

SPOTLIGHT ON... ACCESSING SERVICES

Key information for educators to support young people to access local Sexual Health Services

This session will explore where and how to access local services. Young people can feel embarrassed about attending services and worry about confidentiality. It's important to help young people understand what confidentiality means and to reassure and support them to access services when they need to. Even if young people are not sexually active, information about support and services will help to empower them to make informed decisions when they need to.

About Sexual Health

Services are free, confidential and non-judgemental

Services include:

- [Condoms](#) (to help prevent STIs and pregnancy)
- [Contraception](#), including [Emergency contraception](#) (to help prevent pregnancy)
- [Testing for and treatment of Sexually transmitted infections \(STIs\)](#)
- [Unplanned pregnancy support](#)
- [1 to 1 programmes](#) for anyone who feels that they are putting themselves at risk by the choices that they have made in their relationships and with the sex they choose to have.

Discussion Points:

What does confidentiality mean?

We do not tell anyone that young people have accessed sexual health including parents, guardians, carers, schools or GP.

If we are worried for a young person's safety or the safety of others, we will need to share their information, but we will always discuss this with them first.

Anyone under 16 can make informed decisions about their sexual health needs including access to contraception and STI testing. We will always encourage young people to inform a trusted adult, but they do not need to.

What happens in a clinic?

Coming to clinic can feel worrying, but we are non-judgemental and our staff will help young people feel at ease. [Click here for FAQs](#)

What information is available for young people?

A Young Persons Advice Guide is available www.letstalkaboutit.nhs.uk/yp. Anyone requiring a confidential chat can email the service at snhs.sexualhealthpromotion@nhs.net

Where can young people get free condoms?

Free condoms are available by attending a sexual health clinic or from a community provider, such as youth groups. www.letstalkaboutit.nhs.uk/getiton

How to access sexual health services:

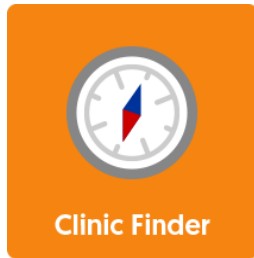
Anyone regardless of age (even under 16) can access sexual health services free and confidentially

1. Find a clinic you would like to visit: Use the 'Clinic Finder' icon to search for your nearest or browse all clinics. Many of the clinics have a young persons clinic which are walk in services.

2. Make an appointment or visit a young persons walk in:

- **Book online (returning soon):** Use the 'Personal Health Record (PHR)' icon to register your details. Through PHR you can make an appointment, or request to be contacted by a member of the team.
- **Book by telephone:** Call us on 0300 300 2016. Lines open 8am to 8pm 7 days a week.
- **Visit a walk in service:** If you prefer to attend a walk in service, you do not need to make an appointment.

3. Attend service: If you have booked an appointment, please arrive 5 minutes prior so that we can check you in. It can feel embarrassing when you attend for the first time, but our team are friendly and will support you throughout your visit. You can bring someone to wait with you, but we will talk to you on your own during the appointment.

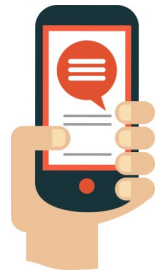


Helping you make informed decisions: www.letstalkaboutit.nhs.uk

Sexual Health Services are here when you need us, but there are some things you can check out now.

- **Contraception** is used to help prevent unplanned pregnancy, and there are many options for young people to choose from. Check out the "what's right for me" contraception choices tool www.contraceptionchoices.org/whats-right-for-me
- **Condoms** help prevent sexually transmitted infections (STI) and pregnancy. When used correctly they help protect everyone from catching an STI and there are many different types to make sex safer and more enjoyable. You may like to try different ones on your own first to find the right one for you. Check out the "condom types and how to use" guides www.letstalkaboutit.nhs.uk/yp
- **Consent.** Consent in sex means that everyone has given permission to engage in any intimate activity for sex, regardless of age. The age of consent for sexual activity in the UK is 16. Check out the consent video and support information www.letstalkaboutit.nhs.uk/consent
- **Talk to a trusted adult.** Starting to talk to someone will help prepare you for when you want to make decisions about your sexual health. A parent, guardian or older sibling can be a great start, but if you would like to talk to someone professionally, talk to your teacher, a school nurse, your GP, a Pharmacist, a community condom provider or sexual health.

Need to talk?



Our practitioners are available if you are worried or need to talk.

You can request a call back - call 0300 300 2016 and ask to speak to an 'SHP Practitioner'

Or email us at snhs.sexualhealthpromotion@nhs.net (please provide your name, date of birth and a contact number)

Find the information on:

www.lets**talk**aboutit.nhs.uk

Find the Following:

Location (Link or page title) or details

Clinic Finder

Information about Emergency Contraception

Pregnancy Termination Service (BPAS) phone number

Information about accessing Condoms—Get It On Condom Card

Making an appointment

The young person advice guide

Information about Chlamydia

Your nearest clinic

What happens in clinic Pages

Video about using a condom

Information about contraception methods

Facilitator Notes

The sexual health services website is a source of information and signposting for young people. This spotlight on could be used in a number of ways:

- Ask the students to access the website www.letstalkaboutit.nhs.uk and locate the information on sexual health services website
- Present the website on screen and navigate through the pages asking young people to write down the page headers
- Use sections as a discussion point/conversation starter and encourage young people to ask questions. You can note these down to plan your next RSE session.

This enables familiarisation on where to access information that is relevant for young people and what they might need to know about accessing services.

- You may also provide the “How to access services page” as a handout and to facilitate discussions.

Young people often raise concerns about confidentiality and embarrassment. Use this session to emphasise what confidentiality means and to reassure young people that sexual health provide friendly and non-judgemental services. A confidentiality statement is available www.letstalkaboutit.nhs.uk/confidentiality

Additional Resources

Check out our online RSE resource toolkit for teachers and professionals, including videos about navigating the website and a classroom presentation www.letstalkaboutit.nhs.uk/rse

Clinic Finder	www.letstalkaboutit.nhs.uk/clinic-finder
Information about Emergency Contraception	www.letstalkaboutit.nhs.uk/ehc
Pregnancy Termination Service (BPAS) phone number	www.letstalkaboutit.nhs.uk/pregnancy-worries/pregnancy-termination-advice
Information about accessing Condoms—Get It On Condom Card	www.letstalkaboutit.nhs.uk/getiton
Making an appointment	https://www.letstalkaboutit.nhs.uk/
The young person advice guide	www.letstalkaboutit.nhs.uk/yp
Information about Chlamydia	www.letstalkaboutit.nhs.uk/worried-about-stis/information-about-common-stis/
Your nearest clinic	www.letstalkaboutit.nhs.uk/clinic-finder/
What happens in clinic Pages	www.letstalkaboutit.nhs.uk/other-services/support-for-young-people/what-happens-in-clinic
Video about using a condom	www.letstalkaboutit.nhs.uk/condoms
Information about contraception methods	www.letstalkaboutit.nhs.uk/contraception