

## Teachers' Notes – FriendPlace - Hannah McT

### Page 1

#### **Say your bit ...**

Hannah        *'what if i'm pregnant?'*  
Sophie         *'not likely if it was only once'*

It is possible that Hannah is pregnant even if unsafe sex happened just once. There is no time in the menstrual cycle when there is no risk of pregnancy following intercourse. It's also possible for Hannah to have contracted Chlamydia, another STI, or even HIV, after having unsafe sex just once. Hannah could access emergency contraception – see quiz question answer for more detail.

#### **Quiz**

*The vast majority of condom failure is caused by human error rather than faulty condoms. Vote now. Yes/No.*

Yes. But when used consistently and correctly, condoms are up to 98% effective.

#### **Quiz**

*Write 3 ways to ensure condoms work well:*

#### **Any of these:**

Check expiry date.

Check standard mark – British Kitemark or European CE mark.

Ensure packaging is intact.

Use a condom that fits – they come in many shapes and sizes.

Open condom carefully – don't use teeth and be careful of sharp nails and jewellery.

Put condom on as soon as penis is erect and before it comes into contact with the other person's genitals.

Pinch top of condom (teat) to expel air before putting on penis – this creates a space for the semen to collect.

Use water-based lubricant on the outside of the condom – never use oil-based lube as this will cause the condom to break.

After sexual intercourse, hold the condom on the penis as it is withdrawn to keep semen inside it.

Use each condom only once.

Use one condom at a time (using 2 condoms at once, sometimes called 'double-bagging', causes friction and the condoms are likely to break).

Female condoms – squeeze inner ring to insert.

Female condoms – twist before removing to ensure semen stays inside.

**Quiz**

*You can still get HIV if you or your partner is on the contraceptive pill. Vote now. Yes/No*

The contraceptive pill does not give any protection from STIs (sexually transmitted infections) and HIV. Using condoms is the only way to protect yourself against STIs and HIV if you're sexually active.

**Quiz**

*Emergency contraception can be taken up to 72 hours after having unprotected sex. Vote now. Yes/No.*

Yes. And the sooner it's taken, the more effective it will be.

Hannah could get emergency contraception from her GP, pharmacy or a local sexual health or family planning clinic. This would be confidential.

Emergency contraception (sometimes confusingly called the 'morning after pill') can be obtained from doctors, community pharmacies and family planning clinics. It must be taken within 72 hours of having unprotected sex.

Also: An Intrauterine Device (IUD) can also be fitted up to five days after having unprotected sex.

Both types of emergency contraception offer no protection against sexually transmitted infections.

**Say your bit ...**

*'i'm ok on the chlamydia front'*

Although an STI screen can be offered immediately following condom failure, this may only identify pre-existing infection.

An STI screen 2 weeks after condom failure is recommended to allow detection of infections acquired at the time of condom failure.

*'hiv test - you have to wait'*

In general, an HIV test will be offered 12 weeks following condom failure, although the doctor will discuss this with you. It takes around 12 weeks before the HIV antibodies show up in the blood (the HIV test looks for antibodies not the virus).

*'you'd know if you had hiv. you'd be ill'*

Most people don't immediately realise that they have been infected with HIV, and often don't become ill until several years after they became HIV positive.

However, there is a period shortly after HIV infection where a person often has flu-like symptoms for a few days. This is called sero-conversion. The symptoms are so vague that the new HIV infection usually goes unnoticed at this stage.

*'Anyway people like us don't catch AIDS'*

People catch HIV, not AIDS. And anyone can catch HIV.

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### Quiz

*Most HIV positive people in the UK got it through sex. Vote now. Yes/No.*

Yes, almost 90% of people in the UK who are HIV positive contracted HIV through unprotected sex (sex without a condom)

### Quiz

*What is the difference between HIV and AIDS?*

HIV is the virus that can infect a person – it stands for **Human Immunodeficiency Virus**. HIV is the virus that can cause AIDS.

HIV targets the immune system and gradually weakens it.

## Page 3 ... 3 months later ...

### Say your bit ....

In general, an HIV test will be offered 12 weeks following condom failure, although the doctor will discuss this with you. It takes around 12 weeks before the HIV antibodies show up in the blood – this is called the window period. (The most common HIV test looks for antibodies, not the virus itself.)

Other tests that detect the presence of HIV directly are available which can usually give accurate results within three weeks of infection. However, not all clinics will offer these tests, and you may have to pay for them if they do.

Most HIV tests give the result in around a week, although some places can give results quicker than this.

*'no point knowing if you've got aids anyway - you can't do anything about it'*

You would contract HIV, not AIDS. Although there's no cure, people living with HIV can take medication to keep the virus under control. These days, people living with HIV can and do live long and relatively healthy lives, although they have to take the medication for the rest of their lives.

*'you can take tablets to get rid of it these days'*

No, there's no cure for HIV.

## Page 3 contd.

### Say your bit ...

*'that mean you're immune then?'*

No. Getting a negative test result doesn't mean Hannah is immune, just that she was lucky that time. She and her partner should keep using condoms and ensure they know the most effective ways to use condoms.

Hopefully, her boyfriend, Mikey, also went along to get tested.

### Quiz

*There's now a quick and easy cure for HIV. Vote now. Yes/No.*

No. There's still no cure for HIV. There's no vaccine either

### Quiz

*Making sure that we practice safer sex is my partner's responsibility. Vote now. Yes/No.*

It's your responsibility too! Practising safer sex should be the responsibility of both partners.