

Title of session: Preventing Sexually Transmitted Infections (STIs)

This episode discusses Sexually Transmitted Infections (STIs) and how to prevent them; it also includes information on where to access reproductive health services.

Length of recording: t.b.c.

Scene 1: Doctor talks about Sexually Transmitted Infections (STIs) with adolescents in school.

Actors: Doctor Sarian (female doctor), Principal (male), girls and boys.

Scene 1

Principal: Good day to you all

All: Good morning, sir!

Principal: *A op se una enjoy di lekchɔ we Dɔkta Sarian gi una den dez ya.*

I hope you are enjoying the lecture that Doctor Sarian gave you the other day.

All: *Yes Sa.* Yes, sir

Principal: *Dɔkta Sarian go kontinyu tide. Dɔkta Sarian nain dat ma, kari ɔn.*

Doctor Sarian will continue today. Doctor Sarian, over to you.

Doctor: *Tenki tenki Sa. Tide wi go tɔk bɔt sik den we wi de sheb wen wi get seks. Den kɔl den Sekshyuali Transmited Infekshɔn ɔ STIs. Wi go tɔk bɔt aw fɔ mek shɔ se wi nɔ get dem. Di las tɛm wi se di best we fɔ avɔyd fɔ get beɛ na nɔ fɔ get seks atɔl atɔl. Dis na di sem fɔ di STI dem. Una ɔndastand?*

Thank you very much sir. Today we will talk about sexually transmitted infections, STIs. We will talk about how to prevent them. Last time, we said that the best way to avoid pregnancies is abstinence from sex, and it is the same for STIs. Is this clear?

All: *Yes Ma.* Yes, ma'am

Doctor: *I gud fɔ no bɔt den sik ya so dat wen una big una go no wetin fɔ yuz fɔ avɔyd dem. STI den na sik dem we de pas frɔm pɔsin to pɔsin wen den get ɔnprotɛktɛd seks. ɔnprotɛktɛd seks na we yu de get seks witawt Kɔdɔm. Di las tɛm wi tɔk bɔt kɔndɔm; una memba?*

It is important to know about these infections so that when you grow up into women and men, you know what can be used to avoid them. STIs are infections that are passed from one person to another through unprotected sex. Unprotected sex means having sex without a condom. We have already talked about condoms last time; do you remember?

All: Yes! Yes!

Doctor: *Bɔku tɛm wi de sheb STI wen wi tɔch pɔsin we get STI in prayvet pat. Yu kin tɔch den prayvet pat den wit yu an, yu mɔt en yu yon prayvet pat. Prayvet pat min ɔlsay rawnd di penis, di vajayna en di enɔs. Bɔku STI dem kin mek pɔsin get sɔm wund dem na den eria de en if yu tɔch dem yusef go get di sik.*

Most times STIs are transmitted when you touch the genitals of a person who has an STI. You can touch their genitals with your hand, mouth or your own genitals. Genital areas include the skin around the penis, vagina and anus. Many STIs produce sores that appear around these areas and if you touch them, it is likely you will get infected.

Girl: *Wetin kin apin to pipul we kin get den sik ya? Den kin ebul men dem?*

What happens to people who get these infections? Can they be cured?

Doctor: *Sɔm den STI ya kin men, sɔm ɔda wan den nɔ kin men. Sɔm kin mek yu bɔdi de krach krach en sɔm kin mek yu day.*

Some STIs can be cured, but some can't. Some makes your body itch, while some can even cause death.

All: Eeee

Doctor: *Yes. Sɔm pipul den nɔ kin ebul get pikin bikɔs ɔf den sik ya. If yu wer kɔndɔm kin mek yu nɔ kech den sik ya bɔt ivin dat kin fel sɔntem. Di onli tin we nɔ de fel na we yu nɔ get seks atɔl atɔl.*

Yes. Some people cannot have children because of these infections. Wearing a condom can prevent the transmission of these infections but it is not 100% effective. The only method that is 100% effective is abstinence from sex.

Girl: *So if uman tek di pils bekɔs i nɔ wan get beɛ, i kin stil get den sik ya?*

So if a woman takes the pill because she doesn't want to get pregnant, can she get these infection?

Doctor: *Dis na gud kweshɔn. Di las tɛm wi tɔk bɔt kontraseptiv we pipul kin yuz we den nɔ wan get beɛ, una memba dem?*

Very good question. Last time we talked about contraceptives that people use to avoid pregnancies. Do you remember them?

Girl: *Yes Ma, den na di pils, kondom, kapten band en Anti-Mari.*

Yes, ma'am. It's pills, condoms, captain band and auntie-marie.

Doctor: *Egzaktli. Uman den kin yuz di pils, kapten band, anti-mari ɔ depro injekshɔn fɔ mek shɔ se den nɔ get beɛ. Yu kin get denwanya na klinik. ɔl den kontraseptiv ya kin mek yu nɔ get beɛ, bɔt den nɔ go mek yu nɔ get STI. Kondom in de mek yu nɔ get beɛ ɔ STI. Yu kin get dem na klink en den famesi dem, den nɔ dia en sɔm ɔganayzeshɔn de gi den fri. Una no di sik den we kɔmɔn na di kɔntri, we yu get seks witawt kondom?*

Exactly. Women can use the pills, captain band, auntie-marie or depro injection to avoid pregnancies. They are available at the clinic. All of these contraceptives can prevent pregnancies but do not prevent STIs. Condoms can prevent both pregnancies and STIs. They are available at clinics and pharmacies at low cost and some organizations even give them for free. Now, do you know what is the most common illness people can get from sex in our country?

Boy: HIV!

Doctor: *Egzaktli. HIV na vayrɔs we de mek yu imyun sistem wik, so if yu sik we yu get HIV yu kin day bikɔs yu bɔdi nɔ go ebul fet di siknes. Na di difren wata den we de kɔmɔt na di bɔdi di HIV de yuz fɔ pas frɔm pɔsin to pɔsin. Wata dem lek simem we de kɔmɔt pan man, den wata dem we uman in pryvet pat de pul en blɔd sef. Bɔbi wata sef kin ep pas di vayrɔs frɔm pɔsin to pɔsin.*

Exactly. HIV is a virus that weakens your immune system, so if you get ill while you have HIV you can die because your body is not able to fight against the sickness. HIV is transmitted through bodily fluids, such as semen, vaginal fluid, blood. It can also be transmitted through breastmilk.

Girl: *So if di mami het HIV di yɔn bebi sef go get am?*

So if a mother has HIV, her baby will have HIV as well!

Doctor: *Nɔto ɔtem. If beɛ- uman get HIV en dɔkta trit am den kin mek shɔ se di pikin in sef nɔ get am. Le a mek dis klia to una ɔl. HIV nɔ de men, bɔt den kin trit den wan we get am en mek den liv fɔ lɔn. Di kɔmɔn we fɔ get HIV na we yu get seks. Na dat mek i nɔ gud fɔ de get seks wit bɔku bɔku pipul dem ɔ du am witawt kondom.*

Not always. If a pregnant woman has HIV and she is treated by doctors, they can help prevent that her baby gets the infection. Let me make this point very clear to all of you. HIV cannot be cured, but it can be treated so that people with HIV can live longer. The most common way to get HIV is from sex, and that is why it is not good for people to have many sexual partners or sex without the use of condom.

Boy: So na kɔndɔm na di bɛst we fɔ avɔyd fɔ get HIV? Bikɔs i de akt leke wɔl we de mek bɔdi wata nɔ pas frɔm pɔsin to pɔsin?

So, is a condom is the best way to avoid getting HIV? Because it creates a barrier that prevents fluids from going into another person?

Doctor: *Nɔ fɔ get seks atɔl atɔl na di best we fɔ mek yu nɔ get HIV. Bɔt if pipul wan get seks den fɔ mek shɔ se den protekt dɛnsɛf wit kɔndɔm. Mɔnogami kin ɔlso mek yu nɔ get den sik. Mɔnogami na wen di man ɛn di uman de get seks wit wangren pɔsin nɔmɔ. If den tu nɔ get HIV, iwen den get seks nɔnbɔdi nɔ go gi in kɔmpin HIV.*

Abstinence from sex is the best way to prevent HIV transmission, but if people want to have sex, they have to make sure they are protected, so they need to wear a condom. Monogamy is also a good strategy. Monogamy is when both the man and the woman only have sex with each other and no one else. If neither person has HIV, they cannot get HIV if they have sex only with each other.

Girl: *Yu go get HIV frɔm pɔsin if yu kis am, ol am klos to yu ɔ sheb it wit am?*

Can you get HIV from someone if you kiss, hug or share food with them?

Doctor: *Nɔ o, yu nɔ de sheb HIV if di pɔsin we get am nɔ toɔh yu. Yu kin get rɛgyula biznɛs wit pɔsin we get HIV wans yu protekt yusef we yu de get seks wit dem.*

No, HIV is not passed through touching. You can have regular contact with someone who has HIV – just do not have unprotected sex with them.

Boy: *Aw wi go no if wi get HIV?* How can we know if we have HIV?

Doctor: *Pipul de kin mek den test dem fɔ si if den get HIV. Dis na simpul blɔd test we ɛni bɔdi kin du na klinik. Na di onli we dat fɔ no if pɔsin get HIV ɛn nid tritment. Una dɔn yeri bɔt ɛni ɔda STI?*

People can be tested to see if they have HIV. It is a simple blood test that people can do at the clinic. It is the only way to know if a person has HIV and needs treatment. Now, have you heard about any other STI?

Girl: *A dɔn yeri bɔt chalmidia.* I have heard about chlamydia.

Doctor: *O yes, ɔfkɔz. Chalmidia sef na kɔmɔn sik we de pas frɔm pɔsin to pɔsin wen den get seks. Dis nɔ de mek yu day lek HIV but i de at we yu de pis, i de bɔn so. Bɔt lɔkili antibayɔtik de mɛn am, bɔt if yu nɔ trit am i de kɔz infatiliti. Infatiliti min se pipul we get am nɔ go ebul get pikin. Wan ɔda sik we tan lek chamidia na gɔnɔria. Di tin den we go mek yu get am na di sem lek chalmidia en antibyɔtik de mɛn ɔtu. Una ɔndastand?*

Yes, of course. Chlamydia is also a common sexually transmitted infection. It is not life-threatening like HIV, but it makes it very painful to urinate – it feels like it is burning. Luckily, chlamydia can be treated with antibiotics, but if it is not treated, it can cause infertility. Infertility means that people cannot have children. Another infection that is very similar to chlamydia is gonorrhoea. The symptoms are very similar and they both can be treated with antibiotics. Do you understand?

All: *Yes Ma.* Yes, ma'am

Boy: *So if pipul den get seks wit kɔndɔm, den nɔ go get den sik ya.*

So if people have sex with a condom, they can prevent getting these infections.

Doctor: *Egzaktli. Den if den nɔ yuz kɔndɔm en bigin fil bɔn wen den de pis, di best tin na fɔ go klinik wantem le den go du test. If di test pɔzitiv we min se den get di sik den go bigin trit den wantem wit antibayɔtik.*

Exactly. Then, if they don't use a condom and they start feeling a burning sensation when they urinate, the best thing to do is to go to the clinic and get tested. If the test is positive, the doctor can give them the antibiotics to treat the infection.

Girl: *Yes ma. A bin dɔn yeri bɔt di Zika vayrɔs in sef.*

Yes, ma'am. I have also heard about Zika Virus.

Boy: *Na maskita de gi zika vayrɔs!* Zika Virus comes from mosquitoes!

Doctor: *Una tu kɔrekt. Zika vayrɔs kin pas frɔm pɔsin to pɔsin we den de get seks en maskita sef kin pas zika vayrɔs*

You are both correct. Zika Virus can be transmitted through sex and by mosquitos.

Boy: *O! A nɔ bin no dat!* Oh! I didn't know that!

Doctor: *Yes, di Zika vayrɔs kin pas frɔm pɔsin to pɔsin we den de get seks; i kin gi fiva en rash. Meresin de fɔ trit am bɔt if uman get di vayrɔs den i get bele dat kin bi bad fɔ di yɔŋ pikin. Pipul den kin avɔyd di Zika vayrɔs if den de yuz kɔndɔn we den de get seks, en if den mek shɔ se maskita nɔ bet dem. Wetin fɔ du fɔ protekt yusef le maskita nɔ bet yu?*

Yes, the Zika Virus can be transmitted through sex and gives you a fever and rash. It can be treated with medication, but if a woman gets the virus and then gets pregnant, it can be dangerous for her baby. People can avoid getting Zika Virus by using a condom during sex and by avoiding getting stung by mosquitoes. What do you do to protect yourselves from mosquitoes?

Girl: *Fɔ slip ɔnda maskita net!* Sleep under a mosquito net!

Doctor: *Yes maskita net go mek Maskita nɔ bet yu en gi yu Zika en malaria.*

Yes, a bed net will protect you from mosquitos that can give you both Zika and malaria.

Girl: *Dɔkta a kin yeri pipul den de tɔk bɔt sifilis.*

Doctor, I hear people talk of syphilis.

Doc: *Yes, insef na ɔda STI. Sifilis in yon i de gi yu sɔm smɔl smɔl wund dem rawnd yu prayvet pat bɔt den kin lɔs bak afta tu-tri wik. Afta dat yu go get rash na yu bɔdi. Dis rash ya insef go lɔs bɔt if yu nɔ get tritment fɔ am di siknes go de pan yu fɔ lɔŋ lɔŋ tɛm.*

Yes, it's another STI. With syphilis you will have sores around your genital areas but these eventually go away after a few weeks. After that you start to get rashes on your body. This rash also eventually goes away but if you don't get treatment, the infection will stay in your body for many years.

Girl: *Na tru dat?* Is that true?

Doc: *Yes, antibayɔtic kin mɛn sifilis, bɔt bikɔs di smɔl wund dem en di rashde go bay insef, bɔku pipul den kin min se den dɔn wɛl ivin we di sik kin de ninay den bɔdi. If yu nɔ tek tritment di sik kin pɛd to yu bren, at, to den ɔda ɔagn na di bɔdi we kin mek yu blɛn, paralayz en ivin day.*

Yes, antibiotics can cure the syphilis, but because the symptoms go away on their own, many people think they are fine and don't know that the infection stays in their body. Without treatment, the infection can spread to their brain, heart, nerves and organs, causing blindness, paralysis and even death.

All: *Eeeee!*

Doctor: *So pipul den we get di sayn dem leke wund rawnd den prayvet pat, en rash fo go na klinik. Egen if pɔsin get sifilis, di kɔndɔm nɔ mɔ nɔ go mek i nɔ tɔch di wund dem rawnd in prayvet pat we di kɔndɔm nɔ kɔba. Dis min se ivin if yu yuz kɔndɔm yu kin get sifilis if yu get seks..*

So people who have these symptoms, like sores in the genital area and then rashes, they should go to the clinic. Also, if a person has syphilis, a condom cannot protect from touching the sores that are in the genital area and that are not covered by the condom. This means that even using a condom, people can get syphilis through sex.

Boy: *So di best tin na nɔ fo get seks.* So the best thing is not to have sex.

Doctor: *Yes di best tin na nɔ fo get seks wit pɔsin we get wund rawnd in prayvet pat, bɔt sɔntem dis nɔ kin izi fo si. Wen pipul den get wund rawnd den pryvet pat, den nɔ fo get seks atɔl atɔl en den fo go na klinik fo get trirment, if nɔt den go de put densef en ɔda pipul dem insay denja.*

Yes, the best thing is to avoid sex with someone who has sores around their genitals. But sometimes these are very hard to see. When people have sores around their genitals, they should not have sex and go to the clinic to get a treatment. If not, they put at risk themselves and the others.

Girl: *Dɔkta Serian, a bin yeri egen bɔt wan ɔda STI we den kɔl haps.*

Doctor Sarian, I have also heard about another STI that is called herpes.

Doctor: *O yes, Jenital Haps. Dis sik kɔmɔn pas sifilis bɔt i nɔ denja lek am. Dis sik kin kɔz blista en wund dem na di skin rawnd di prayvet pat. Den blista ya izi fo le ɔda pɔsin kech dem we den bɔdi tɔch di bɔdi ɔf pɔsin we get am. Sifilis kin men bɔt haps nɔ de men. Di blista dem kin lɔs bɔt den kam bak fo as lɔŋ as yu liv en i izi fo le yu pas am to ɔda pɔsin enitem we di blista dem de.*

Oh yes, genital herpes. This infection is more common than syphilis and not quite as dangerous. It also causes blisters or sores on the skin around your genitals. These blisters are highly infectious and again can be passed from one person to another through skin to skin contact. Unfortunately, unlike syphilis, there is also no cure for Herpes. The blisters do go away but keep returning throughout your life and you can easily infect someone when the blisters are around.

Boy: *So i nɔ de men?* There is no cure?

Doctor: *Nɔ, i nɔ de mɛn bɔt i nɔ de kil pɔsin. Eni tɛm we pɔsin get wund rawnd in prayvet pat, dɛn nɔ fɔ get sɛks ɛn dɛn fɔ go na klinik. Yu no bɔt ɛni ɔda STI?*

No, there is no cure but it does not cause death. In general, when people have sores around their genitals, they should not have sex and go to the clinic. Is there any other STI you know about?

Sfx: Murmuring.

Doctor: *Fayn, wɛl wan las STI de we a wan tɔk bɔt tide. Dɛn kɔl am Yuman Papilomavayrɔs ɔ HPV. Nɔ kɔnfyus am wit HIV o, in difrɛn pas HIV! Jɛs lɛkɛ haps ɛn sifilis, HPV kin kɔz blista ɛn wats rawnd di prayvet pat, ɛn if yu kam nia am yu mɔs get am. Difrɛn kayn HPV de. Bɔku pan dɛm mayld ɛn yu imyun system kin mek dɛn lɔs. Bɔt tu kayn HPV de we na big denja, dɛn wanya kin kɔz kansa pan uman dɛm.*

Fine, there is one last STI that I want to discuss today. It is called the Human Papillomavirus or HPV, do not get it confused with HIV, it's very different! Like herpes and syphilis, HPV can cause blisters or warts around the genitals and if you come in contact with these, you can get infected. There are different types of HPV – most are very mild and your own immune system will make it go away. However, there are two types of HPV that are dangerous, and these can eventually cause cancer in women.

All: *Eeee!*

Doctor: *Jɛs. vaksin de fɔ dɛn denja kayn HPV ya, bɔt dis vaksin nɔ de bɔkɔ na Salone. Mi yon advays to pipul dɛm na fɔ avɔyd fɔ get sɛks wit pipul dɛm we get wund rawnd dɛn prayvet pat. Pipul dɛn we get wund rawnd dɛm prayvet pat nɔ fɔ get sɛks ɛn fɔ go klinik fɔ tritment, if nɔ so dɛn go de put dɛsɛf ɛn ɔda pipul dɛn pan denja.. Una ɔndastand?*

Yes. there is a vaccine for these dangerous types of HPV, but it is not yet widely available in Sierra Leone. So, the advice I give to people is to avoid sex with people who have sores around their genitals. People who have sores around their genitals should not have sex and go to the clinic to get a treatment. If not, they put at risk themselves and the others. Is that clear?

All: *Jɛs Ma.*

Yes, ma'am

Girl: *Dis na bɔku tin wi dɔn lan so o.*

This is a lot to know.

Doctor: *A no, a no. Mi advays to una na fɔ gi una sɛf tɛm fɔ gro ɔp. Una go de fil se una dɔn big bɔt una stil na skul pikin dem. Una fɔ pe atɛnshɔn pan una buk ɛn avɔyd bɛɛ we una nɔ rɛdi fɔ ɛn STI dem. Di bɛst tin fɔ du we yu nɔ go gt bɛɛ we yu nɔ rɛdi fɔ ɔ get STI dem, na nɔ fɔ get seks atɔl atɔl. Dɛn we di tɛm rich yu go get gud infɔmeshɔn na klinik. Dɔkta ɛn Nɔs dem na di pipul dɛn we kwalifay fɔ ɛp una*

I know, I know. My advice for you is to give yourselves the time to grow. You may think you are adult now, but you are still children going to school. You need to concentrate on your studies and avoid any risk of unwanted pregnancies or STIs. The safest way to avoid pregnancies and STIs is abstinence from sex. Then, when the moment comes, you can go and ask for information at the clinic. Doctors and nurses are the most qualified people to ask about this.

Girl:	<i>Yes ma tenki tenki.</i>	Yes, ma'am. Thank you.
Doctor:	<i>ɔlman ɔndastand dat?</i>	Is that clear for everybody?
All:	<i>Yes Ma.</i>	Yes, ma'am
Doctor:	<i>Fayn. Dis na wi las lɛkchɔ.</i>	Fine. This was our last session.
All:	<i>Dɔkta Serian tenki!</i>	Thank you, Doctor Sarian!
Doctor:	<i>Una klap fɔ una sɛf.</i>	Clap for yourselves
Sfx:	Clapping and cheering	

Radio Discussions, discussants focus on:

- What are the Sexually Transmitted Infections and how to prevent them
- Importance of Sexual and Reproductive Health Services.

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