

GROUND RULES

THE SESSIONS ARE FOR EVERYONE
TO ENJOY AND LEARN FROM

- Work **TOGETHER** as a group.
- **SUPPORT** each other in getting the most from the sessions.
- **RESPECT** other people's opinions.
- There is no such thing as a **STUPID** question.
- Unless otherwise stated:
**WHAT IS SAID IN THE ROOM
STAYS IN THE ROOM**

SEXUAL HEALTH

LEARNING OBJECTIVES

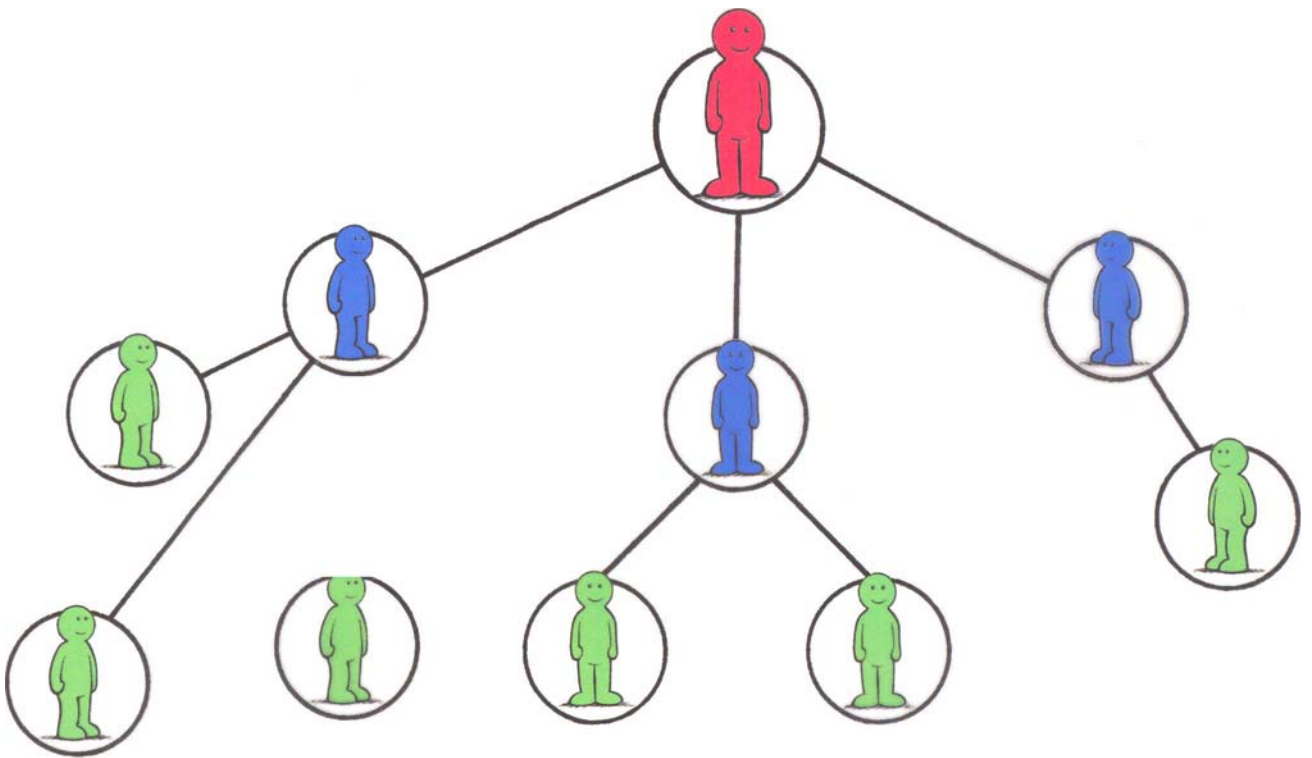
AT THE END OF THIS MODULE PARTICIPANTS SHOULD BE ABLE TO:

- Understand the male and female sex organs;
- Understand about different types of contraception;
- Understand conception and pregnancy;
- Understand how to prevent sexually transmitted infections (STIs);
- Understand about specific sexually transmitted infections (STIs);
- Understand how sexually transmitted infections can be acquired;
- Understand the common symptoms of STIs;
- Understand the importance of testing and treatment for STIs;
- Understand where to go for an STI test;
- Understand what treatment for STIs involves.

LIST OF STIs

Bacterial Vaginosis
Balinitis
Chancroid
Chlamydia
Cystitis
Cytomegalovirus (CMV)
Donovanosis
Epididymitis
Genital Herpes (HSV)
Genital Warts
Gonorrhoea
Hepatitis B (HBV)
Hepatitis C (HCV)
HIV
Lymphogranuloma venereum
Molluscum
Non-gonococcal Urethritis
Non-specific Urethritis (NSU)
Pelvic Inflammatory Disease
Pubic Lice (crabs)
Scabies
Syphilis
Thrush
Trichomonas Vaginalis

SEXUAL NETWORKS



CONTRACEPTION GROUPS

ONLY CONDOMS, FEMIDOMS AND DENTAL DAMS WILL PROVIDE ANY PROTECTION AGAINST STIs OR BLOOD-BORNE VIRUSES.

BARRIER - PREVENT SPERM FROM REACHING EGG:

Condoms;
Femidoms;
IUD or coil;
Diaphragm or cap.

HORMONAL - CHANGES TO THE TYPE AND LEVELS OF HORMONES PRODUCED BY WOMEN:

Pill;
Mini-pill;
Contraceptive injection.

SURGICAL - PERMANENT PROCEDURE THAT PREVENTS SPERM OR EGG RELEASE:

Male and female sterilisation.

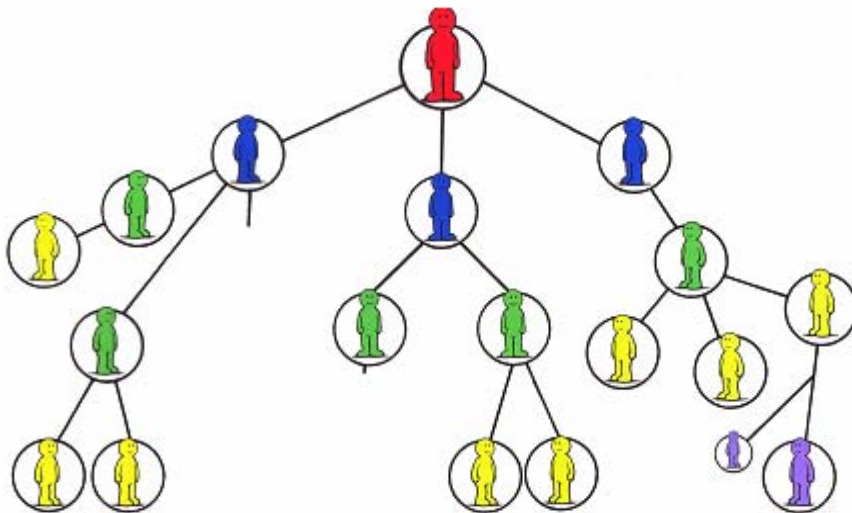
NATURAL - ONLY HAVING SEX WHEN CONCEPTION IS LEAST LIKELY OR WITHDRAWING THE PENIS BEFORE EJACULATION:

Withdrawal.

EMERGENCY - MEDICATION OR SURGERY AFTER SEX WHEN PREGNANCY IS SUSPECTED OR CONFIRMED:

Morning after pill;
Termination/Abortion

SEXUAL NETWORKS 2



ENSURING TREATMENT FOR STI'S IS EFFECTIVE



Take all treatment exactly as prescribed.

- The correct dose;
- At the correct time(s) of day;
- For the correct period of time.



Don't share your treatment with anyone.



Sexual partners should be tested and possibly treated.



Abstain from all sexual contact until you get the 'all clear'.



Ensure all clinic appointments are attended, including follow-up appointments.

PREGNANCY CALENDAR

A FULL-TERM PREGNANCY USUALLY LASTS BETWEEN 38 AND 42 WEEKS (NINE MONTHS).

CONCEPTION is the moment when a sperm enters the egg and fertilises it. Once fertilised, the egg travels down one of the fallopian tubes and sinks itself into the lining of the uterus.

WEEK 6 and the embryo is about the size of a raisin and has the start of a primitive heart. The facial features begin to develop.

WEEK 10 and it is now called a foetus and is about one inch in length with facial features, limbs, hands, feet, fingers and toes.

WEEK 14 (THREE MONTHS) and the foetus is now approximately 3 inches long. The genitals, eyelids, fingernails and toenails begin to form.

WEEK 18 and the foetus is now about 5 inches long and has hair on its head and body. The mother can usually feel the foetus moving by now.

WEEK 22 and at this stage the foetus is roughly 10 inches long and weighing about 8 ounces - the sex organs are clearly visible.

WEEK 26 (SIX MONTHS) the foetus can now breathe and even cry. The eyes are completely formed. If delivered now the baby would probably have a 50% chance of survival.

WEEK 30 the eyelids can now open. Fingerprints are now fully formed. Fat under the skin is starting to develop. If delivered now, the baby would probably survive with medical assistance.

WEEK 36 the foetus is likely to be in a head-down position ready for delivery. If delivered now, the baby has an excellent chance of survival, although some medical assistance may still be necessary.

WEEK 40 (NINE MONTHS) the foetus is fully formed and usually ready for birth now.