

# Sexual Health D&G



Welcome to **Issue 22** of the  
Sexual Health D&G Newsletter.



Issue 22  
April 2014

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## Sex. It's Healthy To Talk About It

### Scottish Government Sexual Health Campaign in 2014-15

The Scottish Government has been running social marketing activity around '**Sex. It's Healthy To Talk About It**' since 2009/10. This year's update for the campaign aims to empower, enable and encourage men and women, aged 20-40 to talk about sexual health concerns with their partner by providing them with hints and tips on '**how to start a conversation and take a healthy, safe and positive approach to sex and sexual wellbeing**'. As with previous activity, the focus is on those in new relationships.

This year's activity is shifting slightly to concentrate on the '**how to of talking**'.

We want to encourage our target audience to feel **confident having mutually frank, honest and positive conversation between partners**, helping to achieve our aim of normalising communication and talking about sex. [www.sexualhealthscotland.co.uk](http://www.sexualhealthscotland.co.uk) will offer advice on 'how to' start the conversation and we have developed new engaging and interactive content to promote the 'how to' message.



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

**Thursday 22nd May 2014 1.30—3.30pm**

**Thursday 26th June 2014 1.30—3.30pm**

**Thursday 31st July 2014 1.30 –3.30pm**

**Thursday 4th September 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](mailto:adele.hannah@nhs.net)

**Multi Agency Sexual Health (MASH) Tier 1**  
**On Thursday 11th December 2014**  
**Woodlands House Hotel, Newbridge, Dumfries**  
**9.15am - 3.30pm**

This training will cover:

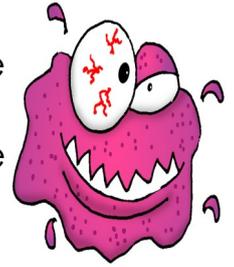
**Risk taking Behaviour & Self Esteem**  
**Confidentiality & Legal Issues**  
**Contraception & Condoms**  
**LGBT Issues**  
**Sexually Transmitted Infections (STIs)**

A light lunch will be provided. For further information or to book a place please email:

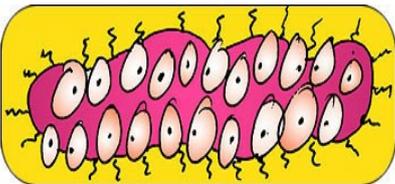
[adele.hannah@nhs.net](mailto:adele.hannah@nhs.net)

## Gonorrhoea (GC)

- Sexual Health D&G recently carried out a Gonorrhoea audit and are consistently now seeing significantly more Gonorrhoea.
- there was **three fold rise** in heterosexual women comparing the 12 months of Oct 11 to Sept 12 and Oct 12 to Sept 13.
- there was a **two fold increase** in heterosexual men comparing the 12 months of Oct 11 to Sept 12 and Oct 12 to Sept 13
- diagnosis in men who have sex with men has remained stable
- we saw both **a lowering of average age** for both heterosexual males and females (females 21 compared to males 23)
- contrary to what was thought historically men with urethral GC can be **free of any symptoms** just like they can be with chlamydia
- only a minority of females with genital GC have symptoms
- Nationally concerns about increase drug use in MSM including crystal meths which is associated with 'binging' in high risk sexual practices for days without sleep

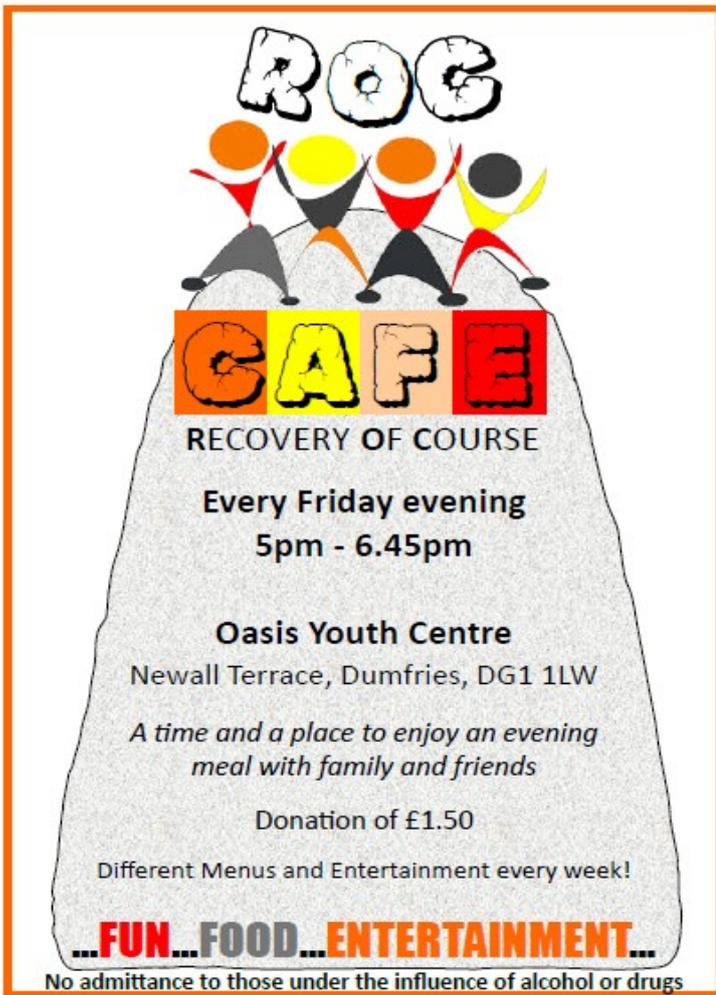


Click [here](#) for more information on gonorrhoea



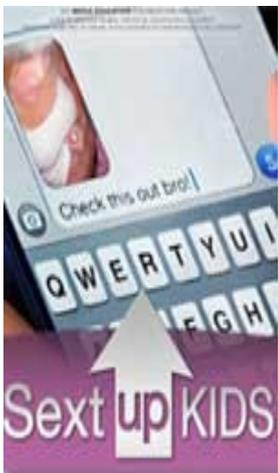
HIV: Latest Stats for Scotland, UK. Worldwide  
Ref: Click [here](#) for full report

Scotland:	UK:	Worldwide:
It's estimated almost 6.000 people are living with HIV	It's estimated that 100,000 people are living with HIV	It's estimated that 35.3 million people are living with HIV
4,634 people have been diagnosed	77,610 people have been diagnosed	2012 saw 2.3 million new HIV infections
Another 1,300 people may be infected but are undiagnosed	Another 21,900 may be infected but are undiagnosed or very recently diagnosed	2012 saw 1.6 million AIDS related deaths
In 2013 there were 354 new diagnoses of HIV		



A new pilot cafe opened in Dumfries on 14<sup>th</sup> Feb 2014 at Oasis, Dumfries and is funded by Alcohol & Drugs Partnership and The Recovery Initiative Fund. The cafe is run for those who have been through recovery or in are in recovery. It is designed to celebrate recovery, provide a non judgemental and social place and bring ideas together from volunteers and cafe users to create a place of their own. There are different themed nights and entertainment is provided.

**Contact ROC Cafe, C/O 225 King Street, Castle Douglas. DG7 1DT or Phone 01556 503550 or 01387 263208 for more details.**



### **SEXT UP KIDS : How Children are Becoming Hypersexualized**

As Part of Sexual Health D&G awareness week this DVD was screened in Partnership with SHAP and DAVAW at Annan Hub and Stranraer Academy. Representatives from NHS, Police,

Education, Social Work and a local councillor, who all found the event interesting and useful. **The over arching theme from the viewers was that they were taken aback as too how young the children were being exposed to hyper sexuality, that agencies require more training and that parents require to be made aware what their children are being exposed to.** "Serves as an

engaging and thought-provoking entrance into a conversation about the sexualisation of youth for educators, students, and parents... The diversity of visual examples provided from current popular culture makes the film particularly relevant and memorable, and the inclusion of the teen voice provides authenticity and offers a glimpse of the lived experiences of adolescents." - *Journal of Children and Media*

The DVD is available to borrow and DAVAWP would be happy to assist any screening: **Contact Luis Pombo for more details.**

[Luis.Pombo@dumgal.gov.uk](mailto:Luis.Pombo@dumgal.gov.uk)



**Youth Worker Kelly Ross** (on left) has been rewarded for her groundbreaking youth work with communities across **Nithsdale**. At an awards ceremony last month in Glasgow, Kelly was chosen as **Scotland's Youth Worker of the year**. The awards are run by youth link Scotland, the national youth agency for youth work which represents over 100 organisations and supports over 300,000 young people in achieving their potential.

As a Youth Worker with the Council run Oasis youth centre in Dumfries and **close working partner of Sexual Health D&G** Kelly has been involved in a number of groundbreaking projects. From a young parents group to a project looking at issues around body confidence, she is currently working with young people involved in an international volunteering project to Australia.



Sexual Health D&G have flavoured condoms which have a short shelf life (31<sup>st</sup> January 2015) if **any agency** would like some.

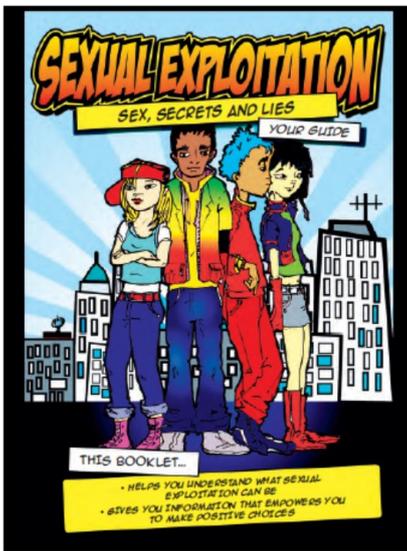
Please contact Adele Hannah  
[adele.hannah@nhs.net](mailto:adele.hannah@nhs.net)

## Changes to FrenDz Pregnancy Crisis Centre



The **weekly Drop in sessions every Saturday are no longer running**. Appointments can still be made via their phone number **01387 252288**. This phone is only manned daily 9.00—11.00pm but messages can be left requesting an appointment or more promotional materials.

FrenDz has its own [Facebook Page](#) and more updates will be posted there.



## [Sexual Exploitation: Sex, Secrets and Lies](#)

'Sexual Exploitation - Sex, Secrets & Lies', Your Guide examines the risks young people face and explore ways of keeping safe. Bardardos has produced The colourful, easy to read booklet is illustrated and has been designed to be used by young people as well as family members and carers who are concerned about the safety of young people. It can be downloaded free from [here](#)

## Sexting

### Is your youth work setting ready to explore the issue?

As the NSPCC and TV programme Hollyoaks start a new campaign on the issue of sexting. This could be the opportunity for your youth work setting to get ready to embrace the learning opportunities this brings. YouthLink Scotland has produced a paper and reflective questions to assist youth workers to tackle the topic. The resource has 4 parts, a paper of context, 'Start the chat', reflective questions for youth workers and sign posting for further information. Download [here](#).

## Worrying increase in contacts about high risk issues

The figures in the Childline 2012/13 report show an alarming increase in the number of contacts from children and young people related to self-harm, online bullying and suicide. Report is available [here](#)



**95** per cent increase in girls talking about feeling excluded or isolated as a result of bullying

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**SEXUAL ABUSE IS A GREATER CONCERN FOR 16-18 YEAR OLDS THAN FOR ANY OTHER AGE GROUP**

**41**

per cent increase in the number of young people contacting ChildLine about self-harm

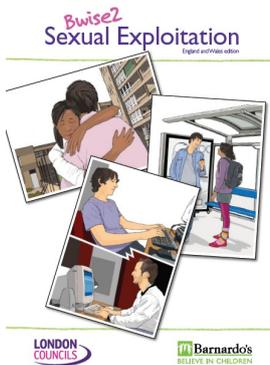


BASHH and Brook have launched a new child sexual exploitation (CSE) proforma, Spotting the Signs, to help health professionals across the UK identify young people attending sexual health services who may be at risk of or experiencing sexual exploitation.

Article 34 of the UN Convention on the Rights of the Child states 'governments just protect children from sexual abuse and exploitation'.

Spotting the Signs, funded by the Department of Health, allows sexual health professionals to use a standardised approach to pick up on the warning signs of CSE in all its forms. It is designed to be integrated into existing sexual and social history taking frameworks. Spotting the Signs provides a framework to support conversations with young people around CSE linked to latest research and evidence bases.

The guidance provides questions to help practitioners identify a young person's circumstances or behaviours – including non verbal signs – that may be cause for concern and indicate the young person's needs. It also reminds practitioners never to make assumptions about a young person based upon cultural, social or sexual stereotypes. Find more information [here](#).



### 'GROOMING'

'Bwise Sexual Exploitation' has been produced by Barnardo's. **It is a preventative education pack on grooming for use with 12-17 years - olds** in residential units and schools. It has case studies, activities and a very good example of 'The grooming Line'.

To view the resource click [here](#).

### Police Scotland launched a campaign 'Stay Safe' in Feb 14 to raise awareness about online safety for children.

It is to help children, parents, teachers and carers improve their knowledge and understandings of how to keep children safe while they are online.

"Digi Dan's Top Tips" will be available on the website [digidan.co.uk](http://digidan.co.uk). It includes a quiz for youngsters and there is a DigiDan's iBook to download and keep his online safety tips.





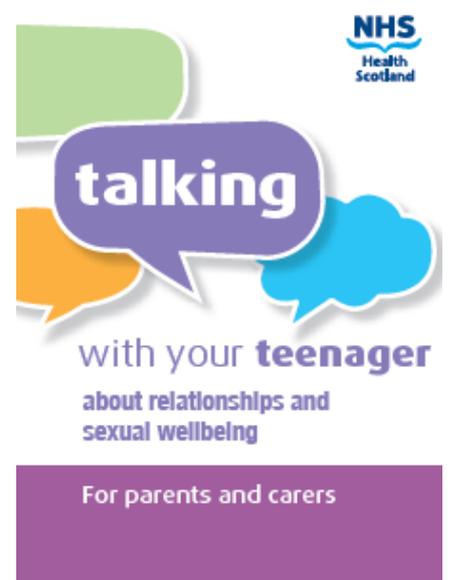
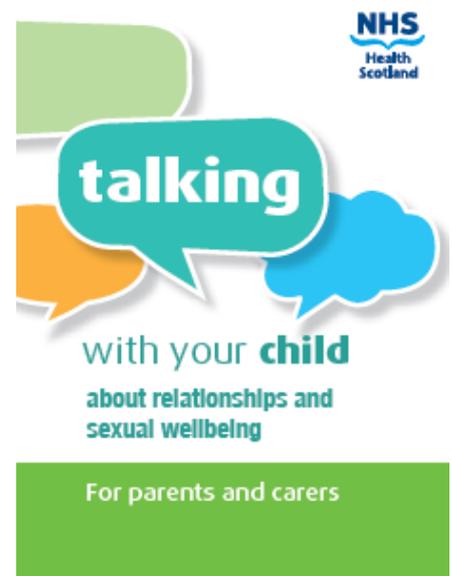
**Cool Heads: Stress Essentials** is a booklet given to young people (12-16 year olds) experiencing issues such as peer pressure, relationship issues, exam pressure, feeling lonely, cyber-bullying or self-harm. It explains the most common reasons for experiencing these types of stresses and offers practical ways to tackle the problems when things get tough as well as where to go for help. Download it [here](#)

## New resources for parents and carers

NHS Health Scotland has recently refreshed their “Talking with your child/teenager about relationships and sexual wellbeing” booklets. These booklets aim to support parents and carers talk openly and confidently about relationships, growing up and sexual health with their children. Including tips to help you answer challenging questions as well as suggested responses, these booklets explain why and when you should talk with your child.

Schools will soon be sending home to parents and carers of P1 pupils the “Talking with your child...” booklet and to parents and carers of P6 pupils the “Talking with your teenager...” booklet.

The booklet is available free of charge. Please contact Laura Gibson 01387 272730 or email [lauragibson1@nhs.net](mailto:lauragibson1@nhs.net) to request copies. Alternatively the Child booklet can be downloaded [here](#) and the “Teenager” booklet can be downloaded [here](#).



## Young people's attitudes to pornography, sex and relationships report

There has been intense debate in recent years about the possible effects of sexualisation and pornography on how young people see, and treat, themselves and others. A growing body of research suggests they suffer serious negative impacts from our current hyper-sexualised culture.

This piece of research by 'Zero Tolerance' examines how issues of sexualisation and pornography are understood by young people in Scotland.

**Young people** were involved in all steps of the planning and implementation of the research along with a working group of ten professionals in the field of prevention and youth work. It was felt that by involving them would reveal a clearer picture about **the environment** that they are growing up in, **the attitudes and behaviour** they consider normal and the sources from which they gain **information about sex and relationships**. Also crucially what they think needs to happen (if anything) to ensure ours is a culture in which **they can grow up safe, respected and valued**. This interesting report can be read [here](#).



**The 2012 Face of Global Sex survey** focuses upon condom use at first sex and its impact upon future sexual behaviour.

**Durex gathered data from 37 countries worldwide.**

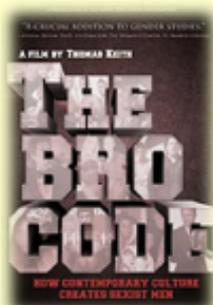
These first sexual experiences impact not only upon how people feel about their first time, but also upon their future sexual health, wellbeing and confidence. The results clearly show that people using condoms at first sex are more likely to be satisfied with their overall sex life and to be confident that they know how to avoid unplanned pregnancy and it is strongly associated with sexual responsible behaviour in the future.

Report and UK results can be found [here](#)



## FREE Public Screening

Tues 27/05/14 - 5.30pm - RBC (Robert Burns Centre) Dumfries



### ***The Bro Code***

58 minutes 2011

#### ***How Contemporary Culture Creates Sexist Men***

In this fascinating documentary filmmaker and philosophy professor Thomas Keith explores the forces in male culture that may condition some boys and men to dehumanize and disrespect women.

Keith breaks down a range of contemporary media forms targeted explicitly at young men and provides an astonishing analysis on how these contribute to make violence against women seem normal and even "cool" in the real world.

Along the way, *The Bro Code* makes a powerful case that there's nothing normal, natural, or inevitable about this toxic ideal of manhood, and challenges young people and men to fight back against the idea that being a "bro" – and a man – means glorifying sexism, bullying, and abuse.

Overall, the film provides a critical analysis of popular culture which will be of interest to young people, parents, and professionals and it is also a call to action against the influence of these cultural forces on young men.

This screening will be followed by an informal discussion with representatives of White Ribbon Scotland and the Domestic Abuse and Violence Against Women Partnership.

Samples of the "*Unmasked*" exhibition will be on display and a second discussion around them will take place later on.

***Viewer Discretion Advised: Suitable for people who are over 16 years old***

Tea/coffee will be available from 5.30 pm. Screening: 6.00 pm - Discussion: 7.15 pm

To book a free place, please contact: [Kate.Barrick@dumgal.gov.uk](mailto:Kate.Barrick@dumgal.gov.uk) - Tel: 01387 245 190



**SPECIAL FILM SCREENING of**



# **gen silent**



©2010 MAB STU Media, LLC

**award winning and exceptionally moving documentary highlighting the experiences and forgotten care needs of lesbian, gay, bisexual and transgender older people**

**"a must see for any professional working with older people"**

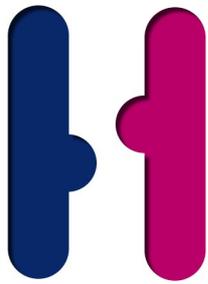
**Film screening and discussion event to highlight issues and best practice in supporting LGBT older adults**

**Tuesday June 17th, 1pm - 4.30pm**

**Stranraer Library, N. Strand St, DG9 7LD**

**For more info or to book a FREE place**

**DandG@lgbtyouth.org.uk / 01387 255058**



**Sexual Health**  
D&G

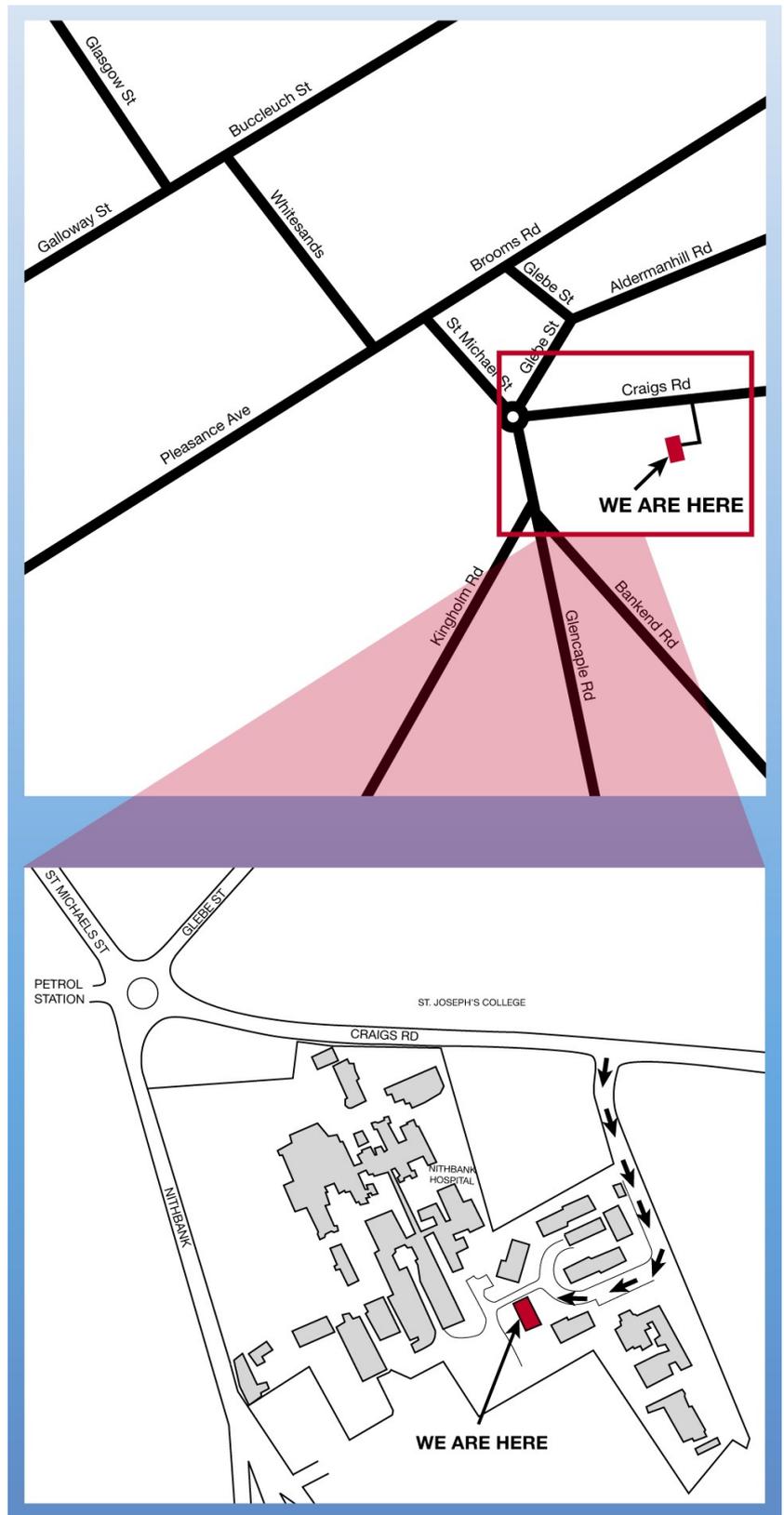
[www.c4urself.org.uk](http://www.c4urself.org.uk)

### 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](mailto:dgsexualhealth@nhs.net)**

Send us your news for next issue, due December 2014