

Resource 10 (Activity 5) Safe Sex (STIs)

Some myths surrounding Sexually Transmitted Infections (STIs).

Answer true or false for the following statements by placing a tick in the appropriate box.

	True	False
You should know if you have an STI		
Only dirty people get STIs		
You can get an STI the first time you have sexual intercourse		
You can catch it from a) toilet seat, b) swimming pool, c) bath		
You can get an STI more than once		
Condoms can help prevent you getting more STIs		
Kissing spreads STIs		
You can have more than one STI at the same time		
You cannot catch STIs if you dont have sexual intercourse		
There is no cure no STIs		
The symptoms of an STI will go away if you wait long enough		
If the symptoms of an STI go away that STI is cured		
STIs are on the increase in our society		
Having sexual intercourse with one partner only, whose history is known to you, is an effective way of not contracting an STI		

Resource 10 (Activity 5)

Safe Sex (STIs) - Answer Sheet

1. False
2. False
3. True
4. False
5. True
6. True (care when using condoms is essential)
7. While no case of HIV infection has been recorded from kissing, there is a potential risk since a low concentration of HIV is present in saliva. There is potential for transmission if both partners have mouth infections with bleeding.
8. True
9. False
10. False: The majority of STIs can be cured. However, while there is as yet no cure for AIDS and Hepatitis B, modern medicine can greatly enhance the quality of life expectancy of patients with these diseases. There is a vaccine for Hepatitis B. Viral infections such as herpes and genital warts can recur.
11. False: All STIs left untreated will go on to cause serious health problems and in some cases even death.
12. False: If someone is tested and treated as soon as possible, then a cure is easier and the damage done is minimised in most cases.
13. True: STIs are on the increase in our society because people are engaging in sexual intercourse more frequently at an earlier age, with increasing number of partners and without protection.
14. True: People who have sexual intercourse with more than one partner, or a partner whose sexual history is unknown, are at risk. They are, in effect, linked sexually with everyone their partner has had sex with. Couples who are totally faithful to each other and who have had no previous sexual partners, run no risk of contracting any STI.

Resource 11 (Activity 5)

What Are The Common STIs?

STIs can be transmitted through sexual intercourse and oral-genital contact. It is important to note that a doctor must also treat the sexual partner(s) of an infected person.

Infection	Cause	Symptoms	Treatment
AIDS/HIV	Human Immune - Deficiency Virus	May be no visible symptoms	HIV treated with drugs may delay the onset of AIDs
Chlamydia	Bacterial Infection	Pelvic pain Pain on passing urine Bleeding between periods Vaginal discharge Fever including high temperatures	Treatable
Genital Warts	Virus similar to that which causes ordinary skin warts	Fleshy growths on genitals Very common	A variety of treatments are available Women should have an annual smear test following infection

Resource 12 (Activity 5)

Derek And Deirdre - Here To Solve Your Relationship Dilemmas! (1 of 5)

Dear Derek

I've been going out with Susan for a few months now and really like her. She's not keen to do more than kiss and cuddle. I don't mind because I don't want to make her do something she is uncomfortable with, and I'm not in any rush to take things further anyway.

The problem is that I've been bragging to the lads, pretending that I've gone all the way with her. I know it was a stupid thing to do, but it's hard not to when they start asking and boasting about all the stuff they've done. Now I'm really scared that Susan is going to find out. She'll be really hurt, and I don't want to lose her.

What should I do?

Worried Wayne

What is the problem?

What choices of action does Wayne have?

What should he do?

What overall advice would you give Wayne for the future?

Resource 12 (Activity 5)

Derek And Deirdre - Here To Solve Your Relationship Dilemmas! (2 of 5)

Dear Deirdre

I really fancy Martina, and I think she likes me too. The problem is I'm too nervous to ask her out, even though I sometimes have the opportunity. It'd be too embarrassing if she said no, and everyone would laugh at me.

What should I do?

Nervous Nigel

What is the problem?

What do you think Martina is thinking?

What choices does Nigel have?

What should he do?

What advice would you give Nigel for the future?

Resource 12 (Activity 5)

Derek And Deirdre - Here To Solve Your Relationship Dilemmas! (3 of 5)

Dear Derek

I'm writing to you to try to get a little insight into the male psyche. I've been out with my boyfriend Jack twice now and we still haven't kissed. We hold hands and I can tell he's nervous, but it feels like the longer time passes, the more awkward it's going to be when we do.

I really don't want to finish with him. He's funny and kind and is interested in what I have to say - we can just talk for ages. I'm beginning to think that he just doesn't fancy me. What should I do?

Fed-up Fiona

What is the problem?

Why is Jack behaving like this?

What choices does Fiona have?

What should she do?

What advice would you give Fiona for the future?

Resource 12 (Activity 5)

Derek And Deirdre - Here To Solve Your Relationship Dilemmas! (4 of 5)

Dear Deirdre

We've been learning about sex in our sex education classes in school, and I really want to try it as soon as possible. I know they tell us we should wait until we are in a serious relationship and that it's an expression of love, but I think they are being old-fashioned. I think films and magazines are more honest about it – sex is great and I want to start doing it! My life can be so boring and it would make me feel sexy, exciting and special.

What do you think?

Enthusiastic Emma

What is the problem?

Why might Emma be thinking like this?

What choices does Emma have?

What could be the negative consequences of Emma's present plans?

What should she do?

What advice would you give Emma for the future?

Resource 12 (Activity 5)

Derek And Deirdre - Here To Solve Your Relationship Dilemmas! (5 of 5)

Dear Deirdre

I've been going out with Conor for over a year. He wants me to have sex with him and I want to wait until I get married. We're very close and I love him but I just don't agree with sex before marriage. He thinks I'm being old-fashioned. We've given up trying to talk about it because it always ends in a row. I feel like he's becoming more distant from me recently, and I'm really afraid I'm going to lose him. I just don't know what to do.

Anxious Anita

What is the actual problem?

How is Conor feeling?

What choices does Anita have?

What should she do?

What advice would you give Anita for the future?
