



Title: About Sexually Transmitted Infections (STIs) and Blood Borne Viruses (BBVs) V2

Level: FOURTH

Code: 4.3

Links to Curriculum for Excellence

Experiences and outcomes	Benchmarks
Using what I have learned I am able to make informed decisions and choices that promote and protect my own and others’ sexual health and wellbeing. HWB 4-47b I know how to access services, information and support if my sexual health and wellbeing is at risk. I am aware of my rights in relation to sexual health including my right to confidentiality, and my responsibilities, including those under the law. HWB 4-48a	<ul style="list-style-type: none"> • Understands the rights and responsibilities required for safe and enjoyable sex. • Explains how to access both local and national information, guidance and help.

Learning Intentions

- Young people can name STIs/BBVs
- Young people are aware of the signs and symptoms of STIs/BBVs.
- Young people will learn how to protect themselves against STIs/BBVs.
- Sexual health services/clinics are identified as services that can help.

Success criteria

- I can name STIs/BBVs and explain how they are transmitted.
- I can recognise general symptoms (including that there might be none) of STI infection.
- I have knowledge and skills that support me to make decisions to protect my own sexual health and that of others.
- I know where to go for information, advice or support.

Resources to support this activity

- PowerPoint slides
- **Teacher/educator should have knowledge of local sexual health services/young people’s clinics and complete the last slide with this information.**
- Large sheets of paper/pens
- Prop: STI/BBV Fact or Fiction? CARDS
- An appendix to this activity provides information about signs and symptoms of STIs/BBVs. It is not expected that this will be shared with young people but provides some information should questions arise.

Activity

1. Introduce the activity along these lines: In this lesson the young people will be finding out about Sexually Transmitted Infections (called STIs for short) and Blood Borne Viruses (called BBVs for short) – both of which can be passed on from one person to another through sexual contact. Stress that there is no assumption that anyone is having sex, that this is all about thinking ahead, being informed, and getting ready to make the best decisions young people can to be healthy, happy and safe in their relationships.
2. **Why are we talking about STIs/BBVs?** Acknowledge that young people might already know some things about STIs/BBVs, if they do that's great, the session will just help reinforce things. But... (Share the slide) research would suggest that there is a problem. After reading the slide check the views of young people – any surprises? Focus some discussion on the final bullet point – check out language used and try to develop the discussion from embarrassment to why people might feel shame or guilt.

Why are we talking about STIs/BBVs?

- 15 – 24 year olds are the most at risk group for STI/BBV infection
- 1 in 5 young people aged (18 – 24) do not understand what an STIs/BBVs are.
- 1 in 3 (18 – 24 year olds) have never had a test.
- 1 in 5 (18 – 24 year olds) say they are too embarrassed to go for a test.
(Survey by The Mix UK charity)

3. **What do we know?** Have the young people work in 3s/small groups. Using large bits of paper/wall paper ask them to draw a life-size figure. Put the questions below on the smartboard or hand-out on cards. The task is for each group to respond with words or illustrations on their body shape. After enough time share posters and get feedback. In conversation look for levels of knowledge, gaps and questions.

What do we know?

- What do STI and BBV stand for? (use this a title for your poster)
- What STIs and BBVs are there?
- How are STIs and BBVs transmitted?
- What might the symptoms of an STI/BBV be?
- What might the consequences be of getting an STI or BBV?

4. **The facts.** Explain that there are three main groups of STIs/BBVs, share the slides, checking understanding as you go. Explore whether young people have heard about each one mentioned (they may have named them already) and what they know about them.

STIs and BBVs

Some are viruses: A virus is a small infectious agent that grows inside the living cells of other organisms. Viruses can infect humans, other animals and plants. For example, the common cold and the flu are caused by a virus. Genital Herpes, Genital Warts, Hepatitis A, B and C, HIV are sexually transmitted viruses.

Some are bacteria: Bacteria are very small organisms. Some bacteria can cause disease. Treatment is often with antibiotics. STIs that are a bacteria include Chlamydia, Gonorrhoea and Syphilis.

Some are parasites: A parasite lives or feeds on the body. STIs that are a parasite include Pubic Lice (also called crabs), Trichomoniasis (Trich for short)

5. STIs: symptoms and treatment

Introduce these words/slide and explain that these are terms that you need to understand to think about how we know if a person has an STI and what should happen if they do. Check understanding that some STIs/BBVs do not have symptoms.

A symptom is a sign of an illness. For example if you have chicken pox you would get a fever and feel sick, then you would get spots. Some STIs/BBVs do not have symptoms. A symptom of an STI could be sores, blisters, redness, bumps or lumps on or around the genitals (private parts). Or it could be an unusual, coloured or smelly discharge (liquid) from the vagina or penis. Or maybe itching around the genitals or pain when peeing or having sex.

Treatment means what a doctor says you should do or take to help when you are ill.

Treatment can be a medicine or other advice, like to eat a certain way or rest. Treatment by a doctor or nurse is confidential.

6. **STIs: Fact or Fiction?** Ask the young people to work in 3s and to sort through the 10 Fact or Fiction? Cards, deciding whether each statement is fact or fiction. After some discussion share the slides with responses, discuss as you go.

7. **Things to remember.** Read through the final 2 slides, making the main points and checking understanding.

Things to remember about STIs

- Sex without a condom increases risk of STIs.
- Anything that is different or unusual about your genitals (private parts) or body like rashes, blisters, itchiness or spots needs to be checked out at a clinic.
- Remember that not all STIs have symptoms, so when you are sexually active it's a good idea to have a regular check-up.
- Your local sexual health service will provide good online information about STIs. Anyone can visit this site as an example: <http://www.sandyford.org/sexual-health-information/sexual-health/sexually-transmitted-infections/>

Where can I go for information, help and advice?

INSERT LOCAL INFORMATION HERE

ChildLine provides confidential information on any subject

You can speak to an adult you trust and who will help you with any worry.

Connecting with home

The following could be the basis of a short email/message home to parents/carers about this series of learning activities:

As part of our learning about relationships, sexual health and parenthood we are learning about Sexually Transmitted Infections (STIs) and Blood Borne Viruses (BBVs) and about sexual health services. We do this so that young people have information about the risks of unprotected sex and also know that there is good information, support and advice available to them. There is no suggestion that the young people are having sex at this age, this is about helping them plan and think about the kind of healthy, happy and safe relationships they can have as young adults.

Further learning activities are available that connect to this RSHP curriculum content

- 4.3.2 About Sexual Health Services (and using a condom)

Practitioner Notes

Appendix: STIs Symptoms and Treatment

This information is useful to have to hand if there are specific questions, but it is not expected that young people will be given this.

Name	Symptom	Passed by	Treatment
Pubic Lice (Crabs)	Itching in the pubic hair. Tiny grey or reddish-brown oval shapes	These are small parasites passed through close body contact, vaginal or anal sex, in bed linen or clothes.	A lotion bought at the chemist.

Name	Symptom	Passed by	Treatment
Pelvic Inflammatory Disease	Pain in the lower abdomen (belly), fever, discharge from the vagina, pain during sexual intercourse, a burning feeling when peeing and irregular bleeding.	Vaginal sex, bacteria enters the uterus and fallopian tubes. Can be the result of an DSTI like Chlamydia or Gonorrhoea causing inflammation here.	Antibiotics.

Name	Symptom	Passed by	Treatment
Genital Herpes	Burning or pain in genital areas, possibly a fever or headache. Itching and pain when peeing. Red lumps develop into blisters or painful open sores. After a few days the sores crust over and heal.	A virus, passed through vaginal, anal and oral sex.	Cream will reduce the seriousness of the outbreaks. Paracetamol for the pain.

Name	Symptom	Passed by	Treatment
Genital Warts (HPV)	Possibly small lumps that appear up to 6 months after having sex. Can be a single lump or a group of lumps. Some people will not have any symptoms that you can see.	A virus – passed skin to skin, especially when genitals touch during vaginal or anal sex.	Treated with a cream. A vaccine for HPV is now available and offered to 12 and 13-year-old girls in school.

Name	Symptom	Passed by	Treatment
Trichomoniasis (Trich)	In women there can be vaginal discharge, itchy vulva and unpleasant smell. In men there can be a yellow discharge from the penis or pain when peeing. Sometimes there are no symptoms at all, especially for men.	A parasite passed during vaginal sex.	Antibiotics

Name	Symptom	Passed by	Treatment
Gonorrhoea	Painful or burning feeling when having a pee. A yellow vaginal discharge in women. A discharge from a man's penis.	Bacteria through vaginal, anal or oral sex. Can be found in the eye or throat if fingers pass it from the genitals.	Antibiotics

Name	Symptom	Passed by	Treatment
Chlamydia	Sometimes there are no symptoms at all. If there is it might be painful to pee, or a vaginal discharge, pain in the belly or bleeding after sex. In men there can be a discharge from the penis, pain when peeing.	Bacteria passed by vaginal, oral or anal sex.	Antibiotics

Name	Symptom	Passed by	Treatment
Hepatitis	Sickness, fever, loss of appetite, tiredness, dark coloured pee, loss of weight. Some people may have no symptoms but can pass the virus on to others.	Depends on the type of hepatitis – can be through penis or tongue used in vaginal, anal or oral sex. Can also be passed on by sharing a razor or toothbrush with someone who has the virus.	Lots of rest, good food and no alcohol. You can get a vaccination to stop you getting hepatitis A or B.

Name	Symptom	Passed by	Treatment
Syphilis	A small painless sore that heals by itself. Infection can cause fever, rash and eventually damage internal organs.	Bacteria usually passed on by oral, vaginal or anal sex.	Antibiotics.

Name	Symptom	Passed by	Treatment
HIV	Can be infected without showing any signs or symptoms. Some people have a mild flu like experience when they first get the virus.	A virus passed on in blood, semen and vaginal fluid, so passed on through vaginal and anal sex. There is a small risk from oral sex if there are open sores or cuts in the mouth.	People living with HIV take drugs called antiretrovirals that help them control the virus and live a healthy life.