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
- Pain or tenderness in your testicles
- Inflammation of your foreskin
- Unusual discharge (from the tip of your penis or your vagina, which can be thin, watery and yellow or green)
- Infection in your anus, throat and eyes

ONCE ALL YOUR SYMPTOMS ARE COVERED, SHOUT: “I’VE GOT GONORRHOEA!” TO WIN THE GAME.

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YOU HAVE CHLAMYDIA...

YOU PROBABLY HAVE SYMPTOMS SUCH AS:

- Pain and/or bleeding after sex
- Lower abdominal pain (pelvic pain)
- Pain in your testicles or when passing urine
- Unusual discharge (white/cloudy or watery)
- Bleeding between periods or heavier periods

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
- Bleeding between periods or heavier periods

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, cauliflower-like lumps around your penis, scrotum, urethra and anus
- Pink, cauliflower-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)
- Irritation, burning, itching or redness under your foreskin and tip of your penis
- Difficulty in pulling back your foreskin, which can smell yeasty
- Pain when passing urine or when having sex

Once all your symptoms are covered, shout: “I’VE GOT THRUSH!”

TO WIN THE GAME.

YOU HAVE PÚBIC LICE...

It can take several weeks after coming into contact to have any symptoms, but when you get them, you may develop:

- Lower abdominal pain, or pain when having a wee
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- Itching in your affected area
- Irritation and inflammation in your affected area
- Black powdery droppings in your underwear (from the lice!)
- Sky-blue spots or tiny specks of blood on the skin
- Brown eggs on pubic or other body hair
- Bleeding between periods or heavier periods
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- Unusual discharge (can look like cottage cheese)
- Sky-blue spots or tiny specks of blood on the skin

Once all your symptoms are covered, shout: “I’VE GOT PÚBIC 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
- Lower abdominal pain, or pain when having a wee
- Pain when passing urine

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’
- Small, fluid-filled blisters, these will burst after a day or two and leave red sores
- Stinging, tingling or itching in your genital or anal area
- Pain when passing urine
- Itchy red rash or tiny spots. Sometimes the rash can look similar to eczema
- Bleeding between periods or heavier periods
- 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.
It's really important that you don't have unprotected sex if you think you may have an STI.

In 2013, 68% (over 142,000) Chlamydia diagnoses were in those aged under 25. (Public Health England)

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

In 2013 there were 450,000 new STI diagnoses in the UK. (Public Health England)

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

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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.

Of all 16-19 year olds, 57% used contraception and of those, 65% used the condom. (fpa.org.uk)

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

Of all 16-19 year olds, 11% of women and 12% of men will become re-infected within a year. (fpa.org.uk)

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Do you have pain and/or bleeding after sex?

Do you have bleeding between periods or heavier periods?

Do you have lower abdominal pain?

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 pain or tenderness in your breasts?

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?
Do you have itching around your anus and vagina?

Do you have small fleshy bumps, which may appear anywhere in or on your genital or anal area?

Do you have pink, cauliflower-like lumps around your penis, scrotum, urethra and anus?

Do you have pink, cauliflower-like lumps 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 sex?

Do you have the feeling that you need to pass urine more often?

Do you have itching around your anus and vagina?
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?

Do you have difficulty in pulling back your foreskin, which can smell yeasty?

Do you have black powdery droppings in your underwear?

Do you have brown eggs on pubic or other body hair?

Do you have sky-blue spots or tiny specks of blood on the skin?

Do you have intense itching, which can get worse at night or after a hot bath or shower?

Do you have itchy red rash or tiny spots (the rash can look similar to eczema)?

Do you have irritation at the end of your urethra or redness under your foreskin and tip of your penis?
Do you have inflammation or raw, broken skin?

Do you have fine silvery lines on your skin?