

Title: STIs/BBVs/HIV

Part 1: About Sexually Transmitted Infections (STIs) and Blood Borne Viruses (BBVs)

Level: **THIRD/FOURTH**



Links to Curriculum for Excellence

Experiences and outcomes	Benchmarks
<p>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</p> <p>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</p>	<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
- Quiz questions/prop
- **Teacher/educator should have knowledge of local sexual health services/young people's clinics and complete the last slide with this information.**
- What is HPV? <https://youtu.be/auqcLrV70go> (animation from amaze.org duration 2 minutes 7)
- More about HPV: www.nhsinform.scot/hpv
- 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.

NOTE on impact of Covid-19: Due to the pandemic some services may be offering some adapted services, you will find this out as you research local services to prepare this input. For example some services may be being offered as initial telephone or video call consultations. It is important to assure young people that no matter what changes there may have been they will always be provided what they need and all services are confidential.

Whenever you use content on a platform like YouTube please cue the film you intend to play in advance, check it is the film you want to view, and skip adverts.

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 highlight if when they discuss *embarrassment* young people also raise issues of *shame or guilt*.

Why are we talking about STIs/BBVs?

- STI stands for Sexually Transmitted Infection
 - BBV stands for Blood Borne Virus
 - 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.
3. **How many STIs or BBVs have you heard of?** Have the young people work in pairs/3s to make a quick list which they can share after a few minutes, checking against the list on the next slide. (If young people have not heard of anything on the list the appendix with this activity plan explains what each is – no need to go into detail as this emerges in the remainder of the lesson).
 1. Chlamydia
 2. Genital Herpes
 3. Genital Warts (HPV)
 4. Gonorrhoea
 5. Hepatitis
 6. HIV
 7. Pelvic Inflammatory Disease
 8. Pubic Lice (Crabs)
 9. Syphilis
 10. Trichomoniasis (Trich)
 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. Treatment can include lotion, anti-viral drugs and medicine.

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. Treatment is often with antibiotics.

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). The parasite lives in body hair or the genital area. They are very small. Treatment for lice is a cream or lotion. Treatment for Trich is antibiotics.

5. How are STIs or BBVs transmitted? (How do you get them?). Pose the question and find out levels of knowledge in the room. Then share the next slide, asking young people to check against what is provided to check the accuracy of their responses.

- STI's like chlamydia and gonorrhoea are transmitted through unprotected oral, anal or vaginal sex (sex without a condom). These can also be caught by sharing sex toys.
- Some STI's can be caught by close bodily contact (such as being naked and intimate together). This includes pubic lice, syphilis, genital warts.
- BBV's such as HIV can be caught through other means, such as sharing needles and other drug injecting equipment. However, most people in the UK diagnosed with HIV acquired the virus through unprotected vaginal or anal sex.
- You can catch HIV through oral sex, but the risk is lower.

6. 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. But some STIs have no symptoms.

Testing: To find out if you have an STI the doctor or nurse needs to do some tests. This could be a swab from your genitals, a test of your urine or a blood test.

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

7. Did you know? Examples of STIs and the importance of prevention. Use the slides (and the animation about HPV) to emphasise the importance of prevention, discuss as you go, young people may know about or have already been offered the HPV vaccine in school.

Syphilis: Syphilis affects both men and women. It is spread through oral, vaginal and anal sex. Oral sex is the way most young people get syphilis. Often you might have no symptoms. You need a blood test to find out if you have syphilis. If you do you take antibiotics. It is important if you are sexually active to have regular sexual health checks.

HPV: Human Papillomavirus is the most common sexually transmitted infection in the UK. HPV's spread mainly by skin-to-skin contact, not just anal and vaginal sex. HPV is responsible for some cancers. The HPV vaccine is available free on the NHS to everyone, boys and girls, aged between 12-18 to help protect against cervical cancer. Condoms don't guarantee protection from infection. This is because HPV can be transmitted by skin contact with areas not covered by condoms. One of the best ways to protect yourself from HPV infection is to get the vaccine.

What is HPV? <https://youtu.be/auqcLrV70go> (duration 2 minutes 7 seconds)

NOTE for teacher/facilitator: The human papillomavirus (HPV) vaccine has been offered to girls in Scotland from S1 since 2008. From academic year 2019/20, the HPV vaccine will be offered to S1 boys as well. It protects against more than just cervical cancer. Immunisation helps protect against the HPV virus, which can lead to cancers such as: head and neck cancers; cervical cancer (in females); anogenital cancers (e.g. anal and penile (penis) cancer, cancer of the vagina and vulva). New information that reflects the new offer to both girls and boys will be available here: www.nhsinform.scot/hpv

8. What are the best ways to make sure you don't get an STI/BBV? Pose the question to the class/group, take some responses and then share the next slide, again checking against what young people suggested:

- To not have sex
- To always use a condom for oral, anal or vaginal sex
- To not have sex or close genital contact unless you and your partner have both been tested for STI's/BBV's

9. STIs: Fact or Fiction? Ask the young people to work in 3s and to sort through the 10 True/False Statements (see prop), deciding whether each statement is true or false. After some discussion share the slides with responses, discuss as you go.

10. Things to remember. Read through the final 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), Blood Borne Viruses (BBVs), HIV 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. We will also learn about HPV and the vaccine offered in school: *What is HPV?* <https://youtu.be/auqcLrV70go> The vaccine is offered to girls and boys. More here: www.nhsinform.scot/hpv

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.	Anti-Viral tablets from GP or Sexual Health Service.

Name	Symptom	Passed by	Treatment
Genital Warts (HPV)	Possibly small lumps that appear up to 6 months after having sex. The lumps bumps are not painful but can be itchy. 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 or liquid ointment or freezing. One of the most common STIs and difficult to deal with as it can reoccur at any time. A vaccine for HPV is offered to S1 boys and girls in school (offered to girls since 2008 and boys since 19/20 academic year).

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.