



Profiling provision that supports the delivery of RSHP education

### Waverley Care

HIV and Hepatitis C don't discriminate. And we all have sexual health. That is why our services are as diverse as the people we support. Across Scotland, we are reducing new HIV and Hepatitis C infections, getting people diagnosed, smashing stigma, tackling health inequalities and promoting good sexual health. More on Waverley Care here:

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

The programmes below may be of interest to those involved in delivery of RSHP education.

#### *Title of programme:* **Sexual Health and Blood Borne Virus training in Highland and Argyll & Bute**

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*About the programme:* In Highland and Argyll & Bute we provide a range of sexual health and blood borne virus training programmes to professionals including teachers and other educators. Our range of training includes the following:

- Working with young people: talking about sex and relationships
- LGBT+ Awareness
- Understanding HIV and Hepatitis

Topic specific training can also be tailored for organisations/groups. Currently all sessions are delivered online.

#### *Title of programme:* **Wave Highland – Wavelength programme**

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*About the programme:* Wavelength is a comprehensive sexual health programme, developed from consultation with over 1000 young people and delivered in Highland Secondary schools. 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 RSHP education 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.

As well as working directly with young people Wave also provides a wide range of information online via our website [www.wavehighland.com](http://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](http://www.wavehighland.com/resources)