

UNIT 2

TAKING CONTROL OF MY SEXUAL HEALTH AND WELLBEING

Note: You should review these resources and links before use to check if they are appropriate for your pupils at Key Stage 3 or Key Stage 4 and in line with your school's ethos and RSE policy, as approved by the Board of Governors.

LEARNING INTENTIONS

Pupils are learning to:

- consider the use of contraception in line with their personal, cultural and or religious values;
- make informed decisions about safe and effective contraception use;
- review the risks of not using contraception for sexually active young people;
- explore why young people do not always use contraception;
- understand how important it is for sexually active young people to be responsible about contraception;
- understand the importance of protection against sexually transmitted infections (STIs); and
- understand the importance of the protection that the Human Papillomavirus (HPV) vaccine gives.

SKILLS AND CAPABILITIES

- Managing Information
- Thinking, Problem Solving and Decision Making
- Self-Management
- Working with Others.

LEARNING EXPERIENCES

- Enquiry based
- Offers choice
- Investigating and problem solving
- Supportive environment.

ATTITUDES AND DISPOSITIONS

- Personal responsibility
- Curiosity
- Respect.

Resources

- Resources A–C
- Flip chart sheets
- Index cards or Post-it notes
- Access to ICT, including desktop publishing software and the internet
- [Common Youth](#)
- [FPA – Sexwise: Contraception](#)
- [Brook – Contraception](#)
- [Body Talk – What contraception suits me?](#)
- [FPA – Sexwise: STIs](#)
- [Body Talk – Keeping an eye on STIs](#)
- [GOV.UK – An STI is diagnosed in a young person every 4 minutes in England](#)
- [Public Health Agency – Sexually Transmitted Infection Surveillance in Northern Ireland 2019: An analysis of data for the calendar year 2018](#)
- [Teaching Sexual Health – STI Tool](#)
- [Brook – STIs](#)
- [Center for Young Women's Health – Abstinence](#)
- [WebMD – Teen Boys and Abstinence](#)

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- [Your Life Counts – Benefits of Abstinence](#)
- [Body Talk – STIs and safe sex](#)
- [BBC – Underage and Pregnant Teacher's Pack](#)
- [BBC – Underage and Pregnant Clips](#)
- [BBC – Safe Sex](#)
- [Advocates for Youth – Lesson Plans](#)
- [Utah Education Network – Spreading STIs Introductory Activity](#)
- [HPV Wise – Why join the fight against certain HPV cancers?](#)
- [Public Health Agency – Help protect yourself: The essential guide to the HPV vaccination for girls and boys aged 12 to 13](#)
- [Teenage Cancer Trust – HPV and cervical cancer lesson plans](#)
- [Active Learning and Teaching Methods for Key Stage 3](#)

Teaching Notes

This unit is designed to increase pupils' knowledge and understanding of contraception, which will improve their physical and emotional wellbeing. It encourages them to think about the importance of contraception, not only to prevent pregnancy, but also to protect them from STIs. Pupils also look at the importance of the HPV vaccine in providing protection against certain types of cancer in both boys and girls.

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Activity 1

Views on contraception

- Ask the class to complete a World Café exercise on pupils' current views on contraception with different age-appropriate questions on each table.
- You should keep a close eye on the responses to make sure that pupils remain focused on the task.
- The questions on the tables could be:
 - Why do some sexually active young people not use contraception?
 - What are the risks of not using safe and reliable contraception?
 - Who influences young people when making contraceptive decisions?
 - Where can young people get reliable advice about contraception?
 - Why could choosing to delay sexual intercourse be a healthy choice?
- Divide the pupils into groups of four or five and ask them to move from table to table and capture their responses on a flip chart sheet on the table.
- At the end of the activity, display the flip chart sheets on the wall to promote discussion and debate.
- Then show the class examples of leaflets or websites from organisations that offer young people advice or support on contraception. This could include:
 - [Common Youth](http://www.commonyouth.com) (formerly Brook Belfast), available at www.commonyouth.com, offers free, confidential sexual health advice for under 25s.
 - [FPA – Sexwise: Contraception](http://www.sexwise.org.uk), available at www.sexwise.org.uk
 - [Brook – Contraception](http://www.brook.org.uk), available at www.brook.org.uk
 - [Body Talk – What contraception suits me?](http://www.bodytalk.org.au), available at www.bodytalk.org.au
- You could use the following resources to discuss abstinence with the class:
 - [Center for Young Women's Health – Abstinence](http://www.youngwomenshealth.org), available at www.youngwomenshealth.org
 - [WebMD – Teen Boys and Abstinence](http://www.webmd.com), available at www.webmd.com
 - [Your Life Counts – Benefits of Abstinence](http://www.yourlifecounts.org), available at www.yourlifecounts.org
- Give each pupil an index card or a Post-it note and ask them to write a piece of contraceptive or abstinence advice for other young people. If appropriate, pupils can then display these in the classroom or in an appropriate communal area.
- As an extension activity, and if it is in line with your school's ethos and RSE policy, the class could use desktop publishing software to create a digital poster or leaflet that gives accurate and age-appropriate information about the benefits of reliable contraception and/or abstinence.

Teaching Notes

- It's important young people understand that:
 - sexual intercourse without using contraception can place them at risk of pregnancy; and
 - sexual intercourse without using a condom can also put them at risk of getting an STI.
- You can find information on different types of STIs along with their symptoms, testing and treatment on the websites below.
 - [FPA – Sexwise: STIs](http://www.sexwise.org.uk), available at www.sexwise.org.uk
 - [Body Talk – Keeping an eye on STIs](http://www.bodytalk.org.au), available at www.bodytalk.org.au
 - [An STI is diagnosed in a young person every 4 minutes in England](http://www.gov.uk), available at www.gov.uk
- Public Health Agency statistics from [Sexually Transmitted Infection Surveillance in Northern Ireland 2019: An analysis of data for the calendar year 2018](http://www.publichealth.hscni.net), available at www.publichealth.hscni.net, show that there has been a significant increase in the number of new STIs.
- In particular, there has been an increase in diagnoses of gonorrhoea and infectious syphilis.

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Activity 2 STIs

- Divide the class into pairs or small groups.
- The table on Resource A gives the names, causes, symptoms, treatments and prevention of STIs reported through Northern Ireland sexual health clinics (called Genito-Urinary Medicine (GUM) clinics).
- The six question marks in the table indicate gaps.
- The six pieces of text on Resource B fill in the gaps in the table on Resource A.
- Show the pupils the Teaching Sexual Health [STI Tool](http://www.teachingsexualhealth.ca), available at www.teachingsexualhealth.ca, which gives a short description of each STI in the table.
- You could also show the pupils the Brook page on [STIs](http://www.brook.org.uk), available at www.brook.org.uk
- Cut out the text boxes on Resource B and place them in an envelope labelled Resource B, making sure that there's an envelope for each group.
- Give each group a copy of Resource A and an envelope containing Resource B.
- Ask the groups to read the table on Resource A and complete it using the text boxes in the envelope labelled Resource B.
- Ask the groups to place the correct text box in the most appropriate gap in the table.
- After the groups have finished, show them the completed table on Resource C and give them time to correct any errors on their table.
- Facilitate a class discussion on the key messages that the pupils have learned about reducing the risk of acquiring or transmitting an STI. These may include:
 - Always wear a condom when having sexual intercourse, especially with casual or new partners.
 - Get tested if you're at risk. The infections often show no initial symptoms.
 - Reduce the number of sexual partners you have. Avoid overlapping relationships.
- There's now a sustained decline in genital warts among young people. This is due to the impact of the HPV vaccine.
- Remind the pupils that the only 100% protection against pregnancy and STIs is abstinence.
- Use the Body Talk [STIs and safe sex](http://www.bodytalk.org.au) quiz, available at www.bodytalk.org.au, to test pupils' knowledge of STIs and their prevention.
- You might find the resources below useful for exploring this topic further with your class.
 - The BBC [Underage and Pregnant Teacher's Pack](#) includes lesson plans and accompanying short [Underage and Pregnant Clips](#) are also available. Lesson 4 looks at conception and condoms, and Lesson 5 is about STIs and contraceptives.
 - The BBC has produced short films called Mimi on a Mission: Sex Ed. In episode 2, [Safe Sex](#), Mimi takes a group of seven teenagers to Holland to find out about Dutch approaches to sex education. The group is also set a challenge to make condoms cool.
 - Advocates for Youth [Lesson Plans](#) on STI Transmission are available at www.advocatesforyouth.org
 - The Utah Education Network [Spreading STIs Introductory Activity](#), available at www.uen.org, uses coloured sweets that you can replace with counters or small building blocks of different colours.

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Teaching Notes

- Human Papillomavirus (HPV) is the name of a common group of viruses. According to Jo's Cervical Cancer Trust, HPV is so common that four out of five of us may get a type of HPV at some time during our lives.
- The virus can spread by close skin-to-skin contact during sexual intimacy.
- Most HPV infections clear up on their own, but some infections caused by certain strains of HPV can lead to cancers such as cervical cancer, some mouth and throat cancers, and some anal and genital cancers.
- From September 2019, all 12 and 13-year-old boys and girls are offered the HPV vaccine in schools. Two doses of the vaccine are given six months apart for maximum protection.
- However, if a young person is 15 years old or over when they get the first dose, they will need three doses within 12 months to make sure they have the right protection.
- Studies have shown that protection from the vaccine is better at an earlier age.
- It's important to protect young people before they are likely to come into contact with certain types of HPV cancer-causing viruses through sexual contact.



Activity 3 HPV

- Show the class the HPV Wise page [Why join the fight against certain HPV cancers?](https://www.hpwwise.co.uk), available at www.hpwwise.co.uk
- Print out this leaflet and hand it out to groups in the class, along with copies of the Public Health Agency leaflet [Help protect yourself: The essential guide to the HPV vaccination for girls and boys aged 12 to 13](https://www.publichealth.hscni.net), available at www.publichealth.hscni.net
- In their groups, ask the pupils to use the information on these leaflets to design their own posters or leaflets. These should inform their peers about the importance of being vaccinated against HPV, both for themselves and for other young people in their community.
- Display their work in the class and discuss the key points they have learned about HPV and the HPV vaccination.

Teaching Notes

- You might find the resources below useful for exploring this topic further with your class.
 - Teenage Cancer Trust and Jo's Cervical Cancer Trust have created [HPV and cervical cancer lesson plans](https://www.teenagecancertrust.org), available at www.teenagecancertrust.org, to raise awareness of HPV and promote the importance of vaccination and screening.
 - Lesson 1 is aimed at Year 8 pupils, ideally who have not yet been offered the HPV vaccine, to encourage understanding and open discussion about the vaccine.
 - Lesson plan 2 is aimed at Year 10 pupils and above to remind pupils about the implications of HPV, the importance of the vaccine and how screening can help.
 - Both lesson plans have accompanying resources and support information for teachers.

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Activity 4

Review of learning intentions

It's important that pupils have opportunities to reflect on their learning. You can choose from a range of methods detailed in our [Active Learning and Teaching Methods for Key Stage 3](#) resource, such as:

- Dartboard Evaluation
- Graffiti Board
- Fist-to-Five
- KWL (Know – Want to Know – Learned) Grid
- Post-It Collection
- Think, Pair and Share.

RESOURCE A: STIs

Place the correct text box from Resource B in the most appropriate gap in the table below.

STI	How is it transmitted?	What are the symptoms?	How is it treated?	How is it prevented?
Chlamydia	A bacterial infection that spreads through unprotected sexual intercourse	<p>There are no symptoms in 50% of men and 70% of women.</p> <p>It may cause discharge, pain, fever and burning when urinating.</p> <p>If untreated, it can lead to serious health problems, including infertility.</p>	?	<p>Using a condom during sexual intercourse</p> <p>Limiting your number of sexual partners</p>
Gonorrhoea	?	<p>Many people don't experience early symptoms.</p> <p>If untreated, it can enter the bloodstream or spread to the joints.</p> <p>In women, it can cause infection of reproductive organs, ectopic pregnancy and infertility.</p> <p>An infected pregnant woman can pass the infection to her baby during delivery.</p> <p>If untreated, it can cause permanent blindness in a newborn baby.</p>	It's usually treated with a short course of antibiotics.	Using a condom during sexual intercourse

RESOURCE A: STIs

STI	How is it transmitted?	What are the symptoms?	How is it treated?	How is it prevented?
Genital Herpes	<p>It's caused by a virus called the herpes simplex virus (HSV).</p> <p>It's extremely contagious (easy to pass on) when one sexual partner has blisters or sores.</p>	?	<p>There is no cure.</p> <p>Symptoms will clear up by themselves but they will come back, as the virus stays in the body after infection.</p> <p>Antiviral medicines can help clear up outbreaks.</p>	<p>Using a condom during sexual intercourse</p> <p>Avoiding sexual intercourse if you or your partner has blisters, sores or an itch, which could mean an outbreak is likely</p>
Genital Warts	<p>A common STI passed on through sexual intercourse</p> <p>It's caused by the human papillomavirus (HPV). (There are around 100 types of HPV.)</p>	?	<p>It's treated by applying a cream or liquid.</p> <p>A doctor or nurse can cut, laser, burn or freeze off larger growths.</p> <p>There is no cure, but your body may clear the virus over time.</p>	<p>Using a condom during sexual intercourse</p> <p>(The HPV vaccine is offered to girls and boys aged 12 to 13 years old (in school) to help protect them against HPV-related cancers. The vaccine also protects against the two types of HPV that cause the majority of genital warts.)</p>

RESOURCE A: STIs

STI	How is it transmitted?	What are the symptoms?	How is it treated?	How is it prevented?
Syphilis	?	<p>Small, painless sores near the genitals</p> <p>A rash that can appear anywhere on the body</p> <p>Flu-like symptoms</p> <p>White patches in the mouth</p> <p>If left untreated long term, it can spread to the brain or other parts of the body and cause serious health problems, which can be fatal.</p> <p>It can lead to miscarriage, stillbirth or serious infection of the newborn.</p>	<p>An antibiotic injection or course of antibiotic tablets</p> <p>More than one injection or a longer course of antibiotic tablets may be required, depending on how long the syphilis has been contracted.</p>	<p>Using a condom during sexual intercourse</p> <p>Never sharing needles or syringes</p>
HIV (human immunodeficiency virus) AIDS (acquired immune deficiency syndrome)	<p>It's most commonly spread through unprotected sexual intercourse.</p> <p>It can also be spread through sharing needles or syringes.</p> <p>It can be transferred from a mother to her baby during pregnancy, birth or breastfeeding.</p>	<p>HIV is a virus that damages the immune system. It lowers the body's ability to fight infection.</p> <p>AIDS describes a number of life-threatening illnesses that can affect individuals whose immune system has been damaged by the HIV virus.</p> <p>Infected individuals may experience flu-like symptoms, loss of energy and weight loss and may be susceptible to a range of infections.</p>	?	<p>Using a condom during sexual intercourse</p> <p>Never sharing needles or syringes</p> <p>Pills (called pre-exposure prophylaxis (PrEP)) are available for people who are at high risk of getting HIV, which can lower their risk.</p> <p>An emergency pill treatment can also stop infection if taken within 24 hours of exposure.</p>

RESOURCE B: STIs

Use these statements to fill in the gaps in the table on Resource A.

The size of each box is not important – only the description matters.

Small blisters that may leave open sores around the genitals, anus, thighs or bottom	There is currently no cure.	A bacterial infection spread through close contact with an infected sore during sexual intercourse	Painless growths or bumps around the genital areas
Burning or itching around the genitals	Treatment involves the use of antiretroviral tablets to stop the virus replicating in the body and allow the immune system to repair itself.	In drug users, it can be spread through infected needles.	Itching and/or bleeding from genital areas
Vaginal discharge	If an early diagnosis is made, today's effective treatments mean that most infected people can live a long, healthy life.	The number of people infected with this STI in Northern Ireland is increasing.	Persistent infections of this type can lead to certain cancers in men and women.
Urinating may be painful	It's treated with antibiotics.	A bacterial infection that's transmitted through sexual contact (involving the penis, vagina, anus or mouth) with an infected person	
Symptoms may take a long time to appear after infection	Both sexual partners need to be treated to avoid reinfection.		
If a woman has this STI during pregnancy, there is a risk the baby could develop a serious, potentially fatal, illness. However, most babies recover with antiviral treatment.			

RESOURCE C: STIs (Completed Table)

STI	How is it transmitted?	What are the symptoms?	How is it treated?	How is it prevented?
Chlamydia	A bacterial infection that spreads through unprotected sexual intercourse	<p>There are no symptoms in 50% of men and 70% of women.</p> <p>It may cause discharge, pain, fever and burning when urinating.</p> <p>If untreated, it can lead to serious health problems, including infertility.</p>	<p>It's treated with antibiotics.</p> <p>Both sexual partners need to be treated to avoid reinfection.</p>	<p>Using a condom during sexual intercourse</p> <p>Limiting your number of sexual partners</p>
Gonorrhoea	A bacterial infection that's transmitted through sexual contact (involving the penis, vagina, anus or mouth) with an infected person	<p>Many people don't experience early symptoms.</p> <p>If untreated, it can enter the bloodstream or spread to the joints.</p> <p>In women, it can cause infection of reproductive organs, ectopic pregnancy and infertility.</p> <p>An infected pregnant woman can pass the infection to her baby during delivery.</p> <p>If untreated, it can cause permanent blindness in a newborn baby.</p>	<p>It's usually treated with a short course of antibiotics.</p>	<p>Using a condom during sexual intercourse</p>

RESOURCE C: STIs (Completed Table)

STI	How is it transmitted?	What are the symptoms?	How is it treated?	How is it prevented?
Genital Herpes	<p>It's caused by a virus called the herpes simplex virus (HSV).</p> <p>It's extremely contagious (easy to pass on) when one sexual partner has blisters or sores.</p>	<p>Small blisters that may leave open sores around the genitals, anus, thighs or bottom</p> <p>Burning or itching around the genitals</p> <p>Vaginal discharge</p> <p>Urinating may be painful</p> <p>Symptoms may take a long time to appear after infection</p> <p>If a woman has this STI during pregnancy, there is a risk the baby could develop a serious, potentially fatal, illness. However, most babies recover with antiviral treatment.</p>	<p>There is no cure.</p> <p>Symptoms will clear up by themselves but they will come back, as the virus stays in the body after infection.</p> <p>Antiviral medicines can help clear up outbreaks.</p>	<p>Using a condom during sexual intercourse</p> <p>Avoiding sexual intercourse if you or your partner has blisters, sores or an itch, which could mean an outbreak is likely</p>
Genital Warts	<p>A common STI passed on through sexual intercourse</p> <p>It's caused by the human papillomavirus (HPV). (There are around 100 types of HPV.)</p>	<p>Painless growths or bumps around the genital areas</p> <p>Itching and/or bleeding from genital areas</p> <p>Persistent infections of this type can lead to certain cancers in men and women.</p>	<p>It's treated by applying a cream or liquid.</p> <p>A doctor or nurse can cut, laser, burn or freeze off larger growths.</p> <p>There is no cure, but your body may clear the virus over time.</p>	<p>Using a condom during sexual intercourse</p> <p>(The HPV vaccine is offered to girls and boys aged 12 to 13 years old (in school) to help protect them against HPV-related cancers. The vaccine also protects against the two types of HPV that cause the majority of genital warts.)</p>

RESOURCE C: STIs (Completed Table)

STI	How is it transmitted?	What are the symptoms?	How is it treated?	How is it prevented?
Syphilis	<p>A bacterial infection spread through close contact with an infected sore during sexual intercourse</p> <p>In drug users, it can be spread through infected needles.</p> <p>The number of people infected with this STI in Northern Ireland is increasing.</p>	<p>Small, painless sores near the genitals</p> <p>A rash that can appear anywhere on the body</p> <p>Flu-like symptoms</p> <p>White patches in the mouth</p> <p>If left untreated long term, it can spread to the brain or other parts of the body and cause serious health problems, which can be fatal.</p> <p>It can lead to miscarriage, stillbirth or serious infection of the newborn.</p>	<p>An antibiotic injection or course of antibiotic tablets</p> <p>More than one injection or a longer course of antibiotic tablets may be required, depending on how long the syphilis has been contracted.</p>	<p>Using a condom during sexual intercourse</p> <p>Never sharing needles or syringes</p>
<p>HIV (human immunodeficiency virus)</p> <p>AIDS (acquired immune deficiency syndrome)</p>	<p>It's most commonly spread through unprotected sexual intercourse.</p> <p>It can also be spread through sharing needles or syringes.</p> <p>It can be transferred from a mother to her baby during pregnancy, birth or breastfeeding.</p>	<p>HIV is a virus that damages the immune system. It lowers the body's ability to fight infection.</p> <p>AIDS describes a number of life-threatening illnesses that can affect individuals whose immune system has been damaged by the HIV virus.</p> <p>Infected individuals may experience flu-like symptoms, loss of energy and weight loss and may be susceptible to a range of infections.</p>	<p>There is currently no cure.</p> <p>Treatment involves the use of antiretroviral tablets to stop the virus replicating in the body and allow the immune system to repair itself.</p> <p>If an early diagnosis is made, today's effective treatments mean that most infected people can live a long, healthy life.</p>	<p>Using a condom during sexual intercourse</p> <p>Never sharing needles or syringes</p> <p>Pills (called pre-exposure prophylaxis (PrEP)) are available for people who are at high risk of getting HIV, which can lower their risk.</p> <p>An emergency pill treatment can also stop infection if taken within 24 hours of exposure.</p>