**Lesson 8 STIs**

**Keywords:**

**Some common Sexually transmitted infections (STIs**): Pubic lice (parasite), genital herpes (virus), genital warts (virus), syphilis (bacteria), chlamydia (bacteria), gonorrhoea (bacteria).

**Chlamydia:** The most common STI in young people and can cause infertility.

**Sexual Health Sheffield youth clinic**: Google or telephone on 0114 226 8888

**Lesson 7: Barrier contraception**

**Keywords:**

**Male condom:** A type of barrier contraception. Protects against pregnancy and STIs. Works by preventing sperm from entering the vagina. 98% effective if used effectively. 85% effective is used typically. Also protects against STIs when used in anal and oral sex.

**Female condom:** Latex tube that fits inside a vagina. Works as a barrier preventing sperm from entering the vagina. Protects against pregnancy and STIs

**Dental dam:** Latex square that fits over a vulva during oral sex to prevent the spread of STIs.

**Lubricant:** Used during sex to prevent friction and make sex more pleasurable. No oil based lubricants should be used because they could cause a condom to split.

**‘Pull-out method:** In terms of pregnancy, only 78% effective at best. Doesn’t protect against STIs. HIV has been found to be present in ‘pre-cum.’

**Lesson 6: Conception and contraception**

**Keywords:**

**Conception:** When a sperm meets an egg and fertilises it

**Contraception**: Methods to prevent fertilisation. For example, the contraceptive pill, implant, injection, IUD.

**LARC:** Long Acting and Reversible Contraceptives

**Ovaries:** Where eggs are produced in a woman’s body

**Uterus:** Otherwise known as the womb. Where fertilised eggs implant and develop into babies

**Cervix:** The area between the uterus and the vagina

**Vagina:** A muscular tube into which a penis is inserted in straight vaginal sex.

**Fallopian tubes:** The egg travels down one of these and it’s here that it is fertilised by the sperm.

**Ejaculation:** When semen is released from the penis

**Lesson 5: More realistic expectations**

**Keywords:**

**Pornography:** A video or picture that’s been designed to make someone feel aroused.

**Communication:** This is vital if a couple are thinking about engaging in sexual activity. It is important to be able to express how they’re feeling and keep checking for consent.

**Lesson 4: Expectations – the influence of pornography**

**Keywords:**

**Pornography:** A video or picture that’s been designed to make someone feel aroused.

**How might pornography influence someone’s expectations about sex:** Might make people think that violence during sex is acceptable, might think it’s unacceptable for women to have pubic hair, might make people think that ‘rough’ sex is normal and is what is wanted, might cause erectile dysfunction, might make people think that ‘no’ means ‘yes’ etc.

**Some harms of pornography:** Focus on ‘performing well’ rather than experiencing a connection with their partner, engage in risky sex (without a condom), believe that male pleasure is the main goal of sex, enjoy sex in real life less.

**Lesson 3: Consent**

**Keywords:**

**Consent:** Someone consents to sexual activity if they agree by choice and have **both the freedom and capacity to make that choice.** Someone doesn’t have the freedom and capacity to make that choice if:

* They are asleep or unconscious.
* They are drunk or ‘on’ drugs
* They have been spiked
* They are too young
* They have a mental health disorder or illness that means they aren’t able to make a choice.
* They are being pressurised, bullied, manipulated, tricked or scared into saying yes.
* The other person is using physical force against them.

**Saying no:** If someone doesn’t say ‘no’ out loud, it does not mean that they have given consent. They can show they haven’t given consent through body language.

**Lesson 2: Why have sex?**

**Keywords:**

**Intimacy:** Closeness, expressing loving emotions

**A phrase for sex that hints at intimacy:** Making love.

**Genitalia:** Male and female sex organs. In this lesson students learn the anatomically correct words for male and female genitalia. They also learn the correct words for sexual activity rather than slang.

**Positive reasons to have sex include:** To express how people feel, because both partners feel ready and want to, to have a baby.

**Negative reasons to have sex include:** I felt pressured to do it, because it’s legal, (age 16) to make someone else feel jealous, because everyone else is doing it, the mistake that sex=love, not to be a virgin.

**Lesson 1: Delaying sexual activity.**

**Keywords:**

**Delaying sexual activity:** The choice many people make to wait to have sex. They may make this decision so that they are as sure as possible that it’s what they want, and they won’t have any regrets. They may also do this because of their religious beliefs. Many people choose not to have sex until they are married.

**Pressure young people face to have sex:** This comes from TV, social media, pornography, friends, themselves, the false belief that at the age of 16 everyone’s doing it.

**Coercion:** Manipulation and pressure to have sex.

**Spectrum of sexual experience:** Sex can be both awful or wonderful. We will explore what needs to be in place for sexual experiences to be at the positive end of the spectrum

**TOPIC 5: Intimate relationships**