

# HOW TO PLAY WHAT'S MY STI?

A SLIGHTLY WORRYING GAME FOR UP TO 12 PLAYERS

- 1 Nominate one quizmaster (Doctor) to ask the 'Symptom' questions. The Doctor asks questions about STI signs and symptoms, so is in charge of the pack of smaller cards. These cards should be shuffled before each game begins.
- 2 Deal the larger 'You have an STI' cards to the remaining players (Patients). The cards don't have to be kept secret, so can be placed flat in front of each player. Feel free to sneak a peek at the other Patients' cards so you see what symptoms each other might have...
- 3 If you have a small number of players, you may want to have more than one 'STI' card each. After all, it is possible for a person to be unlucky enough to be infected with more than one STI at any time!
- 4 The Doctor reads each 'Symptom' card question in turn, and places each symptom card at the bottom of the pack once it has been read out.
- 5 If the symptom being read out appears on a Patients' STI card, they must put a counter over the symptom on their large card so it is checked off.
- 6 The first Patient to cover all of their symptoms shouts what STI they have and wins the game!

## TOP TIP

PLAYERS ARE ADVISED NOT TO EAT  
THEIR LUNCH AN HOUR BEFORE (OR AFTER)  
A GAME OF 'WHAT'S MY STI!'.

# YOU HAVE GONORRHOEA...

YOU PROBABLY HAVE SYMPTOMS SUCH AS:

Lower abdominal  
pain, or pain when  
passing urine

Bleeding between  
periods or heavier  
periods

Unusual discharge  
(from the tip of  
your penis or your  
vagina, which can  
be thin, watery and  
yellow or green)

Pain or tenderness  
in your testicles

Inflammation of  
your foreskin

Infection in your  
anus, throat and  
eyes

ONCE ALL YOUR SYMPTOMS ARE COVERED, SHOUT:  
"I'VE GOT GONORRHOEA!"  
TO WIN THE GAME.

YOU HAVE  
**CHLAMYDIA...**

YOU PROBABLY HAVE SYMPTOMS SUCH AS:

Bleeding between periods or heavier periods

Pain and/or bleeding after sex

Lower abdominal pain (pelvic pain)

Unusual discharge (white/cloudy or watery)

Pain in your testicles or when passing urine

ONCE ALL YOUR SYMPTOMS ARE COVERED, SHOUT:  
**"I'VE GOT CHLAMYDIA!"**  
TO WIN THE GAME.

YOU HAVE  
**SYPHILIS...**

YOU PROBABLY HAVE SYMPTOMS SUCH AS:

Painless sores on, or around, your penis

Painless sores on, or around, your vagina

Painless sores in the mouth or around your anus

Rash and flu-like symptoms

ONCE ALL YOUR SYMPTOMS ARE COVERED, SHOUT:  
**"I'VE GOT SYPHILIS!"**  
TO WIN THE GAME.



# YOU HAVE HIV...

YOU PROBABLY HAVE SYMPTOMS SUCH AS:

'Flu-like symptoms'

Fever

Rash and/or  
swollen glands

Sore throat  
and/or ulcers

Aching muscles  
or joints

\*50% people who become infected  
will start to notice these symptoms  
a few weeks after infection

ONCE ALL YOUR SYMPTOMS ARE COVERED, SHOUT:

**"I'VE GOT HIV!"**  
TO WIN THE GAME.

# YOU HAVE GENITAL WARTS...

YOU PROBABLY HAVE SYMPTOMS SUCH AS:

Itching around your  
anus and vagina

Small fleshy bumps,  
which may appear  
anywhere in or  
on your genital or  
anal area

Pink, cauliflow-  
er-like lumps  
around your penis,  
scrotum,  
urethra and anus

Pink, cauliflow-  
er-like lumps  
around your vulva  
(the lips around  
the vagina), cervix,  
upper thighs, vagina  
and anus

This infection will not always show any  
symptoms and the virus will go away by itself,  
so you may not know if you have the virus.

Warts can appear anytime from 3 weeks to years  
after coming in contact with the virus.

ONCE ALL YOUR SYMPTOMS ARE COVERED, SHOUT:

**"I'VE GOT GENITAL WARTS!"**  
TO WIN THE GAME.

YOU HAVE

# TRICHOMONAS VAGINALIS...

YOU PROBABLY HAVE SYMPTOMS SUCH AS:

Soreness, inflammation and itching around your vagina

Unusual discharge (from your penis, which can be white and thin)

Pain or burning sensation when passing urine

Inflammation of your foreskin

ONCE ALL YOUR SYMPTOMS ARE COVERED, SHOUT:

**"I'VE GOT TRICHOMONAS  
VAGINALIS!"**  
TO WIN THE GAME.

YOU HAVE

# NON-SPECIFIC URETHRITIS...

SIGNS AND SYMPTOMS USUALLY SHOW UP 2-4 WEEKS AFTER CONTACT, AND THESE CAN BE SOME OR ALL OF THE FOLLOWING:

An unusual discharge (white or cloudy) from your penis

Difficulty, pain or burning when passing urine

The feeling that you need to pass urine more often

Itching or irritation at the end of your urethra

ONCE ALL YOUR SYMPTOMS ARE COVERED, SHOUT:

**"I'VE GOT  
NON-SPECIFIC URETHRITIS!"**  
TO WIN THE GAME.



# YOU HAVE THRUSH...

YOU PROBABLY HAVE SYMPTOMS SUCH AS:

Itching, soreness and redness around your vagina, vulva or anus

Unusual discharge (can look like cottage cheese)

Pain when passing urine or when having sex

Irritation, burning, itching or redness under your foreskin and tip of your penis

Difficulty in pulling back your foreskin, which can smell yeasty

ONCE ALL YOUR SYMPTOMS ARE COVERED, SHOUT:

**"I'VE GOT THRUSH!"**  
TO WIN THE GAME.

# YOU HAVE PUBIC LICE...

IT CAN TAKE SEVERAL WEEKS AFTER COMING INTO CONTACT TO HAVE ANY SYMPTOMS, BUT WHEN YOU GET THEM, YOU MAY DEVELOP:

Itching in your affected area

Black powdery droppings in your underwear (from the lice!)

Brown eggs on pubic or other body hair

Irritation and inflammation in your affected area

Sky-blue spots or tiny specks of blood on the skin

ONCE ALL YOUR SYMPTOMS ARE COVERED, SHOUT:

**"I'VE GOT PUBIC LICE!"**  
TO WIN THE GAME.

# YOU HAVE SCABIES...

IT CAN TAKE UP TO 6 WEEKS BEFORE ANY SIGNS OR SYMPTOMS APPEAR AFTER CONTACT WITH SCABIES.

But when you get them, you may develop:

Intense itching, which can get worse at night or after a hot bath or shower

Itchy red rash or tiny spots. Sometimes the rash can look similar to eczema

Inflammation or raw, broken skin

Fine silvery lines on your skin

ONCE ALL YOUR SYMPTOMS ARE COVERED, SHOUT:

**"I'VE GOT SCABIES!"**  
TO WIN THE GAME.

# YOU HAVE GENITAL HERPES...

MOST PEOPLE WILL NOT HAVE ANY SYMPTOMS OR BE AWARE OF THEM

Sometimes symptoms may show within a few days, in others it may take weeks, several months, even years before there are any signs or symptoms. Your symptoms may be:

'Flu-like symptoms'

Stinging, tingling or itching in your genital or anal area

Small, fluid-filled blisters, these will burst after a day or two and leave red sores

Pain when passing urine

\*fever, tiredness, headache, swollen glands, aches and pains in the lower back and down the legs

ONCE ALL YOUR SYMPTOMS ARE COVERED, SHOUT:

**"I'VE GOT GENITAL HERPES!"**  
TO WIN THE GAME.

**FACT**

STIs can be spread by close bodily contact or sexual intercourse.

**FACT**

Many STIs have no symptoms and can go unnoticed for many months.

**FACT**

If STIs are left untreated they can lead to further complications, infertility and, in rare cases, death.

**FACT**

A doctor or nurse is not required by law to tell your parents you've had an STI test, even if you are under 16.

**FACT**

Of all 16-19 years olds, 57% used contraception and of those, 65% used the condom.

(fpa.org.uk)

**FACT**

Of all 16-19 year olds diagnosed with a STI, 11% of women and 12% of men will become re-infected within a year.

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**FACT**

STIs can be spread by close bodily contact or sexual intercourse.

**FACT**

It's really important that you don't have unprotected sex if you think you may have an STI.

**FACT**

Condoms are the only form of contraception that offer any protection against STIs (except genital herpes and genital warts).

**FACT**

In 2013 there were 450,000 new STI diagnoses in the UK.

(Public Health England)

**FACT**

Young people aged 15 - 24 years continue to be the group most affected by STIs in the UK.

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Do you have pain and/or  
bleeding after sex?



Do you have lower  
abdominal pain?



Do you have bleeding  
between periods or  
heavier periods?



Do you have any kind of  
unusual discharge from  
your penis or vagina?



Do you have pain or  
tenderness in your  
testicles?



Do you have an  
infection in your anus,  
throat and eyes?



Do you have painless  
sores, on or around  
your penis?



Do you have painless  
sores, on or around  
your vagina?



Do you have painless sores in your mouth or around your anus?



Do you have 'flu-like symptoms and/or a rash?



Do you have fever?



Do you have a rash and/or swollen glands?



Do you have a sore throat and/or ulcers?



Do you have aching muscles or joints?



Do you have stinging or tingling in your genital or anal area?



Do you have small, fluid-filled blisters, which burst after a day or two and leave red sores?





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Do you have pink,  
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around your vulva,  
cervix, upper thighs,  
vagina and anus?



Do you have soreness,  
inflammation or itching  
around your vagina,  
vulva or anus?



Do you have  
inflammation of your  
foreskin?



Do you have difficulty,  
pain or burning when  
passing urine or having  
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Do you have the feeling  
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Do you have itching or irritation at the end of your urethra?



Do you have irritation, burning, itching or redness under your foreskin and tip of your penis?



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