

Relationships and Sex Education



Lesson 5: Safer sex

Learning outcomes

- Be able to use a condom correctly
- Understand how different types of Sexually Transmitted Infections can move from one person to another and how transmission can be prevented
- Identify risks of STI transmission in relation to different sexual activities
- Know that it is not possible to guess if someone has an STI
- Know that there is treatment available for STIs but not all can be cured

Condoms:

Watch the video about how
to put on a
condom



Information about free condoms in [Bucks](#)

What is an STI?

It is an organism that is trying to survive – it could be a bacterium, a protozoan (single-celled parasite) or a virus. It uses sexual activity between humans as a way to survive and spread to new hosts. Just as humans have strategies for survival, effective reproduction, so do STIs. The problem is that STIs cause damage to our bodies.

- **Task:** 2 minutes to list as many different sexually transmitted infections as you can

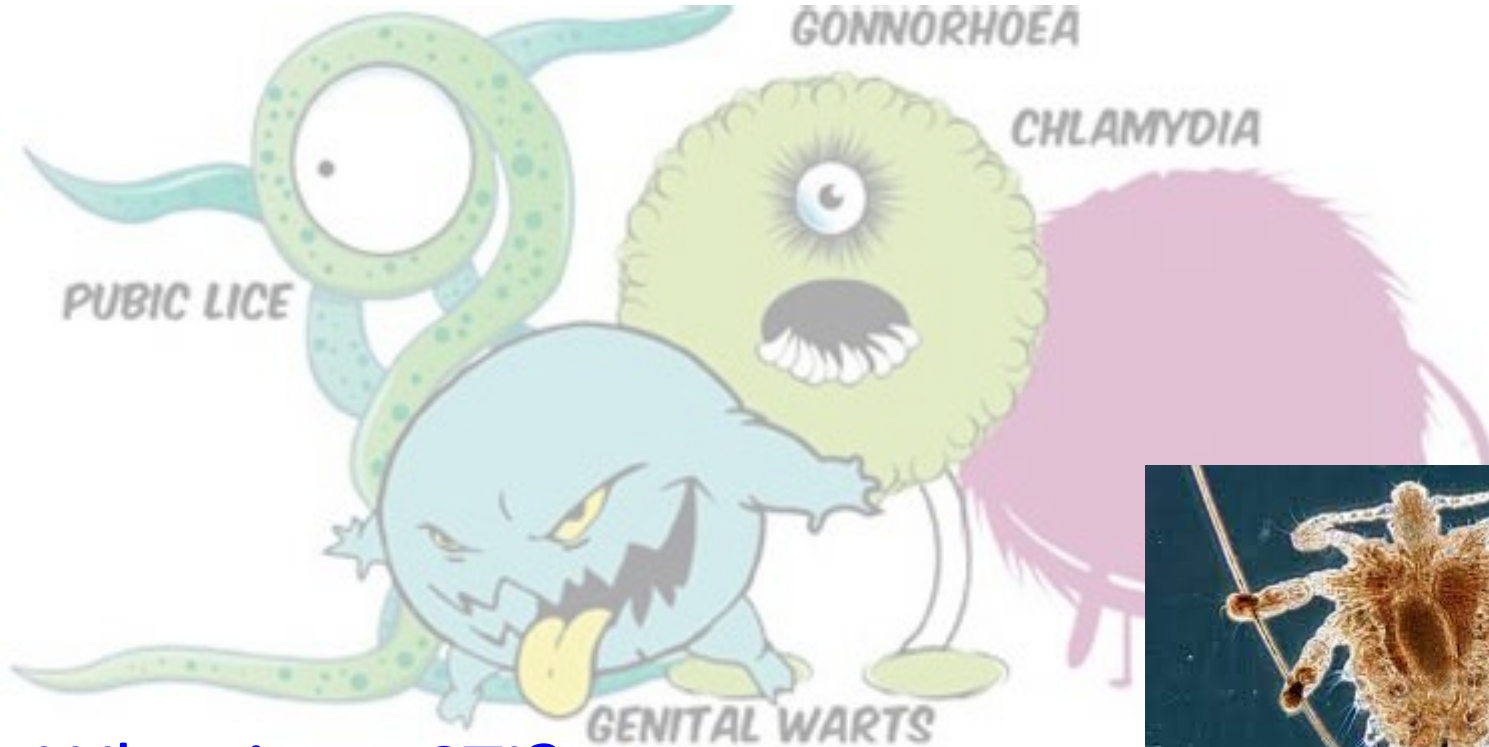
What's on our list?

Remember!

**Thrush and Cystitis are
NOT sexually transmitted
infections but can be
passed on through
sexual contact.**

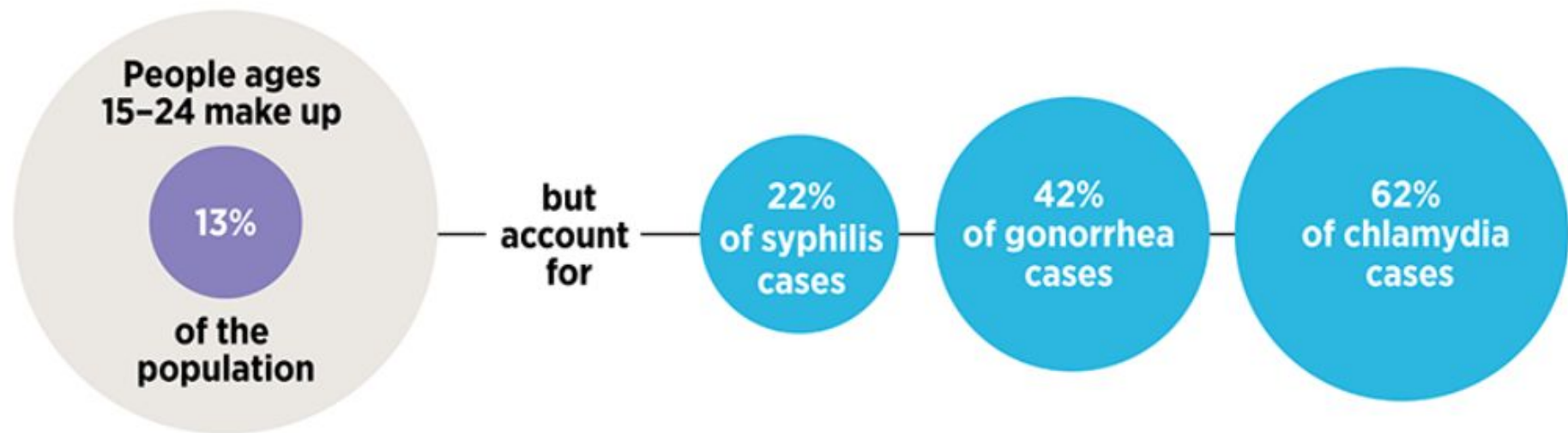
HIV

Let's meet the STIs!



What is an STI?

② Young people are disproportionately burdened by STIs



.... Chlamydia

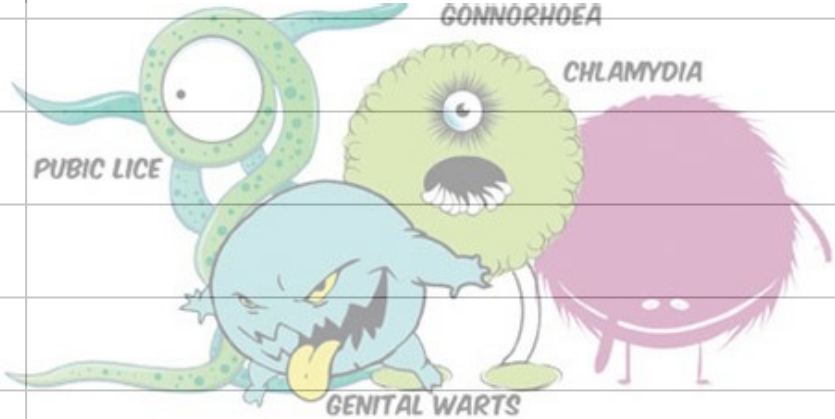


Take one STI each and use the [NHS website](#) or The Terrence Higgins Trust to research



Write your main findings on the collaborative Google Doc

STI	VIRUS BACTERIA PARASITE	SYMPTOMS
HIV		
Syphilis		
Genital Herpes		
Chlamydia		
Gonorrhoea		
Pubic Lice		
HPV		
Genital warts		



Transmission, prevention and treatment

Q1- How are STIs transmitted?

Q2-How can you prevent the transmission of STIs?

Q3-What do condoms not protect against?

Q4-Where can you get treatment for STIs?



Safer sex between women

Lesbians and bisexual women are not immune from sexually transmitted infections (STIs)

Sometimes, lesbian and bisexual women are told they don't need to be tested for STIs.

This is not the case.

A dental dam is a latex or polyurethane (very thin, soft plastic) square, of about 15cm by 15cm, which you can use to cover the vagina during oral sex. It acts as a barrier to help prevent sexually transmitted infections



Fluid Exchange Game

Further help and advice

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SEXUALLY TRANSMITTED INFECTIONS

A sexually transmitted infection (STI) is passed from person to person through having sex and sexual contact. You can get an STI from a male or a female partner, so it's important that you stay safe and look after your sexual health.

On this page

Types of STIs

HIV: what you need to know

What to do if you think you have an STI



Kahoot

<https://create.kahoot.it/share/stis/345e974e-cf71-4eb4-b3ab-d51a71c173e2>

Extension

Look up the 1980s AIDS campaign in the UK. What do you think its purpose was? Did it provide useful information?

<https://www.youtube.com/watch?v=9SqRNUUOk7s>

Ask parents or grandparents if they recall the campaign and leaflets that were sent to households.

HIV infections are rising in some groups today - how should the campaign message be updated?

<https://www.avert.org/professionals/hiv-social-issues/key-affect>