

# Solent NHS Trust Sexual Health Service

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

This is a presentation to introduce the Sexual Health services to young people, to raise awareness on services provided, how to access the service, what to expect and also some basic education on STI's. There is an interactive quiz and several videos, which you can utilise depending on timeframe available for the session. The videos all have time details included. Please have a quick run through first and make sure the notes are clear enough for you. If there are any questions or issues, please speak with the worker who sent you the presentation.



## 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.

Sexual Health Service are free and available for everyone. More information about Solent's Equality, Diversity and Inclusion Policy available here:  
<https://www.solent.nhs.uk/our-story/equality-diversity-and-inclusion/>

For example, we will address you by your preferred pronouns or name.



## **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



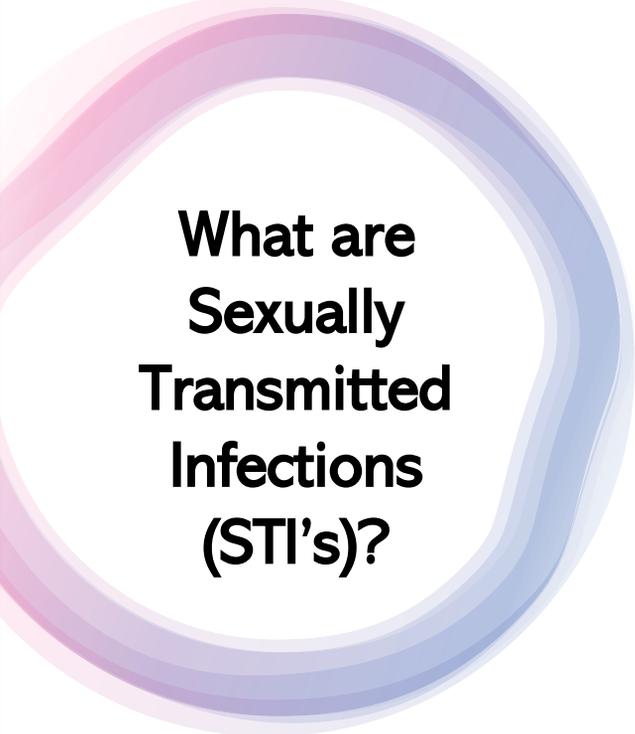
You can find details of your  
nearest sexual health clinic at:

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

0300 300 2016

**Click the clinic finder button**

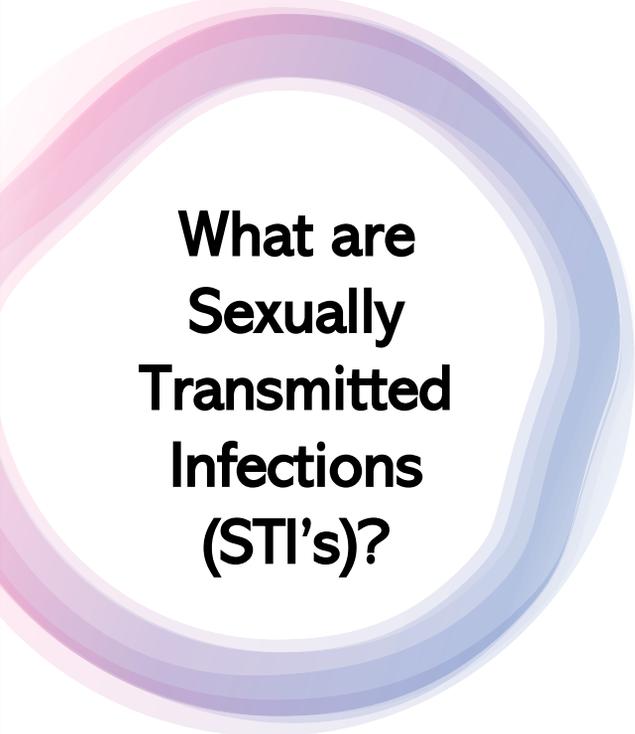
Facilitator can check this information with their sexual health practitioner contact or obtain current information from: <https://www.letstalkaboutit.nhs.uk/clinic-finder/>



## 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

More information about different types of STIs can be found at <https://www.letstalkaboutit.nhs.uk/worried-about-stis/information-about-common-stis/> or <https://www.nhs.uk/live-well/sexual-health/>



## 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

More information about Chlamydia is available at  
<https://www.nhs.uk/conditions/chlamydia/>

Young people aged 15-24 can get a free test for Chlamydia online at  
[www.letstalkaboutit.nhs.uk](http://www.letstalkaboutit.nhs.uk). They can also visit a Sexual health clinic or a GP.



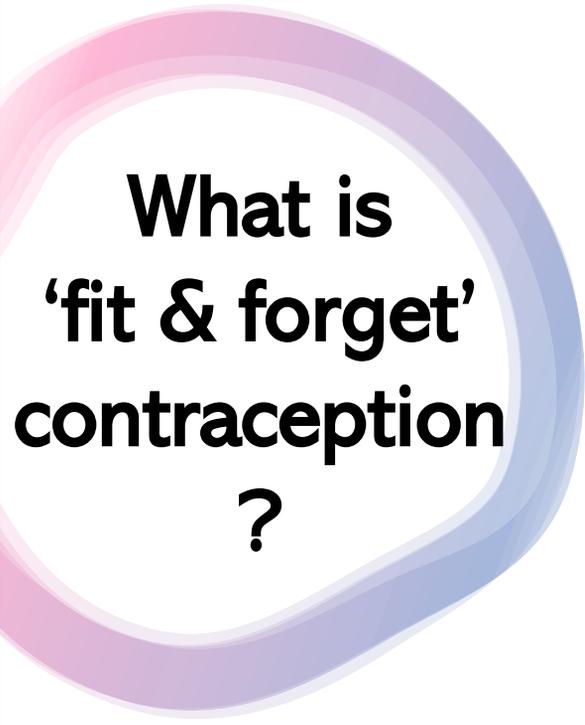
# What is Contraception ?

- 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**

Information about contraception is available:  
<https://www.letstalkaboutit.nhs.uk/contraception/> or  
<https://www.sexwise.org.uk/contraception>

Emergency Contraception must be taken **as soon as possible** following unprotected sex, i.e without any contraception - as it works best to stop pregnancy the sooner it is taken.

More information available at: <https://www.letstalkaboutit.nhs.uk/pregnancy-worries/emergency-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**

LARC = Long Acting Reversible Contraception

More information about the myths of fit and forget contraception can be found here:  
<https://www.letstalkaboutit.nhs.uk/contraception/fit-forget-contraception/>

# Common methods of contraception



External condom



Pills



Coil



Internal condom



Depo Injection



Implant

External condom (male condom – worn on the penis) – video for how to put on a condom available at <https://www.letstalkaboutit.nhs.uk/contraception/condoms/> (also featured later in presentation)

Internal condom (female condom – inserted into the vagina)

Implant – inserted into upper arm – lasts up to 3 years – discreet

Depo Injection – every 12-13 weeks

Coil – inserted through vagina, sits in the womb 5-10 years depending on type

Pills – hormonal & non-hormonal available

All contraception options will be discussed in more depth with a Sexual Health Nurse at the clinic. It is the young persons decision about which contraception method to choose, but the nurse will talk through life style and options to support them to make an appropriate decision – not everyone is the same.



## 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](#)

Slides 13 to 30 - Interactive quiz with answers (true/False questions on separate slides, answer slide immediately after each question slide)

Video link: <https://vimeo.com/461829208>

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

**True**

**False**

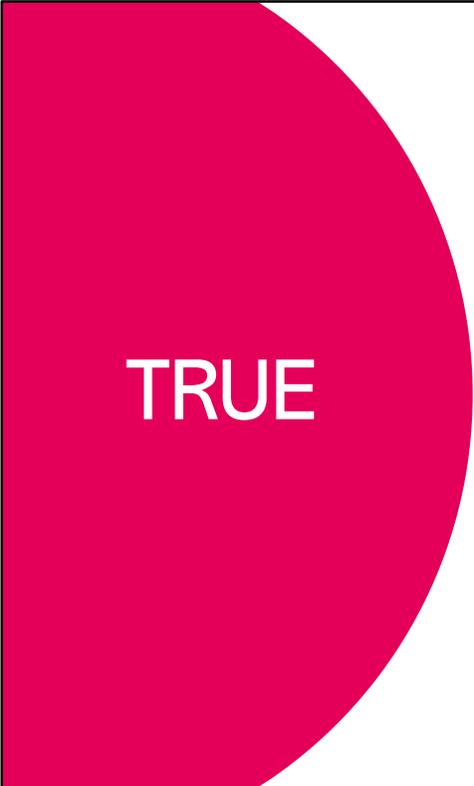
Use this quiz to challenge myths and misconceptions.

You can ask students to shout out their answers or give them each a card with “True/False” written and ask them to hold up their answers – this will enable everyone to engage.

You can address incorrect answers after each question, and you may identify further learning needs for your students.

Information about consent and recognising signs of consent available here:

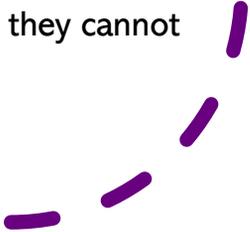
<https://www.disrespectnobody.co.uk/>



# 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.
- 

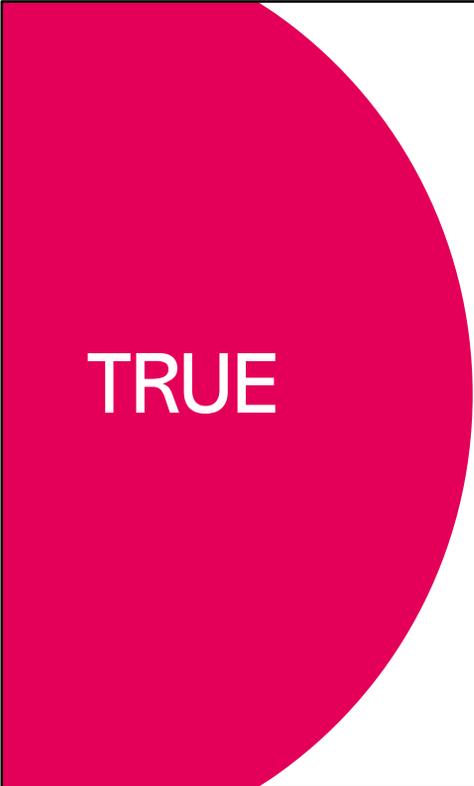
16-18 year olds also have the same rights as an adult due to the age of consent being 16

13-15 year olds can access sexual health services without permission from a parent/guardian but we would always encourage them to talk to a trusted adult about sexual health and if they are worried and for support.

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

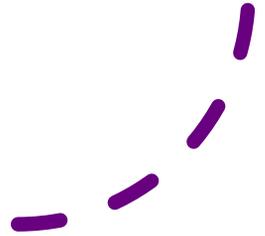
**True**

**False**



TRUE

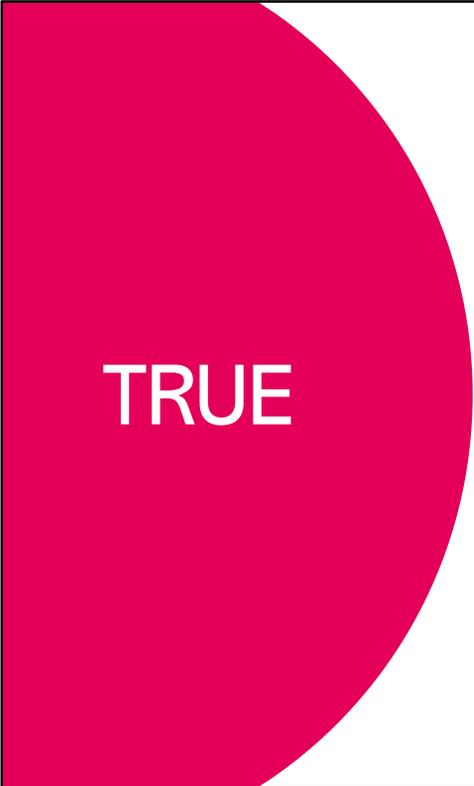
- If left untreated, many sexually transmitted infections can be painful or uncomfortable
- They can be passed on to someone else
- If undiagnosed and untreated, some infections may have lasting health consequences



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
- 

Some infections such as warts and herpes are diagnosed through physical/visual examination.

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**

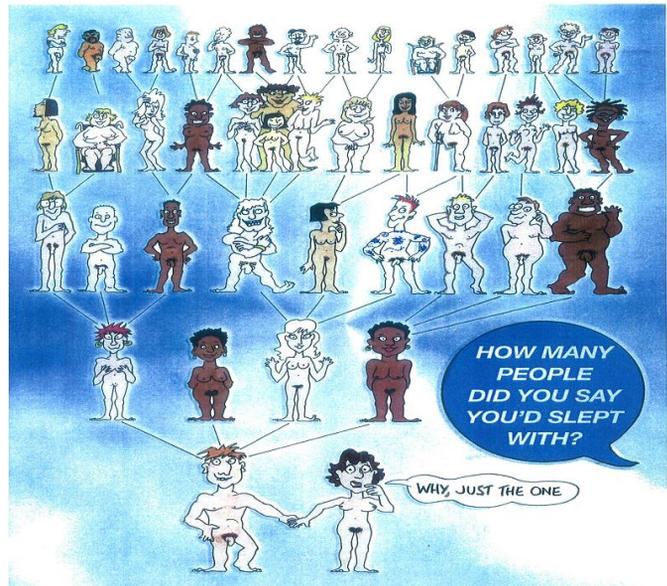
Most tests can be completed without a physical examination. If the nurse or doctor needs to examine someone, we will discuss this with them and gain their consent. A chaperone (another sexual health professional) will be provided to support them during any physical examination.

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

**True**

**False**

**TRUE**



It only takes one sexual contact / intercourse to get an STI. This poster indicates that although you may have only had sex once, your partner may have had sex with another partner, who has had sex with another partner.

If both partners have never had sex before (incl, oral, vaginal and anal sex), then there is very low risk of an STI (Note that some STIs can be passed from mother to child during pregnancy)

Information about preventing an STI can be found here:

<https://www.letstalkaboutit.nhs.uk/worried-about-stis/preventing-an-sti/>

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

**True**

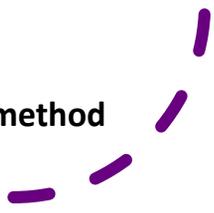
**False**



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**



Information on how to use a condom and top tips available here:  
<https://www.letstalkaboutit.nhs.uk/contraception/condoms/>

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

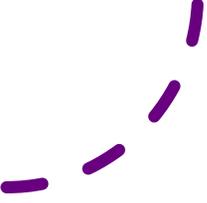
**True**

**False**

Pulling out is withdrawal of the penis before ejaculation



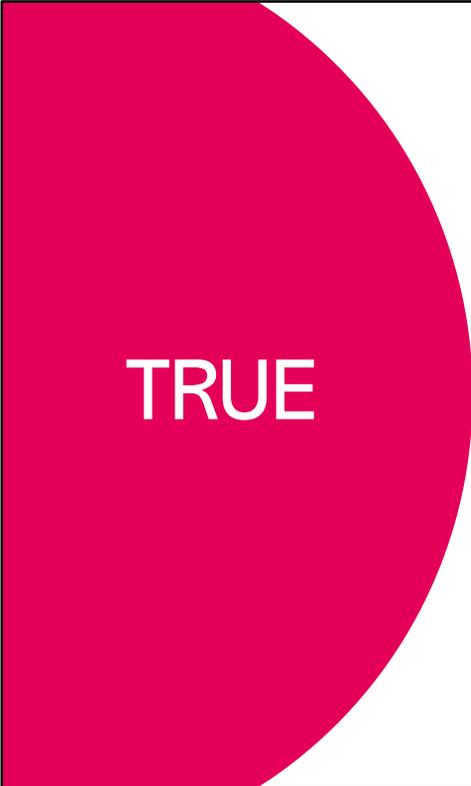
TRUE

- 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



More information about emergency contraception, including when to get it and how, can be found here: <https://www.letstalkaboutit.nhs.uk/pregnancy-worries/emergency-contraception/>



Organisation \_\_\_\_\_  
Name of Practitioner \_\_\_\_\_  
Date of Issue \_\_\_\_\_ User DOB \_\_\_\_\_  

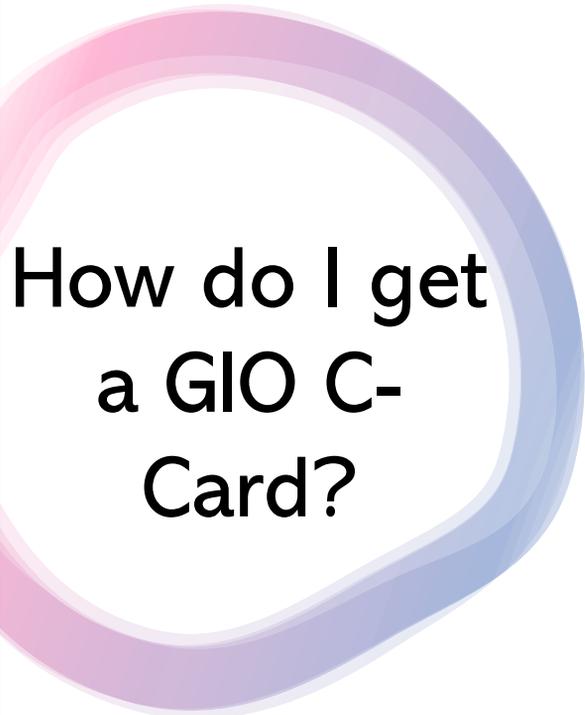

Codes for use: D = Demo / C = Condoms issued / Date  
© Solent NHS Trust, April 2017. Designed by NHS Creative Centre

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

## 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.

More information can be found at <https://www.letstalkaboutit.nhs.uk/contraception/get-it-on-condom-card/>



## 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.

- A list of these venues can be found on our website <https://www.letstalkaboutit.nhs.uk/contraception/get-it-on-condom-card/>
- If video doesn't load (you tube) it can also be found here: <http://www.letstalkaboutit.nhs.uk/yp>



# Video

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

This short video gives a visual guide with written talk-through on what to expect when attending a clinic. The clinic used in the video is Crown Heights in Basingstoke, but gives a good representation of what you would expect to experience at any of the locations. Please don't this video pre-dates COVID and any changes in procedures due to COVID guidance.

If the link isn't working please visit: <https://www.letstalkaboutit.nhs.uk/other-services/support-for-young-people/young-persons-advice-guide/> to access the video (we will be changing the video in due course and the current version will be uploaded on this page)



# 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

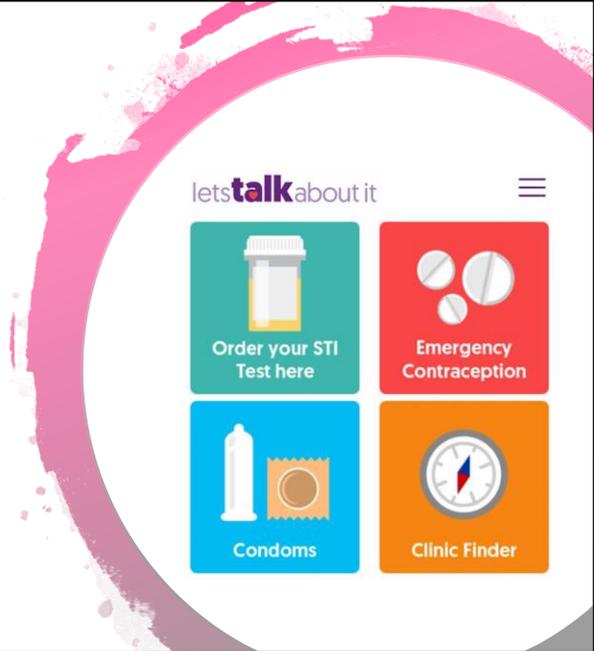
**Our Website provides lots  
of helpful Information and  
Advice**

**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+)