Health, Safety and Wellbeing
Where in the world are you from?
Beyond “the Birds and the Bees”
Safe, Happy and Responsible Sex and Relationships

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Public Health
What we will be talking about

• Preventing and Planning Pregnancy
• Long acting contraception - LARC
• STIs
• Signposting
• Resources and websites
True or False Quiz
1. 1+1 = 2
   **FACT.** No question!

2. If you swallow chewing gum, it will stay in your stomach for 7 years.
   **MYTH.** It might not digest well, but it will just come out in your poo – probably looking the same as it went in.

3. The inventor of the toilet was called Thomas Crapper.
   **MYTH.** Though he is real, and he did make toilets better with inventions such as flushing.
4. It’s dangerous to wake someone up if they are sleepwalking.  
**MYTH.** Sleepwalking is dangerous - wake them up!

5. People on effective HIV treatment cannot pass on the virus.  
**FACT.** It is known as **U = U** which stands for:  
- **Undetectable = Untransmittable**  
- **Undetectable = Uninfectious**
6. You can’t get pregnant if you have sex during your period.

**MYTH.** You can get pregnant if you have sex during your period. Your ability to get pregnant is dependant on when you ovulate, and not directly associated with your period.

7. You can’t get pregnant if you have sex standing up.

**MYTH.** If you have penetrative sex (penis in the vagina) with no contraception or condoms, you risk getting pregnant. Gravity has no effect on a sperm’s ability to travel through the vagina, to the uterus where it can reach an egg.
8. You can’t get pregnant if you have anal sex.

**MYTH.** If you have penetrative anal sex with no contraception or condoms, you risk getting pregnant. Sperm/ejaculate can leak from the anus to the vagina and travel to the uterus where it can reach an egg.

9. You have to take Emergency Contraception the next morning after unprotected sex.

**MYTH.** Emergency contraception can be taken up to 5 days after unprotected sex. You can access Emergency Contraception from pharmacies, your GP or Grampian Sexual Health Services.
10. Sperm can live for 3 – 5 days in the right conditions.

**FACT.** If the sperm is in a warm, moist environment it can live after the man has ejaculated/come. Washing/douching the vagina after sex might push the semen further into the woman’s vagina.

11. If a man pulls out before he comes/ejaculates, you can’t get pregnant.

**MYTH.** When the man has an erect penis he can have pre-cum that has sperm in it. This means that pulling out is not the way to stop pregnancy.
12. Only people that sleep around get an STI.
**FALSE.** STIs don’t discriminate. If you have sex you are at risk. You can reduce the risk by using condoms.

13. If someone has an STI, you’ll see it and you would definitely know if you had one.
**FALSE.** Even a nurse or doctor won’t necessarily know if a person has an STI just by looking at them, as there will likely be no symptoms (that’s why they do tests). Testing involves:

- **Men** - a very small swab from the end of the penis (or a urine specimen)
- **Women** - lower vaginal swabs (self-taken)
- **Both** - a blood specimen (if having tests for syphilis, HIV or hepatitis)
14. The best protection against most STIs is using condoms every time you have sex.

**FACT.** Condoms don’t provide 100% protection but they are the most effective way to protect yourself from pregnancy and most STIs.

15. You can avoid STIs by having oral sex.

**MYTH.** Bacteria and viruses like chlamydia, gonorrhoea and syphilis can enter the mouth and sit at the back of the throat. STIs can be passed on via oral sex.
16. If you are a lesbian, you are not at risk of STIs.

**FALSE.** STIs don’t just come out of the end of a penis. STIs such as chlamydia, genital warts, genital herpes can all be passed on by close genital contact, sharing sex toys, via mutual masturbation and by swapping any body fluids.
Planning and Preventing Pregnancy
What is ‘Contraception’?

A means of preventing (or lowering the risk of) pregnancy.
Can you name some Contraception Methods?

- Contraceptive Injection
- Implant
- IUS/IUD
- Sterilisation
- Vaginal Ring
- Contraceptive Patch
- COC/POP
- Condoms
- Emergency Contraception
## Contraceptive Options

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<th>HORMONAL</th>
<th>NON-HORMONAL</th>
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<tr>
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* LONG ACTING REVERSIBLE CONTRACEPTION (LARC)
Long Acting Contraceptives (LARC)

Contraceptive injection LONGLISH ......
Where can you go for LARC?

• GP

• Grampian Sexual Health Service
Emergency Contraception

How long have you got?
• Up to 5 days

Where can you get it?
• Pharmacies
• Grampian Sexual Health Service
• GP
Where to get free condoms?

- Universities and Colleges
- Grampian Sexual Health Service
- GPs
- Pharmacies
- Healthpoints
- Other community agencies
- Employers
http://www.theinsandouts.co.uk/
WAIT A MINUTE... WE'RE DOING SOMETHING WRONG HERE.
Pregnancy Testing

• Urine pregnancy test can be positive around the time of a missed period

• Earliest it can be performed to give a reliable result is at least 21 days after an episode of unprotected sex
What are STIs?

• Germs (bacteria, protozoans and viruses) spread by ‘sexual contact’

• Name some
Sexually Transmitted Infections

• Chlamydia
• Gonorrhoea
• **Non Specific Urethritis (NSU)**
• Herpes
• Genital warts
• Mycoplasma Genitalium (MG)

• Syphilis
• Hepatitis B & C
• Trichomoniasis
• HIV
What does sexual contact mean?

- Anal sex
- Vaginal sex
- Oral sex
- Touching someone else's genitals with your genitals
- Mutual masturbation

Increasing chance of catching an infection
Some symptoms of STIs

NONE

• Discharge from the penis or vagina
• Genital ulceration
• Bleeding between periods
• Abdominal pain
• Testicular pain
• Lumps appearing on the skin
How is HIV passed on - Unprotected Sex

Risk - High

This is the most common way it is passed on in Grampian
PEP & PrEP

Post Exposure Prophylaxis - PEP

Within 72 hrs of unprotected sex
Available from A&E and Sexual Health Clinic

Pre Exposure Prophylaxis – PrEP
Free from Sexual Health Clinic

www.nhsgrampian.org
Undetectable = Untransmittable
Undetectable = Uninfectious

U = U
Who gets STIs?

Anyone who has unprotected sex
How to catch and spread an STI

• Have sex with lots of people
• Don’t use a condom
• Ignore symptoms
• Don’t get a check-up
HOW MANY PEOPLE DID YOU SAY YOU'D SLEPT WITH?

WHY, JUST THE ONE!
"Okay ... so much for safe sex."
How not to catch or spread an STI

• Decide if you really want to have sex with this person. (And don’t get so drunk that you can’t decide!)
• You’ll have a better time if you’ve no regrets the next day.
• If you have sex, consider lower-risk sexual contact - e.g. masturbation.
• If you’re going to have vaginal, oral or anal sex use a condom. (Always carry them and insist on using them!)
• If you’re going to stop using condoms get LARC fitted and an STI screen first.

www.nhsgrampian.org
Where to get STI tests

• Your GP

• Hospital

• Grampian Sexual Health Service
PARTNER NOTIFICATION
Clear signposting:

- Where can you get free condoms?
- Where can you get emergency contraception?
- Where can you get long term contraception?
- Where can you buy a pregnancy test?
- Where can you get tested for STIs?