



Welcome to **Issue 20** of the
Sexual Health D&G Newsletter.



Issue 20
August 2013

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Making teenage pregnancy everyone's business

Save the date: Monday 30th September 2013

In Scotland, the teenage pregnancy rate has seen a **consistent decline over recent years** across all three age groups: under 16s, under 18s and under 20s. However, the latest available data shows that **Dumfries and Galloway has the highest teenage pregnancy rate in 2011 for the under 16 age group** at 7.9 per 1,000 population.

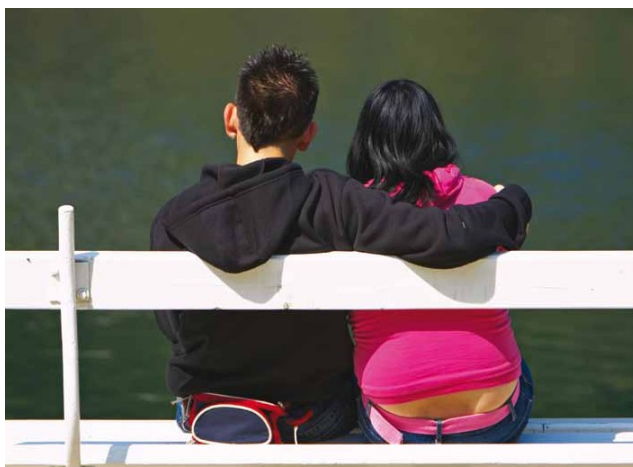


Teenage pregnancy is not just a sexual health issue. The values and principles of **Getting it Right For Every Child** state that "**strong partnership working** should be taking place locally across all agencies, at both practitioner and strategic organisational level, **to improve outcomes for all children and young people**" and that this work "should take an **early intervention approach** and **deliver streamlined and co-ordinated help** that is **appropriate, proportionate and timely**". The Sexual Health and Blood Borne Virus Framework 2011-15 states that improving sexual health and

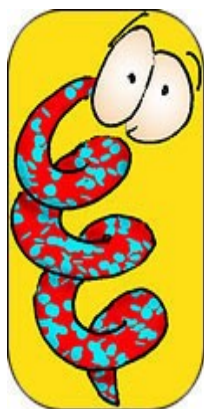
wellbeing should **be integrated into wider work streams** at local level which aim to **address health and social inequalities and risk taking behaviours** and which **focus on prevention, including building resilience, aspirations and self-esteem**.

A **local event on Monday 30th September** at the Urr Valley Hotel in Castle Douglas will bring together **key stakeholders to explore the complex issue of teenage pregnancy** and begin to develop a new action plan to reduce teenage pregnancy.

To register your interest for the event or to find out more, contact Laura Gibson on 01387 272751 or email lauragibson1@nhs.net.



Rise in diagnoses of Syphilis



Lanarkshire Sexual Health Services has reported a rise in the number of people being diagnosed with Syphilis, particularly in those under 25. Syphilis is a bacterial infection that can be transmitted by vaginal, anal and oral sex. People with syphilis may

develop a sore in the genital area or in their mouth. They may also develop a rash over their body, palms of the hands and soles of the feet. These symptoms may disappear without the person being aware of them. If syphilis is not treated, it will progress and can cause serious damage to the heart, arteries and the nervous system.

For more information on syphilis click [here](#).

Sexual Health D&G's Annual Awareness Weeks



Sexual Health D&G held its inaugural sexual health awareness week across Dumfries & Galloway with 'Let's Talk about Sex' in 2008. The aim was to increase knowledge and awareness of sexual health issues among professionals, including all our partners across the voluntary and statutory sector. The awareness week has become an annual event with the theme developing each year:

2008 **Let's Talk About Sex**

2009 **Let's Talk About Sex – Breaking Down Barriers**

2010 **Let's Talk About Sex – 101 Ways to Show Someone You Love Them Without having Sex**

2011 **Let's Talk About Sex – No Girls Allowed**

2012 **Let's Talk About Sex – What's new 4U?**

2013 **Let's Talk About Sex - Shades of Pleasure.**

Find out more and view the toolkits for each theme [here](#).

To help shape our campaign for 2014 we would like to hear your thoughts on 2013's campaign. We would appreciate you taking a few minutes to give us your anonymous and honest feedback through this [survey](#).

"Always Hear"

A fresh **resource for teaching S3 to S6 pupils about HIV** has been launched by Waverley Care. Funded by the Scottish Government, the resource pack includes DVD films, information sheets, lesson plans, real stories and evaluation forms . The pack can be downloaded [here](#).

LGBT Charter Drop-ins

Interested in gaining the LGBT Charter Mark for your organisation? Already working towards the LGBT Charter Mark? These drop-in sessions are a chance for you to seek guidance and to share experiences and good practice with other organisations working towards the coveted award. The next dates are:

- * Wed Oct 16th @ Newton Stewart Community Centre
- * Mon Oct 21st @ the D&G LGBT Centre
- * Wed 15th Jan @ Newton Stewart Community Centre
- * Mon 20th Jan @ the D&G LGBT Centre
- * Wed 16th April @ Newton Stewart Community Centre
- * Mon 21st April @ the D&G LGBT Centre

For all sessions the structure is:
9.30am – NHS departments only
11.00am – carers organisations
1.30pm – any other organisation
already on charter journey
3.00pm – charter new starts only

For more information contact youth worker Julie.ann.karayilan@lgbtyouth.org.uk or adult worker Stacie.scott@lgbtyouth.org.uk.

SHARE refresh

SHARE is Scotland's [Sexual Health and Relationships Education programme](#). Delivered by SHARE trained professionals, the resource is designed to arm all young people in Scotland with the information they need to make informed decisions about their sexual health and relationships. The SHARE resource is currently undergoing a full review and will be relaunched soon. To find out more about the refresh and opportunities to undertake SHARE training, contact Laura Gibson on 01387 272751 or email lauragibson1@nhs.net.

What Smoking Matters can offer Youth Workers...

- * More confidence in talking to Young people about smoking.
- * Increased knowledge and understanding of nicotine dependence
- * Knowledge of what is and how to deliver brief advice
- * Ability to refer young people onto specialist smoking cessation service



For more information or to book a place contact Smoking matters on 08456026861 or email dg.smokingmatters@nhs.net.



SEXTING

Sharing sexualized or naked images, videos or text messages with someone over the internet or mobile phone is what people commonly refer to as sexting. Over the last year the phenomenon of sexting has become more prominent both in national media, and anecdotally amongst staff working with young people.

The Corner, a health, information and peer-led services based in Dundee, launched the 'Pose, Sext – What Happens Next?' campaign in September 2012. Two hundred and six young people using The Corner's services completed a questionnaire, where 41% of respondents stated that they or a friend had been affected by sexting. The survey results are available on request from shelleymcbride@nhs.net. As part of the campaign a booklet has been produced to explain sexting and CEOPs have produced a video clip, both of which can be found [here](#).



The Underwear Rule

The NCPCC have launched a very important campaign to make sure parents and carers know how to talk to children about staying safe from sexual abuse. Children are often warned about stranger danger but the shocking fact is that 9 in 10 sexually abused children are abused not by a stranger but by someone they know. Teaching children the Underwear Rule is an effective way to prevent abuse. It helps children understand that their body belongs to them, that they have the right to say no, and that they should always talk to an adult they trust if they are upset or worried. To help parents and children understand the key points of the Underwear Rule, NCPCC has put together a guide encouraging parents to talk PANTS, along with other tips and advice which can be found at [here](#).

'Running from hate to what you think is love'

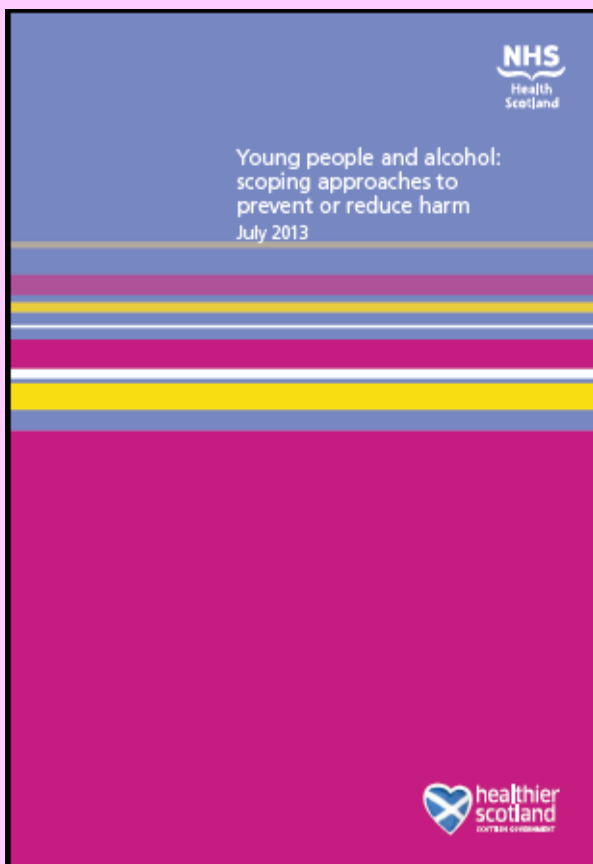
A new report from Barnardo's, produced in collaboration with Paradigm Research and funded by Comic Relief, is the culmination of one to one interviews with more than 40 children from a range of backgrounds who have run away and been victims of sexual exploitation before the age of 16.

Their experiences starkly demonstrate the variety of reasons why children choose to runaway and how easily they can find themselves at risk and in danger of being sexually exploited. The research also shows that running away can be the result of having been exploited for sex. Click [here](#) to access the full report.



Young People and Alcohol Scoping Exercise

There is currently thought to be a wide range of education and prevention activity being undertaken nationally to prevent or reduce harm to young people from alcohol. This is against a backdrop of concerns that young people often see alcohol consumption as an integral part of growing up and a normal progression into adulthood. A scoping exercise was carried with practitioners in the NHS, Alcohol and Drug Partnerships (ADPs), statutory services and third sector organisations which aimed to produce a national overview of the approaches developed and implemented to prevent or reduce harm to young people in Scotland caused by their own alcohol consumption. The full report can be found [here](#).



sexuality • gender identity • relationships
sex and sexual health • coming out • safety
your rights • homophobia • biphobia • transphobia
info on LGBT venues and groups • isolation
emotional support • suicidal thoughts • bullying
or anything else that is on your mind

provided by

confidential information and support
LGBT Helpline Scotland
calls charged at local rates, no extra charges

LGBT Helpline Scotland
Information and support for lesbian, gay, bisexual
and transgender people, those questioning their
sexual orientation or gender identity and
their families, friends and supporters.

Tuesdays and Wednesdays
12pm - 9pm
0300 123 2523

A new strategy for teenage pregnancy?

The Report from the recent Health and Sport Committee Inquiry into teenage pregnancy in Scotland calls for a new national strategy and a review of sex education in schools. To read the report in full click [here](#).

"Talking with..." refresh

Two booklets designed to help parents and carers talk with their children about growing up and relationships are being revised by NHS Health Scotland. **"Talking with your child..."** and **"Talking with your teenager about relationship and sexual health"**



both encourage parents to think about the questions children are likely to ask them about growing up and prepare response that are appropriate to their child's age and stage of development.

The new resources will be available in the autumn and will be distributed to parents and carers through their child's school or nursery. For more information contact Laura Gibson on 01387 272751 or lauragibson1@nhs.net.

Alcohol Has No Boundaries – Do You?

Alcohol Awareness Week will take place from **Monday 30th September 2013 to 6th October 2013**. Dumfries and Galloway are working in partnership with East Ayrshire Council and themes for the week will be older people, foetal alcohol syndrome, teenage pregnancy and alcohol and general alcohol advice.

The Fire Service's multipurpose display vehicle will provide a venue for community engagement between 11am and 2pm at the following venues:

Monday 30th Sept Tesco Car Park, Scott Street, Annan
Tuesday 1st October 2013 High Street, Castle Douglas
Wednesday 2nd October 2013 at Castle Green, Stranraer
Thursday 3rd October 2013 at High Street, Dumfries
Friday 4th October 2013 at High Street, Sanquhar *

*To be followed by alcohol education activities at Sanquhar Academy for pupils from Dalmellington, Cumnock and Sanquhar, organised by the Community Learning and Development team with representatives from Queen Of the South Football Club and Kilmarnock Football Club in attendance.

For more information contact Scott Jardine on scott.jardine@scotland.pnn.police.uk.



Sexual Health
D&G

www.c4urself.org.uk

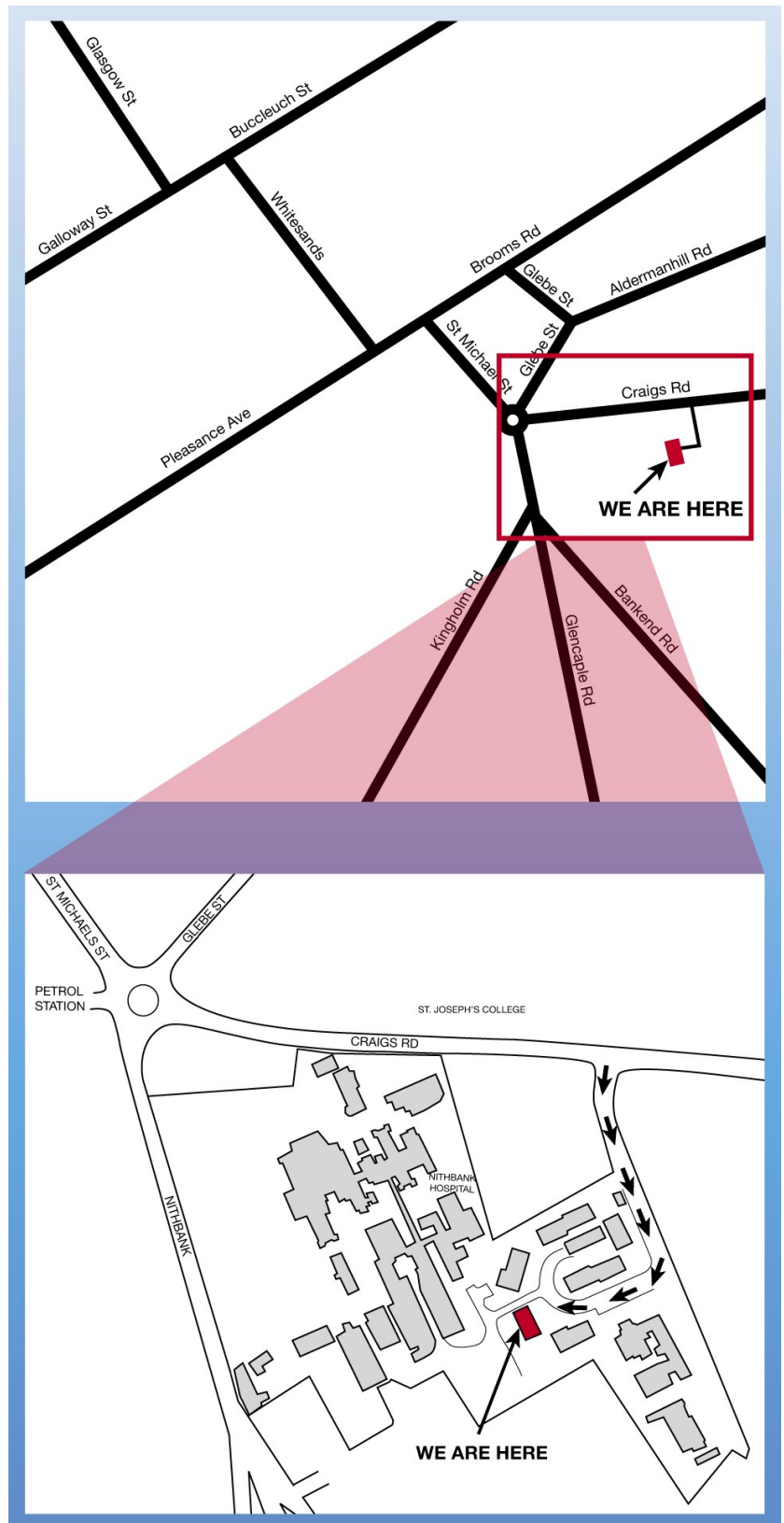
What do we offer?

A confidential service with the option of anonymous testing whatever your age, gender or sexual orientation.

- All methods of contraception are discussed and supplied free of charge
- Condoms, dams and lube
- Emergency contraception
- Pregnancy testing and termination referral
- Prophylaxis for HIV and Hepatitis B following high risk sexual exposure including sexual assault
- Hepatitis B immunisation
- Psychosexual counselling
- STI (sexually transmitted infection) testing and treatment—do not pass urine 1 hours before testing

Telephone Helpline
Monday to Friday
1.00pm—2.00pm
Mobile: 07736 955 219

How to find us:



Nithbank
Dumfries
DG1 2SD