

# RSHE QUESTION POSTBOX

As we have now moved on to Relationship, sex and health education (RSHE) we will have a POSTBOX in our classroom.

There will be a stack of post-it notes next to it. If at any point you have a question or something you wanted to know about linking to RSHE then please take a post-it note write your question and pop it in. You don't have to put your name on them if you don't want to.

This lesson discusses sexually transmitted infections (STI's). You are not expected to share personal experiences.

If anything raises concerns for you, support is available during and after the lesson.

## THE TOPICS WE WILL COVER OVER THE NEXT TERM ARE:

- ONLINE SAFETY – AI, SEXTORTION AND PORNOGRAPHY
- FREEDOM AND CAPACITY TO CONSENT
- MISOGYNY & INCEL CULTURE
- DELAYING SEXUAL ACTIVITY
- WHY HAVE SEX?
- MANAGING THE END OF RELATIONSHIPS IN A HEALTHY WAY
- REPRODUCTIVE HEALTH – MALE AND FEMALE SPECIFIC FOCUSES
- WHAT ARE STI'S

# TITLE – STI LESSON

DATE:



In today's lesson we will  
look to:

- List some of the most common STIs, their symptoms and consequences
- Name the contraceptive methods which provide some protection against STI infection and describe where to get contraceptives
- Know how to access reliable sources of help to support sexual health or relating to unplanned pregnancy



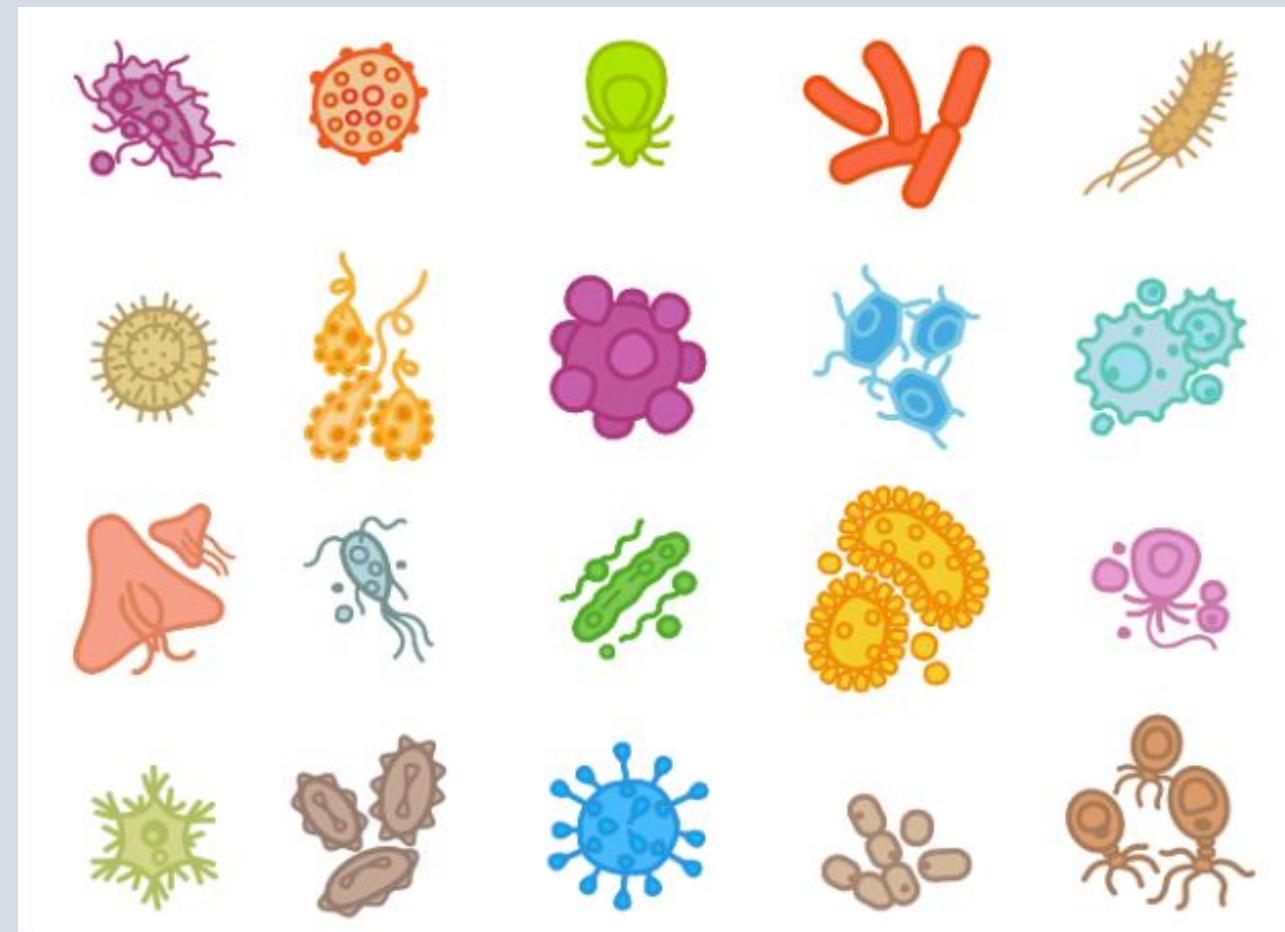
3 Minutes

TODAY'S  
BIG  
QUESTION

Which do you think is more dangerous: an STI with obvious symptoms, or one with no symptoms at all? Explain your thinking.

# Sexual health quiz

- In your booklet there are 8 questions to see what your knowledge is so far.
- Answer them on your own then discuss the answers as a class



# Sexual Health Quiz answers

## 1. What are the risks of unprotected sex?

- Unplanned pregnancy
- Sexually transmitted infections (STIs)
- Emotional stress or worry
- Possible long-term health consequences if infections are untreated

## 2. What proportion of pregnancies in the UK are unplanned?

- Around 45% of pregnancies in the UK are unplanned

## 3. Teen pregnancies are at their lowest rate in over 50 years. What are the particular risks associated with teen pregnancies?

- Higher risk of health complications for parent and baby
- Increased likelihood of interrupted education or training
- Greater financial pressures
- Higher chance of emotional stress and reduced support networks

# Sexual Health Quiz answers

## 4. How can people protect themselves from unplanned pregnancies and STIs?

- Using contraception correctly and consistently
- Using condoms to reduce STI risk
- Regular STI testing
- Open communication and consent
- Accessing sexual health services for advice and support

## 5. Some people have uncomfortable symptoms in their genital area but don't have an STI – true or false?

- **True**

Symptoms can be caused by:

- Thrush
- Allergic reactions
- Skin conditions
- Hormonal changes

## 6. What are dental dams and why would someone use one?

- A **dental dam** is a thin latex or plastic sheet
- It is used during oral sex to help **reduce the risk of STIs**
- It acts as a barrier between mouths and genitals

# Sexual Health Quiz answers

**7. People who've not had sex before don't need to worry about STIs – true or false?**

- **False**

STIs can be passed through:

- Oral sex
- Skin-to-skin contact
- Sharing sex toys

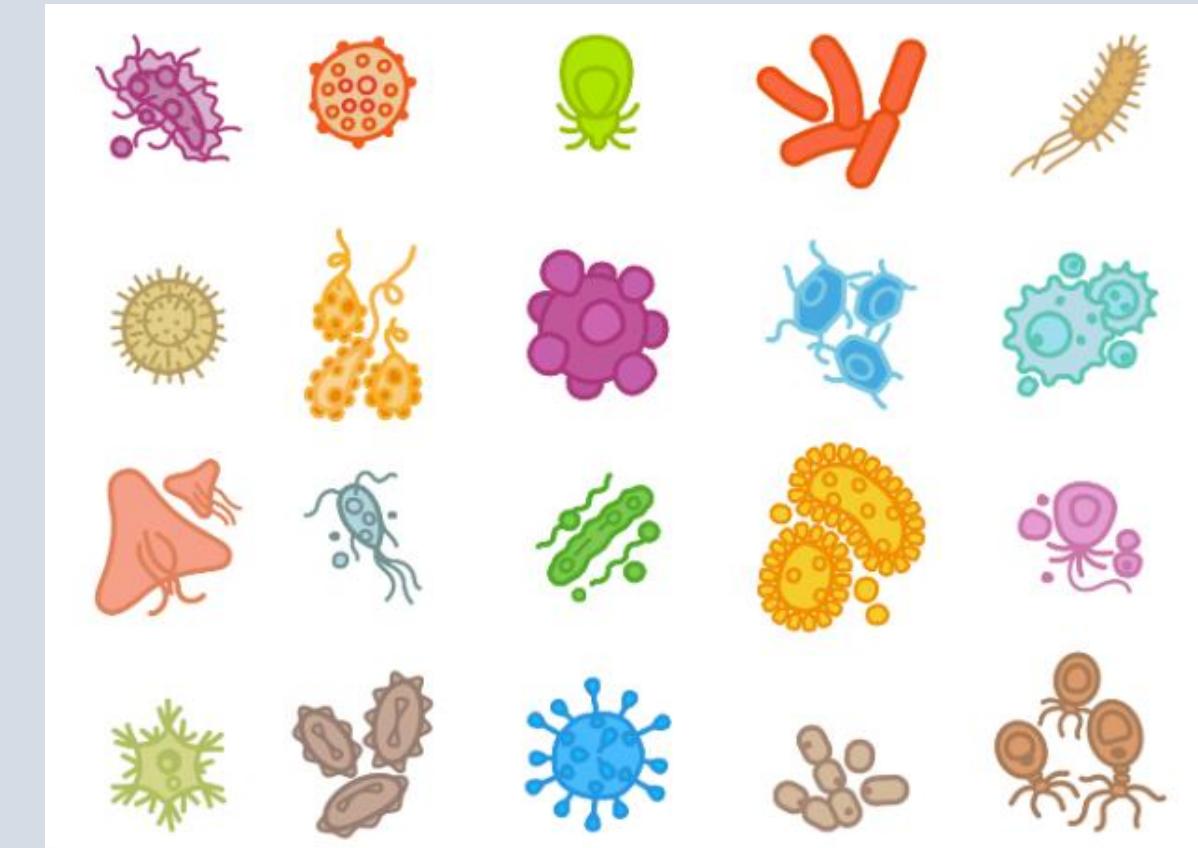
**8. How could someone advise a friend on when and how to discuss safer sex with a new sexual partner?**

- Have the conversation **before** sexual activity
- Choose a calm, private setting
- Be honest and respectful
- Discuss boundaries, protection, and testing
- Remember both people have the right to say no

# STI FACT FINDING TASK

Around the room there are information posters about STIs.

Use the information from these posters to answer the questions in your booklet – page 24 = facts, page 25 = MCQ



Teacher see notes for the answers

# Seeking help and overcoming obstacles

Why might someone find it hard to seek help if they think they have an STI or want to have a check up?

I don't know what to expect or what might happen when I go to a sexual health clinic

If I suggest to my partner that we get an STI check will they think I sleep around?

I'm way too embarrassed to talk about this to anyone, I would hate it if my parents found out

I don't know where my local clinic is, when it opens or how to get there

How could people overcome their concerns?

What to  
expect when  
visiting a  
sexual health  
clinic



# Oona's scenario

Oona had a one-night-stand with someone she met at a party. As they had both been drinking, they didn't stop to think about contraception.

In groups, mind-map advice to Oona responding to these questions:

What could Oona do within the next few days to reduce the risks to her health and of an unplanned pregnancy?

If Oona becomes pregnant, what options are available to her and who might be able to help?

What might Oona's sexual partner need to consider/do next?

How can Oona act to protect her sexual health in future?

# Signposting support

If you would like further guidance or support:

- speak to a parent/carer, tutor, head of year, school nurse/counsellor or other trusted member of staff in the school
- report a crime by calling 999 in emergencies, or 101 to make a non-urgent report

Visit:

A Better Medway: [www.abettermedway.co.uk](http://www.abettermedway.co.uk)

Brook: [www.brook.org.uk](http://www.brook.org.uk) 0808 802 1234

Childline: [www.childline.org.uk](http://www.childline.org.uk) 0800 1111





Complete your EXIT  
TICKET questions on  
page .....

These link to the key  
knowledge you need  
to know for this block  
of work