

KEEPING YOURSELF HEALTHY

THESE POWER POINT SLIDES ARE AUTOMATED

CLICK AT THE END OF EACH SLIDE TO MOVE ON

**TO RETURN TO THE TEACHING PACK PRESS
THE ESCAPE KEY ON YOUR KEYBOARD**

YR 11

KEEPING

YOURSELF HEALTHY

KEEPING YOURSELF HEALTHY

WHAT THINGS DO YOU DO TO KEEP YOURSELF HEALTHY?



- Exercise
- Eat healthily
- Do not smoke
- Women – no more than 2-3 units alcohol a day
- Men – no more than 3-4 units alcohol a day
- Regular check ups at dentist

KEEPING YOURSELF HEALTHY

WHAT THINGS DO YOU DO TO KEEP YOURSELF HEALTHY?

- Keep immunisations up to date
- Regular checks ups for sexual health
- Regular eye tests
- Smear tests (25 and over)
- Check breasts/testicles for lumps
- Speak to a health professional when sexually active



KEEPING YOURSELF HEALTHY

WHAT SHOULD PEOPLE THINK ABOUT WHEN THEY BECOME SEXUALLY ACTIVE?



KEEPING YOURSELF HEALTHY

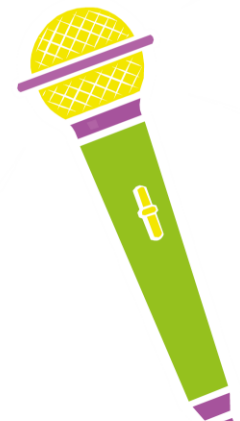
Smear tests

Contraception

Testing for STIs

Pregnancy testing

Condoms



KEEPING YOURSELF HEALTHY

**GIVE 3 REASONS WHY A COUPLE SHOULD
USE CONTRACEPTION/CONDOMS**

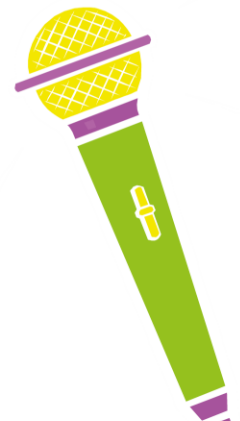


KEEPING YOURSELF HEALTHY

Prevents against pregnancy,
ensures no unplanned babies

Protects against STIs/HIV

Helps to prevent cervical cancer
in women (HP Virus)



KEEPING YOURSELF HEALTHY

WHAT SHOULD BE DONE IMMEDIATELY AFTER UNPROTECTED SEX OR CONTRACEPTION FAILURE?

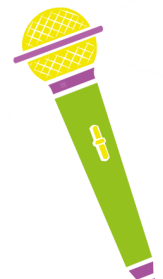


KEEPING YOURSELF HEALTHY

TAKE EMERGENCY CONTRACEPTION

Can be taken up to 120 hours
after unprotected sex or
contraception failing

An IUD can also be fitted up to
5 days



KEEPING YOURSELF HEALTHY

THE CONTRACEPTION AND SEXUAL HEALTH SERVICES IN WOLVERHAMPTON ARE BASED AT:

Embrace

GP

Pharmacies

Walk-in Centres

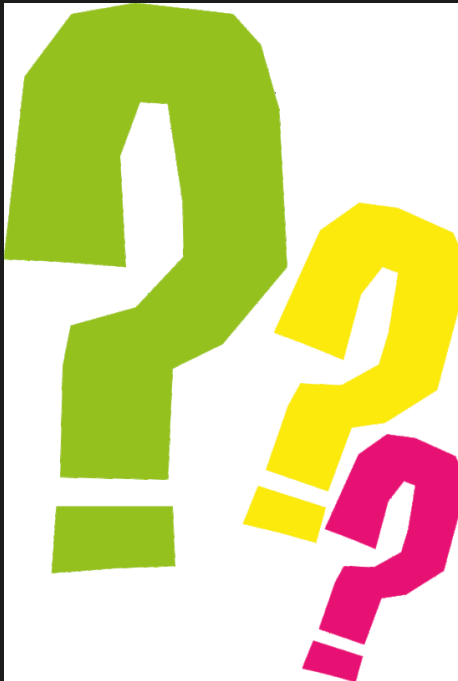
School Nurse or Sexual Health Worker

drop-in

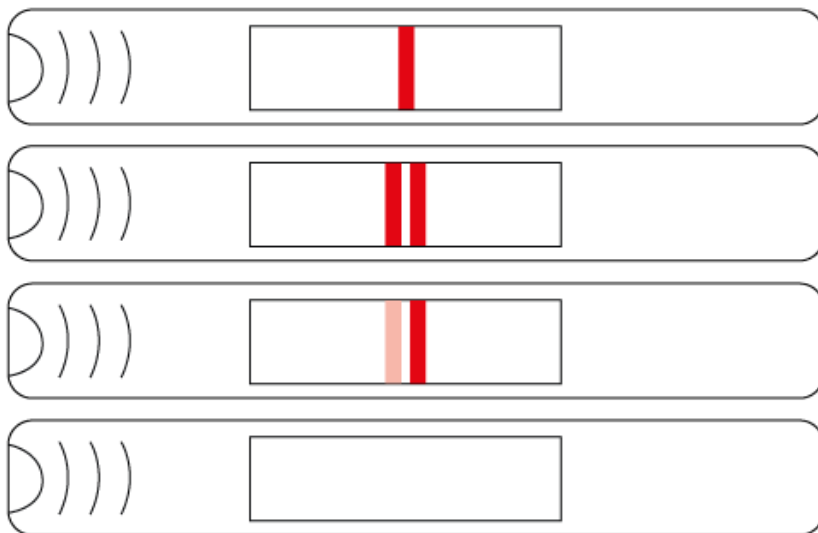


KEEPING YOURSELF HEALTHY

HOW DOES A PREGNANCY TEST WORK



er must pee on a



egative one line

ositive two lines

ositive two lines (one faint)

o result no lines

KEEPING YOURSELF HEALTHY

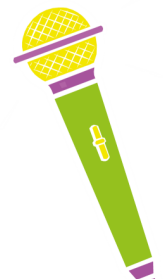
WHEN SHOULD A FEMALE GO FOR A PREGNANCY TEST



KEEPING YOURSELF HEALTHY

2 weeks after a missed period

3 weeks after unprotected sex or
contraception failure



KEEPING YOURSELF HEALTHY

WHERE CAN YOU GET A CHLAMYDIA TEST FROM?



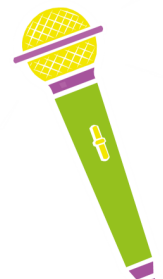
KEEPING YOURSELF HEALTHY

Think

GUM

Base 25

School Nurse or Sexual
Health worker drop-in



KEEPING YOURSELF HEALTHY

CHLAMYDIA



KEEPING YOURSELF HEALTHY

What is it?

Chlamydia is a bacterial infection caused by a tiny bacterium called Chlamydia Trachomatis. It is one of the most common sexually transmitted infections in the UK and one of the most treatable. Women aged 16-24 and men aged 20-34 are at greater risk, but *anyone* can catch it.

How is it caught?

Chlamydia is almost always transmitted via unprotected sexual contact. However, it can also pass from a mother to baby during childbirth.

What are the symptoms?

Chlamydia has an incubation period of between 7-14 days and has little or no symptoms in both men and women, unless it leads to complications. Signs that this may have occurred can include:

KEEPING YOURSELF HEALTHY

Men

Penile Discharge
Pain when urinating
Impotence

Women

Vaginal discharge
Pain when urinating
Lower, mild abdominal pain

How is it diagnosed?

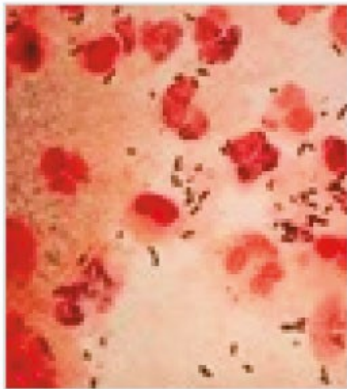
Chlamydia Trachomatis bacterium can only be confirmed by testing a urine or swab sample. This test is available to both males and females.

How is it treated?

Chlamydia is easily treated with antibiotics. If left untreated it can lead to serious health problems such as Pelvic Inflammatory Disease.

KEEPING YOURSELF HEALTHY

GONORRHOEA



KEEPING YOURSELF HEALTHY

What is it?

Gonorrhoea is a bacterial infection. Similar to Chlamydia but not as common, Gonorrhoea is sometimes called 'The Clap'. It most commonly affects 15-25 year olds, but *anyone* can catch it.

How is it caught?

Gonorrhoea is infectious and easily transmitted through close physical contact, unprotected sex, oral sex, from mother to infant during childbirth and from genitals to the eyes via fingers.

What are the symptoms?

Not everyone who has been infected with Gonorrhoea will have any symptoms (1 in 10 men and 1 in 2 women do not). For those that do some of the symptoms are as follows:

KEEPING YOURSELF HEALTHY

Men

- Penile discharge
- Pain when urinating
- Anal irritation and discharge
- Inflamed testicles
- Inflamed prostate gland

Women

- Vaginal discharge
- Pain when urinating
- Anal irritation and discharge
- Lower, mild abdominal pain

How is it diagnosed?

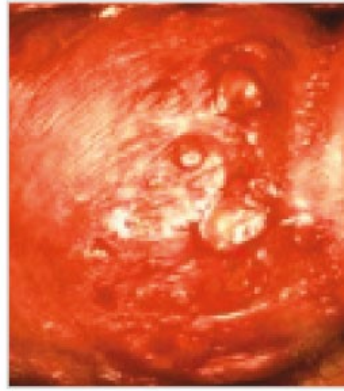
Gonorrhoea is diagnosed by analysing a sample taken from either the urethra (urine tube), the cervix (the neck of the womb) the anus or the throat in a laboratory. The procedures for collecting these 'swabs' should not be painful but may be uncomfortable.

How is it treated?

Gonorrhoea is treated with antibiotics and retested for 1 month later. If left untreated it can lead to serious health problems such as Pelvic Inflammatory Disease.

KEEPING YOURSELF HEALTHY

GENITAL HERPES



KEEPING YOURSELF HEALTHY

What is it?

Herpes is a viral infection caused by the Herpes Simplex Virus (HSV2) which infects the skin and mucous membranes of the genitals rectal area.

How is it caught?

Genital Herpes is transmitted via unprotected sexual contact. Oral sex can transfer Oral Herpes to the genital area and vice versa. Herpes is still highly contagious even if there are no symptoms present (i.e. sores and blisters). Infected mothers can pass the infection to their babies during childbirth.

What are the symptoms?

The HSV-2 virus has an incubation period of 4-7 days after which time the following symptoms may or may not be experienced in men and women and can last for 2-3 weeks.

KEEPING YOURSELF HEALTHY

Both men and women

Uncomfortable prickly feeling in the genital area

Small blisters on the skin

Fluid filled ulcers

Fever, headaches, muscular pain

Discomfort when passing urine

How is it diagnosed?

Usually a description of the symptoms and an examination of the blisters will be sufficient for a diagnosis of the Herpes Virus. In reoccurring cases where the symptoms may be milder swabs of the infected area may be taken from the blisters and sent to a laboratory for analysis.

How is it treated?

Oral and Genital Herpes are both treated with anti-viral creams which are applied to the infected area and with antiviral tablets to attack the virus directly. If left untreated Herpes blisters can become infected.

KEEPING YOURSELF HEALTHY

HOW OFTEN SHOULD A MALE CHECK HIS TESTICLES?

Once a week?

Once a month?

Once a year?



KEEPING YOURSELF HEALTHY

YR 11

Once a month



KEEPING YOURSELF HEALTHY

HOW OFTEN SHOULD A FEMALE CHECK HER BREASTS?

Once a week?

Once a month?

Once a year?



KEEPING YOURSELF HEALTHY



Once a month



KEEPING YOURSELF HEALTHY

**HOW OLD DOES A WOMAN HAVE
TO BE BEFORE SHE CAN HAVE
A SMEAR TEST?**

18?

21?

25?



KEEPING YOURSELF HEALTHY

25



KEEPING YOURSELF HEALTHY

HOW OFTEN DO SMEAR CHECK-UPS TAKE PLACE FOR SEXUALLY ACTIVE WOMEN?

Every month?

Every 3 years

Every year?



KEEPING YOURSELF HEALTHY

YR 11

Every 3 years



KEEPING YOURSELF HEALTHY

HOW COULD YOU REDUCE THE RISK OF GETTING CANCER?



KEEPING YOURSELF HEALTHY

Eat at least 5 portions of fresh fruit and vegetables a day

Do not smoke

Exercise regularly

Have the HPV jab

Use high factor sun cream

Stay out of the sun

Drink water

Eat less red meat

Eat a diet rich in fibre, vitamins and minerals

Don't drink too much alcohol

Have regular health checks

KEEPING YOURSELF HEALTHY

What does

LARC

Stand for?

KEEPING YOURSELF HEALTHY

LONG ACTING REVERSIBLE CONTRACEPTION

KEEPING YOURSELF HEALTHY

Name the 4

LARC

Methods of contraception

KEEPING YOURSELF HEALTHY

Injection

Implant

IUD (intrauterine device)

IUS (intrauterine system)

KEEPING YOURSELF HEALTHY

Many young people consider
Double Dutch to be sexually fashionable

What does Double Dutch mean?



KEEPING YOURSELF HEALTHY

Double Dutch is the use of a female contraceptive method (a LARC or pill) and use of a condom to help prevent the spread of STIs

It is not the use of 2 condoms or a condom and a femidom



KEEPING YOURSELF HEALTHY



www.embracewolverhampton.nhs.uk

Safer Sex

Double Dutch

Contraception

Prevention of STIs

LARC

Professional Advice

Use of Condoms

