


# Solent NHS Trust Sexual Health Service

[www.letstalkaboutit.nhs.uk](http://www.letstalkaboutit.nhs.uk)



# About Sexual Health Services

- All sexual health services are free, confidential and non-judgemental. We promise to treat everyone with kindness and respect. Your health, wellbeing and safety is our priority.
- We promote equality with due regard to protected characteristics, which means we offer inclusive services regardless of religion, ethnicity, sexuality and gender identity.



# **What are Sexual Health Services?**

Provide health care for sexual health needs:

- Testing and Treatment of Sexually Transmitted Infections (STI's)
- Contraception
- Emergency Contraception (EHC)
- Pregnancy testing
- Unplanned Pregnancy Advice (BPAS)
- Sexual Health 1:1 Support
  
- **Services are open to anyone regardless of age**

# How to access Sexual Health

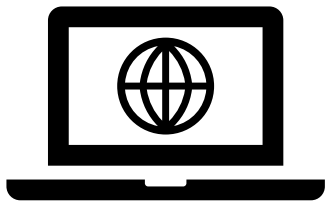


## Appointments

- Phone: 0300 300 2016
- Online Bookings



## Walk-In: Young Person's Walk In Clinic

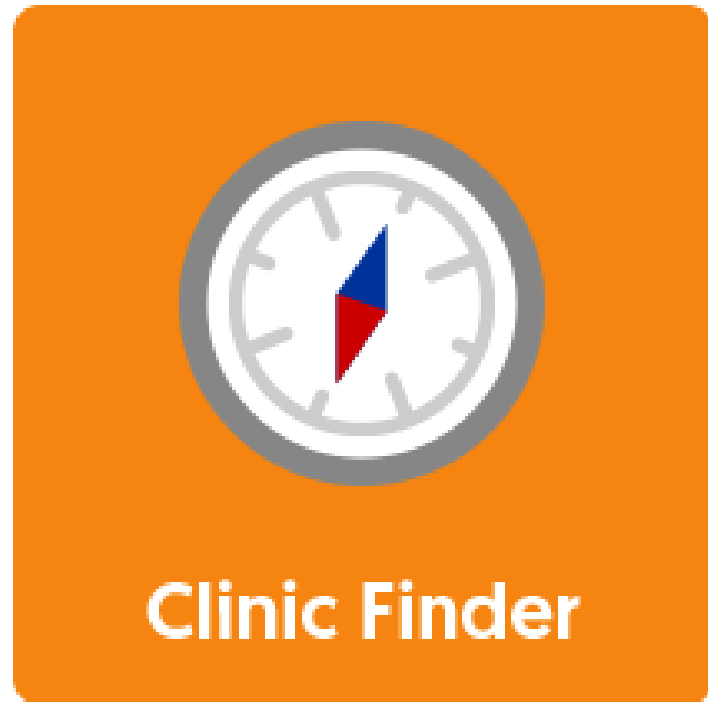


## Information & Advice Website:

[www.letstalkaboutit.nhs.uk](http://www.letstalkaboutit.nhs.uk)



# Your Nearest Sexual Health Clinic



You can find details of your  
nearest sexual health clinic at:

[www.letstalkaboutit.nhs.uk](http://www.letstalkaboutit.nhs.uk)

0300 300 2016

Click the clinic finder button




# What are Sexually Transmitted Infections (STI's)?

- Bacterial infections, viruses or infestations that are passed from one person to another through sexual contact, vaginal, anal and oral sex.
- STIs can pass between **any** person to **any** person, regardless of gender or sexual identity



# What are Sexually Transmitted Infections (STI's)?

- **Chlamydia** is the most commonly diagnosed STI in people aged under 25
- Most people who have Chlamydia don't show any symptoms, so its important to get a test if you have had unprotected sex (sex without a condom)
- Young people should be aware of how to get a test and treatment for Chlamydia to protect themselves and their partner



# What is Contraception ?

- Contraception prevents pregnancy
- Some methods are long-lasting (fit & forget)
- Some methods rely on the person taking them regularly (i.e. pill) or each time they have sex (condom)
- Emergency Contraception (morning after pill) is taken after the incident of unprotected sex or failed contraception (e.g. split condom/ missed pills)
- **It is the responsibility of both of you and your partner to use contraception**





# What is 'fit & forget' contraception ?

- 'Fit & Forget' or 'LARC' is contraception that works in the longer term
- The coil and implant get inserted once and then last for years (depending on type)
- They can be removed when you're ready
- Many people choose longer methods because it fits in with their life style (i.e. you don't have to remember to take a pill everyday)
- Everyone is different – what works for you may not work for someone else

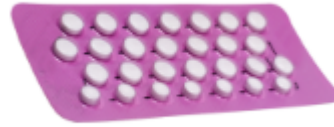
# Common methods of contraception



External condom



Internal condom



Pills



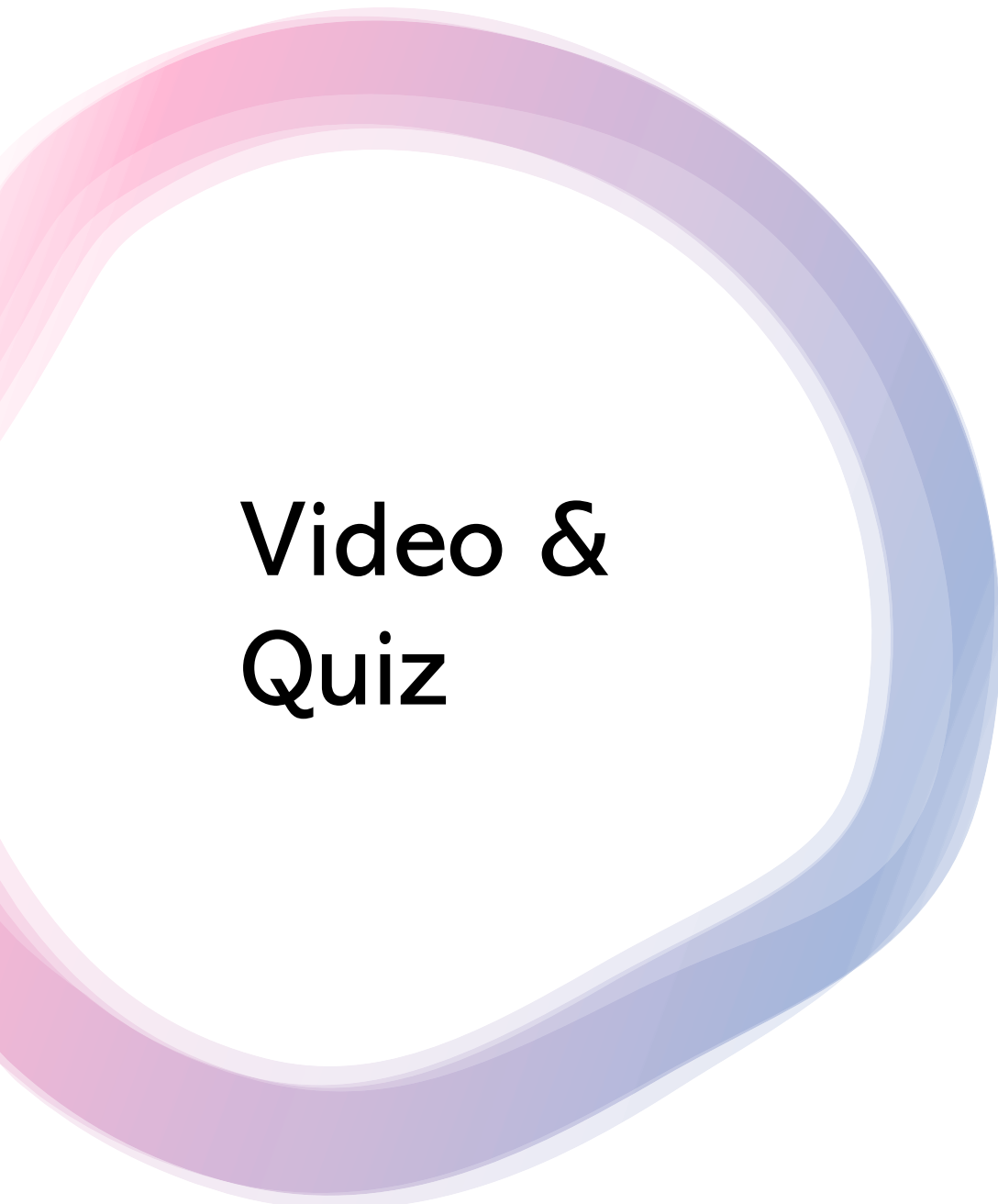
Depo Injection



Coil



Implant



# Video & Quiz

[Click here for video on how to access Sexual Health Services \(sound on\)](#)

The following slides are interactive.

If you are short on time, please move to [here](#)

You need to give and have enthusiastic consent from the person you are going to have sex with

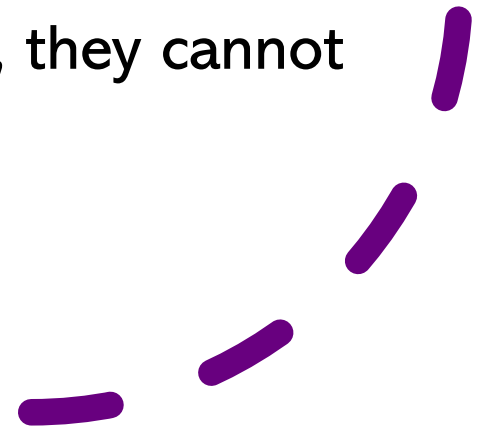
**True**

**False**

# TRUE

- Consent is giving permission freely without being pressurised, persuaded or coerced
- Consent is clear and enthusiastic
- A person can decide to stop an activity at any time, even if they agreed to it before
- If someone has been drinking alcohol, or taking drugs, they may not be able to consent to sex
- If someone is asleep or unconscious, they cannot give consent.

[Consent video 3mins](#)



If you are under 16 you can get free and confidential advice and care from Sexual Health Services without your parents/guardian permission

**True**

**False**

# TRUE

- Our service is confidential. If you're 13 to 15 years old, you have the same rights to confidentiality as an adult
- Your information is not shared with anyone else (doctors, schools, parents)
- The only time we will share information is if we think you or others are at harm or at risk.
- We will talk to you about confidentiality at your appointment.

Sexually Transmitted Infections (STI's) can  
impact your health


**True**

**False**





# TRUE

- If left untreated, many sexually transmitted infections can be painful or uncomfortable
  - They can be passed on to someone else
  - If undiagnosed and untreated, some infections may have lasting health consequences
- 


You will not always know if you have a  
Sexually Transmitted Infection

**True**

**False**



# TRUE

- Not everyone who has a sexually transmitted infection has signs and/or symptoms
  - Some STI's may not show symptoms for months or even years
  - Chlamydia is the most common STI in your age group
  - We can test for some Sexually Transmitted Infections even if you don't have symptoms
  - Other infections can only be diagnosed if you have symptoms such as Warts or Herpes
- 

A doctor/nurse may need to examine you to diagnose a Sexually Transmitted Infection

True

False

# TRUE

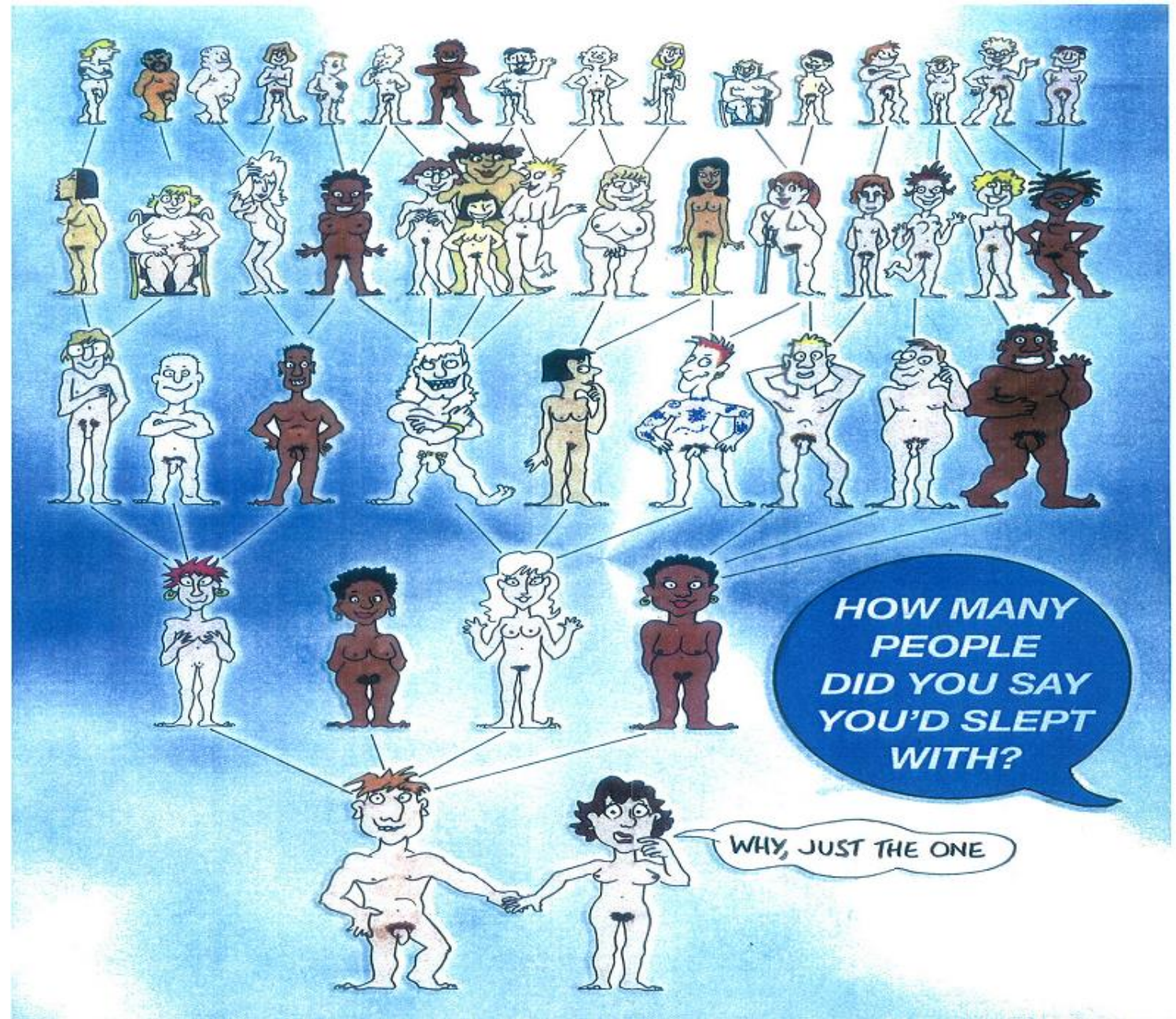
- Many tests are completed by you (urine or self taken swab) but some STIs may need a nurse/doctor to examine you
- They will discuss this with you before any examination so that you can talk about any worries or concerns you may have
- We will always ask for your consent before a physical examination
- You will be offered a chaperone to come in to the room to support you during any physical examination
- We know this can feel uncomfortable but everyone is **always** treated with dignity and respect and it usually only takes a few minutes.
- **A Chlamydia test is a urine sample or self-taken vaginal swab**

If you have only ever had sex with one person, you are **still** at risk of getting a Sexually Transmitted Infection

**True**

**False**

TRUE



**The Contraceptive Pill will not protect you  
against Sexually Transmitted Infections**

**True**

**False**





# TRUE

- The contraceptive pill will only stop pregnancy if taken as instructed
- Condoms act as a barrier method to protect you and your sexual partner from getting an STI
- Condoms must be used correctly to be effective in protecting against pregnancy and STIs

**It's best to use a contraception method and condoms when having sex**




You can get pregnant and a STI when using  
the “pulling out” method

**True**

**False**



# TRUE

- There can be sperm in 'precum' so even if you do not cum inside a vagina, there is still a risk of pregnancy
  - STI's can be transmitted through skin to skin contact and bodily fluids. They can live outside the body for varying amounts of time.
- 

All services, including Emergency  
Contraception are free at Sexual Health Clinics

True

False



**TRUE**

All services including any treatment are free at Sexual Health Services

If you need emergency contraception (EHC) it is available from:

- Most Pharmacies
- GP Surgeries
- Sexual Health Services

### **Don't Delay**

You should access emergency contraception as soon as possible following unprotected sex





Organisation \_\_\_\_\_

Name of Practitioner \_\_\_\_\_

Date of Issue \_\_\_\_\_ User DOB \_\_\_\_\_


Codes for use: **D** = Demo / **C** = Condoms issued / Date

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# Get It On Card (GIO)

- Get It On Condom Card is also known as the C-Card (Condom card)
- Get it On (GIO) is the condom distribution scheme running across Hampshire, Isle of Wight, Portsmouth and Southampton.
- If you are under 25 you can get free condoms from lots of different organisations. Even if you are under 16 years old you can still join the scheme.

A GIO Condom-Card (C-Card) is a 2-sided wallet sized card that looks like this:



# How do I get a GIO C- Card?

- You will need to visit a GIO C-Card venue where a trained worker will have a confidential chat with you. This will include some personal questions so they can make sure they're giving you the correct information and advice, and they will teach you [how to use a condom](#).
- Once that's done, you will be given your GIO C-Card and some free condoms.
- You can then use your GIO C-Card in any GIO venue.



**Video**

[What happens in a  
clinic video 3mins](#)





# Summary

- You need to have/give enthusiastic consent to have sex
- Sexual Health Services are free and confidential
- You can access STI screening and contraception from our clinics
- Not all STI's have symptoms so screening is essential
- Condoms are the only contraception that will protect against STI's – available free from GIO condom sites and clinics
- You can access Emergency Contraception from the Pharmacies, GPs and Sexual Health Clinics

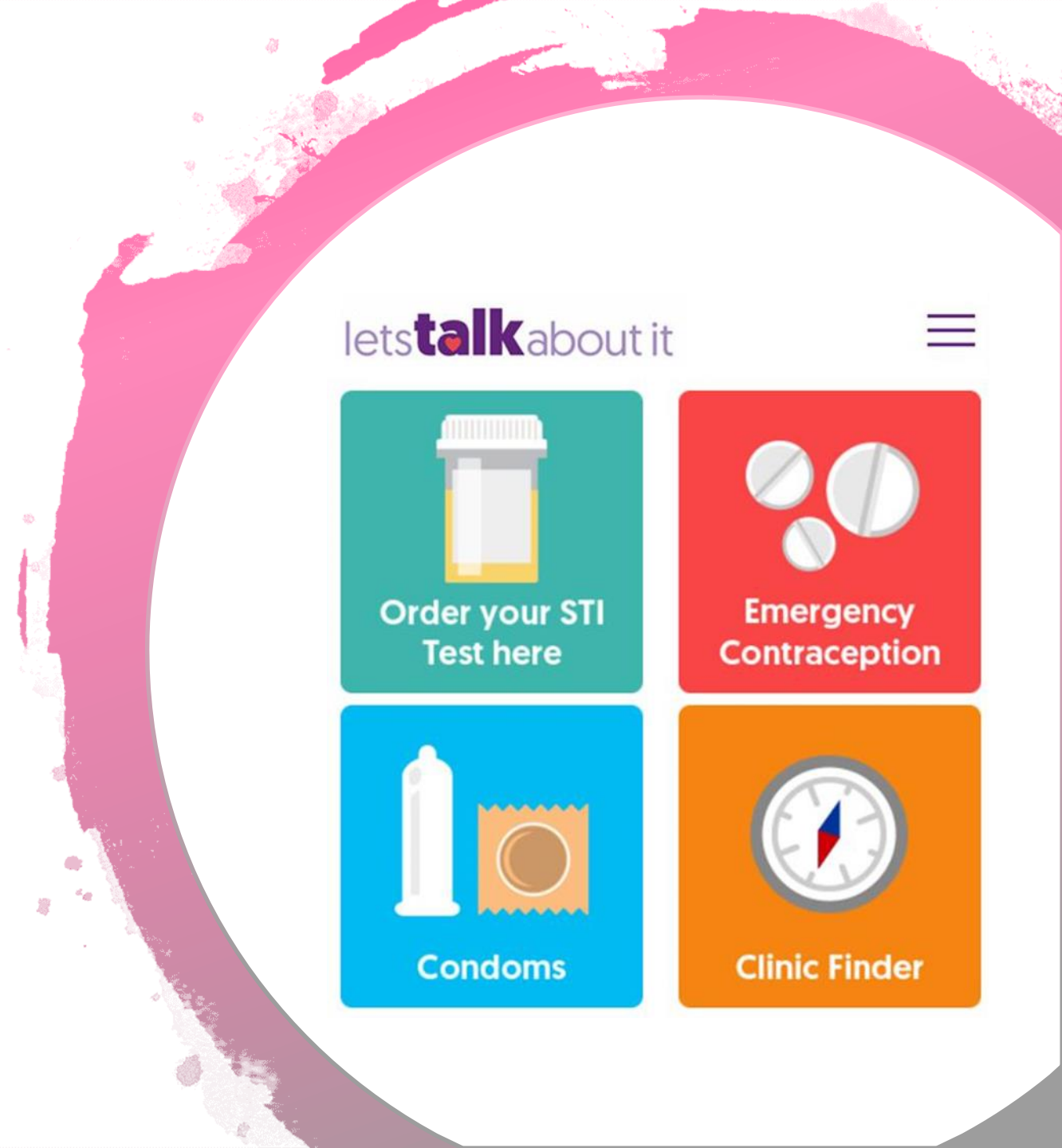
# Our Website provides lots of helpful Information and Advice

Young Persons Sexual Health Advice Guide at

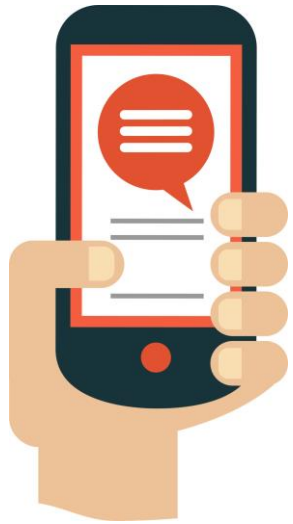
[www.letstalkaboutit.nhs.uk/yp](http://www.letstalkaboutit.nhs.uk/yp)

Website Home page

[www.letstalkaboutit.nhs.uk](http://www.letstalkaboutit.nhs.uk)



# Further Support



If you would like to talk to someone confidentially, you can contact a local practitioner by email to:  
**[snhs.sexualhealthpromotion@nhs.net](mailto:snhs.sexualhealthpromotion@nhs.net)**

Find us at:

**Instagram: [@letstalkhants](#)**

**Facebook: [@letstalkhampshire](#)**

Online services are available for anyone aged 15 years and over:

- Chlamydia test kit (15-24)
- Condoms by Post (16+)