

YEAR 10 LESSON 5 TITLE Risk/Getting Help

KEY CONCEPTS

- ◆ Understanding risk in both positive and negative terms and understanding that individuals need to manage risk to themselves and others in a range of personal and social situations
 - ◆ Appreciating that pressure can be used positively or negatively to influence others in situations involving risk
 - ◆ Developing the confidence to try new ideas and face challenges safely, individually and in groups
-

KEY PROCESSES

- ◆ Use knowledge and understanding to make informed choices about safety, health and well-being – evaluating personal choices and making changes if necessary
 - ◆ Find and evaluate information, advice and support from a variety of sources and be able to support others in doing so
 - ◆ Assess and manage risk in personal choices and situations, minimise harm in risky situations and demonstrate how to help others do so when necessary
-

CONTENT

- ◆ The benefits and risks of health and lifestyle choices – including choices relating to sexual activity and substance use and misuse and their short and long-term consequences for the health and mental well-being of individuals, families and communities
 - ◆ Where and how to obtain health information; how to recognise and follow health and safety procedures; ways of reducing risk and minimising harm in risky situations; how to find sources of emergency help and how to use basic and emergency first aid
 - ◆ Characteristics of positive relationships, and awareness of exploitation in relationships and of statutory and voluntary organisations that support relationships in crisis
-

LEARNING OUTCOMES

by the end of the lesson, pupils will be able to:

- ◆ Know how to get help if they are concerned about STIs
- ◆ Understand what happens at a GUM clinic
- ◆ Know where and how to access support and help on sex and relationships
- ◆ Know who to approach in the school for help on sexual health, relationship and alcohol/drugs issues

RESOURCES

- 'Getting Help' Quiz
- Video from TheSite.org
- Question Box;
- Website links and leaflets
- Brook/4YP drop-in worker and Schools Drug Intervention worker
- 'Keeping myself E-Safe – Secondary' by Learning Curve Education

LESSON PLAN

Activity 1 – Getting Help for STIs Quiz

Timing

15 mins. approx

Resources

'Getting Help' Quiz

Split the class into pairs and ask them to complete the 'Getting Help' quiz. When all the pairs are finished, go through the answers as a group.

Activity 2 – What's a GUM Clinic?

Timing

15 mins. approx

Resources

Access to YouTube

Show the video from Bristol's 4YP Website for young people – www.4ypbristol.co.uk

Alternatively, use one from:

- ❖ NHS 'Live Well' – www.nhs.uk/LiveWell/Pages/Livewellhub.aspx
- ❖ Channels 4's 'Sexperience' website – www.sexperienceuk.channel4.com
- ❖ TheSite.org – www.thesite.org/audioandvideo/video/sexandrelationships/gumclinicvirtualtour

Once you have shown one of these videos, answer and questions and then show links to local GUM clinics (also obtained through the links above).

Activity 3 – Local Help

Timing

5 mins. approx

Resources

Below

Remind the class of sources of help – including specialist drug/alcohol workers. To do this, show the following information on the white board:

ruthinking.co.uk – national website with advice and information on sex and relationships

likeitis.co.uk – national website with advice and information on sex and relationships

stonewall.org.uk – national website offering advice to lesbians and gay men

eachaction.org.uk – for young people affected by homophobia, offering help and support

4ypbristol.co.uk – local website with advice and information on sex and relationships

Brook Bristol 1 Unity Street, Bristol, BS1 5HH 0117 929 0090 – running drop-in services in schools on sexual health

Opening Doors – Bristol young people's substance misuse service with workers in Bristol secondary schools offering advice and support

Activity 4 – Local Help - Visitors

Timing

10 mins. each approx

Resources

Brook/4YP drop-in worker and Schools Drug Intervention worker

Arrange for the Brook/4YP drop-in worker and Schools Drug Intervention worker to attend the lesson and do a short introduction to their services.

Activity 5 – Question Box

Timing

5-10 mins. approx

Resources

Question box

If you have gathered anonymous questions in your box over the SRE programme, take the time now to answer these. Invite pupils to add their views, too. Add a few sensible sample questions of your own if necessary!

Emphasise that everyone has questions like these (add a few of your own if you like to ensure a range of topics are covered!), and also stress that young people's questions and concerns about sex and relationship need to be answered.

Extension Activity – Keeping Myself E-Safe

Use the 'Keeping myself E-Safe – Secondary' resource from Learning Curve Education, which explores:

- ❖ Internet grooming and safety
- ❖ Identity theft, cyber-plagiarism and file sharing
- ❖ Cyberbullying, mobile phones and happy slapping
- ❖ Social networking, cyberbullying and phishing
- ❖ Sample teacher's information pack
- ❖ E-Safety toolkit movies

Getting Help Quiz

1. Who should go for an STI test?
2. Where should you go to have one?
3. Will it be confidential?
4. Can you give a false name and details?
5. Should you book in advance?
6. What if you are under 16?
7. What happens when you arrive?
8. Do you have to state which STI you want to be tested for?
9. What sorts of questions will they ask you?
10. What do the tests involve?
11. Are they painful?
12. How long do you have to wait for the results?
13. Do you have to pay?
14. What happens if the results are positive?
15. How often should you be tested from now on?

Getting Help Quiz Answers

1. Who should go for an STI test?

Anybody who has had unprotected sex and is worried that they might have come into contact with a sexually transmitted infection.

2. Where should you go to have one?

Ideally to your nearest sexual health or GUM clinic. Your GP may be able to perform some of the tests, but you'll get more specialist advice and treatment at a GUM clinic. Some family planning clinics or health clinics for young people may offer sexual health services and/or advice, as well.

3. Will it be confidential?

Special laws exist to protect personal information at a GUM clinic, so all information you provide stays confidential.

4. Can you give a false name and details?

Yes, it is fine to give a false name; it is helpful if you remember it, however, for when you need to return! It is always useful if the clinic has a means of contacting you if, for example, they need to let you know about an infection that needs treatment.

5. Should you book in advance?

Some places are appointment-only so it's best to ring in advance to find out. Many GUM clinics will offer a walk-in service or a triage service (sorting emergencies according to priority) if you have an urgent problem, but be prepared to get in a queue.

6. What if you are under 16?

You can still be seen in complete confidence if you are under the age of 16. If you test positive for an infection, they would keep that information confidential. They will not inform your parents, school or doctor.

7. What happens when you arrive?

You are normally asked to register when you arrive so that they can make a set of notes for you with a confidential number. Again, you can provide as little or as much information as you like, but it is helpful for them to have a means of contacting you in case, for example, they need to let you know about an infection that needs treatment.

8. What does the clinic look like?

It looks very much like a GP's surgery, but the surroundings obviously depend on the clinic you visit – some are more modern than others. In many, you'll find that the waiting room is divided into sides for males and females.

9. Do I have to state which STI you want to be tested for?

The doctor, nurse or sexual health advisor will ask some questions to build up a picture of your sexual history and help decide what tests need to be done. Quite often young people will be seen by a sexual health adviser or nurse before seeing the doctor to discuss any concerns and answer any questions that you may have.

10. What sorts of questions will they ask you?

- What are you concerned about?
- How many people have you had sex with recently, and were they male or female (or both)?
- What type of sex was it (e.g. anal/oral etc)?
- Have you ever had an STI before?
- Are you on any medication?

It is important to answer truthfully, as the tests you have will be based on your answers. If you are unsure why some of the questions are asked, explain that you want a clearer explanation.

11. What do the tests involve?

Where your tests are taken from depends on the sexual history that you will have discussed with the doctor. You may have one or more of the following tests, depending on what infections you are being tested for:

- Urine test (try not to go to the toilet for two hours before the test)
- Samples for various infections from the urethra, vagina, cervix (neck of the womb), throat or rectum. These are sometimes called swabs
- The doctor may use something called a speculum to examine female patients
- Blood tests (for syphilis)
- HIV testing is routinely offered in most GUM clinics – you may want to have one depending on your concerns and sexual history, and you will probably also be referred to a sexual health adviser to discuss this issue further or to answer any questions you may have

12. Are they painful?

The swabs/ tests aren't painful, but they can sometimes be a little uncomfortable. If you are worried about any of the tests, always speak to the doctor or nurse that is doing them beforehand.

13. How long do you have to wait for the results?

Some results can be given immediately if the presence of an infection shows up by direct observation; however, most will have to be sent to a laboratory. You may be asked to return for another appointment in a week or so to discuss your results.

14. Do you have to pay?

All tests and treatment are free, along with condoms and lubricants.

15. What happens if the results are positive?

First, they would talk to you about the nature of the infection and what sort of treatment it will involve. They would also discuss the importance of contacting partners, which is essential in terms of stopping the spread of infection. You can do this on your own, or they can sometimes do it on your behalf. You may need to see a sexual health adviser again who will discuss these issues with you and give you further information and advice.

16. How often should you be tested from now on?

It entirely depends on whether you are in a regular relationship and whether you think you may have been in contact with an STI. The main thing to remember is that if you think you have been at risk, always have a check-up.