



Welcome to **Issue 21** of the Sexual Health D&G Newsletter.



Issue 21
December 2013

LET'S TALK ABOUT SEX ★ SHADES OF PLEASURE ★

DUMFRIES & GALLOWAY'S SEXUAL HEALTH WEEK
24th Jan—1st Feb 2014

Contents

- P2 Sexual Health Week 2014
- P3 Training opportunities
- P4 Legal Highs New LGBT research
- P5 Alcohol App Zipit Trafficking Toolkit
- P6 Young People's research findings
- P7 CSE resources
- P8 CSE reports
- P9 Party Season campaign Teenage Pregnancy
- P10 Pornography campaign Sexting campaign
- P11 Festive Clinic Information
- P12 Service Information

The theme of **'Pleasure'** will run again in our annual **'Let's Talk about Sex'** awareness week. Last year's campaign only scratched the surface, and while it was well received, the issue of pleasure, particularly in light of all the negative impacts on Sexual Health, is all too often not talked about. The toolkit and information will be updated and will be available on our [website](#) with some more innovative projects. Turn to Page 2 to read more.



Keeping the passion -alive -Tips



Pleasure: Myth or fact



Sex is good for you



Young people and pleasure



101 ways to show someone you love them without having sex



Interesting facts about love and sex



Darker shades of pleasure

**'LET'S TALK ABOUT SEX - SHADES OF PLEASURE'
DUMFRIES & GALLOWAY'S SEXUAL HEALTH WEEK
24th January—1st February 2014**

People have sex for many reasons: love and affection, conformity, recognition, power, stress reduction, reproduction, as part of a relationship or to earn a living. Sex and sexuality are fundamental to most people at some point in their lives. It is important that people can access sexual health services, information and education to make informed choices about their sexual health and wellbeing. Sexual Health is not merely the absence of disease, but the ability to have pleasurable and safe sexual experiences, free from coercion, thereby, improving the quality of peoples' sexual experiences and their relationships.

However, the aspect of pleasure is rarely talked about and does not feature highly in sexual health promotion, however, sexual pleasure is a highly significant, if not primary, motivating factor for sexual behaviour. Sexual pleasure can be different for people, what is pleasurable for one person may not be for another person and sexual pleasure can change over time. It encompasses feelings, consent, values and attitudes and can be affected by a of variety reasons such as physical, emotional, social, cultural, religious and external factors.



The 'Pleasure Principle' Is an exciting new innovative pilot project in partnership with Sexual Health D&G and the Youth Enquiry Service. The aim will be to gather local young people's views and experiences of 'pleasure', including sexual pleasure. This will be an interactive group programme which will run for 8 weeks. We are looking for young people to participate in this exciting project. Therefore, if you know of any young people who would be interested in participating please contact Debbie McDowall

Debbie.McDowall@dumgal.gov.uk

**Launch of 'The Pleasure Principle'
Youth Enquiry Service
Tuesday 28th January 2014
7.00—9.00pm 2014**



SEXUAL HEALTH (BITE SIZE) TASTER SESSIONS
in the Meeting Room at Sexual Health D&G,
Nithbank, Dumfries, DG1 2SD
Telephone 0845 702 3687

Thursday 30th January 2014	1.30—3.30pm
Thursday 27th February 2014	1.30—3.30pm
Thursday 27th March 2014	1.30 –3.30pm
Thursday 24th April 2014	1.30—3.30pm

We can arrange a taster session for a group of staff at a time/place to suit you.
All sessions are free of charge.

PLEASE NOTE: These sessions are **not** for those who have completed MASH Tier 1 or C Card training.

For further information or to book a place on these sessions please email
adele.hannah@nhs.net

**Multi Agency Sexual Health (MASH) Tier 2
Wake up to – Sexual Risky Behaviour
On Friday 24th January 2014
DG1, Hoods Loaning, Dumfries
9.15am - 4.30pm**

This new training will cover:
Child Sexual Exploitation
Grooming
Pornography
Social networking - Risks
Rape/Consent
Tools for practitioners to use

Places are very limited. A light lunch will be provided. For further
information or to book a place please email before 10th January 2014
adele.hannah@nhs.net

Places will be allocated by Monday 14th January 2014

'Legal Highs—Don't do it'

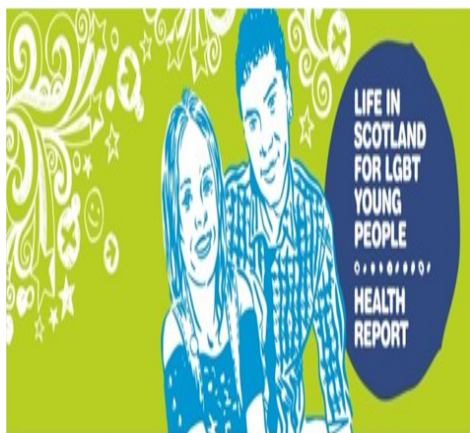


Mid Galloway Community Learning and Development (CLD), in partnership with other community safety partners, planned and implemented a project that aimed to support a group of young people to research a piece of work on the topic of 'New Psychoactive Substances' (NPS) and to use the evidence gathered to produce an informative media resource that could be used to raise awareness of the dangers of NPS. The project allowed young people to

develop new skills that related to researching, scripting, acting, filming and editing a short DVD, '**Legal Highs – Don't do it**' that was then used to educate other young and the wider community on the dangers associated with NPS.

The project was runner up in the 'Innovative Media Campaign' category for the Safer Communities Awards 2013, which allowed the young people to showcase the DVD they developed and to host a question and answer session with the community. The DVD has also been uploaded to YouTube and is now widely used by Police Scotland and secondary schools. To view click [here](#)

New Research on Health for Young LGBT People



A new report published by LGBT Youth Scotland portrays a worrying situation for many Scottish LGBT young people in regards to health. Life in Scotland for LGBT Young People: Health Report asked 350 respondents aged 13-25 questions about their experiences of being LGB or T in a range of services. This research shows the impact of not feeling supported and included by health services, placing LGBT students at further risk of poor mental and physical health Click [here](#) for Report

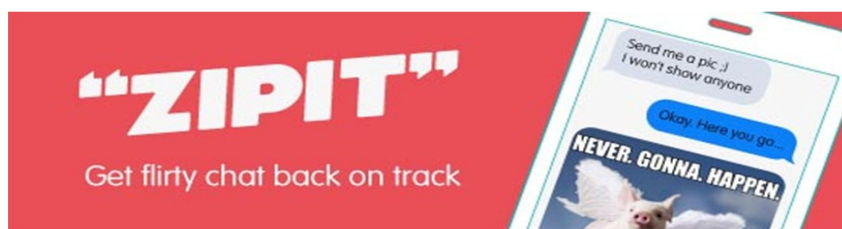


'Good Sex is...' a new resource with sexual health and relationships information for young gay and bisexual men has just been launched by LGBT Youth Scotland's Lothian Youth Services. Click [here](#) for Report

Young People Affected by Another's Drinking App is launched



Alcohol Focus Scotland has launched a new smartphone app which gives advice and sources of support for teenagers who are affected by alcohol problems in their family. The app is aimed at 11-16 year olds who can use it to explore how another person's drinking is affecting them, see and hear stories from other young people who are in a similar situation, and access a directory of support services. Download [here](#)



Child Line has launched its first app 'Zipit' to defuse the pressures of sending self-generated explicit images or videos. Labelled as 'sexting', the sharing of self-generated sexually explicit images or videos by mobile phone or online is now commonplace amongst young people to the point that it is considered mundane. . The app has been developed in response to a Child Line survey of 13-18 year olds which revealed that 60% young people are frequently taking huge risks by making and sending sexual images of themselves. The free app offers witty images to send instead of explicit ones, advice for how to engage in safe chat, what to do if you feel threatened or if an image becomes public, and a direct link to call Child Line. For more information click [here](#).

New trafficking toolkit - Identifying and supporting victims of human trafficking

The Department of Health has launched a toolkit to help identify and support victims of human trafficking in an appropriate and safe manner. The toolkit has two elements, a guidance leaflet that can be printed out from the website and an e-learning module. Those within the NHS will be able to gain access and accreditation through their NHS login. The module is also available as an open access module so anyone can complete it, although this will not be accredited.

Click [here](#) for the guidance leaflet.

To access to the e-learning module click [here](#)

Young people's knowledge and understanding about sexual health and blood borne viruses

Health Analysis, Scottish Government

In 2012 a set of questions about sexual health and blood borne viruses were asked from a representative sample of S3-S6 pupils in Scotland. The questions aimed to ascertain how often young people have been taught about sexual health; what their understanding is; and how they think they will use this understanding in the future. The results will inform the implementation of the Scottish National Framework for Sexual Health and Blood Borne Virus 2011-15.

Main Findings

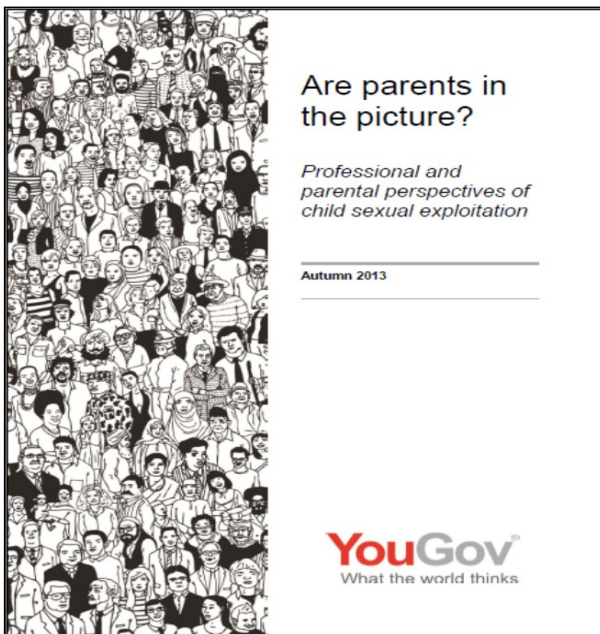
- The majority of pupils recalled being taught about risks to health, including; how to avoid infections which might be caught from having sex; risks to health from illegal drugs; and ways to avoid pregnancy when having sex; how to say no to having sex when you don't want to have it; and how to avoid catching HIV.
 - Fewer than half of pupils recalled being taught about how to avoid catching Hepatitis C.
 - The majority of pupils identified almost all sexual health and blood borne viruses statements correctly, although there was some ambivalence about whether it was difficult for boys or girls to say no to sex.
 - Although the majority of pupils identified correctly that the most common way of catching Hepatitis C is by sharing needles or syringes when people inject drugs, just under a third of pupils said they didn't know. The survey revealed wider uncertainty relating to whether it was possible to catch Hepatitis B by having sex without a condom or catch Hepatitis C by kissing an infected person.
 - A large majority of pupils felt their education would help them with the sexual health actions in the future.
 - Just over half of pupil thought their education would help with avoiding catching Hepatitis C, with almost a third of pupils indicated their education would either not help at all or not very much.
 - Additional analysis by age, year group and deprivation did not reveal any significant variation within the results relevant to Hepatitis B and C. However ,there appears to be an age gradient in knowledge, with older pupils more knowledgeable about Hepatitis C than younger pupils. Further to this, it appears younger pupils are more confident than older pupils that their education would help avoid Hepatitis C in the future.
- To read full Report Click [here](#)



Protect your children from sexual exploitation

78% of parents can't identify all the key signs of child sexual exploitation.

Source: YouGov 2013 [Click here](#)



Thousands of children in the UK are at risk of being forced or manipulated into sexual activity in a form of abuse called child sexual exploitation.

This abuse can happen to any child, anywhere. Knowing what to look for is an important way you can help to protect your children.

Parents Against Child Sexual Exploitation (Pace) and the Safeguarding Children e-Academy have teamed up to provide this short (20-30mins) online course. For more information click [here](#)



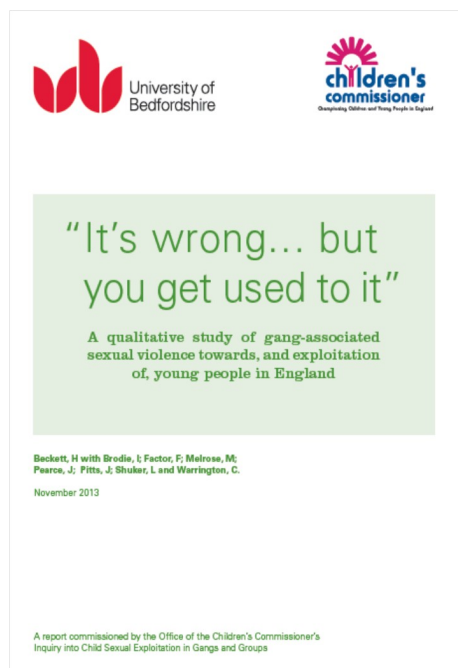
Exploited is the latest education resource from CEOP's Thinkuknow programme and is based around an 18-minute film which helps young people learn to stay safe from sexual exploitation by recognising the signs. The resource is founded on a set of learning points promoting awareness and positive behaviours.

It aims to help young people learn:

- That in a good relationship, both people want what's best for each other.
- That some people make you think they are your friend, boyfriend or girlfriend, but really they are using you e.g. for money, status or sex.
- That some people make young people feel special (e.g. giving them gifts or paying them compliments) in order to gain control over them.
- That some people use pressure & threats to try to gain control over others.
- How to tell when a situation is unsafe, and set boundaries about what you want to do and don't want to do.
- How to tell if someone wants a relationship with you for the right or wrong reasons.
- That there are many people who can support you if you feel at risk, including teachers, parents/carers, and organisations like CEOP and Child Line.

Click [here](#) for free Exploited Film Pack.

CHILD SEXUAL EXPLOITATION



The Office of the Children's Commissioner for England, using powers of inquiry in the Children Act 2004, has undertaken a comprehensive two year Inquiry into the nature and extent of child sexual exploitation (CSE) in England. This Inquiry has been the most in-depth investigation of child sexual exploitation by gangs and groups in England. In November 2012 evidence was published which, for the first time, laid bare the realities of this type of abuse.

This final report is the culmination of over two years work by a small team of staff led by the Deputy Children's Commissioner and supported by a panel of experts. Click [here](#) to access the report.

In total, the Inquiry has now published six reports:

1. The emerging findings of the Inquiry with a specific focus on children in care (at the request of the Secretary of State).
2. **"I thought I was the only one. The only one in the world"**: The Office of the Children's Commissioner's Inquiry into Child Sexual Exploitation In Gangs and Groups Interim Report
3. **"Basically... porn is everywhere"**: A Rapid Evidence Assessment on the Effects that Access and Exposure to Pornography has on Children and Young People
4. **"Sex without consent, I suppose that is rape"**: How young people in England understand sexual consent
5. **"It's wrong but you get used to it"**: A qualitative study of gang-associated sexual violence towards, and exploitation of, young people in England
6. **"If only someone had listened"**: The Office of the Children's Commissioner's Inquiry into Sexual Exploitation in Gangs and Groups; Final Report.

All the reports are available at www.childrenscommissioner.gov.uk

New CSE Working Group for Dumfries and Galloway

Representatives from Child Protection, Sexual Health, DG Health and Wellbeing and Education have recently convened a working group to explore how best to raise awareness of and prevent child sexual exploitation across the region. To find out more email Laura Gibson at lauragibson1@nhs.net.

Scottish Government's Sexual Health Campaign Party Season 2013/14

The screenshot shows the website interface with a purple header containing navigation links: Home, Sex & Relationships, Contraception, Pregnancy, The Clinic, Party Season, and Get Help. The main content area is divided into several sections:

- It's party time!**: A text block encouraging users to use the Sexpert chat or the Party Season Survival Guide.
- SEXUAL HEALTH SERVICE FINDER**: A section for entering a postcode to find a nearby sexual health service.
- STI HELP BUTTON**: A section with a red question mark icon and a button labeled "Do I need a test?".
- CONDOMS**: A section with an image of condoms and a button labeled "Find out more".
- SYMPTOM-O-TRON**: A section with an image of a person and a button labeled "Use symptom-o-tron".
- SEXPERT MALE Q&A**: A section with a male character icon and a button labeled "Got a question?".
- SEXPERT FEMALE Q&A**: A section with a female character icon and a button labeled "What's on your mind?".
- ESSENTIAL PARTY SEASON SURVIVAL GUIDE**: A section with a document icon and a button labeled "Be prepared!".

At the bottom, there is a large graphic with the text "It's party time! 'Tis the SEASON TO STAY SAFE and jolly GET THE CHAT FROM THE SEXPERTS" and illustrations of a man and a woman wearing party hats.

The Scottish Government's sexual health campaign continues with advice on staying safe during the party season. The party season campaign is aimed at men and women aged 18 to 30 with increased risk taking behaviour, often stimulated by alcohol consumption, which can lead to high levels of regret.

You can help us to support the campaign at local level by displaying campaign collateral on your own websites. All campaign materials have been made available for you to

download, please visit [website](#) and go to Health Professionals section (bottom right). **User name:** Health **Password:** Professionals

Preventing and responding to teenage pregnancy in D&G

A seminar was held recently to help stakeholders understand their role in preventing teenage pregnancy and supporting teenage parents. Delegates at the event heard from a range of speakers whose presentations aimed to: consider whether the approach we are taking locally is the right one; set teenage pregnancy within the context of youth health improvement; look at local statistics and programmes of work; learn from programmes of work in another health board area; and reflect on the recent Health and Sport Committee's Inquiry and the Scottish Government's response to it. Multi agency group discussions offered an opportunity for delegates to discuss their own areas of work and share practice.

If you would like to find out more about the event or local plans to prevent teenage pregnancy and support teenage parents, contact Laura Gibson at lauragibson1@nhs.net.



New Pornography Awareness Web Page Launched



Did you know that:

- Pornography works somewhat like a drug and can lead to addiction
- the number of pornographic internet pages in 2010 was around 251,719,000
- Pornography consumption has an impact on young people's sexual expectations and behaviour.

- Pornography consumption reinforces attitudes that support violence against women like rape myths, seeing women as sexual objects, etc.
- The higher the exposure to pornography, the higher the chances the consumer can be involved in coercive sex.

To find out more, visit the new **Pornography Awareness** page on the Domestic Abuse and Violence Against Women Partnership website by clicking [here](#).

New Sexting campaign for Lothian



Healthy Respect has teamed up with partner agencies across **Lothian** to deliver a campaign which has a focus on **sexting, online safety** linked to sexual health and **respectful relationships** free from coercion and pressure.

Materials include an educators guide, posters, leaflets, information on how technologies are used to bully or coerce, a list of useful resources, information and sources of support, and useful tips. New content has been developed for a website with sections on **Staying safe online, Sexting, Pornography, Pressure to have sex, Cyber Sex and Bullying**.

You can find out more and download the resources [here](#).

Sexual Health D&G: Clinics & Drop-Ins For Xmas & New Year

All C2U's drop ins closed over Xmas School Holidays

Services available at Nithbank, Dumfries

Drop-in for contraception, STI testing & treatment: Mon to Fri, 9-11.00am

For STI testing & treatment only: Mondays 4.30-6pm

Appointments available at other times for a range of services

For an appointment please telephone **08457 02 36 87**

Closed

Wed & Thurs 25th & 26th Dec 2013

and

Wed & Thurs 1st & 2nd January 2014

Free Emergency Contraception and Chlamydia & Gonorrhoea
testing kits available at all pharmacies across the region.

or go to www.c4urself.org.uk

Sexual Health Clinics in Stranraer for for the Festive Season and 2014

CLOSED

Wednesday 25th December 2013

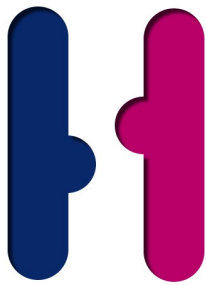
Wednesday 1st January 2014

Monday Sexual Health Drop In 5.00 to 6.30pm at the Galloway Community Hospital

Wednesday Sexual Health Drop In 10.30 to 11.30am at the Galloway Community Hospital

Appointments available on Wednesdays before and after Drop In at the Galloway Community Hospital including over lunchtime.

Wednesday C2U (young People under 20 Clinic) Drop In at the Crannog 3.30 to 4.30pm



Sexual Health
D&G

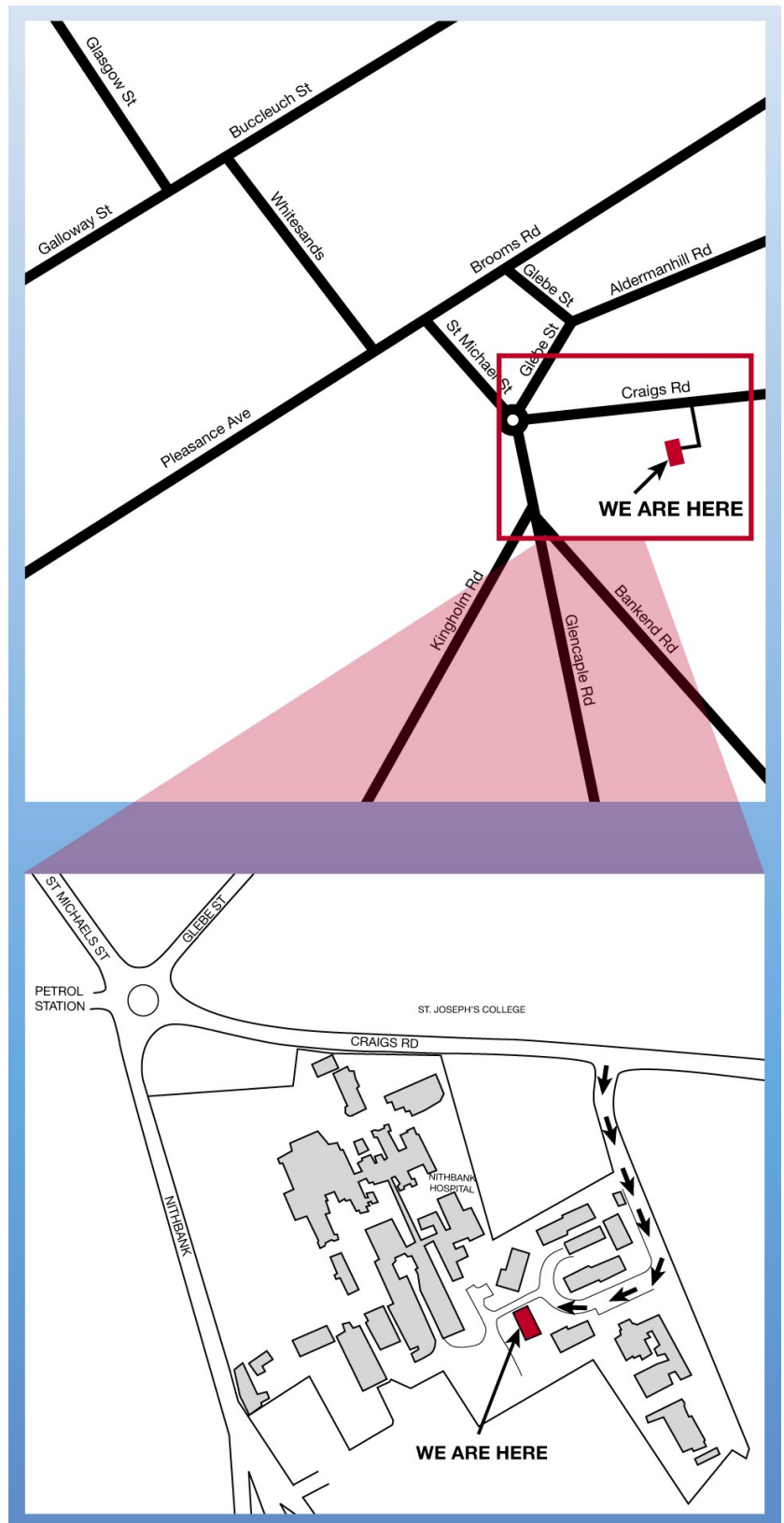
www.c4urself.org.uk

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

How to find us:



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

Nithbank
Dumfries
DG1 2SD
Tel: 08457 023687
Email: dgsexualhealth@nhs.net

Send us your news for next issue, due April 2014