

Lesson five: My rights and responsibilities



Lesson aim:

Pupils have an awareness that infections can be shared during sexual intercourse, and that a condom can help to prevent this.



Learning outcomes:

- I know that infections can be shared during sexual intercourse
- I am aware that infections spread easily, and to lots of people
- I know a condom can help reduce the spread of infections



Resources required:

- Resource sheet: Condom
- Resource sheet: Infection game cards
- Post-it notes
- Plasticine

Key words: infection, sexually transmitted infection, condom

Teacher notes:

When teaching this lesson, it is important not to stigmatise infections by referring to them as being 'dirty'. It is the embarrassment of having something undesirable that can cause some people to hide an infection and fail to access medical treatment as soon as it is required. It may be helpful to explain that condoms can prevent the spread of some infections, but they cannot stop the spread of all infections. It may also be necessary to explain that as condoms work by stopping the sperm from getting inside another person's body. This will prevent pregnancy.

Begin the lesson by...

Explaining that if a person with a cold sneezed in the classroom, they could give the cold to other people as microscopic droplets of moisture carrying the cold virus fly out into the room. The microscopic droplets can enter another person's body and infect them. Similarly, infections that are carried in other bodily fluids such as blood can easily spread. This means that people can share infections when they have sexual intercourse as the vagina becomes wet (which is a bodily fluid) and sperm is released into the vagina. Explain that in this lesson they will be learning about some of these infections and how they be prevented from spreading. Remind pupils of the working agreement.



Activity one: Sharing

Give each pupil a post-it note, laying it face up on their desk. Prior to the lesson mark some of the post-it notes with a dot on the reverse. Tell pupils to move around the room until you shout 'stop'. When they hear you shout stop, they must turn to the person they are standing nearest to and share a high-five with each other before continuing to move around the room. Repeat three more times.

Ask pupils to return to their seats and look at the back of their post-it notes. Tell pupils to stand up if they have a dot on the back of their post-it note. Now ask pupils to stand up if they shared a high-five with any of these pupils that are stood up. Finally, ask pupils to stand up if they shared a high-five with anyone who is now standing up.

Tell pupils to look around the room and highlight how just as the high-fives were easily shared, so infections can be easily shared from one person to another.

Reassure pupils that most infections including those that are transmitted during sexual intercourse, can be treated with antibiotics. However, some infections can be hard to treat and may cause problems if left untreated for a long time, such as leaving someone unable to have a baby. Some infections can also lead to death but this is quite rare.

Ask pupils to pair, square and share what they think someone could do if they thought they might have an infection. Reaffirm to pupils that it is always the right thing to see a doctor if they have any concerns about their body or health. When they are older, this includes infections that are spread through sexual intercourse.



Activity two: Catching condoms



How can we prevent a cold from being shared?

Answers may include: covering their mouth and nose with a hand or tissue to catch the germs and then binning the tissue and washing their hands.

Divide the class into small groups. Explain that when two people have sexual intercourse, semen comes out of the tip of the penis. This can enter the body of the person the man is having sexual intercourse with. If the semen contains an infection, as the infected semen is put inside the other person's body it may cause that person to become infected. This type of infection is known as a sexually transmitted infection or STI for short. Both men and women can carry and spread STI's.

Give each group a copy of the condom sheet as a visual aid. Explain that there is something called a condom. A condom is like a small, stretchy plastic bag that can be rolled onto the penis to catch the semen that comes out of the tip of the penis. This prevents semen from entering another person's body and any bodily fluids from the other person entering the tip of the penis. Some adults use a condom if they want to have sex but do not want to have a baby as it catches the semen, stopping the sperm from being able to swim to the egg.

Divide the class into small groups. Tell each group to create a model from plasticine that demonstrates a condom catching semen from a penis. They can use the condom sheet as a visual aid. When all the groups have finished, invite the class to carousel around the models, looking at each other's models.

Take the best model and invite this group to re-explain how condoms can help to prevent against STI's and pregnancy, if they feel comfortable to. If not, you can re-explain using their model as a visual aid.



Activity three: Going round in circles

Divide the class into groups of eight. Provide each group with an infection game card. (Tell pupils that they are going to play a game). The aim of the game is to correctly answer the questions on their card to create a circle. Starting with Card 1, ask the group that has this to read it out to the rest of the class before deciding if they think the statement is true, or false. The corresponding number to their answer indicates the group that needs to join the circle. This group then reads their card and the game continues as before. If they answer a card incorrectly it will be impossible to form a circle, and they will need to work as a class (with guidance) to repeat the activity until they have formed a circle.

Card 1: STI stands for sexually transmitted infection = True

Card 2: STI's are spread through sexual activity = True

Card 3: An STI might have no symptoms so it might be hard to know you have one = True

Card 4: An STI can always be treated with anti-biotics = False, most can - but not all

Card 5: People only have sex to have a baby = False, people also have sex for pleasure

Card 6: A condom can help to prevent against STI's = True

Card 7: A condom can help to prevent pregnancy = True

Card 8: STI's can only be caught by women = False, both men and women can catch, carry and spread an STI

The correct order of the cards is:

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



Extension:

Ask pupils to write and illustrate three top tips when visiting a doctor about something that might feel awkward or embarrassing.

Suggestions may include:

- Being honest with the doctor that you are feeling awkward or embarrassed
- Knowing the correct names for the parts of the body that you need to discuss
- Not mumbling so the doctor can hear you and you don't have to repeat yourself

Finish the lesson by:

Providing pupils with an opportunity to ask questions. Reassure pupils that infections are very common and many people do share them. Remind pupils that it is always the right thing to see a doctor if a person has any concerns about their body or health including STI's. A doctor can test and often treat an STI but the longer someone has one the harder it can be to treat. Signpost pupils to who they can talk to in school if they have any concerns or questions about what has been taught in the lesson.



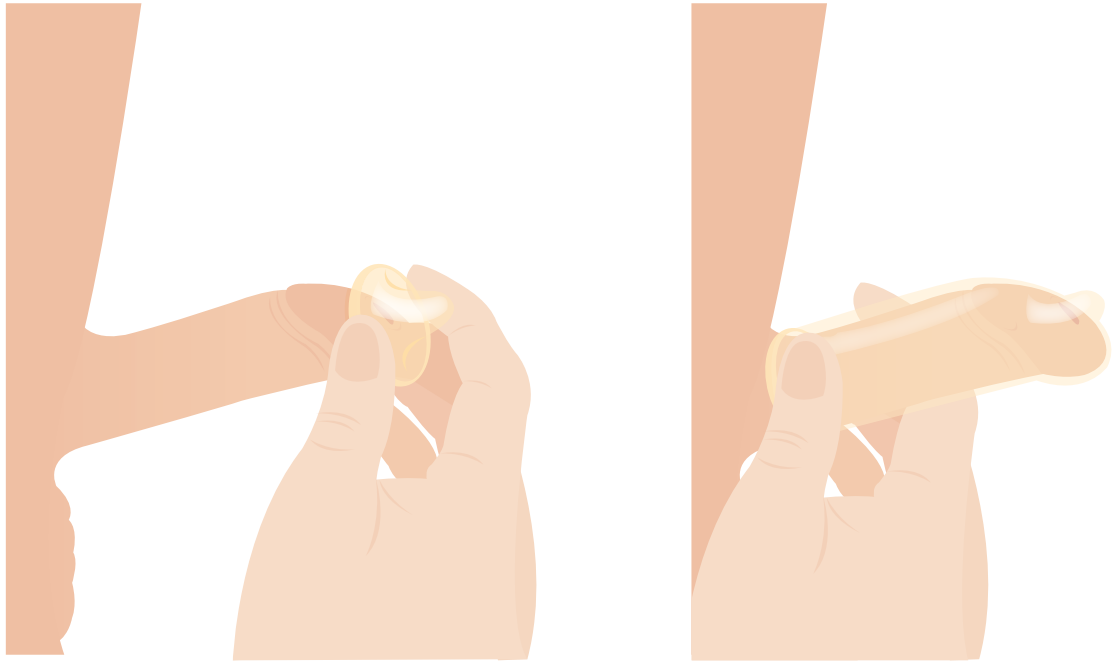
Assessment:

Activity one: Pupils know infections can be spread easily, including through sexual intercourse.

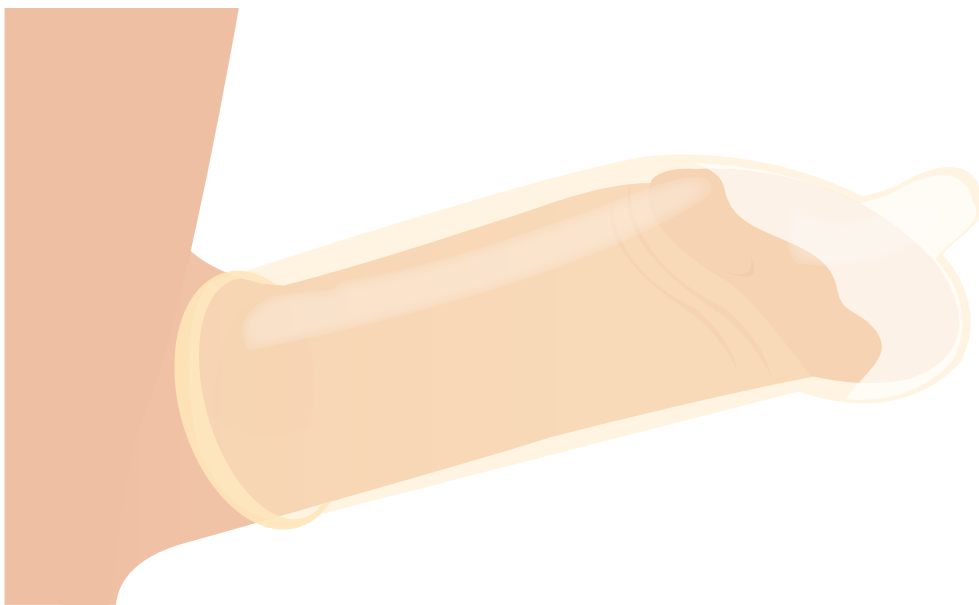
Activity two: Pupils know that a condom can help to prevent STI's and pregnancy, creating plasticine models to demonstrate their comprehension of this.

Activity three: Pupils embedded understanding of what an STI is, how it can be spread and prevented through a card matching game, in which pupils correctly completed a circle of cards.

Evidence of assessment: Plasticine models



A condom is like a small, stretchy plastic bag that can be rolled onto the penis from the tip to the base.



The condom catches the semen when it leaves the tip of the penis, so it cannot be released inside the body of his partner. A condom can help to protect against sexually transmitted infections (STI's). A condom can also prevent pregnancy as the sperm cannot swim to the egg.



Card 1

STI stands for sexually transmitted infection.

True → **8**

False → **3**



Card 2

STI's are spread through sexual activity.

True → **7**

False → **4**



Card 3

An STI might have no symptoms so it can be hard to know you have one.

True → **6**

False → **1**



Card 4

An STI can always be treated with anti-biotics.

True → **2**

False → **5**



Card 5

People only have sex to have a baby.

True → 3

False → 1



Card 6

A condom is a type of contraception that can help to prevent against STI's.

True → 4

False → 7



Card 7

A condom is a type of contraception that can help to prevent against pregnancy.

True → 3

False → 1

Card 8

STI's can only be caught by women.

True → 3

False → 2