

Smart Relationships Education



YEAR 10:
RELATIONSHIPS, ANGER & SMART ANGER,
AND STIS & SAFE SEX?

Name: _____

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ABOUT SMART RELATIONSHIPS EDUCATION

For more than thirty years Peter Janetzki has been reading, researching and presenting on the topic of Human Sexuality and Relationships. This combined with thousands of hours of face to face counselling has resulted in a through understanding of the complexities of human relationships and sexuality.

From this vast experience Peter has developed a team who have been interacting with teens and young adults to help them receive accurate information so that they can navigate the confusing world of relationships.

In spite of our society being perceived as sexually progressive there are still high levels of ignorance in regards to many important issues to healthy relationships especially amongst teenagers. Hence 'Smart Relationship Education' provides comprehensive education programs based on research and accurate information, to assist young people in avoiding the dangers of unhealthy relationships that are often modelled and promoted by our popular culture.

Smart Relationships core program has been the 'Why Not Just Wait' which is a comprehensive sexuality education program for High Schools that is broad based going beyond the 'safe sex' mantra of most sex education programs. The standard program is outlined below, however programs can be modified to suit the individual needs of any school.

Our Philosophy

Young people will do what young people want to do. Consequently we are up front about our values so as to not impose them on students but rather challenge them to examine what we have to offer and to make informed and wise choices.

Our Values

We believe...

- Sexuality is not a separate part of our experience in fact it is part of every aspect of life, therefore we approach it holistically and in the context of relationships.
- Young people have the right to be given accurate information from sound and reliable research, free from hidden agendas.
- Every choice has a consequence and that young people are able to make healthy, life giving choices given accurate and relevant information.
- The best place for sexuality education is in a loving and supportive family and what we do is a compliment to this.

We are Pro-abstinence for two reasons. Firstly, evidence world wide supports that this is the safe and healthy choice, and secondly our presenters hold to a Christian worldview.

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REFERENCES

The Bases of Successful Relationships

Adapted by Bill & Lyn Hybels (1991)

The Tunnel of Chaos

Drawn from 'Honest to God?', Hybels (1992) & 'The 7 Habits of Highly Effective People', Covey (1989)

Reasons Teenagers Start Having Sex and Safe Sex & Protection

Adapted from Sexual Sanity Student Worksheet #29 used with permission

Sexually Transmitted Infections Information

www.cdc.gov

www.health.qld.gov.au

www.who.int/en

www.webmd.com

www.arph.org/topics/stis

www.betterhealthvic.gov.au

www.trichomoniasis.org

<https://www.mshc.org.au/SexualHealthInformation/SexualHealthFactSheets/>

[MycoplasmaGenitalium#.XGY5U5Mza3U](https://www.mshc.org.au/SexualHealthInformation/SexualHealthFactSheets/MycoplasmaGenitalium#.XGY5U5Mza3U)

<https://www.fpv.org.au/for-you/sexually-transmissible-infections-blood-borne-viruses/mycoplasma-genitalium>

STIs Identified & Defined

Adapted from Sexual Sanity Student Worksheet #22 used with permission

Choosing the Best

Adapted from Sexual Sanity Student Worksheet #41 used with permission

WORDS, WORDS & MORE WORDS

Directions: With the person next to you match the words with the meanings.

1. **ABORTION** - An operation or procedure to terminate a pregnancy by killing the baby.
2. **AIDS** - Acquired Immunodeficiency Syndrome. This is a disease of the human immune system that can form as a result of having HIV (Human Immunodeficiency Virus).
3. **CHLAMYDIA** - A bacteria infection that can result in infertility, particularly in women.
4. **CONDOM** - A flexible sheath, usually made of thin rubber or latex, designed to cover the penis during sexual intercourse for contraceptive purposes or as a means of preventing sexually transmitted infections.
5. **CONSENT** - Giving someone permission or approval for something to happen.
6. **CONTRACEPTION** - Methods to prevent the meeting of sperm and egg, i.e. to prevent a pregnancy from occurring.
7. **EFFECTIVENESS** - The rate at which the contraceptive fails in real life situations.
8. **EFFICACY** - The rate at which the contraceptive method fails when used 100% perfectly 100% of the time, as in a test situation.
9. **EJACULATION** - Emission or discharge of semen that spurts out of the penis at orgasm.
10. **GAY** - Common term for homosexual.
11. **GENDER** - The term for one's sex, i.e. male or female.
12. **GENITALS** - External sex organs (your private parts) that are part of the reproductive system.
13. **HERPES SIMPLEX VIRUS 2 (HSV 2)** - A virus associated with cold sores and/or blisters around the genitals.
14. **HETEROSEXUAL** - Someone who is attracted to members of the opposite sex, e.g. boy likes girl.
15. **HOMOSEXUAL** - Someone who is attracted to members of the same sex, e.g. boy likes boy.
16. **HUMAN PAPILLOMA VIRUS (HPV)** - Viruses that can result in warts on and in the genital area. Also associated with cervical cancer.
17. **INFERTILITY** - Being unable to make a baby.
18. **MASTURBATE** - Playing with your genitals to bring yourself sexual pleasure.
19. **MICROSCOPIC PARASITES** - A very small organism living on the human body in parasitism.
20. **MISCARRIAGE** - A spontaneous or unplanned expulsion of a fetus from the womb in the first 20 weeks of a pregnancy.
21. **ORGASM** - The peak of sexual excitement - strong feelings of pleasure and a series of involuntary contractions of the genital muscles, usually accompanied by ejaculation of fluid (for both men & women).
22. **OVULATION** - The monthly release of an egg from an ovary in women.
23. **OVUM** - The female reproductive cell, commonly called an egg.
24. **PORNOGRAPHY** - Any material (videos, pictures, audio and written) that is intended to cause sexual excitement and arousal.
25. **SEX DRIVE** - The desire for sexual fulfilment.
26. **SEMEN** - Fluid that nourishes the sperm and spurts out of the penis at ejaculation.
27. **SPERM** - The male reproductive cell.
28. **STI** - Sexually Transmitted Infections and/or diseases that are spread by engaging in sexual behaviour with infected people.
29. **TRANSMISSION** - The term used to describe how disease is passed on from person to person.
30. **VIRUS** - The causative agent of an infectious disease - sexually transmitted ones of these have no cure.

A LOOK AT RELATIONSHIPS

#1 Ingredients of Bad Relationships

What are some of the aspects, attributes and qualities of unhealthy relationships?

#2 Ingredients of Great Relationships

What are some of the aspects, attributes and qualities of healthy relationships?

#3 Five Positive and Five Negative

Rank the top 5 aspect, attributes and qualities for healthy and unhealthy relationships.

POSITIVE	
1.	_____
2.	_____
3.	_____
4.	_____
5.	_____

NEGATIVE	
1.	_____
2.	_____
3.	_____
4.	_____
5.	_____

THE BASES OF A SUCCESSFUL RELATIONSHIP

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A LOOK AT ANGER

#1 When You Were Angry Last...

Think of the last time you were angry with someone.

What made you angry?

How did you react?

TRUTHS ABOUT ANGER

Ephesians 4:25-27 (The Message)

What this adds up to, then, is this; no more lies, no more pretence. Tell your neighbour the truth. In Christ's body we're all connected to each other, after all. When we lie to others, you end up lying to yourself.

Go ahead and be angry. You do well to be angry - but don't use your anger as a fuel for revenge. And don't stay angry. Don't go to bed angry. Don't give the Devil that kind of foothold in your life.

#1 Three Truths About Anger

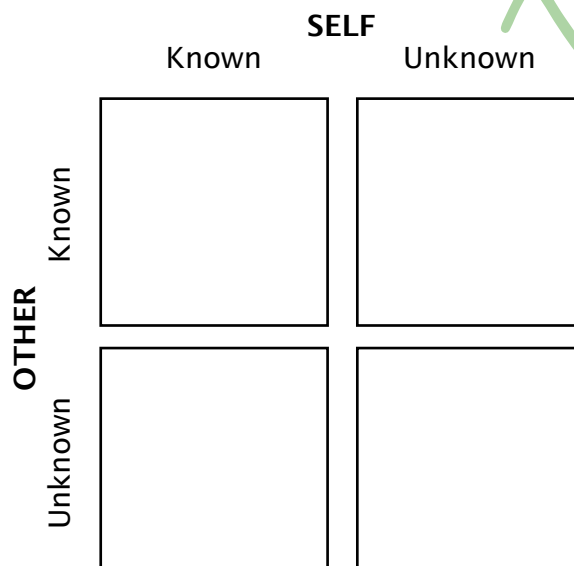
1. Anger is _____

2. Anger is _____

3. Anger Tell Us _____

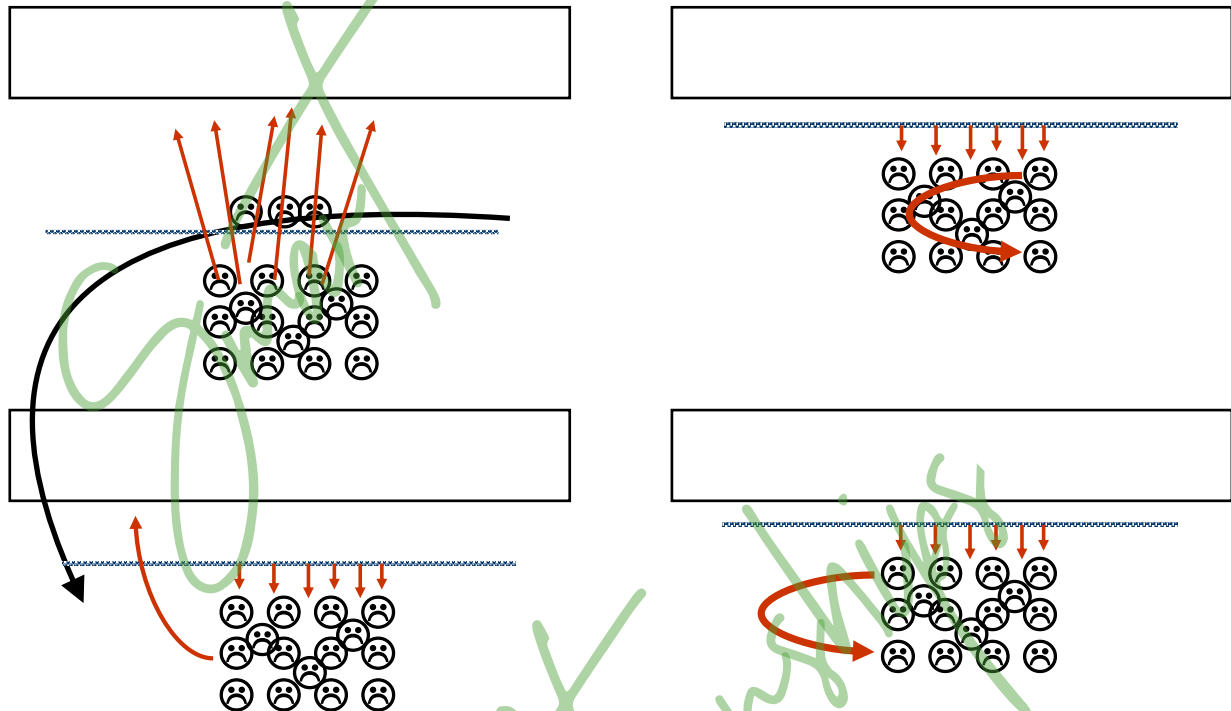
The Key Question: _____

JOHARI WINDOW

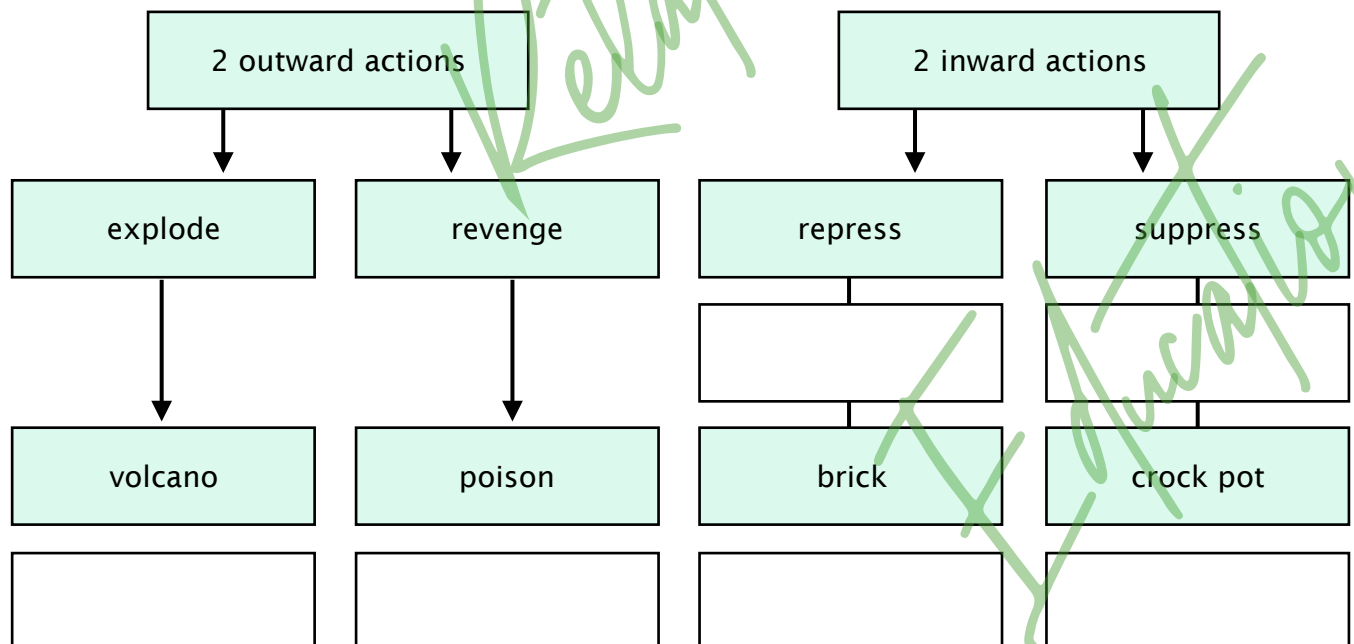


ANGER REACTIONS

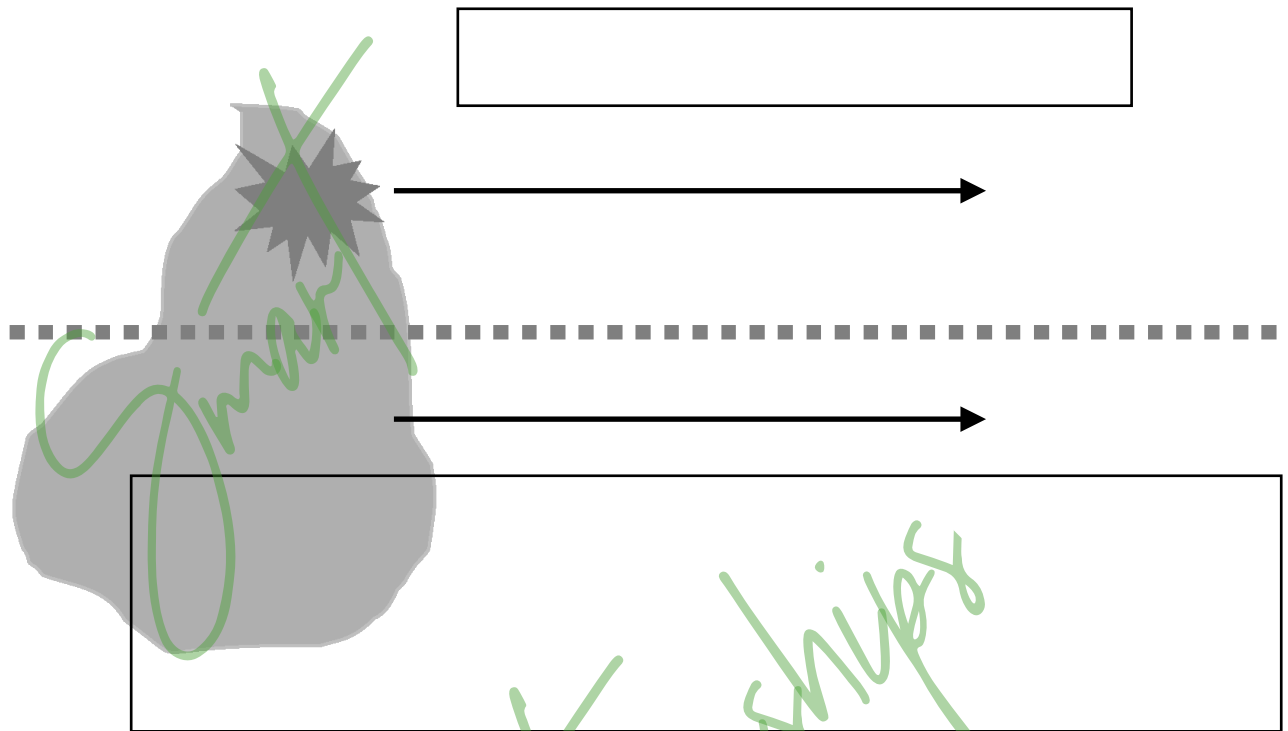
#1 Four Common Anger Reactions: Balls Under the Water



#2 Anger Reactions Flow Diagram



PROCESSING ANGER



THE 'ABCD' OF CONSTRUCTIVE ANGER

Acknowledge
that you are angry

Breathe
slow down and take control of yourself

Clarify
what is happening below the water line
(remember the iceberg - hurt,
frustration, insecurity)

Decide
what options you have and
choose what you want to do about it

Think back to your answers about the last time
that you were angry:

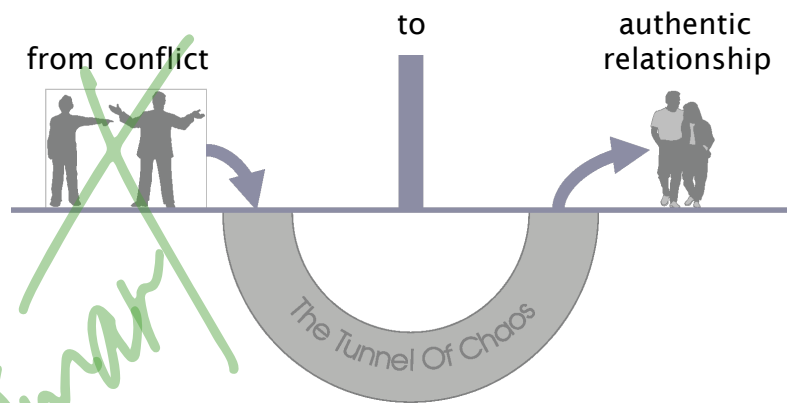
#1 What was the Trigger for your anger?

#2. What was your Anger Reaction?

**#3 What was wrong (under the iceberg) for
you?**

**#4 How could you have applied The 'ABCD' of Constructive Anger? What difference
would it have made?**

THE TUNNEL OF CHAOS



The Six Steps Through the Tunnel of Chaos

Step 1: Take time to determine what the real issue is.

Step 2: Meet face-to-face as soon as possible.

Step 3: Affirm the relationship and the other person before you start.

Step 4: Seek to understand the other then seek to be understood.

Step 5: Make observations rather than accusations.

Step 6: Be willing to ask for forgiveness and to give forgiveness.

RULES FOR SMART & FAIR CONFLICT

#1 Every Family has Rules for Conflict. Unfortunately, in most families these rules are **Unstated**.

Make a list of the Rules of Conflict that take place in your family.

#2 Your Ideal Rules for Smart & Fair Conflict

To make 'The Tunnel of Chaos' safe for us there must be rules which are clear and explicit. List the rules for smart and fair conflict that you would like to have in your relationships.

REASONS TEENAGERS START HAVING SEX

REASON #1:

Increases in hormones are a normal part of puberty and development. What hormones impact development?

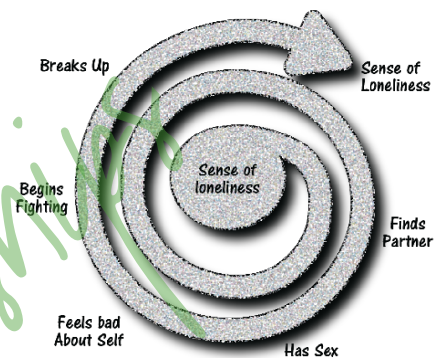
What are some practical strategies for managing hormones?

REASON #2:

The cycle of guilt and regret may occur after beginning sexually activity outside of a permanent committed relationships.

What happens each time the cycle is repeated?

Increased Sense of Loneliness...



REASON #3:

Why does the length of an adolescent relationship last an average of only two weeks after the initiation of sex?

REASON #4:

From a medical point of view, the frontal lobe in the brain acts as a filter for your decision making, or in other words, it acts as a conscience. This important function is numbered or turned off when alcohol is consumed. How does this apply to drinking alcohol and sex?

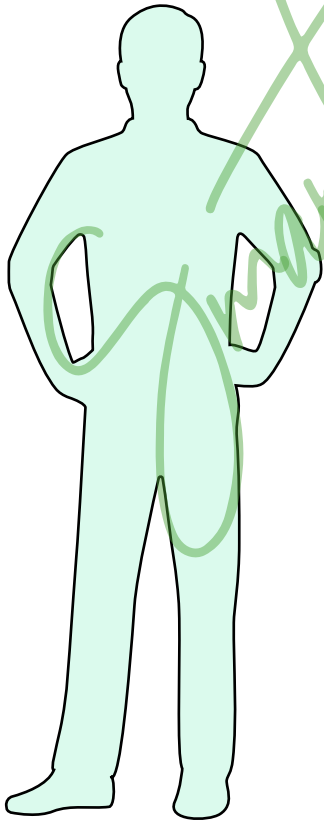
REASON #5:

Why do teenagers struggle with peer pressure?

What other types of pressure affect teenagers and their sexuality?

SAFE SEX & PROTECTION

#1 When it comes to sex, we hear a lot about the need for protection. What do we actually need protection from?



Body: Physical Consequences

Emotional: Emotional Consequences

Intellectual: Consequences of the Mind

Neighbour: Social Consequences

God: Spiritual Consequences

#2 We are told that if we are going to have sex, then to use a condom. So, is using a condom safe sex? Which of the above consequences can be minimised by the use of a condom and which will not be?

#3 What do you think about “safe sex” and why?

STI QUIZ – WHAT DO YOU THINK?

- | | | | |
|----|--|---|---|
| 1 | STIs are not a real threat to Australian teens. | T | F |
| 2 | Kissing is the safest sexual activity. | T | F |
| 3 | Condoms are the best protection from STIs. | T | F |
| 4 | Depending on the condom, it can be used more than once. | T | F |
| 5 | Condoms do not fully protect against the spread of HIV. | T | F |
| 6 | STIs fits into 1 of 3 categories: Viruses, Bacteria or Parasites. | T | F |
| 7 | STIs can only be transmitted through intercourse. | T | F |
| 8 | In the 1960s, 1 in 50 sexually active Australians had STIs. | T | F |
| 9 | In Australia today, 1 in 4 sexually active people have STIs. | T | F |
| 10 | STIs cannot be transmitted through oral sex. | T | F |
| 11 | If there are no symptoms, there is no risk of STIs. | T | F |
| 12 | Painful urination & painful sex are possible symptoms of STIs. | T | F |
| 13 | Some STIs are linked to the development of certain types of cancer. | T | F |
| 14 | Some people with STIs will have outbreaks for the rest of their lives. | T | F |
| 15 | Hand-foot-mouth disease is a type of STI. | T | F |
| 16 | All STIs except HIV/AIDS can be cured. | T | F |
| 17 | Gonorrheas is contracted sexually and from public or shared toilet seats. | T | F |
| 18 | Untreated Syphilis can cause deafness and death in its later stages. | T | F |
| 19 | Hepatitis B is more usually a sexually transmitted infection than Hepatitis C. | T | F |
| 20 | HIV/AIDS is a major threat to teens in Australia. | T | F |
| 21 | HIV/AIDS can be transmitted through breast milk. | T | F |
| 22 | Mycoplasma can also infect the rectum (anal passage), as well as the vagina and urethra. | T | F |
| 23 | Over half of teens infected with chlamydia have no symptoms. | T | F |
| 24 | Chlamydia and Mycoplasma Genitalium can cause infertility. | T | F |
| 25 | Chlamydia does not affect many Australian teens. | T | F |
| 26 | Human Papilloma Virus (HPV) is the most widespread STI in the world today. | T | F |
| 27 | Human Papilloma Virus (HPV) is easily treated by a vaccine. | T | F |
| 28 | The "Pap Test" or Cervical Screening Test is used to detect changes in cervical cells caused by the Human Papilloma Virus (HPV). | T | F |
| 29 | Anyone who has sex with a person who doesn't practise good personal hygiene is likely to get a STI. | T | F |
| 30 | Herpes Simplex Virus 2 (HSV 2) is a cousin of the common cold sore. | T | F |

SEXUALLY TRANSMITTED INFECTIONS INFORMATION

STI #1: _____

Transmission Method: _____

Rates of Infection: _____% Condom Protection Rate: _____%

Symptoms
HIV may have no symptoms for up to fifteen years however the person is referred to as being "HIV positive". Initial symptoms of HIV infection include inexplicable weight loss, persistent fever, swollen lymph nodes, and reddish spots on the skin. Over time HIV destroys a person's immune system leaving the body less able to protect itself from disease. Once the immune system has been badly damaged, people are described as having AIDS and can become sick from infections or cancers. The person usually dies from pneumonia, severe infections or cancer.
Transmission - How do you get it?
In a person infected with HIV, the virus can be present in the boys semen, blood and breast milk. It can also be present, in much smaller quantities, in vaginal secretion, saliva, and tears. HIV can be passed on via any of these fluids, but only semen and blood are likely to be involved which can happen through unsafe sex (vaginal, anal and oral) and/or sharing needles and injecting equipment contaminated with blood. HIV can also be passed from mother to baby during pregnancy, vaginal birth or breastfeeding. HIV cannot be passed on through casual contact, hugging, hand-shaking, kissing, sharing eating utensils, swimming pools, toilet seats, or any everyday social contact touching the sweat of an infected person, or mosquito bites.
How is it checked?
A blood test is the only way of finding out whether you have HIV. It can take up to three months before evidence of HIV infection can be found in the blood, so you will have to wait three months before you can be sure you do not have the virus.
Treatment
There is no cure for HIV / AIDS however there are treatments to reduce the effects of HIV on the immune system and manage other symptoms. Most scientists agree that if you are infected with HIV, you will eventually die of AIDS.
Complications
HIV / AIDS is complicated - PREVENTION is NOT.

STI #2: _____

Transmission Method: _____

Rates of Infection: _____% Condom Protection Rate: _____%

Symtoms
Half of the people infected with HPV do not show any symptoms. Warts appearing on the genital area. Women may have them hidden in the vagina and cervix, men can have tiny warts on or inside the penis. All warts are infectious. Genital warts are usually not painful.
Transmission - How do you get it?
Genital warts are spread through direct skin-to-skin contact in the genital area hence all forms of sexual contact. Warts are very contagious even in people who show no visible symptoms. Even if no warts are visible or the infected person has no obvious symptoms, the virus can still be passed onto their sexual partners. It can also be passed from mother to baby during childbirth.
How is it checked?
Visible symptoms of warts , growths or unusual lumps followed by a biopsy where a small piece of the growth or lump is sent to a laboratory for testing. For women: Regular Pap smears are used to identify the consequences of the virus. If a Pap smear is abnormal a swab from the cervix can be tested for HPV DNA, however this is not normally done. For men: There is no HPV test currently available
Treatment
There is no cure for HPV infection. Visible warts are removed (burnt or frozen from the skin) by either chemical solutions or liquid nitrogen or lasers. If damage to the cervix occurs, special treatment may be required such as a surgical operation. Some people find that obvious genital warts continue to return and they need to get regular repeat treatments.
Complications
HPV has been shown to cause cervical cancer, cancer of the penis and the anus.

STI #3: _____

Transmission Method: _____

Rates of Infection: _____% Condom Protection Rate: _____%

Symptoms
Painful blisters on the genital area or any point of infection that are usually irritating, painful and sore to touch. There may be redness around the blisters and the glands in the groin may become swollen and tender. After a few days, the blisters burst, leaving small ulcers. First outbreaks are accompanied by fever, headache, and muscle soreness for two or more consecutive days in 39% of men and 68% of women. Symptoms tend to disappear within two weeks however attacks of herpes return in 90% of cases. Most repeat attacks are less severe than the initial attack. Herpes Simplex Virus 1 (HSV1) and Herpes Simplex Virus 2 (HSV2). HSV1 is most often associated with cold sores or blisters around the mouth and lips, while HSV2 is associated with sores around the genital area. There is some crossover.
Transmission - How do you get it?
Genital herpes is spread through all forms of sexual contact including skin to skin contact. Direct contact with infected areas. Herpes viruses can be spread in some instances by kissing, if one participant has the infection sited in or near the mouth. The risk is highest during a herpes outbreak, as well as just before and a week after the outbreak. Herpes can be passed on even if your partner does not have any obvious symptoms.
How is it checked?
Visible symptoms of warts , growths or unusual lumps followed by a biopsy where a small piece of the growth or ITests for HSV are most often done only for sores in the genital area by taking a sample of tissue from the sore to look at under a microscope or to send to a laboratory to determine if herpes is present. The test for herpes is not effective if the sores have healed or are several days old. Sometimes, HSV infections can be diagnosed between outbreaks with a blood test.
Treatment
There is no cure for genital herpes so it is normal for people with HSV to get recurrent episodes of lesions or sores in their genital area. Antiviral medications are used to reduce pain and viral reproduction during outbreaks of sores, although it will not delay or prevent recurrences.
Complications
There are also potential complications for a pregnant woman and her unborn child. Sometimes genital herpes infection can lead to miscarriage or premature birth. Herpes infection can be passed from mother to child resulting in a potentially fatal infection (neonatal herpes). It is important that women avoid contracting herpes during pregnancy. People engaging in sexual activity with herpes sores have increased risk of getting other STI's including HIV. In rare cases, HSV can infect other parts of the body, such as the eyes and the brain.

STI #4: _____

Transmission Method: _____

Rates of Infection: _____% Condom Protection Rate: _____%

Symptoms
Hepatitis B is a virus which causes liver disease and a range of symptoms, from mild to severe. In the first 6 months, the person has an acute infection, which some are able to fight and clear the infection, while for others the infection remains and becomes chronic. Many people infected with Hepatitis B have no symptoms. Symptoms that may occur include jaundice of the skin and eyes, loss of appetite, nausea, rash, vomiting, abdominal pain, or extreme fatigue, as well as inflammation or cirrhosis of the liver and liver cancer.
Transmission - How do you get it?
Hepatitis B is transmitted through contact with the bodily fluids of an infected person, including by sexual contact.
How is it checked?
Specific blood tests.
Treatment
There is no cure for Hepatitis B. There is a vaccine available to prevent Hepatitis B infection. Treatment of acute Hepatitis B can involve bed rest or a long stay in hospital. For those with chronic Hepatitis B, their liver needs to be monitored regularly for damage, and some new treatments being developed.
Complications
Some people can become chronic carriers of Hepatitis B, passing the disease around unknowingly. Chronic hepatitis B can progress causing liver failure or cancer of the liver. The longer the virus is present, the greater the chance of long term effects.

STI #5: _____

Transmission Method: _____

Rates of Infection: _____% Condom Protection Rate: _____%

Symptoms
<p>Syphilis is a highly infectious bacterial disease resulting in painless sores on the penis, vagina, rectum, mouth or throat. It can arise up to 10 years after the original infection, and if left untreated, can cause serious, irreversible damage and death.</p> <p><u>1st stage</u> - a painless sore develops on the genital area, or at any point of infection. It will disappear whether treated or not. If not treated the disease will remain in the body and develop further.</p> <p><u>2nd stage</u> - Within 6 months a rash on the body develops, which may be slight or severe and varies in appearance, and can last for a year. It may be accompanied with flu like symptoms, hair loss & swollen glands. It will also disappear if untreated but the bacteria remains in the body.</p> <p><u>3rd stage</u> - Late stage syphilis can develop 10-30 years after the initial infection. Damage occurs over a number of years, to various parts of the body such as the nervous system causing gross malfunctions - blindness, heart disease & brain damage - followed by death.</p>
Transmission - How do you get it?
<p>Syphilis can be transmitted by intimate skin to skin contact and during vaginal, anal or oral sexual contact. It is also transmissible during pregnancy.</p>
How is it checked?
<p>Syphilis is identified by a blood test, or by a microscopic identification using fluid from a sore.</p>
Treatment
<p>Antibiotics. It can be cured, however early treatment is important.</p>
Complications
<p>It can be passed from the mother to the baby in the uterus resulting in deformities, low birth weight, or stillborn.</p>

STI #6: _____

Transmission Method: _____

Rates of Infection: _____% Condom Protection Rate: _____%

Symtoms
<p><u>Male</u> – yellow discharge from the penis. Painful, frequent urination within 4 weeks of contact. Roughly 20% of infected men have no symptoms. Later stages of the infection may cause severe pain and fever. Untreated it can lead to sterility.</p> <p><u>Female</u> – Under half of women show no symptoms, or symptoms so mild they are commonly ignored. Early symptoms include increased vaginal discharge, irritation of the external gentiles, pain or burning on urination and abdominal menstrual bleeding. Untreated it can lead to sterility.</p>
Transmission - How do you get it?
All forms of sex including intimate skin to skin contact. During birth.
How is it checked?
Taking a urine sample usually takes a few days for the results to come back. Taking a swab from the cervix, penis, anus or throat to check for bacterial culture.
Treatment
Antibiotics. As of 2010, injectable ceftriaxone appears to be one of the few effective antibiotics. Because of increasing rates of antibiotic resistance local susceptibility patterns need to be taken into account when deciding on treatment. Many antibiotics that were once effective including penicillin, tetracycline and fluoroquinolones are no longer recommended because of high rates of resistance.
Complications
Early treatment is important even though gonorrhoea is unlikely to lead to any complications or long-term problems. However, without treatment it can spread to other parts of your body and cause serious problems. The more times that you have gonorrhoea, the more likely you are to get complications. Pelvic inflammatory disease in women. Painful infection in the testicles and prostate gland, which may lead to reduced fertility in men. In rare cases, left untreated, it can spread through the bloodstream to cause infections in other parts of your body. Resulting in; inflammation (swelling) of the joints and tendons, skin lesions (rash), inflammation around the brain and spinal cord (meningitis) and the heart, which can be fatal. If a woman has it at the time of birth, the babies eyes can be infected during birth and result in blindness.

STI #7: _____

Transmission Method: _____

Rates of Infection: _____% Condom Protection Rate: _____%

Symtoms
Similar to Gonorrhoea but usually milder. Pain with urination and discharge from the penis and vagina. Planned parenthood estimates that half of the women with one of these diseases does not know it. Men and women can spread this disease without knowing that they are infected. Sexual intercourse, as well as hands with semen or vaginal secretions on them infecting the eye.
Transmission - How do you get it?
Sexual intercourse, as well as hands with semen or vaginal secretions on them infecting the eye.
How is it checked?
Taking a urine sample - which takes a few days for results. Taking a swab from the throat, cervix, opening of the penis, or the anus.
Treatment
With antibiotics Chlamydia can be treated. Early treatment is important.
Complications
Scarring of the fallopian tubes and vas deferentia. Untreated it can be passed from the mother to child during child birth causing conjunctivitis (an eye infection) if untreated it can result in blindness. Left untreated this disease can lead to chronic infection, pelvic inflammatory disease, ectopic pregnancy & infertility in women, and testicular infection and infertility in men. It is estimated that for young women who get Chlamydia have a 1 in 4 chance of infertility and if they get Chlamydia a 2nd time they have a 1 in 2 of infertility.

STI #8: _____

Transmission Method: _____

Rates of Infection: _____% Condom Protection Rate: _____%

Symptoms
Some men and women do not have any symptoms. Men can often experience pain when urinating and discharge from the penis. Women may experience lower abdominal pain, pain when urinating and engaging in sexual intercourse, as well as, abnormal vaginal discharge and bleeding.
Transmission - How do you get it?
Mycoplasma Genitalium is usually transmitted through direct contact to the infected area during sexual intercourse. However, it can be transmitted through infected fluid during sexual activity.
How is it checked?
Mycoplasma Genitalium is not included in the general sexual health screen. Testing usually only occurs when symptoms appear or a recent sexual partner has been infected. It is tested through urine tests and swabbing the vagina and/or rectum.
Treatment
Antibiotics can treat Mycoplasma Genitalium.
Complications
If untreated you may experience pelvic pain and discomfort, swelling of the testicles and PID (Pelvic inflammatory disease), which can result in fertility problems.

STI #9: _____

Transmission Method: _____

Rates of Infection: _____% Condom Protection Rate: _____%

Symptoms
About 70% of infected people do not have any signs or symptoms. When women exhibit symptoms, they include foul-smelling or frothy green or yellow discharge from the vagina, vaginal itching, or redness, as well as painful sexual intercourse, lower abdominal discomfort and the urge to urinate. Up to 50% of women may not show any symptoms, but if not treated within 6 months, 30% of those infected & asymptomatic women will develop symptoms. Most men have no symptoms (they can pass it on without realising they even have it). When symptoms are present they are a yellow discharge from the penis, an urge to urinate and a burning sensation with urinating. Trichomonas is also a known cause of prostatitis (inflammation of the prostate).
Transmission - How do you get it?
All forms of sex including intimate skin to skin contact. Trichomoniasis is an STI caused by a tiny parasite that infects the genitals and urethra. Those who are most likely to spread Trichomonas are those who have increased sexual activity and multiple partners. As the symptoms may not occur immediately for many women, the male sexual partners may be infected unknowingly and spread it to others. Trichomoniasis is sometimes called the "ping-pong disease" because sexual partners frequently pass it back and forth.
How is it checked?
Testing involves taking a sample of fluid from the urethra or vagina. Diagnostic methods range from simple visual detection under a microscope to DNA analysis. Each method has its advantages, but no single method is ideal.
Treatment
Trichomonas can be cured and early treatment is important. Antiprotozoals such as Metronidazole and Tinidazole are effective in treatment. Without treatment, the infection can last for many months to many years and can be passed to sexual partners.
Complications
During pregnancy, a Trichomonas infection can result in low birth weight babies & prematurity. It can be passed from the mother to child during child birth. About 5% of babies born to mothers who have Trichomonas contract the infection. Trichomonas mainly affects 16 to 35 year old women. It may also increase the risk of HIV and HSV- 2 and difficulties during pregnancy.

STI #10: _____

Transmission Method: _____

Rates of Infection: _____% Condom Protection Rate: _____%

Symtoms
Pubic lice and scabies infest pubic hair. Lice bite the skin to feed on blood, and the saliva from the lice causes an allergic reaction, resulting in itching. Scabies burrow under the skin to lay eggs, resulting in intense itching and a pimple-like rash.
Transmission - How do you get it?
Transmitted by very close skin to skin contact, such as sexual contact, however they may also be transmitted through use of sheets, towels or clothing used by an infected person.
How is it checked?
Diagnosis of a scabies infection is based on the appearance of the rash and the presence of burrows. Pubic lice are diagnosed by recognition of the crab-like louse or eggs.
Treatment
Various shampoos and lotions that kill lice, but the best solution is simply to shave off the pubic hair and shower vigorously afterwards. Chemicals called scabicides are available by prescription and are used to kill scabies.
Complications
Scratching too much can cause bleeding and secondary infections. Condoms do not cover the pubic area, and so do not prevent the spread of pubic lice or scabies.

STIS IDENTIFIED & DEFINED

Match each statement with the correct STI listed in the box below by placing the corresponding letter next to the statement. The STIs may be used more than once.

A - AIDS/HIV B - Chlamydia C - Gonorrhoea
D - Hepatitis B E - Herpes Simplex Virus
F - Human Papilloma Virus

Letter	Statement
	1. There is a vaccine to prevent this viral STI.
	2. The first symptoms may include fever, fatigue, loss of appetite, night sweating, drastic weight loss, etc.
	3. Left untreated, this STI is a major cause of pelvic inflammatory disease, which can lead to sterility.
	4. If left untreated, this viral disease can cause serious liver damage or liver cancer.
	5. This virus is spread usually during sex or by sharing needles.
	6. Treatment for this STI includes freezing the warts, applying topical cream, or removing surgically.
	7. This is a common infection caused by a virus which can infect both the mouth and the genitals.
	8. Most people who develop this STI will continue to have outbreaks for life.
	9. This virus selectively attacks the immune cells in the human body.
	10. This common bacterial diseases if left untreated can result in septic arthritic painful urination or swelling, PID, and scarring in the urethra.
	11. This STI is best known as 'genital warts'.
	12. Some of the common symptoms are blisters and sores that appear in or on the genital areas.
	13. This STI has been associated with the development of cervical cancer.
	14. This virus is easily spread even by genital contact that does not include penetrative sex.

THREE LEVELS OF PREVENTION

Good Medicine is... about THE Healthiest Choice!

In the medical community prevention is discussed in terms of primary, secondary, and tertiary prevention.

Primary Prevention

Primary prevention involves preventing the cause of the disease. Our premise for this series is to promote primary prevention. The undisputed facts are that abstaining from sexual activity until one is in a permanent monogamous relationship, is the only 100% safe and effective method of the prevention of STDs and pregnancy. Even proponents of "safer sex" such as condom manufacturers, sexual health workers, and government bodies state that no other method of prevention apart from abstaining is 100% safe.

Secondary Prevention

Secondary prevention is used when the cause can not be prevented, therefore only the development and spread of the disease can be prevented. The concept of "safer sex" is simply a form of risk management. If a person is sexually active outside of a mutually faithful monogamous permanent relationship, risk can not be completely eliminated, therefore the best that "safer sex" can do is to reduce the risk to varying degrees.

Although we believe that abstinence until in a permanent committed relationship is the healthiest choice for every young person, we realise that some young people may choose not to remain abstinent. Therefore, young people must be given accurate information on reducing their risks of contracting an STD infection (& pregnancy), which will be almost inevitable in the course of a lifetime of multiple sexual relationships.

Tertiary Prevention

Tertiary prevention involves preventing or minimising complications of a disease once it has developed. Although a large number of STDs can be cured, viral infections such as the herpes simplex virus, human papilloma virus, and HIV remain incurable. Medical treatment of symptoms and psychological and emotional support become a critical part of living with an incurable disease.

3 Levels of Protection & Pregnancy

PRIMARY PREVENTION: Abstinence
Avoiding the possibility of pregnancy

SECONDARY PREVENTION: Contraception
Reducing the risk of pregnancy

TERTIARY PREVENTION
Making choices once pregnancy has occurred

3 Levels of Decision Making

Level 1 Decision: PRIMARY
Risk Assessment & Risk Avoidance

Level 2 Decision: SECONDARY
Risk Management

Level 3 Decision: TERTIARY
Consequence Management

STIS AND THE PORN INDUSTRY

- 1 The pornography industry requires performers to test for STIs every 28 days. T F
- 2 Porn performers are permitted to wear condoms if they want to. T F
- 3 Porn performers have opportunity to access an STI free work environment. T F
- 4 The pornography industry is driven by profits. T F
- 5 Women have equal rights in the porn industry. T F
- 6 Women often have a long and enjoyable career in the porn industry. T F
- 7 The porn industry always provides access to condoms. T F
- 8 If a porn performer contracts an STI whilst working, the porn industry covers all medical expenses. T F
- 9 A person infected with HIV needs around half a million dollars (\$US) of medication throughout their lifetime. T F
- 10 Condoms costs between 3cents and 90cents each. T F
- 11 The porn industry follows Occupational Health & Safety policies and procedures. T F
- 12 The porn industry always pays for performers expenses such as travel, flights, accommodation and wardrobe requirement. T F

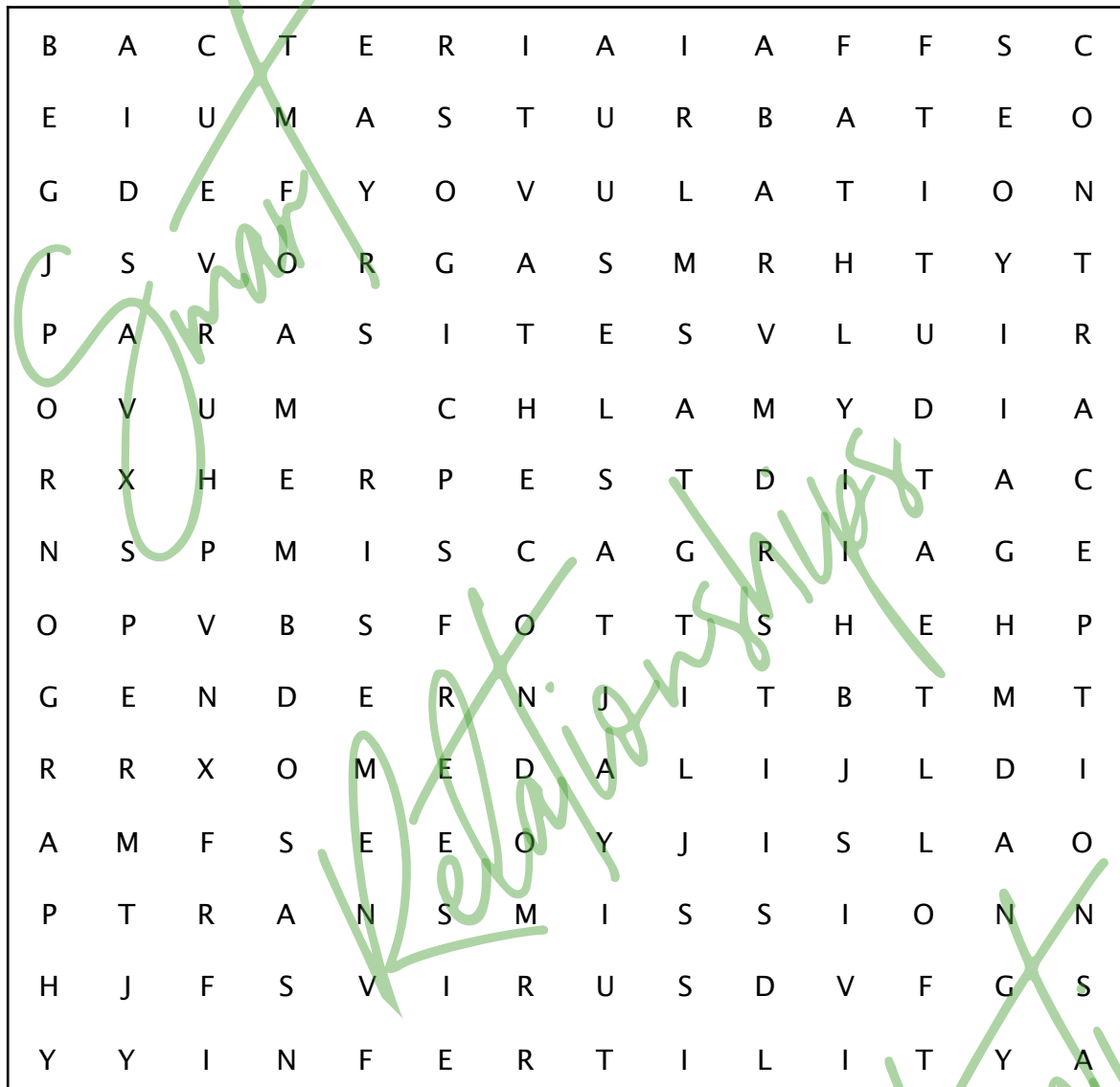
CHOOSING THE BEST

Below are the "Top 11 Reasons Not to Have Sex (at least until a permanent, committed relationship)". Numbers these in order of importance from 1 (most) to 11 (least) according to your values, standards and beliefs.

Top 11 Reason Not to Have Sex (at least until a permanent, committed relationship)	
	Contracting an STI
	Getting Pregnant
	Emotional Pain
	Trashing Your Reputation
	Having Sex on a Date Becomes the Norm
	Messing Up Future Relationships
	Losing Focus for Life Goals
	Feeling Used
	Losing Self Esteem & Respect
	Losing Friendships with the Opposite Sex
	Against My Values and Beliefs

PUZZLE PAGES

Find a Word



AIDS
BACTERIA
CHLAMYDIA
CONDOM
CONTRACEPTION
GENDER
HERPES

HPV
INFERTILITY
MASTURBATE
MISCARRIAGE
ORGASM
OVULATION
OVUM

PARASITES
PORNOGRAPHY
SEMEN
SPERM
STI
TRANSMISSION
VIRUS

Find a Word created by: Smart Relationships Education

Sudoku

								8
7		9		5			1	2
	8					9		5
	7		8	6	2			4
1			5		4			
		4		3	9	7	8	
3		1				3		
	6			1			5	
	5		3	2				

Easy

				2		7	1	
	5		3	6		9		
	7	3					6	
6		7					9	
	9	1				8	3	
			7					4
5	1		6					
3		6	8	4		1		
				9				

Medium

Sudoku Puzzles from: www.printable-puzzles.com

Visual Word Puzzles

funny funny word word word word	MILONELION	b b bird b bird bird b b b b bird
potato potato potato potato potato potato	grey	Not = Cent

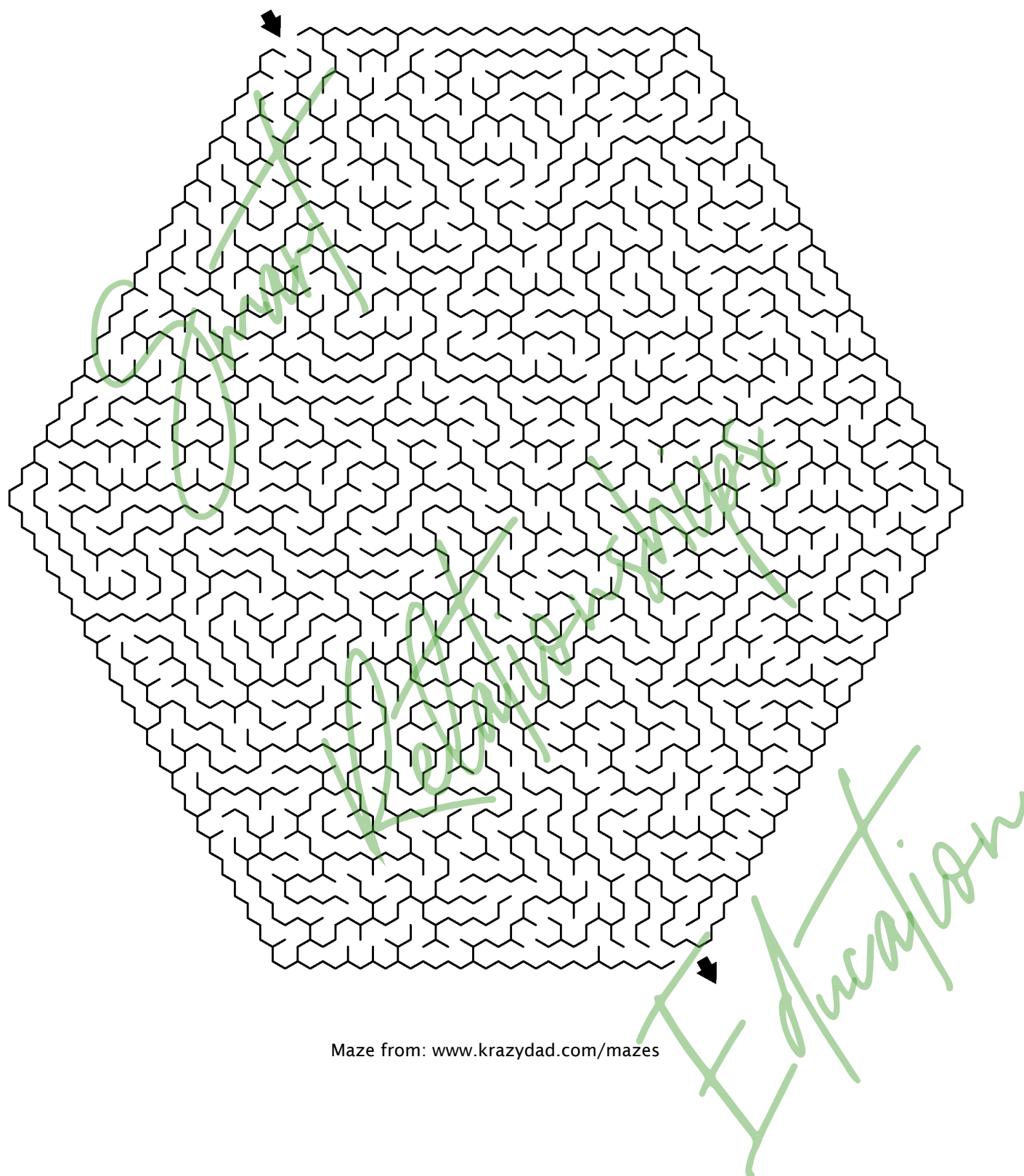
Sudoku Puzzles adapted from: www.puzzles-to-print.com

Matchstick Puzzle



Matchstick Puzzles from: www.puzzles-to-print.com

Mazes



Maze from: www.krazydad.com/mazes