



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

4.2 When are you at risk to get an STI?

You are putting yourself at risk to get an STI if you:

- Have casual sex
- Have more than one sexual partner
- Have sex with sex workers
- Swap sex for money
- Swap sex for drugs, or drugs for sex
- Don't go the clinic or doctor immediately if you think you might have an STI
- Have alcohol or other drugs before or during sex
- Use skin piercing equipment contaminated with fresh blood

4.3 Make sure you keep yourself safe

Sexual and romantic relationships are an important part of life. No matter what your relationship status is, keep things healthy and safe. Physically, that means practicing safer sex, getting tested for STDs regularly, preventing unintended pregnancies, and seeing a doctor or nurse if you have any problems. Safe sex is all about protecting yourself and your partners from sexually transmitted infections. There are lots of ways you can make sex safer. One of the best ways is by using a condom — every single time you have sex. Condoms protect you and your partner from body fluids and some

skin-to-skin contact, which can both spread STDs. Getting tested for STDs regularly is also part of safer sex, even if you always use condoms and feel fine. Most people with STDs don't have symptoms or don't know they're infected, and they can easily pass the infection to their partners. So testing is the only way to know for sure whether someone has an STD.

Getting tested protects you by letting you know if you DO have an STD, so you can get the right treatment to stay healthy and avoid giving it to other people. Another way to make sex safer is to avoid drinking too much alcohol or doing other drugs. Getting drunk or high can make you forget how important safe sex is, and you may accidentally make decisions that increase your chances of getting STDs. It's also harder to use condoms correctly and remember other safe sex basics when you're drunk or high. The only way to be completely sure you won't get an STD is to never have any kind of sexual contact with another person. But that doesn't work — most of us are sexually intimate with other people at some point in our lives. So if you're going to have sex, making it safe sex is the best way to help you avoid getting or passing an STD.

