



**Title:** Finding and using sexual health services and online information

**Level:** Senior

**Code:** S.7

**Links to Curriculum for Excellence**

In terms of Curriculum for Excellence this level is concerned with extending or deepening what is described at Fourth Level.

Experiences and outcomes	Benchmarks
I know how to access services, information and support if my sexual health and wellbeing is at risk. I am aware of my rights in relation to sexual health including my right to confidentiality, and my responsibilities, including those under the law. HWB 4-48a	<ul style="list-style-type: none"> <li>Explains how to access both local and national information, guidance and help.</li> </ul>

**Learning Intentions**

- Young people know how to access services, information and support in terms of their sexual health and wellbeing.
- Young people learn how confidentiality works in sexual health services.

**Success criteria**

- Young people know how to find and access sexual health services.
- Young people understand what happens when they engage with a sexual health service.
- Young people identify best sources of online information about sexual health.

**Resources to support this activity**

- PowerPoint slides
- Flipchart paper

For this lesson the teacher/educator should familiarise themselves with any local sexual health services, youth sexual health clinics and young person friendly pharmacies in the local area that give out free condoms and emergency contraception. Photographs and contact details of these could be incorporated into PowerPoint slides. Information leaflets about local services could be given out during the lesson.

Information about sexual health services can be found here: <https://www.sexualhealthscotland.co.uk/> with a service finder here : <https://www.sexualhealthscotland.co.uk/get-help/sexual-health-service-finder>

While ideally the teacher/educator could contact local sexual health services/pharmacist/ health improvement team to request a staff member to come visit to speak about the experience of visiting a clinic and accessing local services this may be unlikely in terms of the capacity these services have to do 'outreach' work.

It is also worth checking whether local services can accommodate visits from small groups of young people out of normal clinic hours.

## Activity

1. **Introduce the learning activity along these lines:** This session is about taking care of your sexual health. Explain that there is no assumption that young people are in a relationship or having sex - this will be a useful learning activity if they are or useful in the future when they might be. Share the slide and check understanding, take questions or comments as you go:

Having sex should be a positive and enjoyable experience when you and your partner feel ready for it. **Good sexual health is about:**

- Feeling safe
- Feeling confident about your sexuality
- Knowing how to treat others with respect
- Being able to talk about likes and dislikes
- Not having any regrets
- Taking steps to avoid getting any sexually transmitted infections
- Making informed choices about contraception and pregnancy.

2. **Who can you go to... to talk, to get information or to find support?** Use 5 pieces of flipchart paper each with a title: **Parents/Carers, Friends, Google, GP/Local doctor, Pharmacy, Sexual health clinic/service** written on each. Place these around the room on the floor and ask pupils to 'vote with their feet' and stand on or near the person/place they would be most likely to go in relation to the scenarios you will read – acknowledge that not all will be immediately relevant to them personally, but the ask is to go with the general idea of the task. Explain that in each situation they will make a first choice then a second best choice. After each choice have some feedback and chat, explore reasons for first then second choices.

Encourage discussion around the idea of 'well it depends...' as then young people will extend the very brief examples. You can also ask in terms of those where gender/sexuality is not clear – would either matter in terms of choices and source? And overall, what barriers (or misconceptions) are there to finding someone to talk to, get information or find support?

### **Who can you go to... to talk, to get information or to find support?**

- a) **You are going out with someone for the first time, its like a date, just you two, but you're not too sure how it's going to go....**
- b) **You have been going out for a while, you are thinking about having sex, you're not quite sure what kind of sex yet....**
- c) **You are a boy, you had (penetrative penis/vagina) sex with your girlfriend last night, didn't use a condom and your girlfriend isn't using contraception...**

- d) **You have had sex with a couple of people in the past couple of months, different kinds of sex...**
- e) **You're not having sex with anyone, you are leaving school soon to go to College, you think you should probably be thinking about your options...**
- f) **You are a girl, having sex (penetrative penis/vagina) with your boyfriend, you haven't had your period this month.**

Following from these discussions it is worth clarifying information on these 3 points: confidentiality, emergency contraception and condoms:

3. **Confidentiality.** The issue has likely come up. Use the slide to remind young people that the age of consent in Scotland is 16 but that young people under the age of 16 (are any of the class 15?) can access confidential services to get contraception, STI testing and information or advice. This is a fundamental part of their **sexual rights**.

#### **Confidentiality**

If you are under 16 and want contraception, an abortion or tests for sexually transmitted infections (STIs), the doctor, nurse or pharmacist won't tell your parents (or carer) as long as they believe that you are not at risk of significant harm. **You have the same rights to confidentiality as an adult.**

4. **Emergency contraception.** Explain that although a sexual health clinic/service can provide emergency contraception that because its important to take it as soon as you feel its necessary that there are other options. Use this slide and clarify understanding.

#### **Emergency contraception**

- If you've had unprotected sex, that is, sex without using contraception, or think your contraception might have failed, you can use emergency contraception.
- An emergency contraceptive pill needs to be taken as soon as possible after sex to have the best chance of working. There are 2 kinds available – one can be taken up to 3 days after having sex, the other up to 5 days after. BUT they are most effective if you take it as soon after unprotected sex as possible.
- In most areas Emergency Contraception is available from your local pharmacy and of course nearest sexual health clinic or drop in or your GP. In most areas pharmacies provide it free and it is available to under 16s.
- **INSERT DETAILS OF LOCAL PHARMACIES THAT PROVIDE A SERVICE HERE**

5. **Condoms.** Use the slide to affirm some key messages

#### **Condoms**

- Condoms protect against STIs
- They also prevent pregnancy.
- **INSERT DETAILS OF LOCAL FREE CONDOM SERVICE**

6. **What happens at a sexual health clinic?** If a visit from a colleague who works in a local service – this could be a medical professional or a youth worker/outreach worker associated with the service

– is not possible the slides and text provided give a general view on what happens when young people visit a service. Work through the slides slowly, checking understanding and taking any questions, clarifying and re-assuring where helpful.

- 7. Online information.** Acknowledge that young people might know good sites where they can get information or ask questions. Ask where young people would say people their age tend to go online if they do have a question or worry about relationships or sexual health? Stress that googling something might not take you to a place that will have the right information, and ask the young people to be cautious about chats with people who are not medically trained. So, if they have a question they would rather ask or find out about online then here are some good sites: *NOTE: Insert you local service here if they have a young people's information or service description online. Show this on the smartboard. Otherwise the services mentioned – even if they are not in your area – have good information.* If young people can access tablets/iPads or their phones ask them to check out one or more of the sites for a few minutes – encourage them at all times to use NHS branded sites for information.

#### Online Help and Advice

- <http://youngpeoples.sandyford.org/>
- [www.healthyrespect.co.uk](http://www.healthyrespect.co.uk)
- [www.wavehighland.com](http://www.wavehighland.com)
- [www.fpa.org.uk](http://www.fpa.org.uk)
- [www.bpas.org](http://www.bpas.org)
- [www.bishuk.com](http://www.bishuk.com)
- [www.lgbtyouth.org.uk](http://www.lgbtyouth.org.uk)

- 8. To end:** Use the slide, read and take any final comments or questions:

Being ready for sex - and being healthy happy and safe - means you can find and go to the people and places that will help make sure you get what you need – this could be someone to talk to, condoms, contraception and sexual health check-ups.

#### Practitioner Notes