

Awkward Sexual Health Adventures



Why are we here....



1

Feel more confident in young people's relationship and sexual health needs.

Understand your own values and attitudes towards sexual health, sexuality, sexual orientation, and gender.

2

3

Recognise how your values and attitudes impact on sexual health interventions with young people.

Have increased confidence in speaking to young people about sexual health and relationships.

4

5

Be able to deliver key messages regarding local sexual health services to young people.

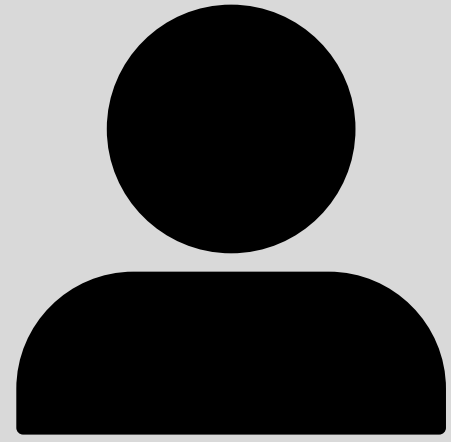
Share terminology to understand and develop a shared common language.

6

The image features three white, three-dimensional ice cubes with soft, rounded edges. They are arranged in a small cluster, with one cube on top and two below it. The cubes are melting, as evidenced by a large, irregular puddle of light gray water at their base. The puddle has several smaller droplets around its perimeter. The background is a uniform light gray. The text 'Ice-breaker' is written in a bold, black, sans-serif font, centered horizontally and partially overlapping the middle cube.

Ice-breaker

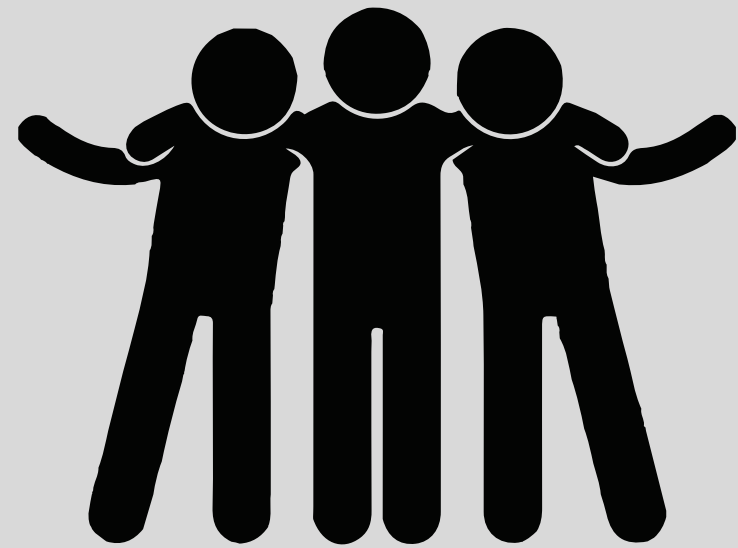
Personal



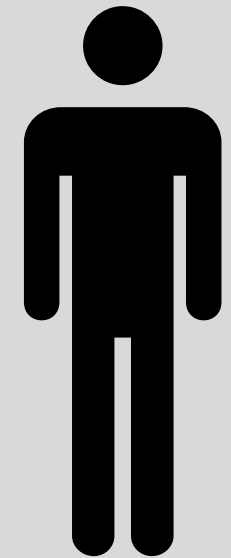
Societal



What are values and attitudes?



Social



Human

Personal values are associated with who one is as a person, and how one wishes to define and lead a meaningful life and meet one's goals.

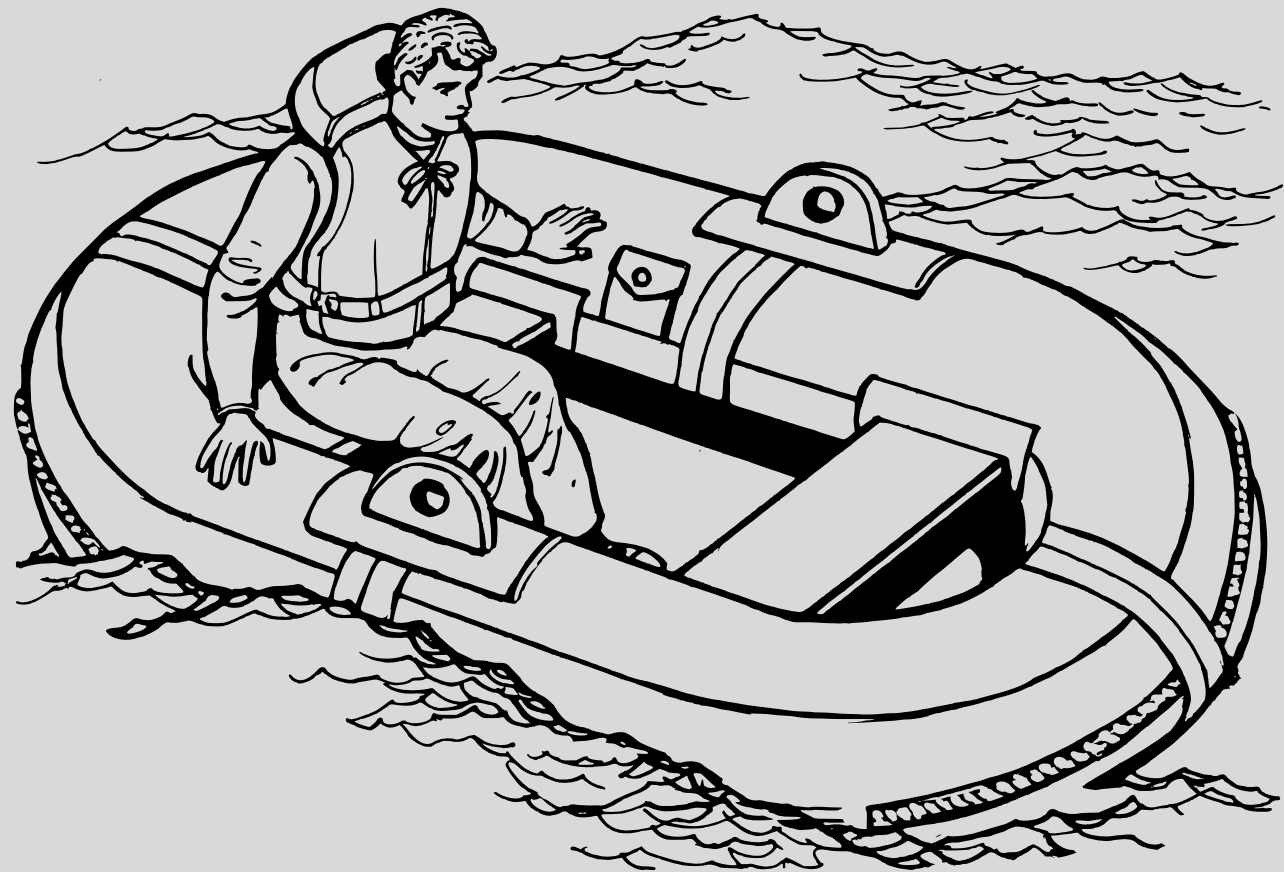
Societal values define the priorities of cultures and societies, the shared principles and guidelines that frame the social order and institutional life. These values endure when they are enshrined in social and institutional structures, documents and democratic practice, and when they are endorsed through public opinion.

What are values and attitudes?

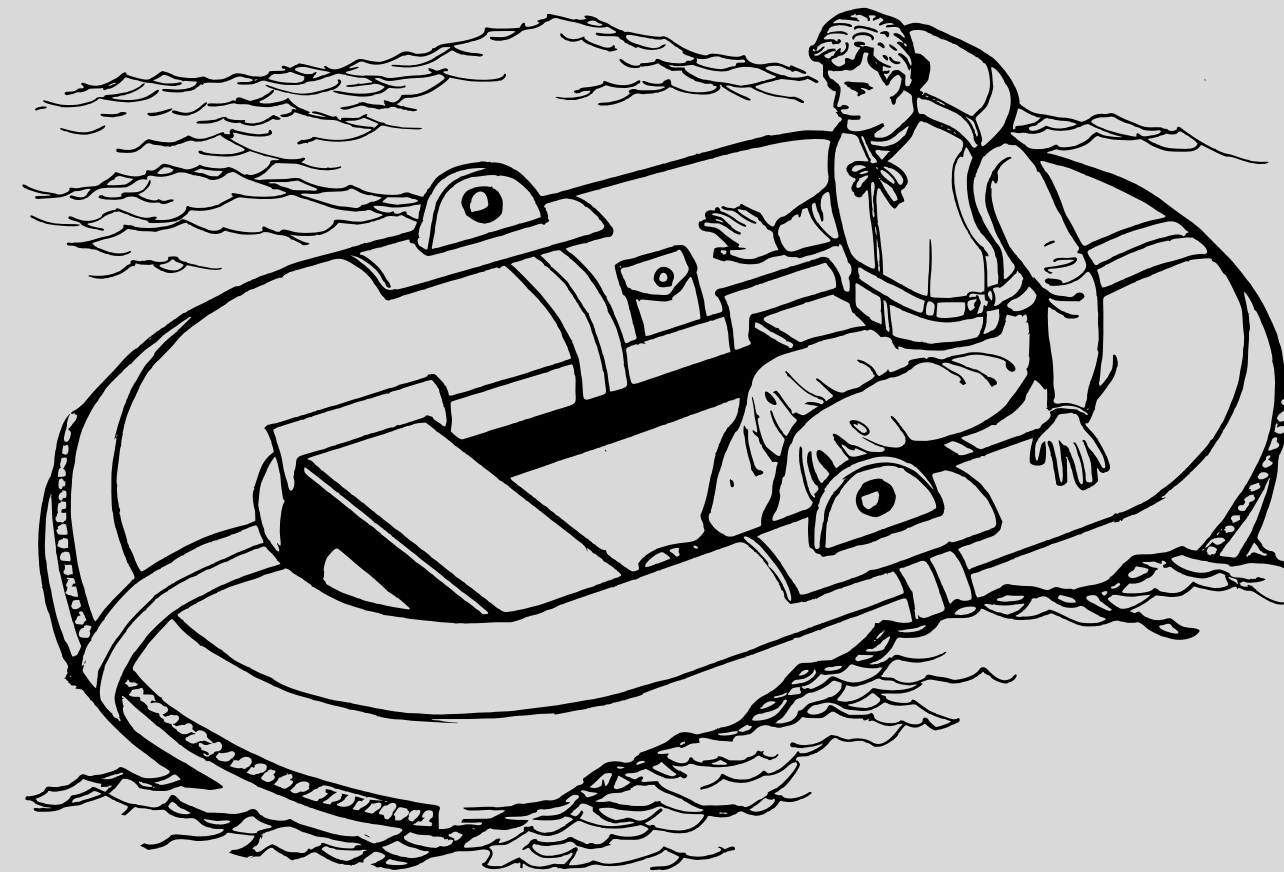
Social values relate to those principles and beliefs that influence the quality of interpersonal relationships. They include how one behaves towards others, and how one manages interactions, including conflict. Social values also reflect cultural assumptions about social well-being, i.e. what makes a community and society work effectively.

Human values have much in common with societal values. However, they are defined as transcending nations and cultures; they apply to the well-being of humanity. These values can be identified across spiritual texts and indigenous traditions spanning generations. They are often articulated in internationally agreed conventions, such as the Universal Declaration of Human Rights and the United Nations Sustainable Development Goals (SDGs).

You and the following people are on a sinking cruise ship that was headed to the Bahamas. As your ship is sinking, you spot an island and believe that you are close enough to reach it in a lifeboat. However, there are 14 of you left alive, but only room for 8 in the lifeboat. Those that go in the lifeboat will probably make it to the island where they will try to survive until they are rescued. Those that are left on the sinking cruise ship will likely go down with the ship and die. You are one of the officers of the cruise ship and the highest ranking survivor. You are given the responsibility of deciding who remains on the ship and who goes aboard the lifeboat.



Life Boat Activity



WEST LOTHIAN VIEWS ON SEXUAL HEALTH SERVICES AND TRAINING NEEDS

SEXUAL HEALTH SERVICES ARE AN IMPORTANT PART OF LOCAL COMMUNITIES, AND IT IS IMPORTANT THAT PEOPLE HAVE THEIR SAY TO HELP US UNDERSTAND IF CURRENT SERVICES ARE STILL MEETING THE NEEDS OF OUR YOUNG PEOPLE.

THIS WILL ALSO HELP US TO UNDERSTAND WHERE SEXUAL HEALTH SERVICES ARE ALREADY PERFORMING WELL AND IDENTIFY ANY POTENTIAL GAPS TO SERVICE DELIVERY THAT NEED IMPROVEMENT. THIS WAY CLD YOUTH SERVICES, HEALTHY RESPECT AND C-CARD CAN EFFECTIVELY WORK COLLABORATIVELY TO PROVIDE THE BEST SERVICES AS POSSIBLE.

What services do you think is missing....

SCHOOL-BASED DROP-INS

DROP-INS

RSHP EDUCATION

MORE TRAINED STAFF

SIGNPOSTING

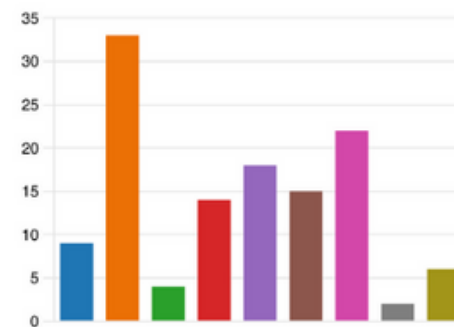
51% of respondents knew sexual health services are available within West Lothian



2. If you were to attend training on Sexual Health and Relationships, what would be your preferred method?

More Details

Face to Face - Individual	9
Face to Face - small or large gro...	33
Peer Education	4
Online - Teams/Zoom	14
Hybrid - Mix of both online and ...	18
Pre-recorded materials such as ...	15
Workshops / Invited Speakers	22
Drama / Performance Speakers	2
VR Headsets	6



Who should be involved in enhancing young peoples experiences?



28% SAID YOUTH WORKERS

22% SAID PARENTS

18% SAID TEACHERS

6% SAID HEALTH PROFESSIONALS

if you were to attend training, what would you hope to achieve from it?

more knowledge/ understand terminology

tips to engaging with young people

places to signpost young people to

three topics which are most important to improve sexual health amongst young people.

CONSENT

CONTRACEPTION

HEALTHY RELATIONSHIPS



The age of consent is the law that states what age a person needs to be before they can agree to have sex lawfully.

CONSENT

It is the same age for all young people, whatever their sex or gender or the sex/gender of their partner.

The age of consent for everyone in Scotland is 16.



How to get consent?

Consent

The person seeking or initiating sex is responsible for getting the consent

Ask yourself if the other person is capable of giving consent

If they are on drugs or too drunk, asleep or unconscious they cannot choose.

Some people living with a mental health problem, a learning disability or a head injury may not have the capacity to consent.

You can confirm if you have consent by checking the other person's body language and by asking them.

Check with them each time you start a new type of sexual activity.

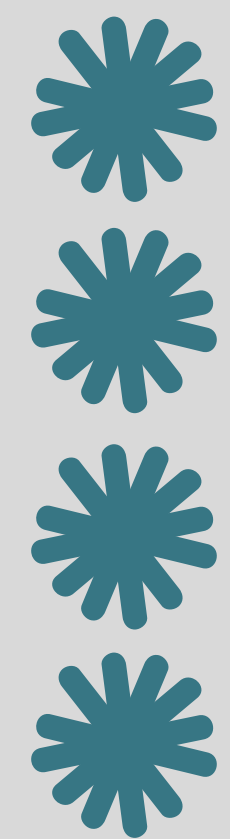
Check with them on each occasion you start any sexual conduct.

Look at their body language and facial expression to see if they are eager and comfortable. Ask them if they are okay.

If they seem unhappy, or you are not sure they are consenting, stop.

Silence, or the absence of a "no", does not guarantee somebody is consenting.

A clear affirmative freely-given "yes" indicates consent



Cup of Tea

AWKWARD MOMENTS CAMPAIGN

Awkward Moments

Check in with yourself and
the person you're with
awkwardmoments.co.uk

How to have conversations about consent

- Are you comfortable with us doing this?
- Can I kiss you here?
- Is it ok if I touch you?
- Do you like how this feels?
- Would you like us to go further?



Check in with yourself and
the person you're with
awkwardmoments.co.uk

How not to have conversations about consent

- Avoid talking about it
- Assume what the other person wants
- Takes things personally if the other person isn't into it
- Keeps asking/trying if the other person isn't sure

Protecting Young People

Fraser Guidelines

The young person understands the advice and is mature enough to understand the implications.

The practitioner cannot persuade the young person to inform his or her parents.□

the young person is likely to have sex with or without contraceptives.□

The young person's health is likely to suffer if they do not receive contraceptive advice or treatment.□ It is in the young person's best interest to receive contraceptive advice or treatment without parental consent.

Underage sexual activity guidance

The Sexual Offences Act 2003 recognises that whilst mutually agreed, non-exploitative sexual activity between teenagers does take place and that often no harm comes from it, the age of consent should still remain at 16. This acknowledges that this group of young people is still vulnerable, even when they do not view themselves as such.

Interventions should be aimed at protection of vulnerable children and the provision of information and contraception (where appropriate) for other young people.

Many young people will develop a healthy and developmentally appropriate interest in sexual relationships whilst they are still children and some will do this before they reach the age of consent.

This difference in procedure reflects the position that, whilst sexual activity under 16 remains illegal, young people under the age of 13 are not capable to give consent to such sexual activity.

Gillick Competencies

(Refers to a legal case from the 1980's which looked at whether Doctors should be able to give contraceptive advice or treatment to under 16's, without parental consent)

Gillick competency applies mainly to medical advice but is often used in a wider context to help assess whether a child has the maturity to make their own decisions and to understand the implications of those decisions.

Age, maturity and mental capacity is considered. This is being known as Gillick Competent.□

The law protects not prosecutes

	12 years 364 days and under	13 years	14 years	15 years	16 years and over
Any sexual activity is an offence	Mutually agreed sexual activity can be consensual but remains an offence...				Sexual activity is legal in consenting relationship
unable to consent to sexual activity Must Refer	Risks to be assessed and young people vulnerable to abuse / exploitation to be referred on as appropriate				still consider risks, coercion & vulnerability up to 18 years as offence

Ways of supporting young people

Being supportive of young people to learn more about sexual health is not the same as encouraging sexual activity.

Listen to the young person, this sounds simplistic but try to understand their concerns, so you can help and discuss their needs.

As a youth worker you can signpost young people who need extra support.

- Be mindful of cultural, sexual or gender diversity and use appropriate terms and language.

A youth worker is seen as less authoritarian than a parent or a teacher and it is less embarrassing for young people to speak to

A youth worker can unpack some of the attitudes, ideas and messages about sex and sexual health, which may not be relevant to young people today.

Be honest with the young person about what you do or do not know. It is ok to come back to it. This can be learning experiences for both the youth worker and young person. It can also demonstrate to the young person that even adults don't have all the information.

As an information provider, you can ensure young people get the right information and help support them in making their own informed choices about their sexual health.



Support for young people around sexuality LGBTQI+

LGBTQ+ is an acronym that stands for Lesbian, Gay, Bisexual, Trans, Questioning, Plus

Sexuality is diverse, and there are many different types. It can take time to figure out the sexuality that the individual feels fits them best. Sexuality can change over time.

Young People may find it difficult to talk about their sexuality and our service can help them alongside other specialist organisations, that support the LGBTQ+ communities

Sexuality is an important part of ourselves. There is no right or wrong, it's about what's right for the individual.

Signposting in West Lothian



Healthy Respect drop-in at 101 Youth Project, The Centre Livingston

Fridays 13:30 – 15:30

Drop in for a friendly chat!

You can get:

- Sexual health advice
- Health and wellbeing support
- Free condoms (age 13+)
- Pregnancy testing



 Our services are confidential. All identities welcome!

Questions about sexual health and relationships? Find all you need to know at healthyrespect.co.uk




**Chalmers Centre
(central Edinburgh)**

**Monday to Thursday
– 3:30pm – 7pm
Fridays – 1pm – 3:30pm.**

Supporting young people's sexual health

Need help now? – [Click here](#)

Home > Find services near me



Find services near me

Accessing the Abortion Service choices

There are 3 ways that you can be referred to the Choices clinic at the Chalmers Centre, to discuss unplanned pregnancy/abortion:

- 1. Self referral**
If you wish to self refer please call: 0131 536 1070 between the hours of 9am to 3pm Monday to Friday (excluding public holidays). Please ensure you are able to speak privately when you call. You will be asked for some personal details relating to your appointment. Your first appointment is usually a phone consultation, you will then have to attend an appointment at Chalmers Centre, or St John's Hospital if you live in West Lothian.
- 2. GP referral**
If you wish to see your GP first then your GP can arrange a referral to the Chalmers Centre, or St Johns Hospital if you live in West Lothian.
- 3. Referral from another clinic within NHS Lothian (e.g. a sexual health clinic)**
If you wish to be seen in a sexual health clinic first, you should make an appointment at your nearest clinic and the health care professional there would refer you to the Choices Clinic at the Chalmers Centre, or to St John's Hospital if you live in West Lothian.

If you think you might be pregnant don't delay – contact us or go to your GP as soon as possible. That way you will have more time to make an informed decision.

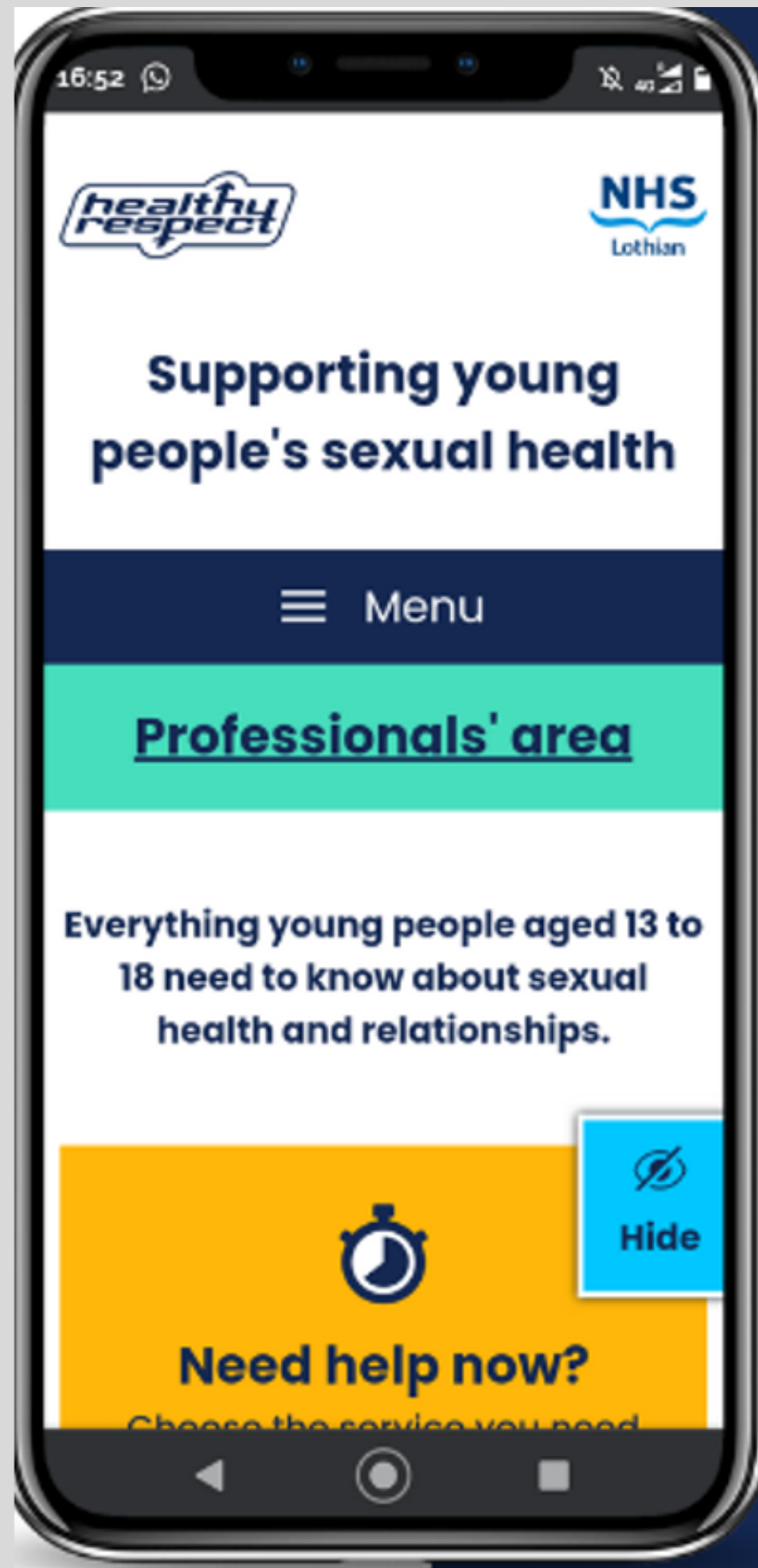
**Howden Health Centre
Healthy Respect +
Mixed drop-in and
appointments
Fridays 1pm – 3.30pm.**

Free Condoms in Edinburgh & Lothians.
No names. No judgement. No problem.



condoms by post - c-card website

Supporting young people's sexual health and relationships



RSHP Scot

Welcome to the RSHP project, developing a resource for relationships, sexual health and parenthood (RSHP) education for children & young people in Scotland.

 RSHP /

Scan code or visit www.healthyrespect.co.uk

where does this all feed into?

**Scottish government
Sexual health and Blood Borne Virus Group**

**Healthy Respect Young Persons
group**

Deliverables -

- **Services**
- **Additional Support needs**
- **Gender-based Violence**
- **Transgender**

**West Lothian Sexual Health
Network**

