, painless sores or ulcers that typically appear on the penis, vagina, anus, and also the mouth
- A blotchy red rash on hands or 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
- Swollen glands in your neck, groin or armpits

SNAKES AND LADDERS

A game to discuss and recap the key facts about the most common STI's and ask any further questions of your Spectrum visitor.

1. Collect your resource pack
2. Work in pairs/groups to play the game
3. Discuss each card with your group before moving on.
4. Call over your teacher or Spectrum visitor for any questions you are unsure about.



Finally

Lesson Question

What is an STI and how can they be prevented and treated?

1

Turn to Pg. 23

2

Complete this final task to test your knowledge.

Quiz Time!



Most people will have no symptoms at all with this infection

Name two STIs that could be treated with antibiotics

Name an STI this is passed on through genital skin-to-skin contact

PrEP & PEP are significant in the prevention of this infection

Name 4 STIs that can transmit through unprotected sexual contact

If left untreated, this STI can spread to the brain and other parts of the body

Which STI campaign is characterised by; Undetectable = Untransmittable

Name 2 STIs where condom use could help prevent the spread of the infection

Other sexual health myths that I have heard:



Our clinics

STIs

Contraception

HIV

Pregnancy

Risk and safety

RSE

Find out more

Opening hours

Mon:	8.15am – 7.00pm
Tues:	12.00pm – 7.00pm
Wed:	8.15am – 7.00pm
Thu:	8.15am – 7.00pm
Fri:	8.15am – 4.00pm
Sat:	Closed
Sun:	Closed

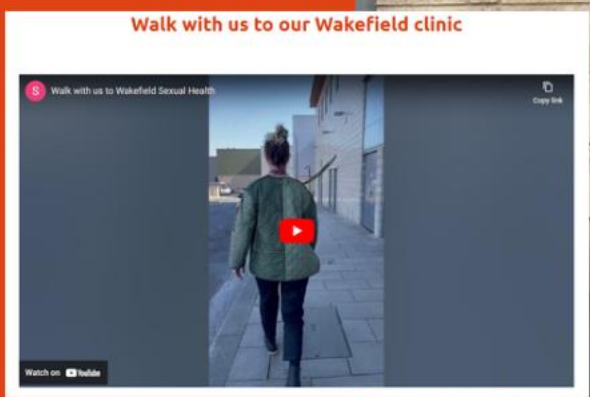
Wakefield clinic

Spectrum Sexual Health, Trinity Walk Clinic, Unit LG1A, Trinity Walk Shopping Centre, Wakefield, WF1 1QS

Phone: 0800 1214860

E-mail: Wakefield.SH@spectrum-cic.nhs.uk

View on map



Exit Website

WELLBEING AND SUPPORT SERVICES WAKEFIELD

If you are in crisis and you or someone else is at risk of harm please call 999.

SEXUAL HEALTH



Spectrum Community Health
Trinity Walk, Unit LG1A, Trinity Walk
Shopping Centre WFI IQS (back of ASDA
living) [08001214860](tel:08001214860)

YOUNG PERSONS DROP IN TUESDAY 3-6

LGBTQIA+



Stripes+ is a LGBTQ+ group for young people aged 13- 19 in Wakefield where you can access one to one support, or advice and guidance.

To join, please call: 01977 727018 and ask for a Stripes worker



Information for LGBT+ young people and families and including a chat function open 12pm - 6pm on Tuesdays, Wednesdays and Thursdays
www.theproudtrust.org

MENTAL HEALTH AND WELLBEING



Childline is here to help anyone under 19 in the UK with any issue they're going through. Call free on 0800 1111

1-2-1 Counsellor Chat available via website www.childline.org.uk



Overnight support for young people from 8pm-8am

Call: 0800 1488 244 Text: 07984 392700



24/7 text support for young people. Text shout to: 85258



Calm Harm is a free app that helps people manage or resist self-harm



Compass offer support groups and one-to-one sessions in schools to help with mental health and wellbeing



Hub of Hope is an app database of mental health support, enter your postcode to be connected to local support services.





[Our clinics](#) ▼

[STIs](#) ▼

[Contraception](#) ▼

[HIV](#) ▼

[Pregnancy](#) ▼

[Risk and safety](#) ▼

Opening hours

Mon:	8.15am – 7.30pm
Tues:	8.15am – 7.30pm
Wed:	3.00pm – 8.00pm
Thu:	8.15am – 7.30pm
Fri:	8.15am – 4.00pm
Sat:	9.00am – 1.00pm
Sun:	Closed

Young person walk-in clinic (Under 19s)

For all your sexual healthcare needs without an appointment. Availability is based on a first come first served basis until capacity is reached.

Wed: 3.00pm – 6.00pm

[Book an appointment](#)

Barnsley clinic

Spectrum Sexual Health, Unit 1, Gateway Plaza, Sackville Street, Barnsley, S70 2RD

Phone: 0800 055 6442

E-mail: Barnsley@spectrum-cic.nhs.uk

[View on map](#)



[Exit website](#)

WELLBEING AND SUPPORT SERVICES BARNLSLEY

If you are in crisis and you or someone else is at risk of harm please call 999.

SEXUAL HEALTH

Spectrum Community Health

Gateway Plaza, Sackville St, Barnsley S70 2RD

08000556442



YOUNG PERSONS DROP IN WEDNESDAY 3-6

LGBTQIA+



Information for LGBT+ young people and families and including a chat function open 12pm - 6pm on Tuesdays, Wednesdays and Thursdays

www.theproudtrust.org

MENTAL HEALTH AND WELLBEING



Childline is here to help anyone under 19 in the UK with any issue they're going through. Call free on 0800 1111

1-2-1 Counsellor Chat available via website www.childline.org.uk



A support HUB for young people's mental health and emotional wellbeing in Barnsley. 1 Blucher Street, Barnsley, S70 1AP (in YMCA building)



24/7 text support for young people. Text shout to: 85258



Calm Harm is a free app that helps people manage or resist self-harm



Hub of Hope is an app database of mental health support, enter your postcode to be connected to local support services.



Overnight support for young people from 8pm-8am

Call: 0800 1488 244

Text: 07984 392700



Wigan & Leigh Sexual Health Services

Appointment times

Mon:	8.30am – 5.30pm
Tues:	8.30am – 5pm
Wed:	8.30am – 11.30am
	Young Person Walk-in: 3pm – 5pm
Thu:	8.30am – 3pm
Fri:	8.30am – 3pm
Sat:	Closed
Sun:	Closed



Wigan Sexual Health Clinic

Spectrum Sexual Health, 66A Standishgate,
Wigan, WN1 1UW

Phone: 01942 949167

[View on map](#)

Leigh Sexual Health Clinic

Spectrum Sexual Health, Entrance C, Leigh
Health Centre, The Avenue, Leigh, WN7 1HR

Phone: 01942 949167

[View on map](#)



Opening hours

Mon:	Closed
Tues:	8.30am – 6.00pm
Wed:	Closed
Thu:	8.30am – 4.00pm
Fri:	Closed
Sat:	Closed
Sun:	Closed