



Profiling provision that supports the delivery of RSHPE education

Wave Highland (Provided by Waverley Care)

Title of programme: **Wavelength**

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About the programme

Wavelength is a comprehensive sexual health programme, developed from consultation with over 1000 young people. The programme is currently funded for delivery in Highland Secondary schools only.

Designed for large groups of approximately 90-100 young people at a time, Wavelength is perfect for catering to whole year groups, and while the programme is aimed at the S2-S3 age range, content can be adapted for older or younger ages.

Designed to complement RSHPE currently delivered by teachers, the sessions aim to enable young people to make safer choices in a fun and engaging way. Wavelength draws from and builds on information already known to encourage young people to take responsibility for their own sexual health and to seek support and further information when needed.

Groups rotate around different learning zones, currently consisting of the following topic areas:

- **Baby Proof:** pregnancy, contraception and emergency contraception
- **Wee Johnny:** condoms, femidoms and dental dams
- **Checking In:** where to get support and STIs, testing & treatment
- **Being You:** body changes and sexual organs
- **Legal Aid:** sex and the law
- **Safety Net:** sexual image sharing and online safety

These learning zones are subject to change depending on the current needs of young people.

In addition to these learning areas, there are a number of key themes running throughout the programme. These include:

- **Diversity and Inclusion** – the programme uses scenarios that are LGBT inclusive and looks at what sex means to different people.
- **Good relationships** – stereotypes and relationship ideals will be challenged to help young people identify what a healthy and positive relationship should look like.
- **Area specific** – information given will be tailored and relevant to young people living in the area in which the programme is delivered.
- **Sex Positive** – We know that only teaching the negative aspects of sex can negatively shape what young people think is acceptable or 'normal' within sex and relationships

and can also impact on how they value themselves too. The programme challenges negative connotations and tries to establish sex as something that can be a positive part of life if safety and consent are considered.

Links further information

As well as working directly with young people, Wave also provides a wide range of information online via our website www.wavehighland.com. Although Wave is a Highland-specific service, the information available online is relevant to young people all over Scotland. We also have young people friendly information leaflets on the following topics: **Sex & the law; Contraception; Condoms; Sex & your body; STIs**. These leaflets can be downloaded directly to young people's phones/tablets from the website: www.wavehighland.com/resources