

Let us prevent sexually transmitted diseases

A sexually transmitted disease (STD), is a disease that is contracted from a sexual encounter with a person who is already infected with the disease. They can be contracted from an unprotected sexual encounter, sharing needles and unscreened blood transfusion. Sexually transmitted diseases are also spreading rapidly across the world. Unfortunately, adolescents contract these diseases due to lack of proper knowledge about them. Therefore it is important to know about STDs to prevent from contracting and spreading STDs

In the previous grades you learnt about communicable and non-communicable diseases and methods of preventing them by leading a healthy lifestyle.

In this lesson, you will learn about sexually transmitted diseases and preventive measures.

Sexually transmitted diseases

Gonorrhoea

Signs of disease

- A white discharge or secretion from a man's penis or a burning sensation or pain during urination.
- In females, occasionally a discharge or secretion from the vagina is seen, but this is rare.
- Females do not show signs of infection in the early stages.
- A baby can get infected from an infected mother during birth. The baby's eyes can be affected leading to loss of sight.



Figure 17.1

Genital Herpes

This can be transmitted during vaginal intercourse with an infected person as well as from kissing, or having oral or anal intercourse with such a person.

Once the virus enters the body, it will be in your system for life and symptoms will manifest on and off.

Signs of disease

- It starts with liquid filled bubbles and lead to painful wounds
- It takes between 10-14 days for the initial wounds to heal
- Pain or burning sensation when urinating
- Fever
- If a healthy person comes into contact with herpes bubbles that contain the virus, he may get infected.



Figure 17.2

The disease may occur even after an initial cure due to the following:

- Stress and fatigue
- Fever and other severe infections
- Menstruation
- Certain medicines
- Pregnancy
- Any form of immune deficiency

Although it can be controlled, a cure has not been discovered for genital herpes as yet.

Syphilis

Symptoms appear between 9-90 days after being infected. Syphilis is contracted chiefly by infection during sexual intercourse, but can pass on to a baby during pregnancy.

This can be transmitted via unscreened blood transfusions too.

Symptoms and signs

- Painless lesion around or in the genitalia
- Inflammation of inguinal lymph nodes

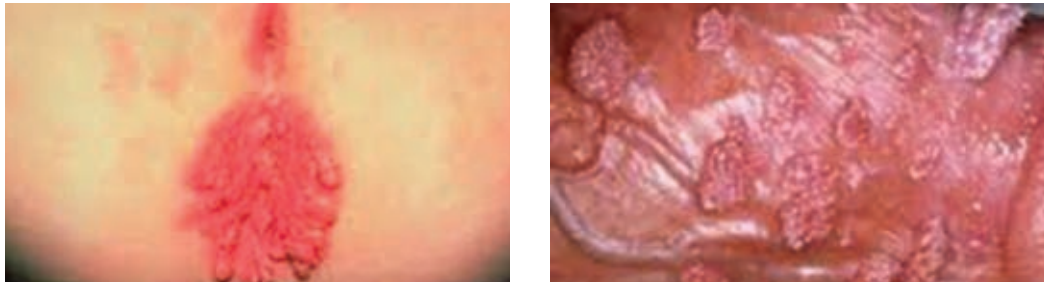


Figure 17.3

If proper treatment is not taken early, symptoms may manifest again after six months.

Chlamydia

Chlamydia can be transmitted through vaginal, anal or oral intercourse. There is a possibility of a child born to an infected mother becoming blind.

Symptoms and signs

- Discharge from vagina penise
- Pain or burning sensation during urination
- Cervix is affected, manifestation of symptoms is delayed in females
- Inflammation of area around the genitalia in males

Genital warts

Symptoms

- Warts that look like small pinkish scales are seen in groups of two or more or individually in areas around the vagina and penis
- In case of anal intercourse, the warts may appear around the anus, and in case of oral sex, they may appear around the mouth
- May be a cause for cervical cancer.

This condition can be managed, but it cannot be permanently cured.

HIV/AIDS

HIV/AIDS is caused by the human immunodeficiency virus.

Let us concentrate more on HIV/AIDS that has become a major problem.

HIV/AIDS

Methods of transmission

1. Due to unprotected sexual intercourse (among homosexual or heterosexual persons)
2. Via unscreened blood transfusions
3. From an infected mother to children:
 - during pregnancy
 - during delivery of baby
 - through breast milk
4. Using unsterilised needles (injection) by oneself or in a group
eg: using drugs, creating body tattoos.

Illnesses are prevented by the body's own immune system by destroying germs. When infected with HIV, the immune system gets weak and the body becomes more susceptible to illnesses.

The symptoms of HIV manifest from 3-12 years after the virus enters the body. It may take even 10 years to manifest symptoms. Gradually, the body's immunity decreases. Due to this weakened immunity, other illnesses are contracted which can lead to death.

Any type of infection will make an AIDS patient very ill. Symptoms manifest depending on the type of infection.

Symptoms

- ▶ Loss of weight in a short period
- ▶ Diarrhoea lasting a long time
- ▶ Fever lasting for more than a month
- ▶ Tuberculosis
- ▶ Pneumonia

In addition,

- breathlessness, fatigue and cough lasting a long time
- inflammation of neck and axillary glands

- oral candidiasis
- night sweats
- loss of appetite

A large number of people are unaware that they are infected with HIV as it takes a long time for symptoms to manifest

The HIV virus cannot survive in a normal environment. It can survive in living cells only. The virus is predominantly present in the blood of an infected person.

Other secretions where on the virus can be found

- Semen
- Cervical and vaginal secretions
- Breast milk

Small quantities of the virus can be present in saliva, tears, sweat, urine and faeces, but illness cannot be transmitted from these secretions.

AIDS is not transmitted by:

- shaking hands
- mosquitoes
- kissing and embracing
- playing group sports
- sharing the utensils such as cups, plates, towels etc
- sharing the same household, bed etc
- sputum, nasal secretion and saliva
- toilets

When HIV enters the body, it grows rapidly and produces antibodies.

When AIDS was first identified, it was found that three times more men than women were infected. At present both males and females are equally infected.

Women are three to nine times more likely than men to get infected with AIDS because the wall of the vagina is thin and also after intercourse, sperm remain in the vagina for a relatively long period. Further, semen contains more virus than vaginal

secretions thus women are more likely to get AIDS than males.

Inadequate support from sexual partner to prevent the spreading of AIDS makes it a serious concern.

Women face many problems within the family and society when they get infected with HIV.

A newborn of an infected mother is likely to be infected. If both parents are affected they may die prematurely and their children become orphans. This is likely to become a major social issue.

Detecting HIV infection

1. Blood tests to detect HIV antibodies

There are two tests available:

- i. ELISA Test
- ii. Rapid Test

If either of these tests is positive for HIV, a further confirmatory test has to be performed as these are only screening tests. They cannot detect HIV during the first three months which is called the window period.

2. -Confirmatory test
-Western Blot test

Importance of HIV testing

1. Once diagnosed as infected with HIV, ART (Anti Retroviral Therapy) can be given
2. By taking ART, quality of life and life span can be increased
3. When proper treatment is taken, the concentration of the virus is reduced and the chances of infecting another person is become minimal
4. By identifying infected people, the illness can be prevented from spreading
5. By taking ARV (antiretroviral drugs), maternal transmission of the virus during pregnancy and breastfeeding can be reduced.

If you have had unprotected sexual intercourse, it is important that you get tested for HIV. Testing for HIV is done at all veneraeology clinics in government hospitals island-wide free of charge and confidentiality is maintained.

Prevention of HIV and other sexually transmitted diseases

1. Postpone sexual activities until marriage
2. Limit sexual activities only to your spouse
3. Refrain from unsafe sexual activities
4. Identify risky situations in society and protect yourself from them
5. Maintain a strong family unit
6. If you suspect you have a sexually transmitted disease discuss with a doctor immediately
7. If you have a sexually transmitted disease take medication
8. Avoid sexual activity during an infected period
9. Avoid using illicit substances

People who have a higher likelihood of being infected with HIV and other sexually transmitted diseases

- Commercial sex workers
- Those with multiple sexual partners
- People who engage in homosexual activities
- People who have warts or wounds on their genitalia
- People who share needles to inject illicit substances
- Offspring of HIV positive mothers

Activity

Write an essay on the effect of sexually transmitted diseases on biology, economy and culture.

People who are HIV positive can have many psychological problems and emotions such as shame, anger, suspicion, stress and fear.

Summary

Sexually transmitted diseases are transmitted during sexual activity between an infected person and a healthy person.

Common sexually transmitted diseases are syphilis, herpes, gonorrhoea, chlamydia, genital warts and HIV/AIDS.

AIDS is a dangerous illness that weakens the immune system and makes people more vulnerable to other illnesses.

Sexually transmitted diseases also give rise to physical, psychological and social problems.

The best way to prevent contracting sexually transmitted diseases is to engage in safe and healthy sexual practices.



Exercise

1. Name four common sexually transmitted diseases
2. Name four ways AIDS can be transmitted
3. Name the tests that identify and confirm HIV
4. Name four reasons why HIV testing is important
5. Name four ways of preventing sexually transmitted diseases.

Glossary

abortion	ගබ්සාව	கருச்சிதைவு
acceleration	ත්වරණය	ஆர்முடுகல்
acquired immune deficiency syndrom (AIDS)	නතු කර ගත් ප්‍රතිශක්ති උනනා සහ ලක්ෂණය	நோய் எதிர்ப்புச் சக்திக் குறைபாடுகளின் அறிகுறி
adolescence	නව යෞවන් විය	கட்டிளமைப் பருவம்
aerobic	ස්වායු	காற்றுச் சுவாசம்
agility	උලැඟිතාව	துரிதம்
anaerobic	නිර්වායු	சுயாதீன எறிகை
angle of release	මුදාහැරීමේ කෝණය	விடுகைக் கோணம்
angle of take-off	නික්මීමේ කෝණය	மிதித்தெழும் கோணம்
anti oxidant	ප්‍රති ඔක්සිකාරය	ஒட்சி எதிரி
antibody	ප්‍රතිදේහය	நோய் எதிர்ப்புச் சக்தி
antiretroviral drugs (ARV)	ප්‍රතිවෛරස් මාෂධ	வைரசு எதிர்ப்பு மருந்து
approach run	අවතීර්ණ ධාවනය	ஓடி அணுகுதல்
athlete bib	තරඟ අංකය	போட்டி இலக்கங்கள்
attack	ආක්‍රමණය	தாக்குதல்
balance	සමබරතාව	சமநிலை
ball in play	පන්දුව ක්‍රීඩාවේ යෙදෙන අවස්ථා	பந்து விளையாட்டில் ஈடுபடுத்தப்படும் சந்தர்ப்பங்கள்
ball out of play	පන්දුව ක්‍රීඩාවේ නොයෙදෙන අවස්ථා	பந்து விளையாட்டில் ஈடுபடுத்தப்படாத சந்தர்ப்பங்கள்
bio diversity	ජෛව විවිධත්වය	உயிரியல் பல்வகைமை
biological factor	ජීව විද්‍යාත්මක සාධකය	உயிரியற் காரணி
biomechanic principle	ජීව යාන්ත්‍ර මූලධර්මය	உடற்றொழிலியல் கோட்பாடுகள்
centre of gravity	ගුරුත්ව කේන්ද්‍රය	புவியீர்ப்பு மையம்
clearing the hurdle	කඩුල්ල තරණය	தடையைத் தாண்டுதல்
conditioned reflex	තත්වාරෝපිත ප්‍රතිකය	மண்டையோட்டுத் தெரிவினை
controlling the ball	පන්දු පාලනය	பந்தைக் கட்டுப்படுத்தல்
coordination	සමායෝජනය	ஒத்திசை
corner kick	කොන් පහර	மூலை உதை
corner post	කොන් කණුව	மூலைக் கம்பம்
critical thinking	විචාරශීලී චින්තනය	சிறந்த சிந்தனை ஆற்றல்
cross-over	හරස් පා තැබීම	பாதங்களைக் குறுக்காக வைத்தல்
crouch start	කුඳු ඇරඹීම	குறும்புறப்பாடு
direct free kick	සෘජු නිදහස් පහර	நேர் சுயாதீன உதை

dribbling the ball	பன்டூவ் பாதேயென் டீரெனெ டாம	பந்தை உதைத்தல்
dye	வர்க்காரகய	நிறமூட்டி
early childhood	பெர சூம விச	முன் பிள்ளைப் பருவம்
effector	காரகய	கணத்தாக்கம்
effort	ஊயாசய	சுழலிடம்
empathy	ஊகமீசகய	பரிவுணர்வு
fast twitch fibres (FTF)	வேகயென் க்ரீயா கரக கன்னை	விரைவாக இயங்கும் தசை நார்
field defending	பீரீச டீகீம	மைதானம் காத்தல்
field event	பீரீசே கரகய	மைதான நிகழ்ச்சி
flavour	ரககாரகய	சுவையூட்டி
flight	ஊவன் கக வீம	பறத்தல் நிலை
follower	ஊகூகமீகய	பின்பற்றுநர்
food allergy	ஊகார ஊகாக்கீககாவ	உணவு ஒவ்வாமை
food adulteration	ஊகார கால கீரீம	உணவுக் நஞ்சாதல்
food safety	ஊகாரவரக சூயாவாரகீககவ	உணவுக் காப்பு
foot print	பா ஊககூக	பாதத்தடயங்கள்
foot work	பாத ஊகூவ	பாத அசைவு
force	வரகய	வலு
free kick	கிஊகஊ பகர	மிதித்தல்
free pass	கிஊகஊ டீவ்ரீம	சுயாதீன உதை
fulcrum	ஊரகய	எத்தனம்
goal	வீஊமீ ககூகவ	பேறு
goal kick	கூரீல் பகர	பேற்றுக்கு உதை
goal post	கூரீல் ககூகவ	பேற்றுக் கம்பம்
heading the ball	பன்டூவ் வகீகன் பகர ஊீம	பந்தைச் சொட்டிச் செல்லுதல்
health promotion	சூயாவூ ப்ரவீரீககய	சுகாதார மேம்பாடு
hight of release	வ்ரீஊகூரீமீ ரகய	விடுகை உயரம்
hight of take-off	கிஊகீமீ ரகய	மிதித்தெழும் உயரம்
hop	கூகன்டூவ்	கெந்துதல்
human resource	மாவவ ஊமீபன்	மனித வளம்
indirect free kick	ஊகிஊமீ கிஊகஊ பகர	நேரில் சுயாதீன
inertia	ஊவகீரீககய	சடத்துவம்
ingredients	ஊவஊஊ ஊவூ	பதார்த்தம்
instant food	கூகீகக ஊகார	உடன் உணவு
jungle craft	வக ஊகீரீகய	வன நூட்டம்

jungle exploration	கடல் ஊழல்	வன ஆய்வு
junk food	நிசர்டு ஊழல்	உடன் உணவுகள்
kick off	பா ஊழல்	போட்டி ஆரம்பம்
kicking the ball	பந்தைப் பறக்க வைத்தல்	பந்தை தலையாலடித்தல்
knockout tournament	பந்தைப் பறக்க வைத்தல்	விலகல் முறை நிரற் போட்டி
land mark	மலை	பயணப் பாதை அடையாளங்கள்
landing	பறக்க	நிலம்படல்
late childhood	பருவ	பந்தை உதைத்தல்
league tournament	பந்தைப் பறக்க வைத்தல்	சுழற்சி முறை நிரற் போட்டி
lever	கூலி	ஈரல்
line of gravity	கூலி	புவியீர்ப்புக் கோடு
load	கூலி	சுமை
middle age	கூலி	நடுத்தர வயது
momentum	கூலி	உந்தம்
mountaineering	கூலி	மலையேறுதல்
neonatal period	கூலி	சுசுப்பருவம்
off side	கூலி	உரித்தற்ற இடம்
old age	கூலி	முதுமை
opposing player	கூலி	எதிரணியினர்
penalty area	கூலி	தண்டப் பிரதேசம்
penalty kick	கூலி	தண்ட உதை
penalty pass	கூலி	தண்ட எறிசை
penalty shot	கூலி	தண்ட எய்சை
physical fitness	கூலி	உடற்றகைமைகள்
power	கூலி	வலு
power position	கூலி	வலு நிலை
prenatal period	கூலி	முற்பிரசவப் பருவம்
processed food	கூலி	பதப்படுத்தப்பட்ட உணவு
projectile	கூலி	உந்து விசை
projection	கூலி	சை விடுசை
public health inspector (PHI)	கூலி	பொதுச் சுகாதார பரிசோதகர்
quality of life	கூலி	வாழ்க்கைத் தரம்
reaction speed	கூலி	மறுதாக்க வேகம்
receptor	கூலி	தூண்டி

recovery (follow through)	பஸ்வான் ஓரீயலீவ	உடன்தொடர் நிலை
reflex	புதீக க்ரீயல	தெறிவினை
reflex arc	புதீக லாபய	தெரிவில்
road map	லார்ட ஃகீயல	வீதி வரைபு
road sign	லார்ட ஃயல	வீதிச் சமிஞ்சை
running exercise	டாலன ஂயல	ஓட்டப்பயிற்சி
running track	டாலன பரீய	ஓடு பாதை
school sanitation survey	பாபலீ ஃகீயல	பாடசாலை சுகாதாரப் பரிசோதனை
self awareness	ஂயல	சுய விழிப்புணர்பு
service	பீரீயல	பணித்தல்
sexual harrasment	லீயல	பாலியல் துஷ்பிரயோகம்
slow twitch fibres (STF)	ஃயல	மெதுவாக இயங்கும் தசை நார்
standing start	கீரீ	நின்ற நிலைப் புறப்பாடு
starting block	ஂயல	தொடக்கக் கட்டை
step	பீயல	மிதித்தல்
supporting base	ஂயல	தாங்கும் பாதம்
take off	கீயல	மிதித்தெழல்
toss up	ஂயல	மேலெறிகை
tournament	கரீயல	போட்டி
toxin	புலக	கழிவுகள்
trajectory	பரீயல	பரவளைவு
trow-in	கூல	உள் எறிகை
velocity of release	புலக	மிதித்தெழும் வேகம்
velocity of take-off	கீயல	மிதித்தெழும் வேகம்
youth	கரீயல	வாலிபப் பருவம்

Lesson Sequence

Lesson in text book	Competency level	No. of Periods
1st term		
1. Let us build a healthy society	1.1	6
2. Let us identify stages after childhood	2.1	5
3. Let us identify principles of biomechanics to maintain correct postures	3.1	3
4. Let us play volleyball	4.1	4
5. Let us play netball	4.2	4
6. Let us play football	4.3	4
2nd term		
7. Let us manipulate equipment adapting correct postures	3.2	2
8. Let us engage in outdoor activities	4.4	2
9. Let us learn about running events in athletics	5.1, 5.2, 5.3	8
10. Let us cooperate in management and organizing through sports	6.1, 6.2	6
11. Let us consume nutritious food for a healthy life	7.1, 7.2	10
3rd term		
12. Let us learn about jumping and throwing events in athletics	5.4, 5.5	4
13. Let us understand the musculoskeletal system	8.1	8
14. Let us maintain fitness related to motor skills	9.1	2
15. Let us maintain good interpersonal relationships	9.2	5
16. Let us identify the challenges in adolescence	10.1	4
17. Let us prevent sexually transmitted diseases	10.2	4