

Sexual Health – what young people in Devon need to know



A Relationships and Sex Education (RSE) teaching
support prepared by Devon Sexual Health

What makes a good RSE session?

This presentation is designed to support the delivery of Relationships and Sex Education (RSE) for young people in Devon. The key areas that effective sexual education should cover are:

- Contraception – including emergency contraception
- STIs – protection and prevention
- Condoms – important for both contraception and STI prevention
- Gay or bisexual – what is important for them to know
- Consent – what does it mean?
- Sexual Assault – where can you get support?
- Sexual Health information - where to signpost young people



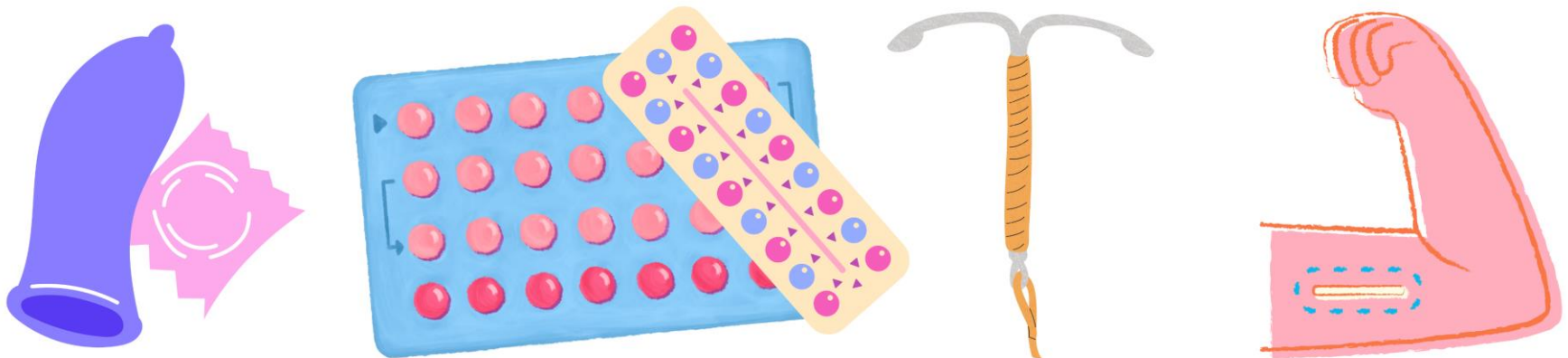
Contraception (ways to prevent pregnancy)

There are many different types of contraception and knowing which is right for the person and their individual needs is important. At Sexual Health clinics we will discuss the options and advise on the best contraceptive for the individual.

Contraception is available from all Sexual Health clinics and some GP surgeries. All contraceptive services are **free, non-judgemental and confidential - even if you are aged under 16.**

For information on the different types see:

<https://www.devonsexualhealth.nhs.uk/contraception/>



Emergency Contraception (also known as the morning after pill)

Emergency contraception is designed to prevent pregnancy when your normal methods of birth control have failed – a condom may have split or you've forgotten to take the pill.

Emergency contraception should **not** be used as the main method of contraception because it is not as reliable as other methods and not guaranteed to work every time.

Emergency contraception is available **free** from Devon Sexual Health clinics, GPs and some pharmacies if you are aged 13-24.

For more information see:

<https://www.devonsexualhealth.nhs.uk/contraception/emergency-contraception/>



Sexually Transmitted Infections(STIs)

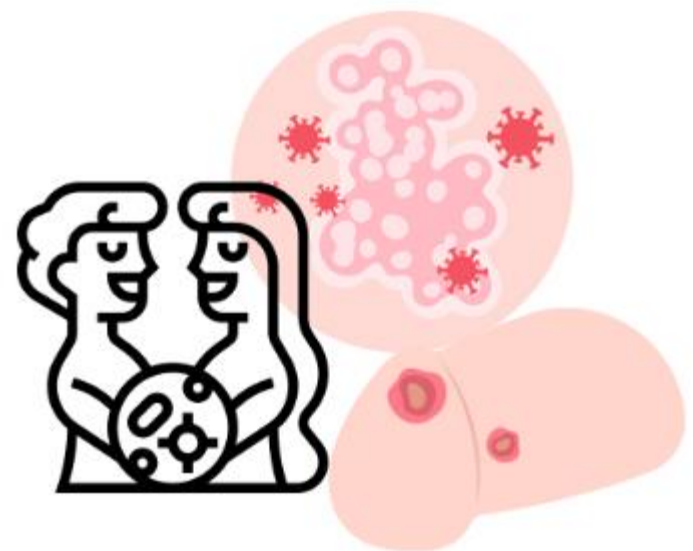
STIs are sexually transmitted infections that are passed on through unprotected (not wearing a condom) sexual activity. There are many different types and some, e.g. Chlamydia, are very common. You can catch an STI through:

- Unprotected (not wearing a condom) vaginal, anal or oral sex
- Sexual and genitalia contact – even if you don't have full sex
- Not wearing condoms properly
- Broken condoms – this is unlikely if condoms are worn correctly
- Sharing sex toys

Although STIs are curable or treatable, if left untreated, some can have long term effects - including infertility - so it is better to protect yourself and remain healthy. There is nothing to be ashamed of in seeking treatment.

For more information see:

<https://www.devonsexualhealth.nhs.uk/stis/sti-facts/>



STI Testing

Some STIs, such as Chlamydia, are extremely common with 1 in 2 young people infected. Often you may not show any symptoms, so we recommend screening each year or when you change partners.

All Devon Sexual Health clinics provide easy and reliable testing for all sexual health needs: <https://www.devonsexualhealth.nhs.uk/stis/sti-facts/>

If you are aged under 25, you can request your own postal STI testing kits via <https://www.freetest.me/>

When taking a test at a clinic, the doctor or nurse who sees you will ask you how you would like to receive your results.

We can do this in a number of ways including by text, email, letter or a phone call. Sexual Health clinics can also help with notifying your sexual partners of a positive result.



Condoms

The best prevention against STIs is using condoms. When used correctly, condoms can help protect against STIs and prevent pregnancy.

You can buy condoms from pharmacies, supermarkets and online. You can also get them from GP surgeries and free of charge from our Devon Sexual Health clinics.

13-24 year olds can also register for a C-Card which means that you will receive condoms and lubricant free of charge. See: <https://doink.sh.uk/devon>

Doink

To ensure correct condom use, this NHS video is helpful: <https://youtu.be/vww9rk1USss>



Unplanned Pregnancy

Sex and pregnancy go hand in hand. Pregnancy tests are readily available from high street pharmacies and supermarkets. You can also get free pregnancy tests from sexual health services, GP practices and most NHS walk-in centres.

What do I do if my test is positive? If you want to end the pregnancy by having a termination (abortion), terminations are available under the care of an NHS hospital. There are four ways to get a termination of pregnancy with the NHS in Devon.

1. Speak to your GP and ask for a referral to termination of pregnancy service
2. Self- refer via [MSI UK](#) which has branches in Exeter and Paignton
3. If you live in Torbay, you can self-refer to the [Torbay Pregnancy Advisory Service](#) (ToPAS).
4. You can contact Devon Sexual Health and ask for a referral. DSH does not offer termination services but can refer you to a local clinic.



Gay, Bisexual and MSM (men who have sex with men)

If you are a gay or bisexual, there is information that it is important for young people to know about to keep them safe in addition to routine check-ups.

What is PrEP?

PrEP is a medicine that can be taken before sex to help reduce the risk of [HIV](#) acquisition (catching HIV). You take PrEP in preparation for sex, and it is recommended for people at higher risk of HIV acquisition, such as MSM who have condom-less anal sex.

The online PrEP tool from the Terrence Higgins Trust is a quick and easy way to know if PrEP would be of benefit. It is [available here](#).

More information on HIV can be found here:
<https://www.devonsexualhealth.nhs.uk//hiv/>



Consent

What does consent mean?

Sexual consent is **an agreement to participate in a sexual activity**. Before being sexual with someone, you need to know if they want to be sexual with you too. Consent should be clearly and freely communicated and you should have the **freedom** and **capacity** to make the choice.

What may affect consent?

Capacity - Consent cannot be given by individuals who are underage, intoxicated or incapacitated by drugs or alcohol, asleep or unconscious - they don't have the capacity to agree to sex.

Freedom - the person agreeing to sex isn't agreeing because they feel scared, threatened or under pressure to agree.

This is helpful video explains more:

<https://youtu.be/pZwvrxVavnQ>



Remember - Consent can be withdrawn at any time during sexual activity.

You can change your mind at any time

Sexual Assault

What is sexual assault?

A sexual assault is any sexual act that a person did not consent to, or is forced into against their will. It is a form of sexual violence and includes rape (an assault involving penetration of the vagina, anus or mouth with a penis), or other sexual offences, such as groping, forced kissing or child sexual abuse.

Sexual assault is an act that is carried out without the victim's active consent. This means they didn't agree to it.

What is a SARC?

Sexual assault referral centres (SARCs) offer medical, practical and emotional support. They have specially trained NHS doctors, nurses and support workers to care for you.

Devon & Cornwall SARC
Sexual Assault Referral Centres

<https://sarchelp.co.uk/>

Devon, Cornwall &
Isles of Scilly Helpline:
0300 3034626

Devon Sexual Health Clinics

Devon Sexual Health has three clinics based in Barnstaple, Exeter and Torbay.

The clinics offer all sexual health services and can advise on contraception options, STI testing and treatment, emergency contraception, HIV information and general sexual health and wellbeing.

The services are staffed by specialist doctors and nurses and all the sexual health and contraception services are confidential – even for those under 16 years old.

Each of our clinics offers weekly drop in services for young people without appointment.

The Devon Sexual Health website has information on all aspects of sexual health, advice and support: <https://www.devonsexualhealth.nhs.uk/>

Devon Sexual Health Website

For those young people with access to smartphones, tablets etc, the DSH website has information on all aspects of sexual health.

The home page has been designed for quick and easy signposting to key sexual health information including self-testing options for Sexually Transmitted Infections (STIs):

<https://www.devonsexualhealth.nhs.uk/>

How can we help you?...



[Get tested](#)



[Emergency
Contraception](#)



[PrEP](#)



[Contraception](#)



[HIV Care](#)

Find a service near me

The website also has a service finder which shows options for:

- Sexual Health clinics.
- Contraception
- HIV Testing
- STI Testing
- Emergency Contraception

This function allows people to search using their postcode to find sexual health clinics, GP surgeries and pharmacies in their local area:

<https://www.devonsexualhealth.nhs.uk/find-a-service-near-me/>

Find a service near me

Service

Your postcode or town

Find



Devon Sexual Health Clinics – everything is confidential

Everything that happens at a Devon sexual health clinic is completely [confidential](#).

We don't tell GPs or parents, even for those aged under 16, unless we are worried about the individual.

If we do have concerns, we will usually tell the person what we're worried about and discuss with them what we plan to do to help keep them safe.

For more information as to what to expect in a sexual health clinic, this short video will help:

<https://www.youtube.com/watch?v=FPFAfVwN-2I&t=31s>

What happens when I visit the
Devon Sexual Health clinic?



Devon Sexual Health socials



@DevonSHealth



@sexualhealthexe



@devon.sexualhealth



[@devonsexualhealth2572](https://www.youtube.com/@devonsexualhealth2572)



@devon_sexual-health1

#YourSexualHealthMatters



This information has been provided by Devon Sexual Health services to help enable young people to explore safe sexual relationships and feel informed and empowered to make good sexual health decisions.

Further teaching resources and information links, including lesson plan options, are available on the Devon Sexual Health website:

<https://www.devonsexualhealth.nhs.uk/professionals/rse-teaching-support/>

www.devonsexualhealth.nhs.uk

