

It is said that at least 2 students in the school has an stats giving the boys, and one of those students are from grade 7....

Good morning everyone. Today we will be discussing a health issue that we have in Jamaica, especially among young girls and women. I will be asking you a few questions, and then we dive into the presentation.

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With a raise of hands, Who knows what are Sexually Transmitted Diseases/Infections?

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Who can give me some examples of STDs? Okay, good.

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With that out of the way, let's talk about sex.

Who here is sexually active?

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How often do you engage in sexual relations?

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How many sexual partners do you have at a time?

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What are some means of 'protecting' yourself from STDs ? - using a condom, abstaining from sex, regular health checks

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With all of these questions in mind, how does one contract an STD?

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Our theme for today, as was mentioned before, is "Tek Check, Tek Charge, Girls Stand up". With this in mind, I believe it was imperative that STDs was the topic to be discussed. As proven, many of you girls are sexually active, which is disappointing. What is also disappointing is that you may not know how to properly protect yourselves from these said diseases, nor have the know how to deal with them. So, let's discuss them.

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Okay, so, by definition, sexually transmitted diseases are infections transmitted from an infected person to an uninfected person through sexual contact. STDs can be caused by bacteria, viruses, or parasites. STDs pass from one person to another through vaginal, oral, and anal sex. They are spread from person to person in blood, semen, or vaginal and other bodily fluids. STDs don't always cause symptoms or may only cause mild symptoms. Therefore, it is possible to have an infection and not know it.

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We spoke of this earlier, but who can tell me three of the most common STIs?

1. Human Papillomavirus (HPV)
2. Herpes
3. Syphilis
4. Hepatitis
5. Trichomoniasis
6. Gonorrhea
7. Chlamydia
8. Human Immunodeficiency Virus (HIV)

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Human Papillomavirus (HPV) is the most common type of STD, it usually does not cause any symptoms, but for the most part, they manifest as painless growths or lumps around your vagina, penis or anus, or what we may call 'genital warts'.

HPV can cause cervical and other cancers, including cancer of the vulva, vagina, penis, or anus. It can also cause cancer in the back of the throat (called oropharyngeal cancer). This can include the base of the tongue and tonsils.

One way of protecting yourself against HPV is by receiving the HPV vaccine. This prevents you from being infected by the virus.





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Herpes results from infection with the herpes simplex virus (HSV). It causes sores or blisters in or around the mouth or genitals, alongside other symptoms.

There are two types of HSV:

herpes simplex virus type 1 (HSV-1) causes oral herpes, which usually affects the mouth and surrounding skin but can also affect the genital region.

herpes simplex virus type 2 (HSV-2) typically causes genital herpes, usually sexually transmitted.

There is **no cure** for herpes, but treatment can help manage symptoms and reduce the likelihood of outbreaks recurring and transmission to partners.

Symptoms for herpes are dependent on the type you acquire. For genital herpes, you may experience

- small blistering lesions, also called cold sores when on the face, that can also be found around the genitals, rectum, or mouth. These are usually filled with fluids. They burst and then turn into small, painful sores that can last for two-to-four weeks after they break open.
- fever

- headache
- body aches
- painful urination
- eye infection





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Syphilis is a bacterial infection usually spread by sexual contact. It starts as a painless sore — typically on the genitals, anus or mouth. Syphilis spreads from person to person via skin or mucous membrane contact with these sores.

Early syphilis can be cured, sometimes with a single shot (injection) of penicillin.

Without treatment, syphilis can severely damage the heart, brain or other organs, and can be life-threatening. Syphilis can also be passed from mothers to unborn children.

Syphilis occurs in 4 stages, but in the interest of time I will only do an overview of the signs and symptoms.

These may include:

- Fever
- rash
- sore throat
- patchy hair loss
- headaches
- weight loss
- muscle aches
- Fatigue
- severe headache;
- trouble with muscle movements;
- muscle weakness or paralysis (not able to move certain parts of the body);
- Numbness





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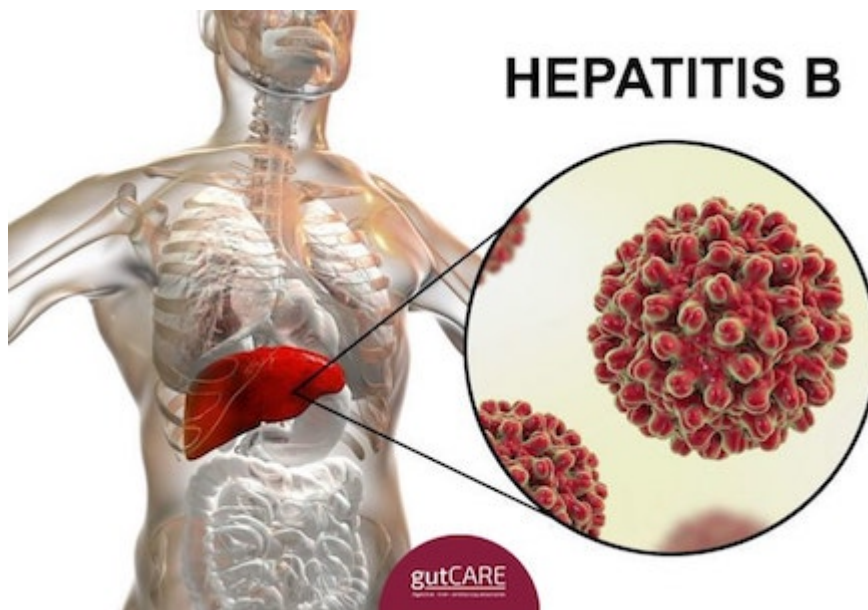
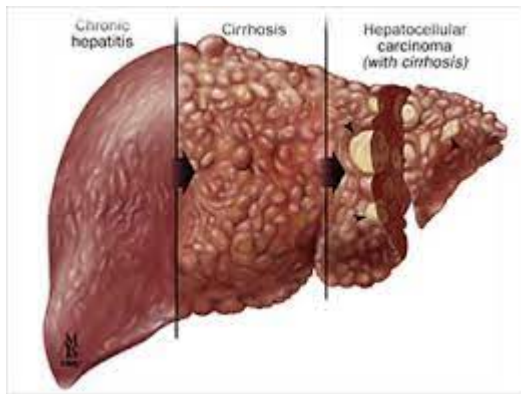
There are 5 main types of Hepatitis, Hepatitis A, B, C, D, and e. All which have different modes of transmission, or means to infect others, but one of the main means is by sexual contact.

Hepatitis means inflammation of the liver. The liver is a vital organ that processes nutrients, filters the blood, and fights infections. When the liver is inflamed or damaged, its function can be affected.

The type of hepatitis will determine the type of symptom the individual will experience. These may include:

- Low-grade fever
- Malaise (feeling of ill-health)
- Fatigue (feeling tired all the time)
- Loss of appetite
- Nausea
- Abdominal discomfort
- Dark-colored urine
- Jaundice (yellowing of the skin and eyes)

You can protect yourself from contracting Hepatitis by receiving the Heb- B vaccine.

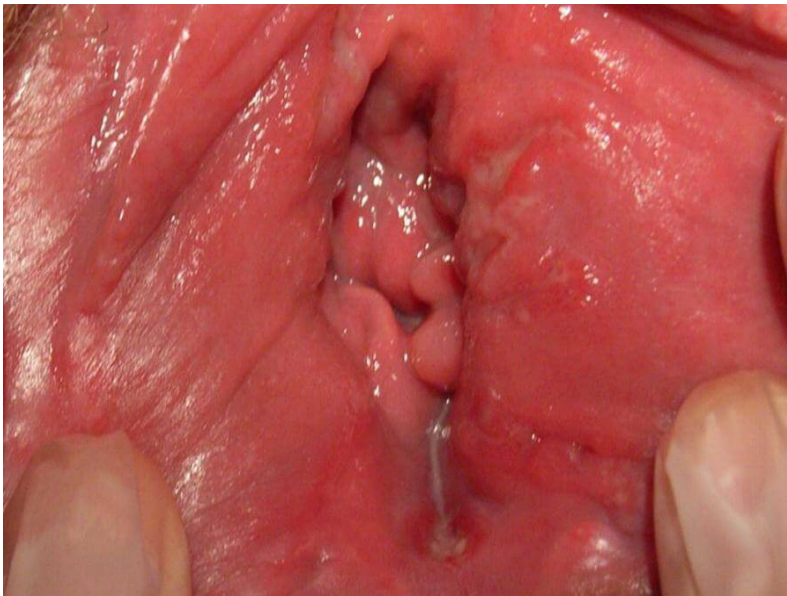
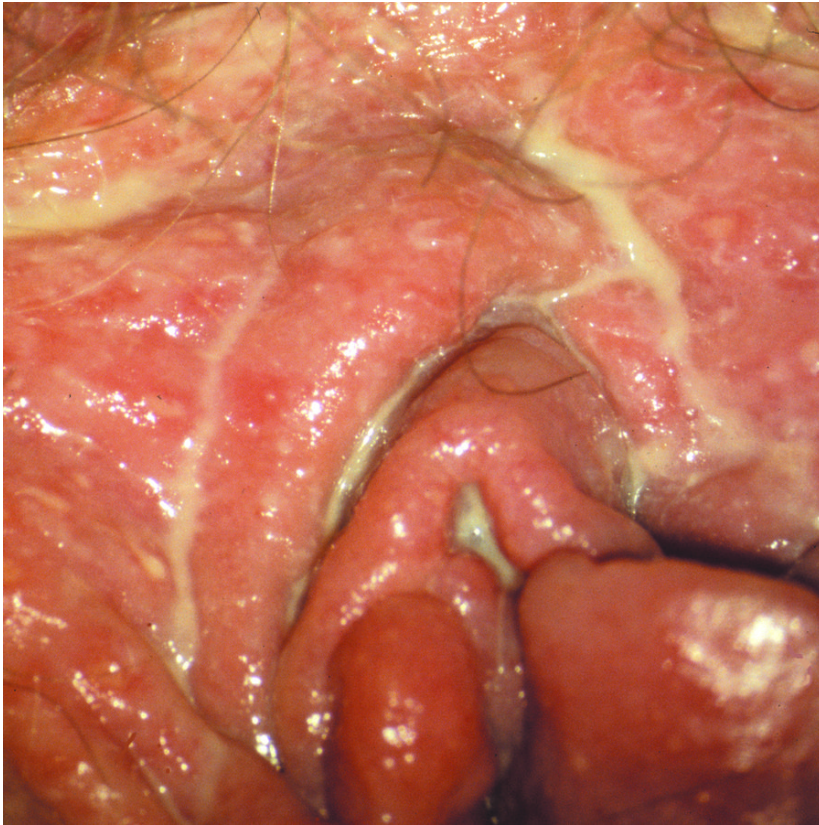


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Trichomoniasis is a common sexually transmitted infection caused by a parasite. In females, trichomoniasis can cause a foul-smelling vaginal discharge, genital itching and painful urination. While males who have trichomoniasis typically have no symptoms.

Some symptoms of trichomoniasis includes:

- abnormal vaginal discharge that may be thick, thin or frothy and yellow-green in colour.
- producing more discharge than normal, which may also have an unpleasant fishy smell.
- soreness, swelling and itching around the vagina – sometimes the inner thighs also become itchy.



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Gonorrhea is a sexually transmitted disease (STD) caused by infection with a bacteria. It infects the mucous membranes of the reproductive tract, including the cervix, uterus, and fallopian tubes in women, and the urethra in women and men

Gonorrhea most often affects the urethra, rectum or throat. In females, gonorrhea can also infect the cervix.

Symptoms of gonorrhea varies from women to men.

Men may experience:

Painful urination

Pus-like discharge from the tip of the penis

Pain or swelling in one testicle

While women may experience:

Increased vaginal discharge

Painful urination

Vaginal bleeding between periods, such as after vaginal intercourse

Abdominal or pelvic pain



Male

Female



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Chlamydia is a common STD that can cause infection among both men and women. It can cause permanent damage to a woman's reproductive system. This can make it difficult or impossible to get pregnant later. Chlamydia can also cause a potentially fatal ectopic pregnancy (pregnancy that occurs outside the womb).

Most people with chlamydia do not notice any symptoms and do not know they have it.

If you do develop symptoms, you may experience:

- pain when peeing
- unusual discharge from the vagina, penis or bottom
- in women, pain in the tummy, bleeding after sex and bleeding between periods
- in men, pain and swelling in the testicles



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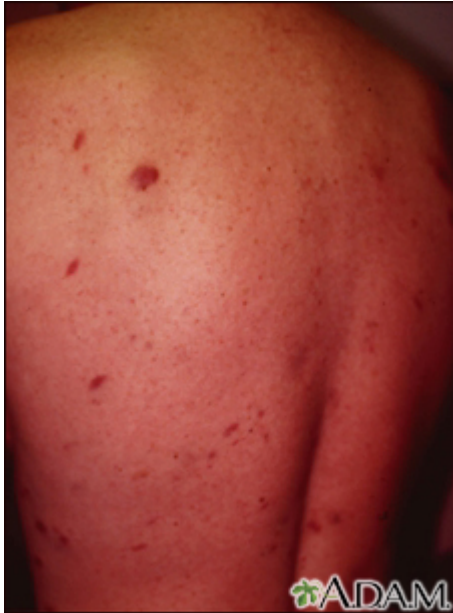
HIV (human immunodeficiency virus) is a virus that attacks the body's immune system. If HIV is not treated, it can lead to AIDS (acquired immunodeficiency syndrome). Once you are infected with HIV, you have it for life.

The symptoms of HIV vary, depending on the phase of infection.

And with the interest of time i will only list a few of these symptoms:

- Flu-like symptoms
- Fever
- Headache
- Muscle aches and joint pain
- Rash
- Sore throat and painful mouth sores
- Swollen lymph glands, mainly on the neck
- Diarrhea
- Weight loss
- Cough
- Night sweats

During the primary stages, these symptoms can be so mild that you might not even notice them. However, the amount of virus in your bloodstream (viral load) is quite high at this time. As a result, the infection spreads more easily during primary infection than during the next stage.





Sexual intimacy comes with consequences - pregnancy, UTIs, and more importantly STDs. Before engaging in sexual relations, remember about the consequences of it. By law, you are under the age of 16, therefore you should not be engaging in sexual relationships. But, if you do decide to go ahead and do it, consider if it is really worth risking the consequences of it.

Thank you for your attention and cooperation thus far, this is the end of the presentations, do you have any questions?