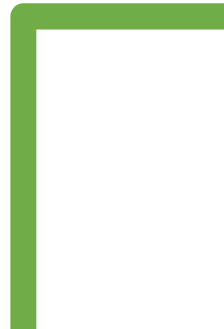




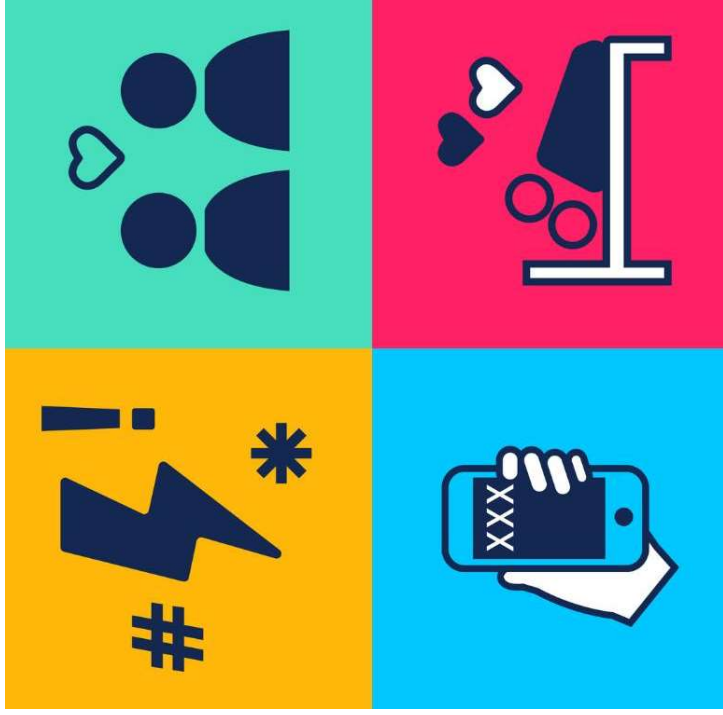
# Welcome

Please complete the pre-trial  
survey





# Young people's sexual health: CORE



## Trainers:

- Rachel Barr (she/her) Senior Health Promotion Specialist, Healthy Respect, Public Health & Policy
- Lisa Balfe, (she/her) Services Co-ordinator, Healthy Respect, Public Health & Policy



- Name
- Pronouns
- Role
- Organisation

# Programme

---

Introductions and setting the scene

---

Talking about bodies and sex

---

Gender stereotypes and young people's relationships

---

Inclusive sexual health and understanding LGBT+ identities

---

Pleasure and safeguarding

---

Consent

---

Pornography

---

Signposting to sexual health services

# Learning Outcomes

Increased confidence in supporting young people with their sexual health needs

Increased understanding of the impact of gender stereotypes, media and social norms on young people's sexual health and relationships

Gain knowledge of inclusive sexual health and LGBT+ identities

Increased knowledge of current sexual health issues for young people (For example, consent, pornography and signposting to services)

# Safer space agreement


- Language
- Respect
- Challenge the statement
- Confidentiality
- Participate at your own space




# Education, Services and Information



Training and events



Professional resources



Latest news

[www.healthysrespect.co.uk](http://www.healthysrespect.co.uk)





## Services

- ✓ Safe place to talk about sexual health and relationships
- ✓ Local trusted adult
- ✓ Confidential
- ✓ Non-judgemental & friendly



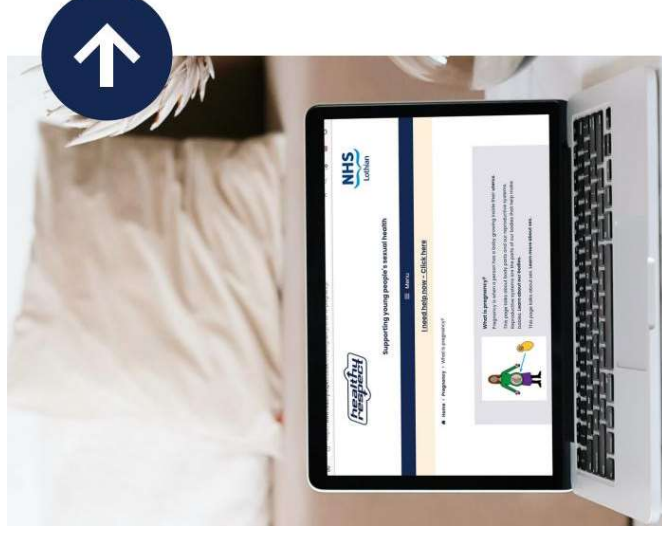
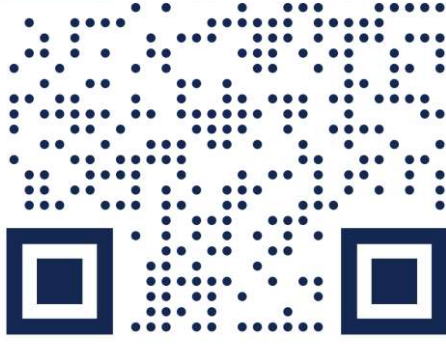
*healthy  
respect*

[Find services near me – Healthy Respect](#)



# Information

- ✓ Up to date sexual health and relationship informat
- ✓ Great tool to support conversations with young people



Next step

We are working on an easy to use version of our website

[www.healthysrespect.co.uk](http://www.healthysrespect.co.uk)



# Scottish national RSHP resource for 3-18 years [www.rshp.scot](http://www.rshp.scot)

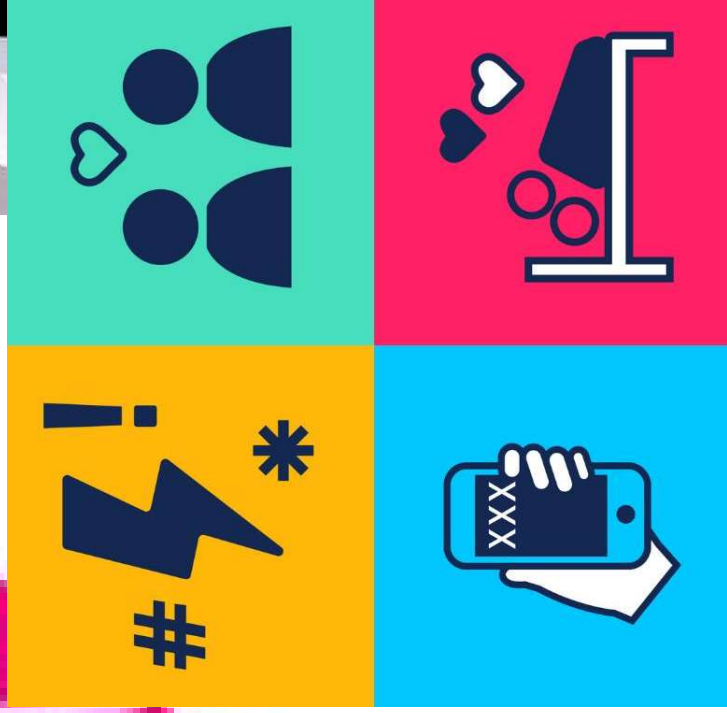
**Sexual health and parenthood (RSHP)** education for children and young people is available in primary schools, colleges and community-based learning. It is organised to suit

As described, you will be kept informed of any developments in the

This resource will, in the course of this school year, be provided in Gaelic in the Western Isles to complete the work. Please watch out for updates and

mean, fallaineachd feise agus Foghlam phàrantachd (RSHP) do chloinn agus còmhla ris an t-seirbheis slàinte sna h-Eileanan an Iar. C

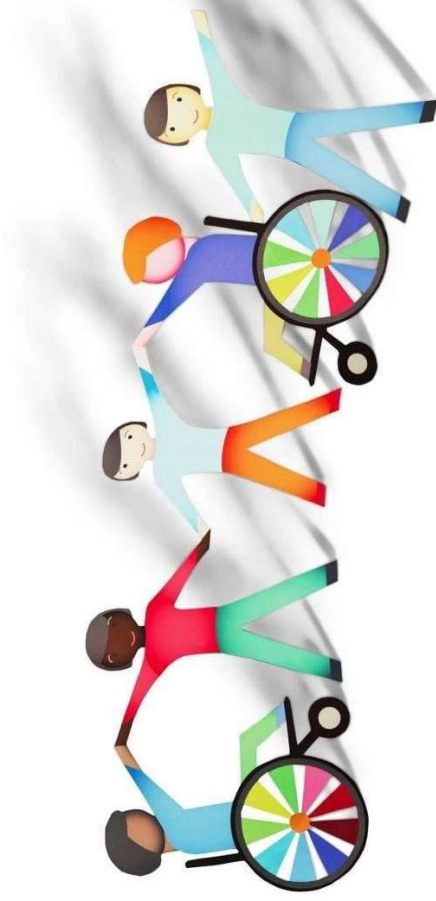
# What is sexual health?





“...a state of **physical, emotional, mental** and **social wellbeing** in relation to sexuality; it is not merely the absence of disease, dysfunction or infirmity. Sexual health requires a **positive** and **respectful** approach to sexuality and sexual relationships, as well as the possibility of having **pleasurable** and **safe** sexual experiences, free of coercion, discrimination and violence. For sexual health to be attained and maintained, the **sexual rights** of all persons must be respected, protected and fulfilled.”  
*(World Health Organisation)*

# Discussion



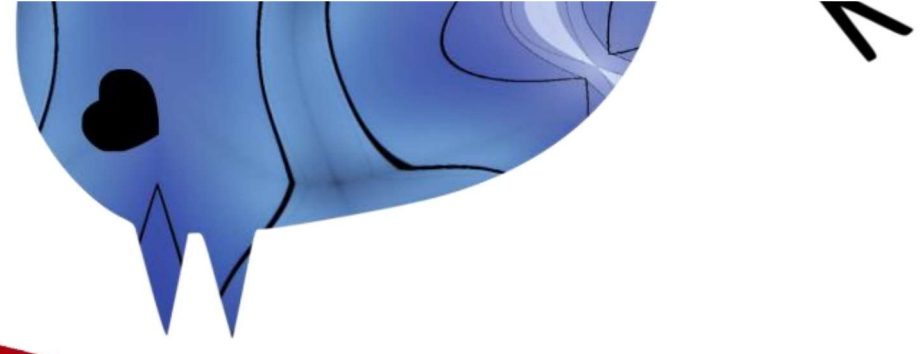
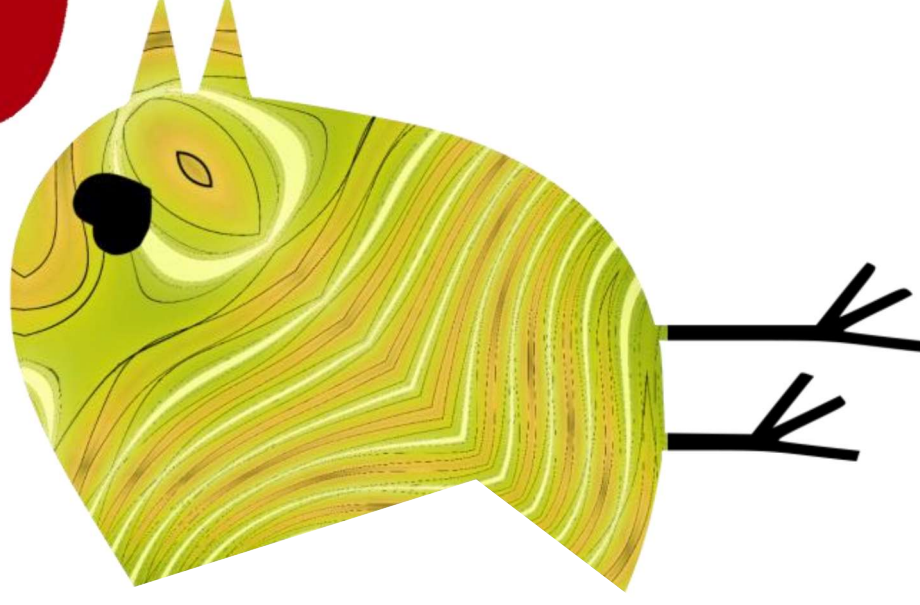
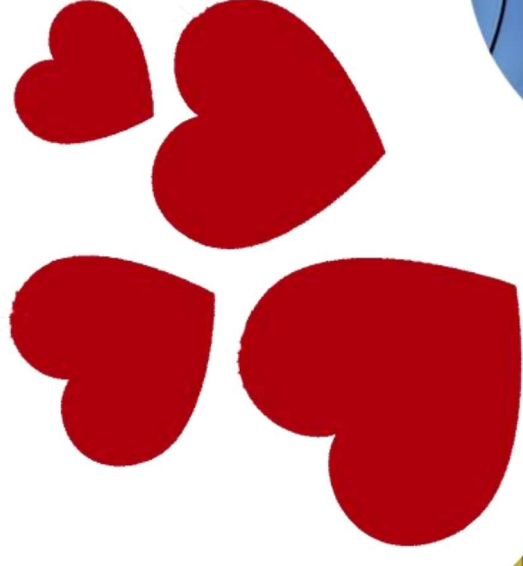
Which parts of this definition do think we get right?

Which parts could we do better?

Which groups may be less likely realise these rights?

The ability of people to achieve sexual health & well-being depends on their...

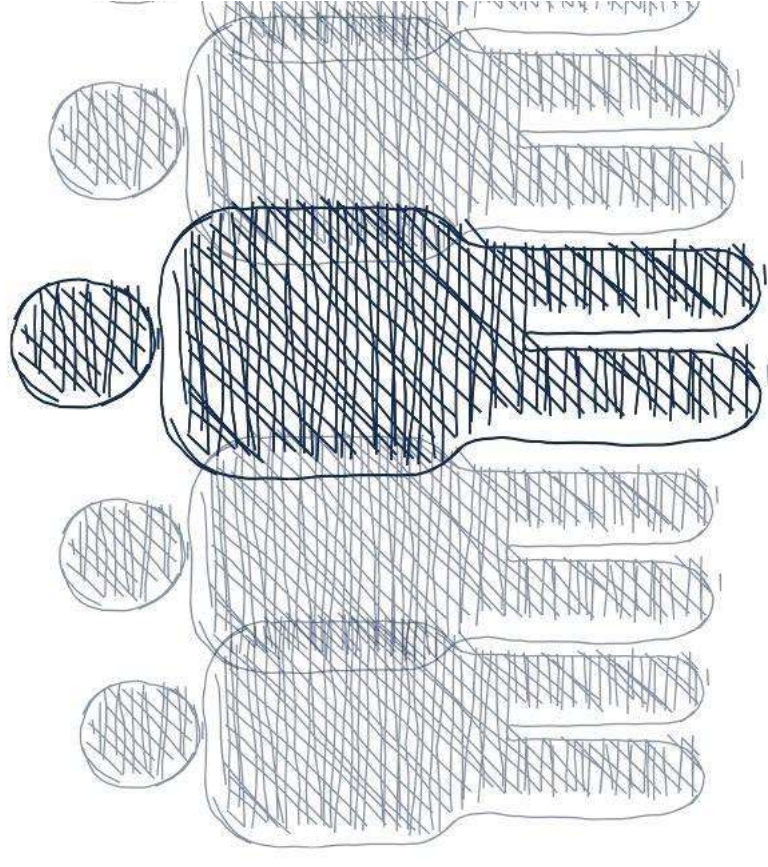
- access to comprehensive, good-quality information about sex and sexuality;
- knowledge about the risks they may face and their vulnerability to adverse consequences of unprotected sexual activity;
- ability to access sexual health care
- living in an environment that affirms and promotes sexual health.



# What is going on for young people and their sexual health



**1 in 5** young people  
have sex before their  
16th birthday





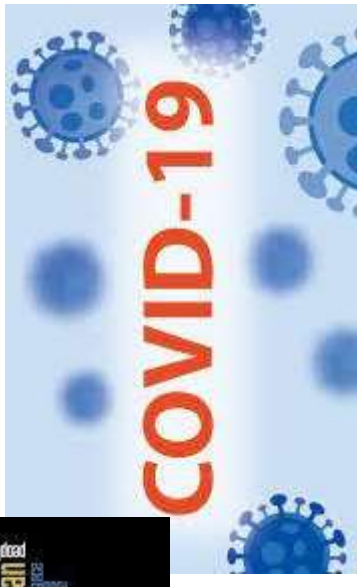
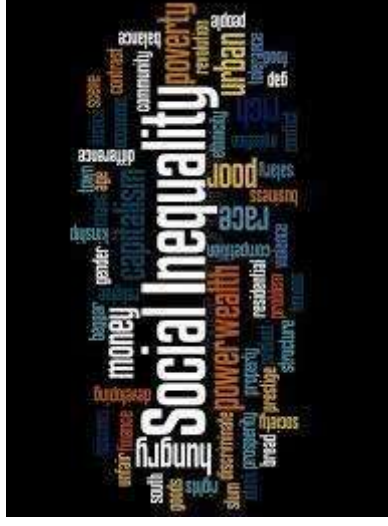
# Long term impact of Covid

- Access to services
- Inequalities
- RSHP Gaps
- Cost of living crisis



A national teaching and learning resource for Relationships, Sexual Health and Parenthood (RSHP) education

<https://rshp.scot>



# Talking about bodies & sex



# So why?

Anatomical correct words for body parts

Growing up not talking about sex & bodies

Uncomfortable – seen as sexual words

Reflects society's shaming attitudes towards bodies and sex

Often it is easier to resort to slang or euphemisms (early years)

It can be embarrassing, and that's ok

# Activity



Intimate body parts	Sexual Activity

# In small groups



- Chat about common/slang words
- Clarify words you have not heard
- Discuss words that are liked and those that are disliked or create a strong emotive response

## Intimate body parts

## Sexual Activities

Fanny

Vagina

Slash

Hole

Cunt

Flower

Penis, Willy, Cock, dick,

Bell end, Knob

Boobs, tits

Vulva

'Doing it', shagging, riding

Sex, humping

Sexual intercourse,

banging

BJ, Oral sex

69er

shifting

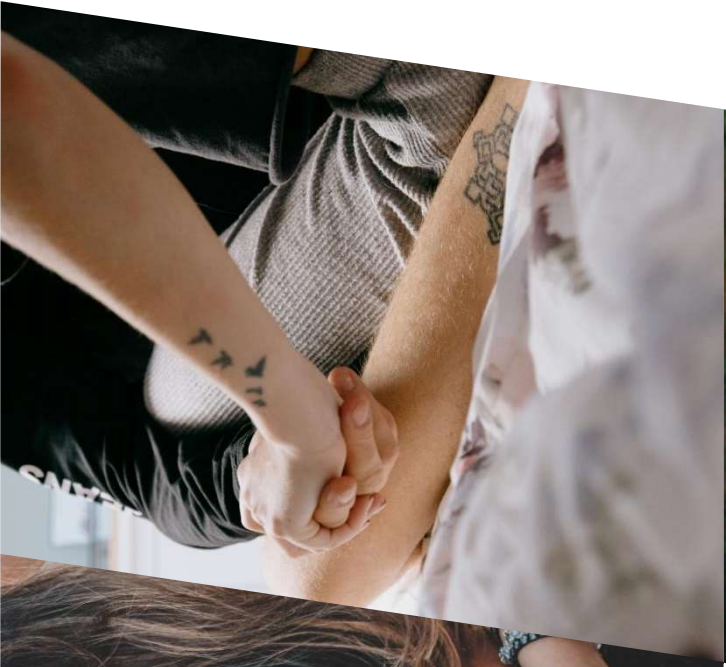
Pearl necklace

Anal

Touching

Kissing

# Pleasure



# Pleasure – mixed messages...

**Naughty**

**Tidy**

**Shameful**

**Hot**

**Thirsty**

**Wonderful**

**Passionate**

**Dirty**

**Wicked**

**Guilty**

**Ecstatic**

**Wrong**

**Amazing**



Boys produced negative narratives in relation to s relationships; frequently used words were **“bad”** c **“dirty”** to describe sexual acts. Lack of any positiv words or pleasure.

Discourses surrounding perceptions of sexual hea repeatedly produced a clean versus dirty dichoto

Personal hygiene, visual appearance of genitals, c absence of infection were incorporated into the meaning of being clean and therefore sexually he

This reflected the focus on the negative conseque of sex from the messages often received in experi of sex and relationships education within schools.

**MacGilleEathain, R (2017)**



Reading  
Writing  
Educat

Karim  
Brook volunteer



# Do we talk to young people about pleasure?

1. Do you talk about the pleasurable & enjoyable aspects of sex with young people?
2. If you don't, what are some the reasons why?

# Pleasure & Safeguarding

- Understanding pleasure is an essential part of safeguarding if young people don't know how it's supposed to feel, how will they know if it doesn't feel okay?
- If they are not enjoying it (emotionally as well as physically) – why are they doing it, are they being coerced or pressured? Is it about expectations?

# Supporting resources...



[Good sex guide - LGBT Youth Scotland](#)

# Supporting resources

- [www.rshp.scot](http://www.rshp.scot)
- **Second level:** My senses – things I like, things I don't like <https://rshp.scot/second-level/#mysenses>
- **Third and fourth level:** My body now: Part 2: How my body changes as I grow <https://rshp.scot/third-fourth-level/#mybodynow>
- **Third and fourth level:** My body now: Part 4: Masturbation <https://rshp.scot/third-fourth-level/#mybodynow>
- **Third and fourth level:** Sexual intercourse: Pressure, pleasure and first-time sex <https://rshp.scot/third-fourth-level/#sexualpleasure>
- **Senior Phase:** Make it good relationships Part 4: The sexual relationship I want <https://rshp.scot/senior-phase/#makeitgood>
- [www.childline.org.uk](http://www.childline.org.uk)



**Break**



# Gender stereotypes, relationships, sexual health and wellbeing



Male

Female

# GENDER BOX

## FEMALE

## MALE

slut

whore

caring, should look good, gentle, kind, passive, peacekeeper, carer, Mum, emotional, weak, needs looking after, needs protecting, responsible, pretty, petite, Easy to talk to, able to compromise, look after people, submissive, sex object,

bitch

slag

gimp

jessie

girl

strong, dominant, doesn't cry, in control, can handle things, muscular/fit, brave, powerful, hero, sporty, earns money, drives fast cars, player, can get women, doesn't show emotions, fighting, macho protector, provider, drinker, football, DIY, builder, manager,

gay

poof

big g  
blou

wuss

sissy





[\(78\) TAASA - Break The Box - YouTube](#)

# Impact on young people's sex and relationships

Influence of porn

Healthy relationships

Consent

Contraception, condoms, STI's &  
pregnancy

- What do we mean by an inclusive approach?
- What groups or types of needs might we need to consider?





# Understanding LGBT+ identities



**Lesbian**



**Gay**



**Bisexual**



**Trans**



**Queer**



**Intersex**



**Asexual**

**L**

**G**

**B**

**T**

**Q**

**I**

**A**



Sexual orientation



Gender  
Identity

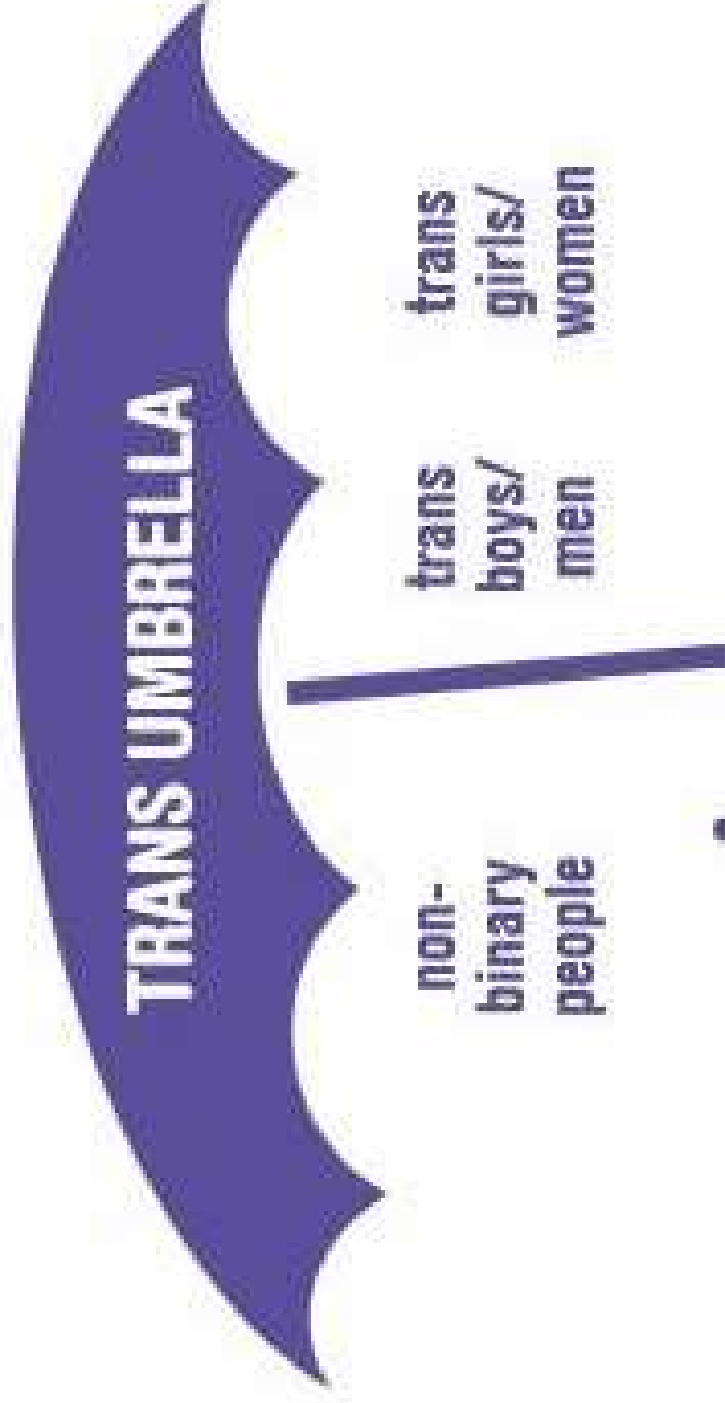


Umbrella  
term



Sexual orientation





# The Transgender Umbrella

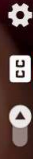


# Get to know us



1:26 / 1:43

Scroll for details



<https://www.youtube.com/watch?v=PivoF1SFBqk&t=1s>



# Intersex (VSC)

Someone whose biological sex is different in some way from what is traditionally considered clearly male or female.

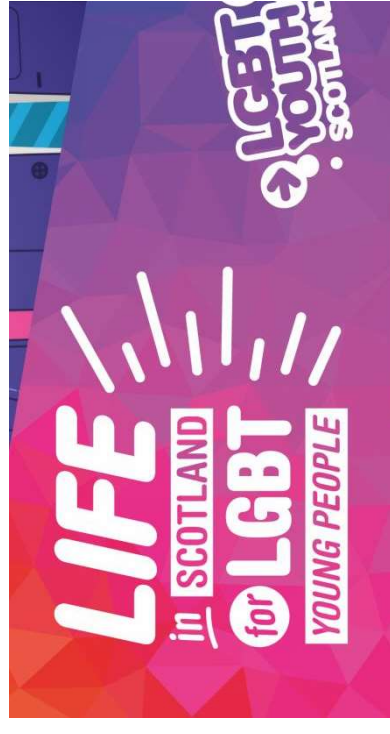
## VSC - Variations of Sex Characteristics

What's It Like To Be Intersex? [What It's Like To Be Intersex \(youtube.com\)](https://www.youtube.com/watch?v=...)

# Is Scotland a good place to be LGBT



- Only 25% of the people who have received formal sex education classes have seen LGBTI topics discussed within them.
- Only 10% of participants rated the experience of school for LGBT people as 'good'.
- 70% of gay/lesbian participants report experiencing bullying due to their sexual orientation



[LGBTYS LiS e-use \(lgbtyouth.org.uk\)](http://lgbtyouth.org.uk)

# Sexual Orientation [www.rshp.scot](http://www.rshp.scot)

**Lesbian** A woman who falls in love with another woman.

**Gay** A man who falls in love with another man  
AND A woman who falls in love with another woman.

**Bisexual** A person can fall in love with a man or a woman.

# Sexual Orientation [www.rshp.scot](http://www.rshp.scot) (Third, fourth and

**Lesbian** A woman who is emotionally and/or physically attracted to other women.

**Gay** Someone who is emotionally and/or physically attracted to people of the same gender.

**Bisexual** Someone who is emotionally and/or physically attracted to people of more than one gender.

# Transgender in RSHP

**Transgender** - We all have a gender identity. (Primary 5 +)  
Some people do not feel their bodies fit their gender. For example; boys sometimes feel they should have been born girls and girls feel they should have been born as boys. Sometimes they feel like neither and sometimes they feel like both.

<https://rshp.scot/second-level/#fairandequal>

Transgender (Primary 7+)

<https://rshp.scot/third-fourth-level/#stereotypes>

[Supporting transgender young people in schools: guidance for Scottish schools - gov.scot \(www.gov.scot\)](https://www.gov.scot/resources/consultations/web_publications/2016/06/Supporting-transgender-young-people-in-schools-guidance-for-Scottish-schools-2016-17.pdf)



# Supporting transgender pupils in schools - Guidance for practitioners

## **Key messages**

- Best interests of the young person
- Rights
- Confidentiality
- Not a child protection concern
- Responsibility to stay up to date with inclusion (Managers/Staff)





You Being You  
animation:  
<https://youtu.be/9ymlglfLQbw> You Being You

Easy Read:  
<https://www.mencap.org.uk/sites/default/files/2020-10/You%20Being%20You%20Easy%20Read.pdf>

Scroll for details



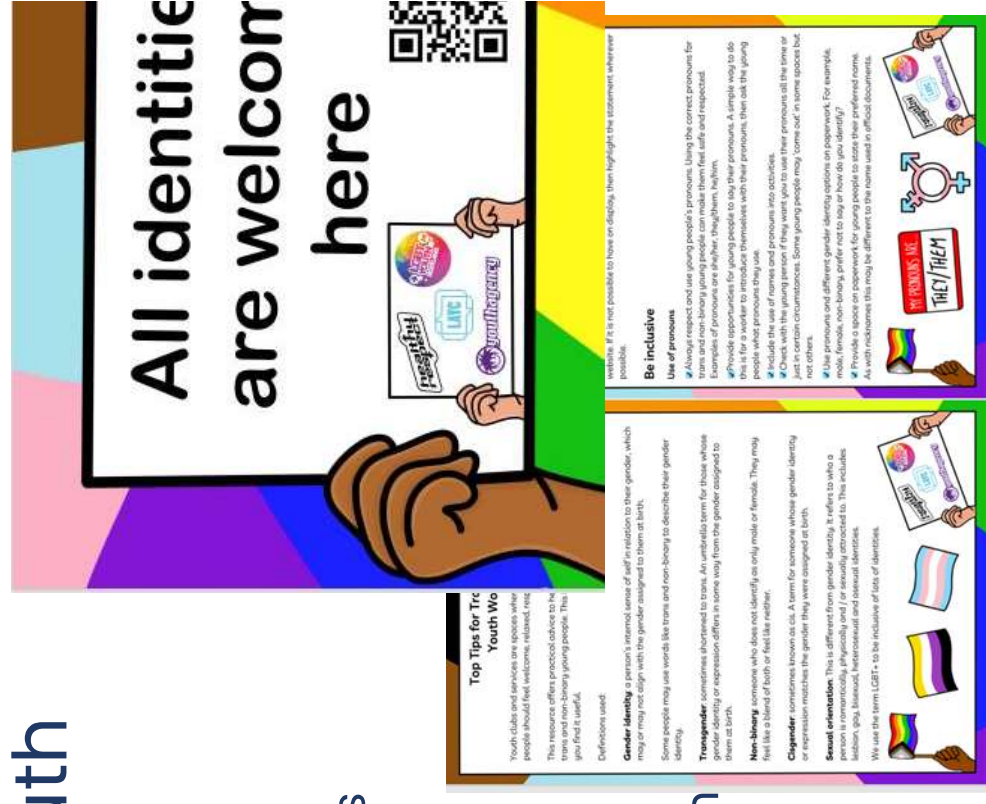
A page from a notebook featuring a drawing of a girl with pink hair and a blue shirt on the left. In the center, there is a vertical list of five green circles. On the right, there is a drawing of a blue and white striped object, possibly a book or a bag.

A page from a notebook featuring a drawing of a girl with dark hair on the left. In the center, there is a vertical list of five green circles. On the right, there is a drawing of a yellow and white striped object, possibly a book or a bag.



# Top tips for trans inclusion and youth workspaces

- Definitions
- Creating a welcoming environment: visibility, equalities statement
- Be inclusive: use of pronouns
- Use gender inclusive language
- Create a safe environment
- Challenge Homophobia biphobia transphobia and gender stereotypes
- Youth work programmes and activities
- Recognise intersectionality
- With useful links and support
- Download here [Blog: Introducing the Top Tips for Trans Inclusion in Youth Workspaces | LGBT Youth Scotland | LGBT Youth Scotland](#)



# Implications for our practice

Don't assume....

 Everyone is heterosexual

 Everyone is cisgender (anyone who is not trans or nonbinary)

 That everyone will want a relationship and/or sex

 That everyone will want or be able to have children

 That babies come into families in the same way

## **LGBT Youth Scotland**

[www.lgbtyouth.org.uk](http://www.lgbtyouth.org.uk)

## **Life in Scotland for LGBT young people**

<https://lgbtyouth.org.uk/media/1354/life-in-scotland-for-lgbt-young-people.pdf>

## **#OurLives: Trans Youth in Focus**

<https://www.youtube.com/watch?v=PivoF1SFBqk>





<https://www.youtube.com/watch?v=PnDgZuG1hHs>

# Recap group agreement

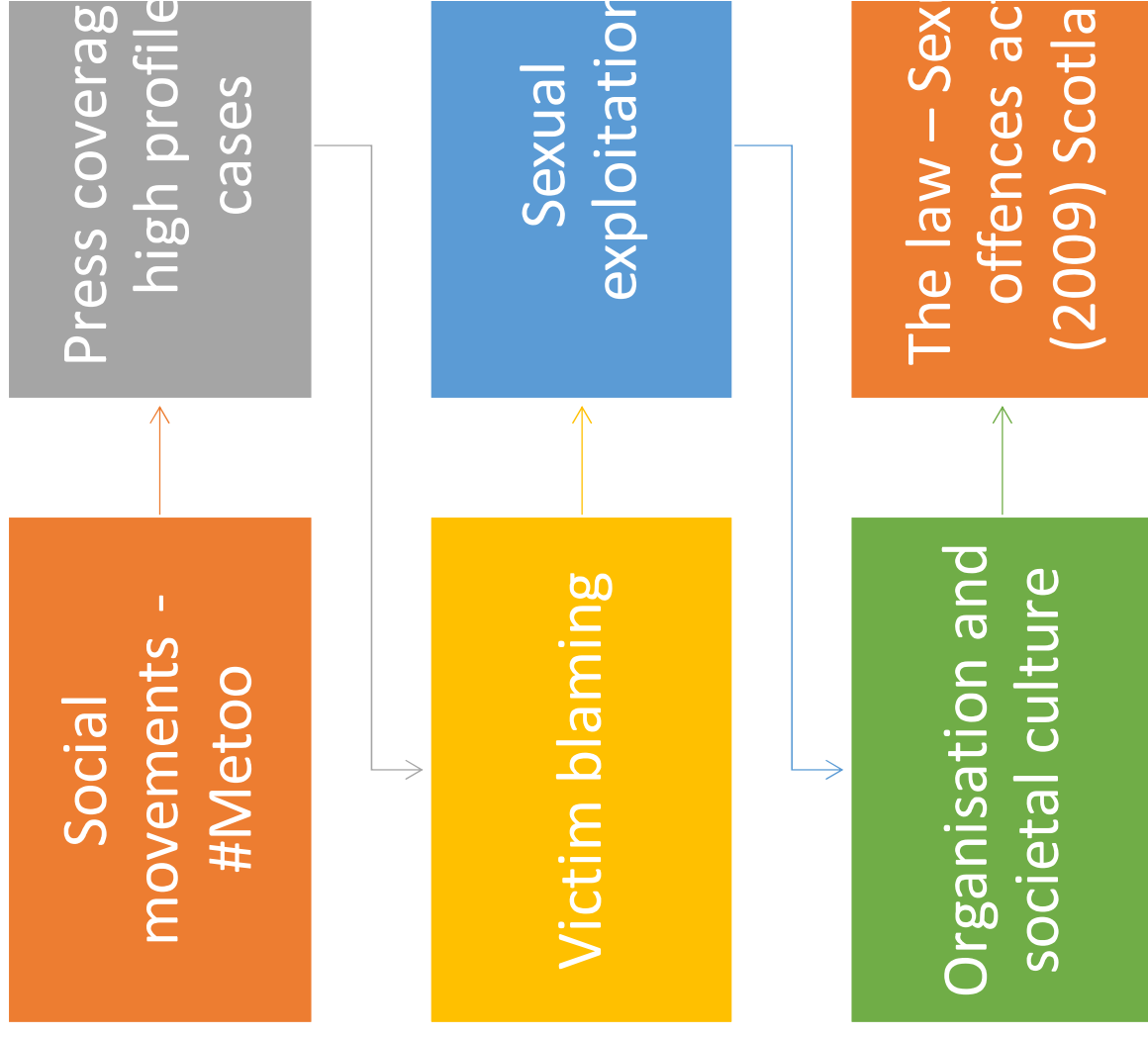




Let's talk  
about sexual  
consent!



# How is our current understanding of consent shaped?



# Sexual Consent and the law

In Scottish law consent is now defined as  
“free agreement” .

- Can you list up to 6 situations where a person may not be able to give proper consent?



# Unable to give consent

- Drugs or alcohol
- Held against their will
- Asleep or unconscious
- Mental disorder where they do not have the capacity to consent.
- Being forced with fear of violence

# What is free agreement?

Free agreement' is: willing, freely chosen, active, positive participation. It must be actively given at the time not presumed. It can be withdrawn at any time, by anyone. For example, just because someone agrees to sex the last time, does not mean they have agreed to sex every time.



# Rape

**Rape, attempted rape and assault with intent to rape:** 'rape' is when a penis is used to penetrate someone's vagina, or mouth without their consent (the person did not agree to it). The victim of the offence can be any gender.

# Sexual assault by penetration

....is when the someone sexually penetrates the vagina or an another person without their consent. The penetration could involve a part of the attacker's body (for example a finger) or an object (for example a bottle or vibrator).

The offence of '**sexual assault**' makes it a crime to do any of the following without the person's consent and any reasonable belief that they consented:

Penetrate	Sexually penetrate the vagina, anus or mouth
Touch	Sexually touch the victim
Engage in	Engage in any other form of sexual activity which results in physical contact with the victim, directly, through clothing, with a part of the body or an object
Ejaculate	Ejaculate semen onto the victim or urinate or emit saliva onto the victim sexually



What is the age of  
consent in Scotland?

# 16 years old, regardless of sexual orientation or gender

[Local Underage sexual  
activity guidance](#)

[National Under-age Sexual  
Activity Guidance](#)

For under aged sexual activity the law splits children into two groups

Older children are those who are **13, 14 or 15** years old, Sexual Offences (Scotland) Act 2009

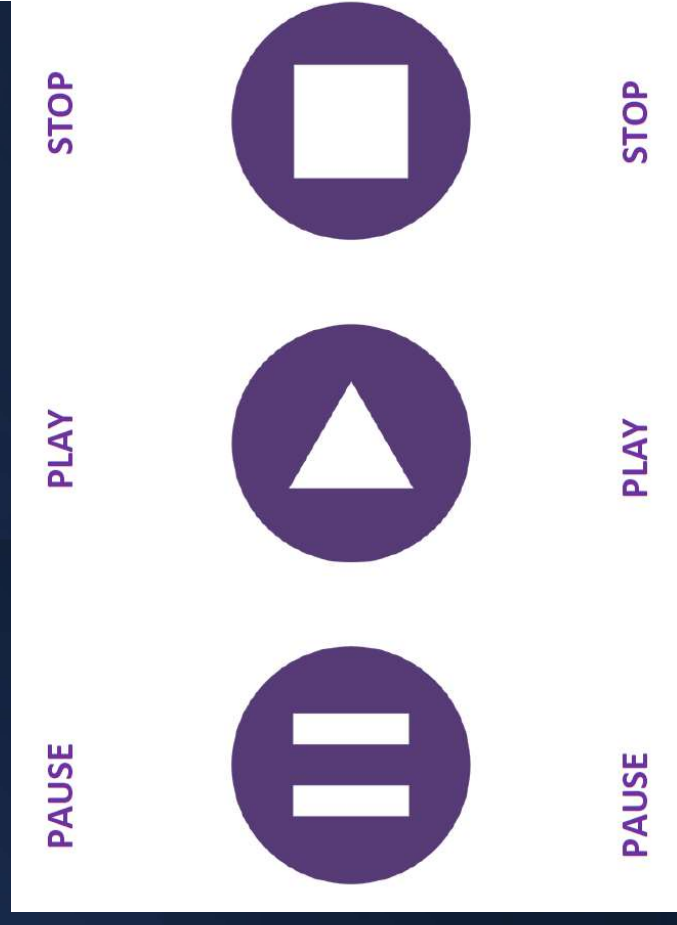
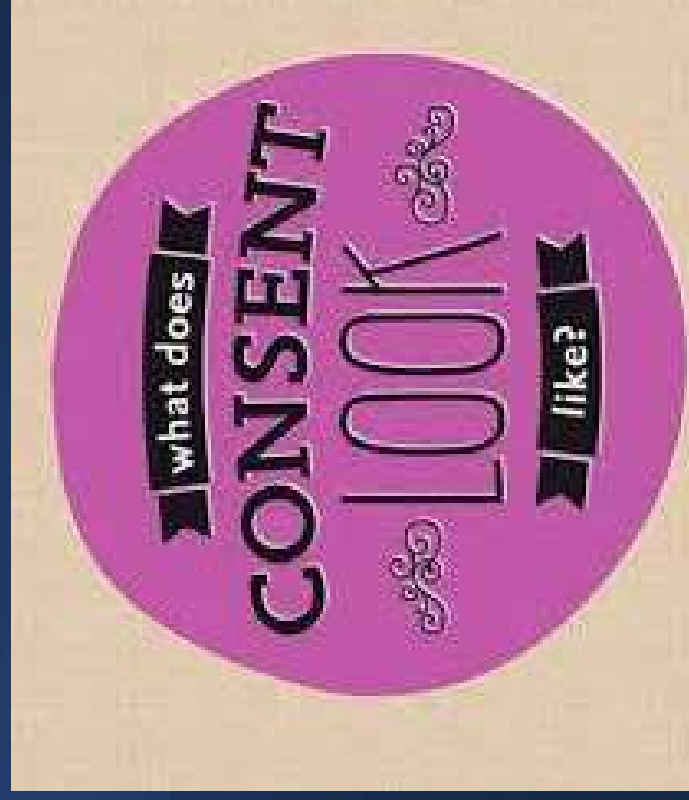
Younger children are those who are **12 and under** (up to and including 12 but not yet 13)

Older group '**Teenage consensual** sex'

In some  
circumstances  
the  
age of consent  
rises to 18 years

- It is an offence for a person in a position of trust (e.g. a teacher, youth worker or a carer) to engage in sexual activity with a child under the age of 18 or a person with a mental disorder

# Consent Activity



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## **In small groups (10 minutes)**

---

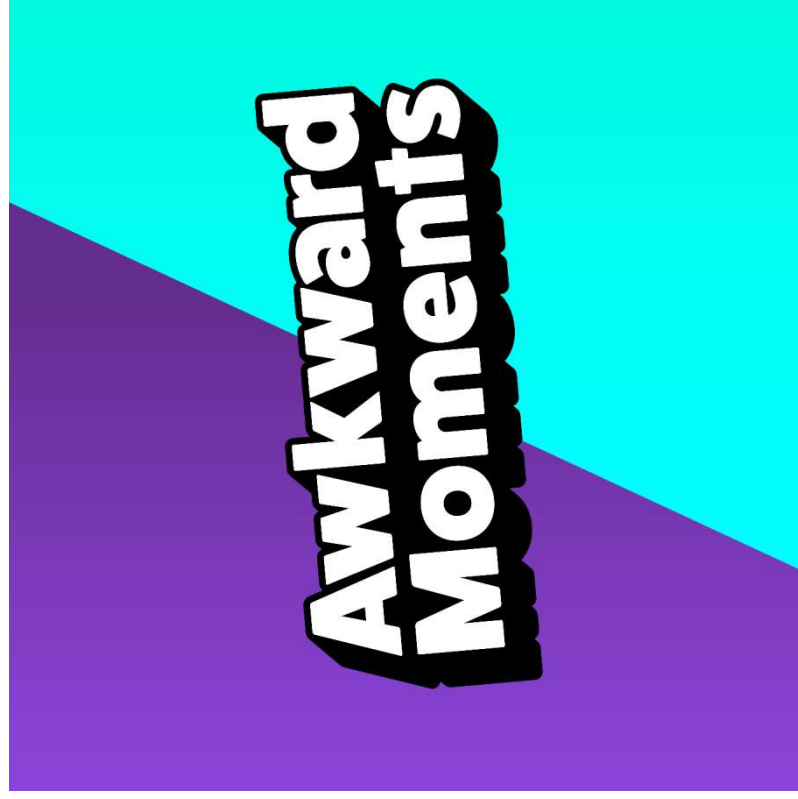
**'Play'** means if you see/hear this, this person is consenting

---

**'Pause'** means if you see/hear this it's not clear so pause and check it out

---

**'Stop'** means if you see/hear this they do not consent so you have to stop what you're doing



# A sexual health campaign about consent

Targeting 16 – 19 year olds



[NHS Awkward Moments](#)



If young people are over 16 is it legal to consensually take, send or receive intimate images (sexting, nudes)?





False

Over 18

# Sharing intimate images and consent

It is illegal to share images of people under the age of 18, even if they gave permission

We all have a responsibility to respect each others' privacy and consent

Think very carefully before asking for, or sending, intimate images

If you share an intimate image of yourself with another person you have a responsibility to make sure that you are happy to send it and you know the other person is happy to receive it.

**NEVER** share images, shared privately, with anyone else

If an image is shared without your consent, the person who did this has committed a crime and you have the right to report the matter to the police or tell another adult who you trust.

[Link to key-  
messagesforyoung  
people about healthy-  
relationships & consent](#)

---

## Key Messages Young People

### Healthy Relationships and Consent

A resource for professionals  
working with young people



# Key messages for consent....

Sought not  
assumed

Under the  
influence  
Alcohol/Drugs

Consent for each  
sexual activity

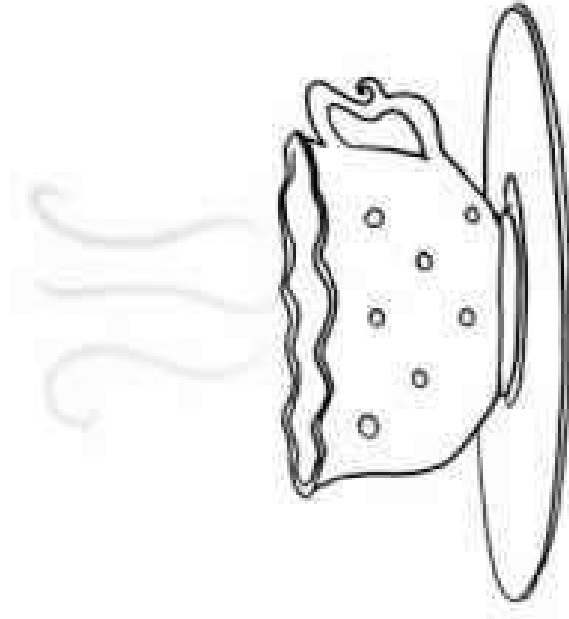
Consent can  
be withdrawn  
at any time

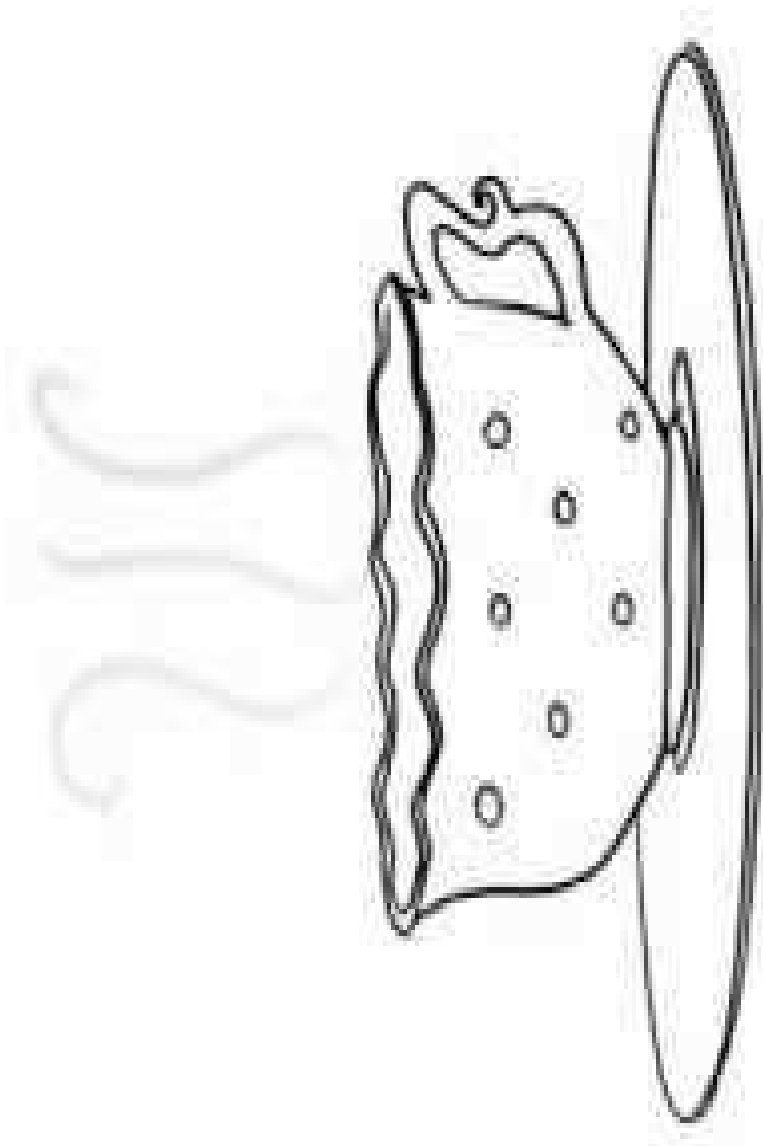
You need  
consent in a  
relationship

Check-in and  
communicate  
with your partner

Enjoyment and  
pleasure

Tea & Consent  
(199) Tea and  
Consent -  
YouTube







# Lunch break

# Recap group agreement

*Content*  
**WARNING**





# Ice breaker



# Pornography and young people

## Aim of session:

Explore how we can support young people who come into contact with pornography to become critical viewers and know where to seek support when it is needed



This can be an emotive topic



## INTRODUCTION

The word "pornography" has come to the English language from the Greek language i.e. 'Pornographos' (porne prostitute + graphien write)

- The word 'porno' means 'prostitution', that implies that the subject is not love, or love at all, but domination & violence against women.
- The word "graphos" means 'writing about' or 'description of which puts still more distance between the subject & object'.



# What is going on?

- High speed internet
- Content
- Access
- Self-generated



# Discussion

---

- What are some of the reasons young people might watch porn?
- What might be some of the risks for young people watching porn?



---

Nearly two thirds (**65%**) of **15-16** year olds had seen online pornography

---

Children were as likely to stumble across pornography (**28%**) as to search for it deliberately (**19%**)

---

“I wasn’t sure it was normal to watch it”

*(NSPCC Martellozzo et al., 2017)*

---

**One third of self-generated images** on web pages feature sexual images of children. *(IWF 2020)*

- 62% of 11–13yrs who had seen pornography reporting that they stumbled across it unintentionally.
- 75% of parents did not believe their children had watched pornography (girls)
- LGBT young people (more likely to have early exposure)
- Violence (Choking) (BBFC Sept '19)  
[BBFC 2019 - Children-see-pornography-as-young-as-seven](#)
- 47% of teens report seeing content online they wish they hadn't seen (2020)

[Half of children and teens exposed to harmful online content while in lockdown | BBFC](#)

British Board  
of Film Classification



## **Calum (18, Manchester)**

(Reflecting on his first time having sex)

“I thought it was going to be a lot rougher and I wouldn’t have to worry about hurting the girl, but it was completely different, and I had to be more careful.”

(Reflecting on a subsequent sexual experience)

“I just thought as if it was like a porn video, and I was like okay I can do what I want with this girl because whatever I do she is enjoying it.”

# Quote from the BBFC study



## **Research suggests**

- Gender differences in exposure and access to pornography
- Pornography consumption affects children and young people's values and beliefs about sex and sexuality
- Plays a destructive role in young people's understanding of healthy relationships

## **And pornography has been linked to...**

- Unrealistic attitudes about sex
- Harmful ideas about consent and agency

**YP & Porn:  
shaping  
attitudes and  
behaviours?**



- Pressure both to engage and not to engage in sexual and/or sexualised behaviour, with a range of negative consequences for failing to negotiate the 'appropriate' balance.
- Pressure to conform to unrealistic beauty standards which result in negative body image.

Specific issues  
for young  
women  
included...



- Pressure to conform to heterosexual male 'norms' of watching and approving of pornography
- Pressure to appear sexually experienced, which may lead to a rejection of sex education.

Specific issue  
for young me  
included...





Pussy Licking



Big Ass



Big Dick

[See all](#)

What porn  
can young  
people easily  
access?

*Content*  
**WARNING**

! Ads are the worst, right? Join Pornhub Premium and never look back. 1080p, thousands of the best full length videos and no ads. Adblock users get a week free. X

## Hot Porn Videos In United Kingdom

Hey ladies, check out our new popular with women category. Read about it on our blog »



British escort gets 2 creampie's  
416K views 86%



Innocent schoolgirl in braids gets pounded & close up dripping  
1.1M views 74%



No fair - Part 2 I got My revenge with 3 ruined orgasms  
670K views 73%



HARDCORE ANAL FUCK WITH ANAL CREAMPIE XXX  
256K views 83%

+ More Videos

Ads By Traffic Junky

Remove Ads

## Most Viewed Videos In United Kingdom

+ More Videos



# What titles are on page 1 and 2 of Porn Hub

## Incest

- Blonde **stepsister** tells **little brother** a bedtime story
- Devious **little sister** sucks **step bro's** cock
- **Mum** fucks in front of **daughter**
- Tricked **little step sister** into fuck and she loved it
- **Step dad** cons **step daughter** into photoshoot fuck

## Underage/Teen

- **Innocent school** girl in braids gets pounded and close up dripping 1.1 million
- **Teen** flashing tits in crowded bar 167 K views
- Preggo **teens** first big black cock
- **Teen** girl gets her tight ass fucked

## Pain/Extreme

- Her first **extreme** anal gangbang 24.7 K views
- "Stop you're in my ass" **painful** anal fucking 546K views

# OnlyFans



Boost in popularity since Covid-19



Describes itself as social media that pays..



But what is it?.....



# What is OnlyFans?

- **18+ online platform**
- users (fans) pay for content (photo videos, livestreams)
- made by “creators” – usually YouTubers, fitness trainers, models, and other public figures.
- Been active since 2016 and currently has around 50 million registered users (bringing in 7-8K new users per day)

[We Need to Talk About OnlyFans - Ineqe Safeguarding Group](#)

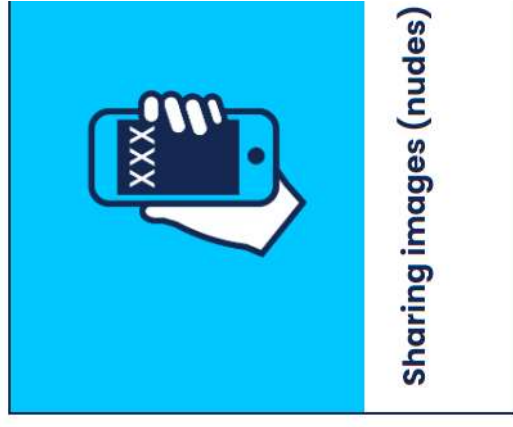


Activity



# Something else is on my mind? – Healthy Res

## Further Resources and support



# Further Resources and support

## **Thinkuknow (CEOP Education)**

Aimed at 14+ but also clear importance key messages for workers to refer to.

[Viewing pornography online](#)

## **Childline**

For children 12+

<https://www.childline.org.uk/info-advice/bullying-abuse-safety/online-mobile-safety/online-porn/>

## **Shore**

A safe space for teenagers worried about sexual behaviours.

[Home - Shore \(shorespace.org.uk\)](https://shorespace.org.uk)



# Further Resources and support

## **For parents/carers**

[Worried about your child and online porn?  
\(thinkuknow.co.uk\)](http://thinkuknow.co.uk)

[Online porn | NSPCC](#)

Culture Reframed builds resilience and resistance in young people to hypersexualized media and pornography

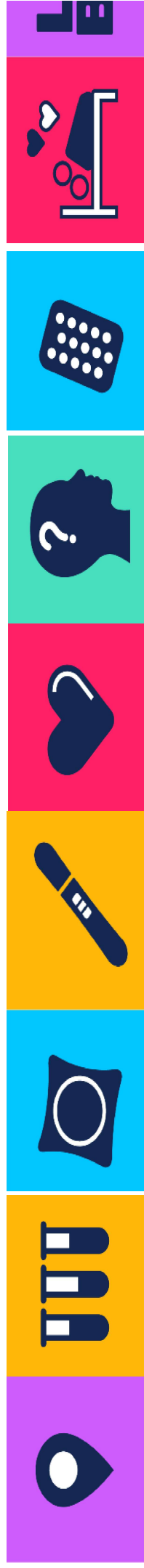
Great for reference, update information and campaigns

<https://www.culturereframed.org/>

**Follow on twitter @CultureReFramed**



# Signposting young people to sexual health services?



In partnership with



# Bit of context

- Young people's use of sexual health services has been in decline
- The impact of the pandemic on young people's sexual wellbeing
- Gaps RSHP education widen even further
- Loss of relationships with trusted workers
- Attendance at sexual health clinical services in Lothian
- Scottish Government's SHBBV action plan

A professional can offer confidentiality to a young person under the age of 16 who is sexually active?

TRULIE

als



- The child's **right to confidentiality must be maintained** where the circumstances indicate "consensual teenage sexual activity"
- Child Protection – significant harm
- Assessment

[What to expect from services – Health Respect](#)

**A professional  
can offer  
confidentiality to  
a young person  
under the age of  
13 who is sexually  
active?**

**True**

**False**





False

Automatic c  
protection 1  
and under

**16 years old,  
regardless of  
sexual  
orientation or  
gender**

For under aged sexual activity the law splits children into two groups

Older children are those who are **13, 14 or 15** years old, Sexual Offences (Scotland) Act 2009

Older group 'consensual teenage sexual activity'

Younger children are those who are **12 and under** (up to and including 12 but not yet 13)

A young person  
can get  
contraception  
under the age of 16  
without their  
parents/carers  
being involved

TRULIE

als

- Young person has capacity
- Likely to continue with sexual activity
- Best interests



Parents/carers must  
be informed if  
their 15-year-old  
becomes  
pregnant and chooses  
to have an abortion?

True

False



- Whilst the young person would be encouraged to involve parents where appropriate the young person's **confidentiality** must still be maintained
- Must be accompanied by an adult 18+

[Abortion Services – Healthy Respect](#)

[Abortion Services | Chalmers](#)

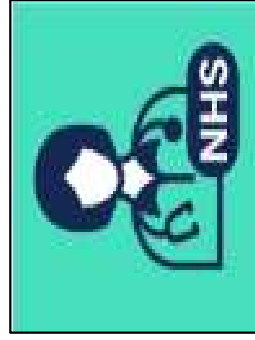
# What is a sexual health service?



**A safe place to talk** about relationships and sexual health.



Get access to **free condoms, testing, contraception, and advice** about your sexual health worries.



**You can talk to a trusted adult.**  
A nurse, doctor or youth worker.

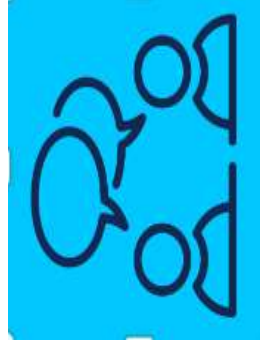
# Services are confidential



This means the **information a person shares is kept private.**



If the service thinks you are **being harmed or in danger, they may share** some information to get you support.

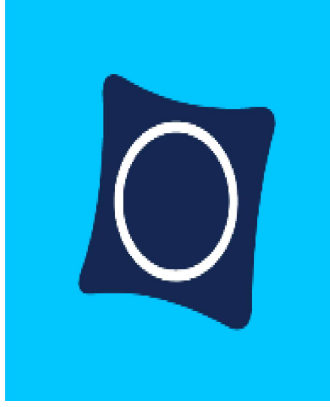


**A worker should let you know** if they need to share and who they will talk to.





# Aged 13+? Get free, confidential access to



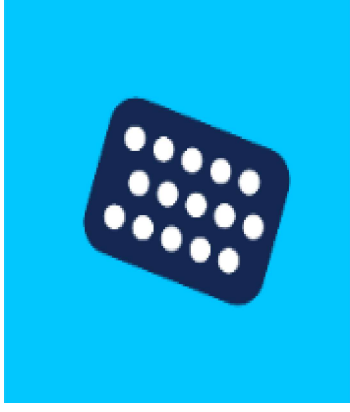
Condoms



Pregnancy testing and



STI testing



Contraception (pill, ir

**Our services are confidential. All identities welcome**



**Find services near me**

**What services are  
available to  
young people 13+**

**Edinburgh**



## **Healthy Respect + young people's clinic at**

### **Chalmers Centre (13-18)**

#### **Drop-in**

Monday to Thursdays 3:30pm to 7pm

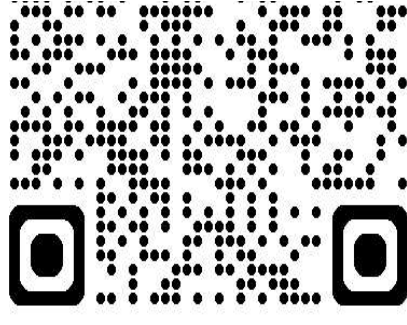
Fridays 1pm – 3:30pm

[Find Chalmers](#)

### **Pennywell All Care Centre**

#### **Drop-in**

Fridays 1pm – 3.30pm



Scan code on  
[bit.ly/services](https://bit.ly/services)

# Healthy Respect + young people's clinic at



1st floor at  
Pennywell All Care  
Centre



Pennywell Road

We are next to  
Craigroyston High School



Pennywell Gardens

**East Lothian**



## **Healthy Respect + young people's clinic at**

### **Tranent Medical Practice**

Drop-in

Tuesdays, 4:00pm to 5:00pm.

Scan code or visit [bit.ly/services-lothian](https://bit.ly/services-lothian)



# Healthy Respect + young people's clinic at Tranent Medical Practice



**Midlothian**



## **Healthy Respect + young people's clinic at**

**Croft Street, Dalkeith**

**Drop-in**

Tuesdays, 4pm – 7pm

Fridays, 1pm – 4pm

Scan code or visit [bit.ly/services-lothian](https://bit.ly/services-lothian)



# Healthy Respect + young people's clinic at



**Walk past Kwik Fit and the gated garden, next door on your right.**

Please note this clinic is accessed via a set of stairs



# West Lothian



## Healthy Respect + young people's clinic at

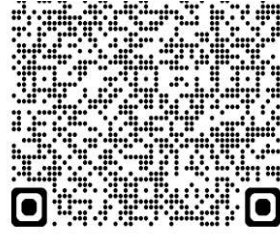
**101 Youth Project at  
The Centre Livingston**

**Drop-in**  
Fridays, 1.30pm to 3.30pm



**Scan code or [find 101.](#)**

It is just out past the exit doors where Costa and Vodaphone are, and next door to Kidzeco.





## Speak to a school nurse

- About any **health, relationships or sexual health worries**
- They offer the same confidentiality
- How to speak to them:
  - ✓ Ask your Pupil Support Leader
  - ✓ Check if you have a lunch time school drop-in
  - ✓ Self-refer

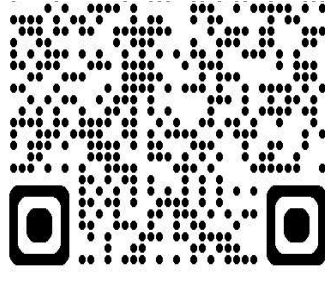


# Lothian wide

## **Schools and community drop-ins**

Some areas have school and community Healthy Respect drop-ins or kit bags.

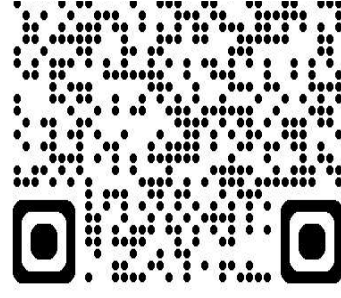
Scan code or visit [bit.ly/services-lothian](https://bit.ly/services-lothian)



## **c:card**

Get free condoms at **c:card points**  
**or delivered to you by post.**

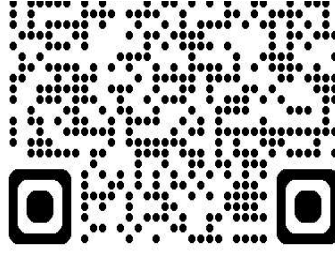
**Scan code or visit [ccard.org.uk](https://ccard.org.uk)**





**Get emergency  
contraception  
from any pharmacy  
or clinic (ages 13+)**

**Scan code**  
or visit [www.healthyrrespect.co.uk/get-emergency-contraception](http://www.healthyrrespect.co.uk/get-emergency-contraception)



# STIs are on the rise.

#SaferIsSexy



STIs can cause long-term health problems.

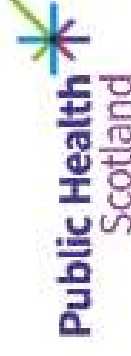


Using a condom protects yourself and others.



Need free condoms? We've got you covered.

Get free condoms and sexual health advice at:  
[nhsinform.scot/safersex](https://nhsinform.scot/safersex)



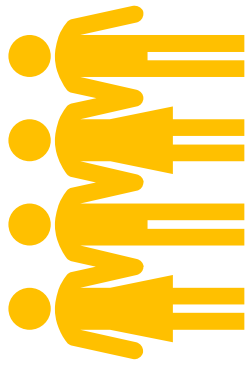
[Latest news – Healthy Respect](#)

[Public Health Scotland News - STI Safer Sex Campaign](#)

# How can we increase young people's uptake of services?



The more relaxed we are about discussing RSHP with young people, the stigma and fear is lessened and we can 'normalise' the use of services and accessing condoms.



Young people's uptake of sexual health services increase when information about services is shared in educational settings.

- **Keep** – What is something I'm already on the right track with?
- **Start** – What is something I will do differently now?
- **Stop** – What is something I will no longer do?



**Keep**

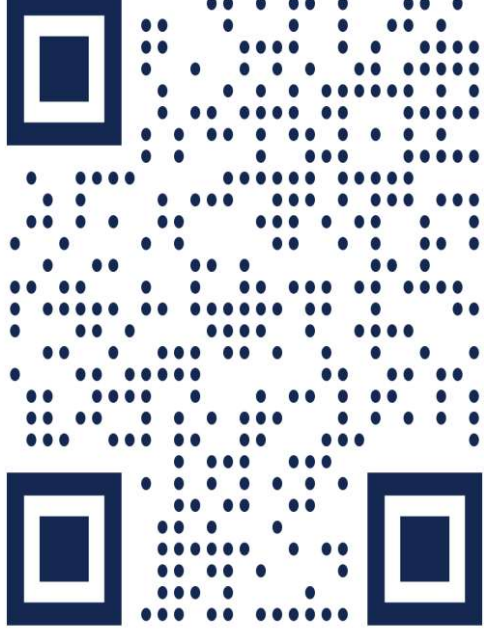
**Start**

**Stop**





# Want to know more about sexual health and relationships?

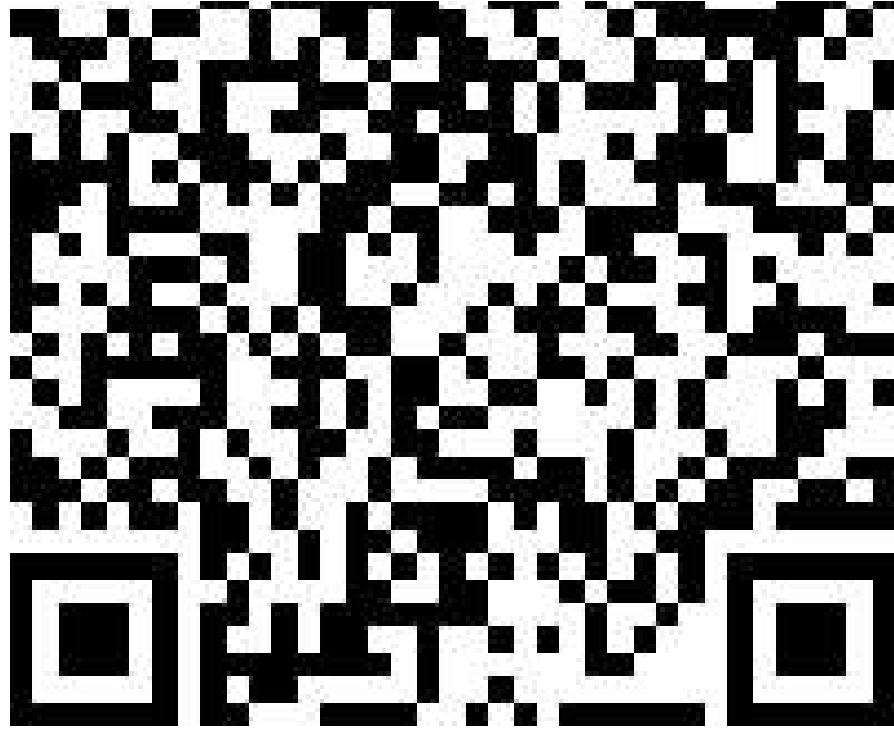


Scan code or visit [www.healthyrespect.co.uk](http://www.healthyrespect.co.uk)

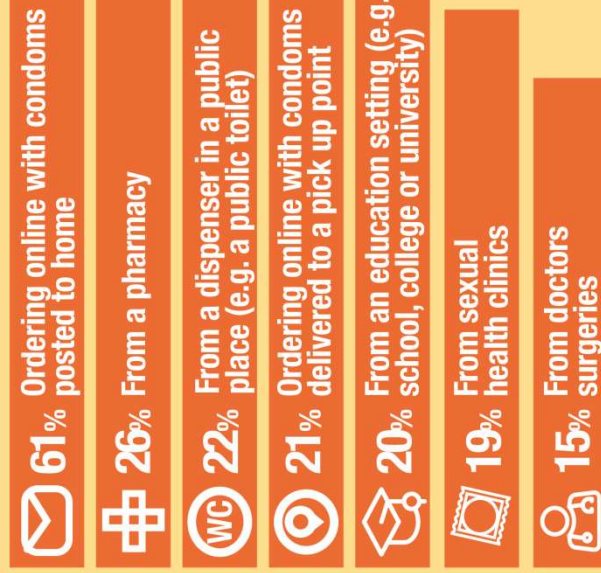


# Evaluation and close Thank you!

- [Rachel.Barr@nhslothian.scot.nhs.uk](mailto:Rachel.Barr@nhslothian.scot.nhs.uk)
- [www.healthysrespect.co.uk](http://www.healthysrespect.co.uk)



## Young people's preferred ways to get free condoms



#ProjectCONUNDRUM