

theme 1

gaining confidence in seeking help

Learning intention:

To promote confidence in seeking advice about sexual health

Learning outcomes:

- To know what is available to young people in Somerset through sexual health and contraceptive services
- To know what young people can expect and how they should be treated when accessing sexual health services including awareness of the Somerset 'Respect' 4 Young People Award
- To have considered rights and responsibilities in relation to sexual health

Resources:

1. Pens and paper
2. White board or flip chart
3. Access to projector/white board for PowerPoint presentation
4. The '[Design a Health Clinic](#)' PowerPoint
5. Access to internet and projector to view video of clinic (available at): [GUM clinic virtual tour - TheSite.org](#)
6. The Site.org Podcast '[Visiting a GUM Clinic](#)' and [transcript](#)

Printing/photocopying:

1. One printed copy of this pdf document
2. Print and laminate enough copies of '[Identifying Somerset CSH logos](#)' sheet for small groups of pupils to work together (one per group)
3. Print/photocopy enough copies of the '[Design a Health Clinic](#)' [pupil worksheet](#) (one per group as above)
4. Print one copy of the '[Respect 4 Young People](#)' [poster](#) to display
5. Print/photocopy enough copies of the [rights/responsibilities quiz](#) (2pp) (one per group as above)
6. Print/photocopy enough copies of the [evaluation/feedback form](#) for the entire class

theme 1

gaining confidence in seeking help

Notes for teachers:

- Sexual health is defined by the World Health Organisation (WHO) as: *"A state of physical, emotional, mental and social well-being related to sexuality; not merely the absence of disease, dysfunction or infirmity. Sexual health requires a positive and respectful approach to sexuality and sexual relationships, as well as the possibility of having pleasurable and safe sexual experiences, free of coercion, discrimination and violence. For sexual health to be attained and maintained, the sexual rights of all persons must be protected, respected and fulfilled"*
- Sexual health clinics offer some or all of the following services – advice and support about anything to do with sexual health and relationships, free condoms, emergency contraception, contraceptives, STI testing and treatments, pregnancy testing, termination referrals.
- Services are free and confidential for young people, including those under 16. If health professionals feel that someone is at significant risk of harm, they may need to pass on information to other people. This would be discussed with the young person first.
- Anyone can visit a sexual health clinic, whatever their sexual orientation.

theme 1

theme overview

The following list represents the suggested learning pathway for this theme - it may be delivered in one or more lessons. The activities in theme 2 are an extension of theme 1 learning.

Working agreement/ground rules: ask the class to agree their ground rules, using established PSHE ground rules if they exist. The class may want to adapt or add to these - perhaps through pair and share. Simple ground rules might include: mutual respect and sensitivity (not laughing at anyone); listening to each other; confidentiality; openness; right to pass or not; it's okay to ask something for yourself; it's okay to make mistakes; all questions are valid and should be respected; no personal questions/comments between each other; no put-downs; people should not be named or talked about; okay/not okay words should be agreed; using the correct words for parts of the body.

Introduction: explain to the group that the lesson will be about contraceptive and sexual health services that are available to young people living in Somerset that they might at some point need.

Learning about sexual health is important because:

- Sexual health is about being able to enjoy your sexuality in a way that also protects your health and well-being.
- Everyone is likely to face some difficulties or problems around their sexual health at some point in their lives.
- Learning how to stay healthy helps to avoid these problems.
- It's important to try to deal with sexual problems as they happen.
- The best way to protect your own and your partner's sexual health is to practice safer sex.
- This means knowing the risks and taking steps to reduce the chance of getting or passing on an STI (Sexually Transmitted Infection) or having an unplanned pregnancy.
- Learning about contraceptive and sexual health services is very important if you are going to practice safer sex.

1) [Warm up activity](#)

2) [Design a clinic activity](#)

3) [What happens at a SH clinic?](#)

4) [Rights and responsibilities](#)

5) [Feedback/evaluation](#)

theme 1 activity 1

warm up activity



Divide the class into small groups and handout pens, paper and one laminated [C&SH sheet](#) per group. Explain that the C&SH symbol represents “Free Contraception and Sexual Health advice for young men and women”. Check that the class understand what is meant by ‘contraception’ (by giving some examples) and by ‘sexual health’. Ask the groups to identify as many symbols as they can on the sheets and write down what they think they might mean or represent. Then encourage the groups to feedback what they have found.

Teacher notes: if the groups are finding the exercise difficult an alternative activity would be to ask them to find:



- the birds and the bees
- three couples (one heterosexual, two same sex)
- sperm
- Jonny loves June in the CASH car
- stag
- bunny rabbits
- lock and key (confidentiality)
- contraceptive pill packet
- two condoms
- pushchair/pram
- the word FREE (free services)
- two love birds
- strawberry with seeds, apple, plant reproductive organs
- red rose
- wolf howling
- lips with wings
- playing card
- jet plane
- thermometer (temperature changes during fertility)
- bacteria (green spiky faces) and viruses (grey star like symbols)
- pills with ‘No’, ‘Yes’ or ‘?’ stamped on them and alarm clock (‘morning-after’ pill/emergency contraception)
- ‘No rush, no regrets’ (does anyone know what that might mean? – making an informed decision about when to become sexually active)
- positive and negative (represent tests – pregnancy, microscope (detecting viruses and bacteria – sexually transmitted infections - STIs)
- photo of girl and boy in heart – used in Chlamydia screening advertising
- © symbol (represents the C-Card which they will learn about in another lesson)



theme 1 activity 2

design a clinic activity

Using the [‘Design a Health Clinic’ PowerPoint](#), and still in groups, ask the class to work through the [‘Design a Health Clinic’ pupil worksheet](#), following the schema below:

1. **Marks Out of Ten (PP slides 1 & 2; Box 1 on worksheet)** – get the groups to feed back the score they have decided upon.
2. **Brainstorm (PP slide 3; Box 2 on worksheet)** – ask the groups to list the things they think would be important and record this on a board/flip chart.
3. **Respect Award (PP slides 4 & 5; Box 3 on worksheet; [copy of the ‘4 Young People’ Respect Award poster](#))** – ask the groups to read the Respect Award standards on the PowerPoint. You may also like to display a copy of the Respect Award poster for them to look at.
4. **Confidentiality (PP slides 6 & 7)**, - before showing these slides, draw to the group’s attention that confidentiality is central to the Respect Award – explore their understanding of confidentiality and then use the slides to reinforce what it means. (N.B. young people should understand that health professionals would breach confidentiality only in order to protect someone from harm).
5. **Assess the Respect Award (Box 4 on worksheet)** - ask the class to compare their own list with the things the Respect Award checks for. Do they match? Are there things not mentioned by the group or by the Award?
6. **Would that change (Box 5 on worksheet)** – ask the groups to consider how many ‘Marks Out of Ten’ they would give if they knew a clinic had the Respect Award. Have the scores changed?
7. **Discussion** – ask the class to discuss briefly why it is considered important for clinics to gain the Respect Award. (Promoting healthy behaviour in young people by making services friendly, safe and welcoming as a means to reduce unplanned pregnancies and sexually transmitted infections.)





It will offer advice about sexual health and provide services such as: free condoms; contraception (including emergency contraception); testing and treatment for sexually transmitted infections (for example, Chlamydia); pregnancy testing; information and advice about termination of pregnancy (abortion).

Give it a mark out of 10, where:

10 = totally relaxed.

2



As a group, make a list of all the things you think the clinic should do to make it more likely that young people will feel able to go there and comfortable about going there.

3

Now look at the criteria that are used for clinics to gain an award in Somerset called 'Respect' – compare your list with the things that clinics have to provide to be given the Respect Award.



4

Are there things that you thought of and the Respect Award doesn't mention?

Are there things the Respect Award includes and you didn't think of?

5

Now, as a group, rate how likely you would be to feel comfortable about visiting this clinic if you knew it had been given the Respect Award - give it a score out of 10 again, as in part 1 of this activity.

Free Contraception & Sexual Health Services

for young women & men in Somerset

Design a clinic

- Imagine that a health clinic is being set up near where you live.
- It will offer advice about sexual health and provide services such as: free condoms; contraception (including emergency contraception); testing and treatment for sexually transmitted infections (for example, Chlamydia); pregnancy testing; information and advice about termination of pregnancy (abortion).

Free Contraception & Sexual Health Services

for young women & men in Somerset

Would young people feel okay going there?

- Rate how likely it would be that young people would feel comfortable about visiting this clinic?
- Give it a mark out of 10, where:
1 = very nervous and uncomfortable
10 = totally relaxed

Free Contraception & Sexual Health Services

for young women & men in Somerset

Brain storm:

- As a group, make a list of all the things you think the clinic should do to make it more likely that young people would want to go there **AND** feel comfortable about going there.

Free Contraception & Sexual Health Services

for young women & men in Somerset

Now look at the criteria that are used for services to gain an award in Somerset called 'Respect'

Compare your list with the things that Services have to provide to be given the Respect Award

Free Contraception & Sexual Health Services

for young women & men in Somerset



When you see the 'Respect' symbol you can expect:

- A confidential service for all young people
- A service that is sensitive to all young people's needs
- To be welcomed by friendly staff
- That no one will be turned away
- A service that is easy to get to and where you can feel safe
- That you will be listened to and your questions clearly answered



Free Contraception & Sexual Health Services

for young women & men in Somerset

Confidentiality

/con·fi·den·ti·al·i·ty/
(kon?fi-den?she-al'i-te)

n. The ethical principle or legal right that a physician or other health professional will hold secret all information relating to a patient, unless the patient gives consent permitting disclosure



Free Contraception & Sexual Health Services

for young women & men in Somerset

We provide a confidential service to all young people including under 16s

here to listen **not** to tell

This means that you can tell others about this visit, but we won't

It's private

Medical professionals (doctors, nurses etc.) won't share your private stuff UNLESS you tell them they can... OR... they feel that you (or somebody else) are at risk of serious harm and that the only way they can protect you is by telling somebody. They would nearly always talk to you about it first.



Free Contraception & Sexual Health Services

for young women & men in Somerset

Do they match?

- Are there things that you thought of and the Respect Award doesn't mention?
- Are there things the Respect Award includes and you didn't think of?





Free Contraception & Sexual Health Services
for young women & men in Somerset

Would that change things?

- **Now, as a group, rate how comfortable you might feel about visiting this clinic if you knew it had been given the Respect Award.**
- **Give it a mark out of 10, where:**
 - 1 = very nervous and uncomfortable
 - 10 = totally relaxed

  

4 Young People



RESPECT

Quality Award
For Young People's
Health
Services

Look out for this award to be
sure of a young person
friendly health service

It means clinics or surgeries are:

Friendly
Trustworthy
Confidential
Welcoming to all
Non Judgemental

For further info:
www.somersetcsh.co.uk



theme 1 activity 3

what happens at a sexual health clinic

1. Show the class the short (**3½ minutes**) virtual tour of a clinic available at [TheSite.org](https://www.TheSite.org).
2. Alternatively, or in addition, listen to a slightly longer [podcast \(7 minutes\)](#) in which a senior sexual health advisor answers frequently asked questions about visiting a clinic. The [transcript](#) for this interview is appended to this lesson plan.

Explain that finding out where local clinics are to be found will be covered in theme 2.

Ask the class to discuss the following:

- Why might young people need or want to visit a clinic - can they think of five reasons? (To get contraceptive advice, to have an STI test, to get a pregnancy test, to get free condoms, to get advice about pregnancy).
- Did they discover anything unexpected about how clinics run?
- Why might visiting a clinic be less embarrassing than they may have imagined?
- Do they feel confident that their privacy would be respected at a clinic?

N.B. Both of these audio-visual resources are available at TheSite.org, as is the transcript attached to this lesson plan.

The licence for use and redistribution of this work is available at:

<http://creativecommons.org/licenses/by-nc-nd/3.0/>

theme 1 activity 4

rights and responsibilities

It is important for young people to understand the law with regard to sex, confidentiality and consent.

The [‘rights and responsibilities quiz’](#) highlights some of the issues in respect of young people and their legal rights and duties.

- Divide the class into groups and ask them to complete the quiz questions together in their group.
- Emphasise that they are not expected to know all of the answers, and that they should discuss what they believe may be the right answer in their groups.
- Go through the correct answers, encouraging discussion about any issues that arouse particular debate or interest.

The [answer sheet](#) gives full details/explanations of the relevant law.

(Please note that the quiz and the answer sheet are both two pages long.)

rights and responsibilities quiz

	Tick
1. What legal rights do 16 year olds have? (tick all those that apply)	
a. to marry without parental consent	
b. to change their doctor	
c. to decide their own medical treatment without parental knowledge	
d. to enter into a sexual relationship with members of the opposite sex	
e. to vote	
2. It is illegal for a man to have sexual contact with a girl:	
a. under the age of 13	
b. under the age of 16	
3. It is illegal for under 16s to buy condoms:	
a. true	
b. false	
4. Schools have a legal duty to inform parents of their policy on sex and relationships education:	
a. true	
b. false	
5. If you are under 16 you need your parents/carers permission to: (tick all those that apply)	
a. get advice on contraception	
b. attend a sexual health clinic	
c. have an STI test	
d. get an STI treated with antibiotics	
6. If a doctor prescribes medical contraception or agrees to an abortion to a person under 16 s/he is legally bound to:	
a. to tell the parents	
b. not to tell the parents	
c. to inform the police	
d. none of the above	
7. Youth workers, residential staff, care workers, foster carers and social workers can:	
a. talk to young people about contraception and abortion	
b. give young people information on contraception and abortion services	
c. send or accompany a young person to sexual health clinics or services	
d. all of the above	
8. It is illegal for teachers to talk about homosexuality with young people:	
a. true	
b. false	

rights and responsibilities quiz

9. A young woman under 16 can have a legal abortion: <i>(tick all those that apply)</i>	
a. on demand	
b. if two doctors agree she should	
c. provided that the father of the baby agrees	
d. provided that she is less than 24 weeks pregnant	
10. The age of consent to (homosexual) gay and lesbian acts is: <i>(circle the age you think is correct)</i>	
a. For men 14 16 18 21	
b. For women 14 16 18 21	
11. It is an offence for anyone to have sex with someone with a learning disability:	
a. True	
b. False	
12. A doctor can prescribe contraception to a girl with a learning disability without parental consent:	
a. True	
b. False	
13. The Children Act 1989 states that the needs and concerns of gay young men and women must be recognised and approached sympathetically:	
a. True	
b. False	
14. Which of the following are illegal:	
a. owning pornography that shows adults	
b. owning pornography that shows children	
c. owning pornography that shows adults who look like children	
d. looking at internet pictures of pornography that shows children	
e. sending pornography through the post	
15. A boy aged 12 can be convicted of rape:	
a. True	
b. False	
16. A teacher who has a sexual relationship with a 17 year old pupil in his/her school is committing an offence, even if the pupil consents:	
a. True	
b. False	
17. Teachers are bound by law to break the confidence of under 16s who ask for information or advice on contraception or other sexual health issues:	
a. True	
b. False	

rights and responsibilities - answer sheet

1 b), c) and d) are true

You have to be 18 or over to marry without parental consent, although you can ask a court for approval before that age.

2 Both are true but:

a) Under 13s are deemed unable to consent to sex; therefore it is an absolute offence to have sex with a child under the age of 13 whether the child consented or not.

b) It is an offence for a person aged 18 or over to intentionally engage in sexual activity with a child under 16. A person may claim in their defence that they believed the young person to be over 16.

Since the 2003 Sexual Offences Bill became law, all sexual acts - not just penetrative sex - became a criminal offence if at least one of the people involved, male or female, is under 16. One of the main concerns of policymakers was to protect young people from abuse by people older than themselves (the intention of the law is to protect young people from predatory adults rather than to criminalise them for having early sexual relations).

3 b) false

There is no law prohibiting the purchase of condoms by the under 16s.

4 a) true

All schools must provide an up to date policy, which describes the content and organisation of SRE provided outside of the National Curriculum Science Order. It is the school governors' responsibility to ensure that the policy is developed and made available to parents for inspection.

5 None of the answers are correct (see question 6 below).

6 b) is true

A doctor who prescribes medical contraception to a person under 16 is not legally bound to tell anyone.

A doctor who agrees to an abortion to a person under 16 is not legally bound to tell anyone.

Doctors and other health professionals may provide contraceptive advice and treatment to under 16's under the following conditions, sometimes referred to as the Fraser Guidelines

That the young person understands the advice and has sufficient maturity to understand what is involved:

- That the doctor could not persuade the young person to inform their parents, nor to allow the doctor to inform them
- That the young person would be very likely to begin or continue having sexual intercourse with or without contraceptive treatment
- That, without contraceptive advice or treatment, the young persons physical or mental health would suffer
- That it would be in the young person's best interest to give such advice or treatment without parental consent.

Under 16s have a right to confidentiality whether asking for contraceptive advice or any other medical treatment.

Health professionals are obliged to involve social services if they believe that a young person under 18 is at significant risk of harm. This would be done only with the young persons permission.

A young woman under 16 may consent to an abortion without parental knowledge if both doctors believe she has sufficient maturity and understanding to appreciate what is involved. In practice, however, most doctors seek the consent of a parent or other responsible adult before the procedure is performed.

rights and responsibilities - answer sheet

7 d) is correct

Non-medical professionals can do all of these as detailed in guidance from the Teenage Pregnancy Unit. A youth worker should not prescribe a specific course of action (for example, 'you should take the pill'). Workers should follow a policy of giving general information and referring those under 16 to where they might get help. If a field/social worker or foster carer believes that the person is worried about visiting a service and is at risk of pregnancy, they may accompany them to a clinic.

As with teachers, a policy will support and clarify professional conduct and boundaries.

8 b) false – teachers can discuss gay sexuality objectively, appropriately and sensitively with young people.

9 b) and d) are correct

The abortion act 1967 as amended by the Human Fertilisation and Embryology Act applies to women whatever their age. An abortion is legally available up to 24 weeks of pregnancy, but a woman will need the agreement of two doctors (usually her GP or family planning doctor and the doctor who performs the abortion). The doctors must agree that the continuance of the pregnancy would involve risk, greater than if the pregnancy was terminated, of injury to the physical or mental health of the pregnant woman or any existing children of her family. She does not need the permission of the baby's father and does not even have to tell him she is pregnant.

Abortion is legally available after 24 week only when a woman's life is in grave danger or there is substantial risk that if the child were born it would suffer from such physical or mental abnormalities as to be seriously handicapped.

10 16 for both men and women

11 a) true – it is an offence unless the person has the capacity to consent to sexual activity without coercion or grooming.

12 a) true – the same rules apply as outlined in question 6, it is about competency to understand the information and to consent to treatment.

13 a) true

14 b), c), d) & e) are all true

15 a) true - a boy aged 10 or over can be prosecuted for having sex with a girl aged 16 or under; if the girl is aged 12 or under there is no defence in law (as discussed in question 2) and so the boy could be charged with statutory rape. In practice, prosecutions are rare if there is no evidence of exploitation.

16 a) true - under the sexual offences (amendment) act 2000 it is an offence for a person over 18 who is in a position of trust in relation to someone under 18 to have sexual intercourse or engage in any other sexual activity with them.

17 b) false

theme 1 activity 5

feedback/evaluation

After today's lesson...

Agree

Undecided

Disagree

I feel I know more than I did about which sexual health services are available to young people in Somerset

I understand what the 'Respect' award is about

I would feel more confident about visiting a health clinic if I ever need to in the future

I would feel able to reassure and advise a friend about visiting a health clinic if they needed to

I understand about my right to be treated with respect by sexual health services in Somerset

I understand my right to confidentiality and to consent to treatment

I know more about the law and the responsibilities of both young people and adults in respect to sex and sexual health

Please use the space below to make any additional comments or suggestions about today's lesson

theme 1

alternative and/or additional lessons and resources

Lesson plans and activities

1. Christopher Winter Project Year 10, Lesson 3, Accessing sexual health services
2. Brook Protect Yourself!, Lesson 8 “Getting Help” pages 140-154
3. Hyp Hop Workshop manual: Part 7, Exercise 2: Contraceptive and sexual health services, pages 75-78.

Useful websites

For more information about issues covered in this theme:

Getting tested – what happens at a sexual health clinic: [Sexual Health and Issues - Sex - 4Health from Channel 4](#) and [Sexual Health Issues TheSite.org](#)

Rights: [Brook - your rights](#)

Somerset contraceptive and sexual health services: www.somersetcsh.co.uk

www.somsetc-card.org.uk

www.ruthinking.co.uk

www.likeitis.org.uk

www.teenagehealthfreak.org

www.connexions-somerset.org.uk/health

Resources

FPA leaflets:

[The law on sex](#)

[Under 16s consent and confidentiality](#)

visiting a GUM clinic - transcript of the.site.org podcast

Jamie Hardie, the Senior Sexual Health Adviser at the Greenway centre, Newham General Hospital, answers your most common questions about visiting a GUM clinic.

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.

Where should I 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.

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

What if I'm 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.

Can I 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.

Should I 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.

Will they ask what I am booking for when I call? Most clinics will just book you in for an appointment. They may ask you if you have previously attended their service. If you are calling for advice or information they may ask what it is to do with in order to direct you to the appropriate person.

What happens when I 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.

What does the clinic look like? It looks very much like a GP 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.

Do I have to state which STI I 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 your concerns and answer any questions that you may have.

What sorts of questions will they ask me? 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.

But I'm embarrassed. We recognise that some people do feel embarrassed about sex, and we're trained to deal with that, but you really don't need to be. Clinics are very non-judgemental places and all of the staff are used to dealing with every issue and situation that can arise. Some clinics can arrange for you to be seen by someone of a particular gender, which can help to put your mind at rest, but make sure you ask about this when you call.

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. You will probably be referred to a sexual health adviser to discuss this issue further or to answer any questions you may have.

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.

How long do I 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.

Do I have to pay? All tests and treatment are free, along with condoms and lubricants.

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 infections. You can do this on your own, or we can sometimes do that 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.

How often should I 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, if you think you have been at risk, always have a check-up.

Please note that this is a guide only - if you have any further concerns, consult your nearest GUM clinic or GP immediately.