



higher education  
& training

Department:  
Higher Education and Training  
REPUBLIC OF SOUTH AFRICA



Tshwane South  
TVET College

*"achieve the future"*

**SUBJECT: LIFE SKILLS**

**LEVEL: PLP**

**MODULE/CHAPTER NO: MODULE 3**

**UNIT 4 : SEXUALLY TRANSMITTED  
INFECTIONS**

# SEXUALLY TRANSMITTED INFECTIONS

After completing this topic, you will be able to:

1. Name the visible symptoms of STI's
2. Name factors that contribute to risky behaviour
3. Explain what you can do to practice safe sex

## 4.1 What is an STI?

**What is an STI?**



- An STI is a sexually transmitted infection
- STIs are caused by germs that are passed through sexual contact
- The only way to protect against STIs is by **TAKING PRECAUTIONS!**



STIs are infections that are passed from one person to another during vaginal, anal, and oral sex. They're really common, and lots of people who have them don't have any symptoms. STDs can be dangerous, but the good news is that getting tested is no big deal, and most STDs are easy to treat. There are many STI's, but for this unit we are going to discuss the six most common STI's in South Africa. It is important that you know what the symptoms are, how you get it and what the treatment is.

<b>1. Genital warts</b>		
<b>Symptoms</b>	<b>How do I get it?</b>	<b>How does the doctor treat it?</b>
Genital warts are whitish bumps that appear on your private parts. You can also have the virus that causes genital warts but not have any symptoms.	Genital warts are spread from sexual skin-to-skin contact with someone who has it — including vaginal, anal, and oral sex.	They are treated by burning the warts off with an electrical current or freezing them off with a special chemical.
<b>2. Gonorrhoea</b>		
Gonorrhoea is a very common sexually transmitted infection, especially for teens and people in their 20s. Gonorrhoea is sometimes called “the clap”. Symptoms are: • Pain or burning	People usually get gonorrhoea from having unprotected sex with someone who has the infection. You CAN’T get it from sharing food or drinks, kissing, hugging, holding hands, coughing, sneezing, or	Gonorrhoea is treated with antibiotics, and if you get to the doctor as soon as you think you might have it, you will be cured completely. If it is not treated it can prevent being able to have children and can

feeling when you urinate • Discharge that may be yellowish or bloody • Bleeding between periods	sitting on toilet seats.	eventually cause death.
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### 3. Herpes

Herpes is a common virus that causes sores on your genitals and/or mouth. Herpes can be annoying and painful, but it usually doesn't lead to serious health problems.

Many people mistake it for fever blisters.

Herpes is spread from skin-to-skin contact with infected areas, often during vaginal sex, oral sex, anal sex, and kissing.

You can spread herpes even when you don't have any sores or symptoms.

There is no cure for herpes, there are many ways to treat the symptoms. Herpes medicine makes outbreaks go away sooner and/or prevents them from coming back as often.

### 4 HIV / AIDS

HIV is a virus that breaks down certain cells in your immune system (your body's defence against diseases that helps you stay healthy).

AIDS is the disease caused by the damage that HIV does to your immune system. You have AIDS when you get dangerous infections or have a super low number of healthy cells. AIDS is the most serious stage of HIV, and it leads to death over time.

HIV is the virus that's passed from person to person.

HIV is spread through semen, vaginal fluids, blood, and breast milk.

The only 100% certain way to avoid HIV is to not have casual sex.

Protect yourself by using condoms every time you have sex, and don't share needles with anyone.

Once you have HIV, the virus stays in your body for life.

There's no cure for HIV, but medication can help you stay healthy longer and lower your chances of spreading the virus to other people. Treatment is really important (that's why getting tested is so important). People who have HIV and don't get treatment almost always die from the virus. But with medication, people with HIV can be healthy and live a long time.

	person's clothes, towels, or bed.	
<b>6 Syphilis</b>		
<p>Syphilis causes sores on your private parts. The sores are usually painless, but they can easily spread the infection to other people. You get syphilis from contact with the sores. A lot of people with syphilis don't notice the sores and feel totally fine, so they might not know they have it.</p>	<p>The main ways people get syphilis are from having vaginal sex and anal sex. It's less common to get it from having oral sex, but it can happen. A mother can also pass syphilis to a baby during pregnancy and childbirth, which can be dangerous.</p>	<p>Syphilis can be easily cured with medication if you treat it early. But without treatment, it leads to really serious, permanent problems like brain damage, paralysis, and blindness. That's why STD testing is so important — the sooner you know you have syphilis, the faster you can get rid of it.</p>