

# Sexual Health D&G Multi Agency Newsletter



**Issue 31**  
**April 17**

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## Multi Agency Staff Guidance on Sexting Launched

In recent years there have been growing concerns both locally and nationally about the increasing incidence of sexting involving children and young people. Sexting is defined as: **'Creating and/or sending on text, images or videos that are of a sexual nature or are indecent, by, to or of children under the age of 18.'**

These images are shared between young people and/or adults via a mobile phone or other electronic device including the use of social media, with people they may know or not know. In Dumfries and Galloway staff, particularly in schools, have asked for guidance about how this should be managed.

The guidance has therefore been developed to support all practitioners working with children and young people to provide a consistent and proportionate response to concerns at both a single and inter-agency level. It applies to children & young people under age 18 but may also be relevant to work with vulnerable adults.

The guidance gives practical advice about what to do if sexting happens or is disclosed in your school, care or youth work setting, highlights the steps that you need to take and provides some practical examples. It should be used to support risk assessment and management of sexting at a single and inter agency level, to generate responses that are proportionate to the individual situation and needs of the children and /or young people involved.

[Click here](#) to access the guidance.





## Free Sexual Health Bite Size Taster Sessions

### Aims:

- Demystify Sexual Health
- Provide an overview of current contraception
- Briefly discuss STIs
- Dispel common myths around Sexual Health
- Highlight services offered by Sexual Health D&G

Thursday 25th May 2017 1.30—3.30pm

Thursday 28th Sept 2017 1.30—3.30pm

Thursday 30th Nov 2017 1.30—3.30pm

These 2 hour sessions are aimed at people in the statutory and voluntary sectors who would like to receive an introductory insight into the issues and concepts around sexual health and services within the wider community. **THESE SESSIONS ARE NOT FOR SERVICE USERS OR THE GENERAL PUBLIC nor those who have attended MASH Tier 1 training.**

All sessions are held in the Meeting Room at Sexual Health D&G, Nithbank, Dumfries, DG1 2SD. **Contact [adele.hannah@nhs.net](mailto:adele.hannah@nhs.net) for place.** We can also offer this training to groups of staff at times/venues to suit you.

## FREE MOTIVATIONAL INTERVIEWING TASTER SESSIONS

### Sexual Health D&G Meeting Room

Thursday 29th June 2017 1.00—3.00pm

Thursday 26th Oct 2017 1.00—3.00pm

These sessions are aimed at those in the statutory and voluntary sectors who are interested in helping service users reduce health risk taking behaviours using a Motivational Interviewing approach. Ideally, participants should have attended MASH Tier 1, or equivalent. **THESE SESSIONS ARE NOT FOR SERVICE USERS OR THE GENERAL PUBLIC.**

**All these sessions are free. For further information or to apply for any of the training on this page please contact [adele.hannah@nhs.net](mailto:adele.hannah@nhs.net)**



Check out Sexual Health D&G's updated website where you will find information and support for a range of sexual health topics. All of our services aim to be confidential, accessible, professional, non-judgemental and inclusive of all the protected characteristics.

You can check out what you need to know about e.g. relationships, sexuality, sex, contraception, sexually transmitted infections (STIs) and much more.

Your sexual health is not just about preventing a pregnancy or an STI, it is also about feeling good and getting the most out of your relationships.

Taking care of your sexual health really matters! It is just as important as keeping the rest of your body healthy.

Get your facts right here!

<https://www.sexualhealthdg.co.uk>



## New HIV cases fall to 13-year low in Scotland

NEW diagnoses of HIV in Scotland have fallen to their lowest level in more than a decade.

The latest statistics from Health Protection Scotland reveal that **285 new cases of HIV** were identified in laboratory tests during 2016, **the lowest number since 2003**.

The figure represents a **21% decrease compared to 2015**, when 360 new cases were reported, and is significantly **below annual averages**. Between 2004 and 2015, the number of new cases reported annually in Scotland ranged between 340 and 440.

Of the 285 HIV-positive individuals reported in 2016, 227 (80%) are male, and 169 (59%) are aged between 25 and 44 years. Greater Glasgow & Clyde reported 101 diagnoses, 70 were reported from Lothian, 30 from Grampian and 27 from Lanarkshire. The **probable route of transmission** were: **men who have sex with men (MSM)** in 139 cases; **heterosexual intercourse** in 94; and **injecting drug use** in 36. Transmission category remains unresolved for 15 individuals. Of the 270 diagnoses for which the location of exposure can be presumed, **131 (49%) occurred in Scotland**. More information [here](#):



## PrEP is approved in Scotland

On 10th April Scotland became the first of the UK nations to approve the provision of Pre Exposure Prophylaxis (PrEP) by the NHS to prevent HIV in men who have sex with men. The Scottish Medicines Consortium (SMC) announced that following their rigorous process the drug Truvada has been deemed an effective treatment to prevent the transmission of HIV and will be made available on the NHS in Scotland. **This as an opportunity to significantly reduce the number of new HIV infections in Scotland.**

### What's next?

HIV Scotland will continue to work to ensure the effective roll out of PrEP, and that knowledge and understanding of PrEP is increased in the public and professionals.

Health boards are currently working to finalise the roll out of PrEP in sexual health clinics. Each Health Board has their own policy on PrEP implementation, and will be making PrEP available in clinics by July 2017, though this may vary a bit across each NHS health board area. **If you're interested in taking PrEP or are unsure, check out the frequently asked questions [here](#).**



## Women in Scotland urged to 'nip cervical cancer in the bud'



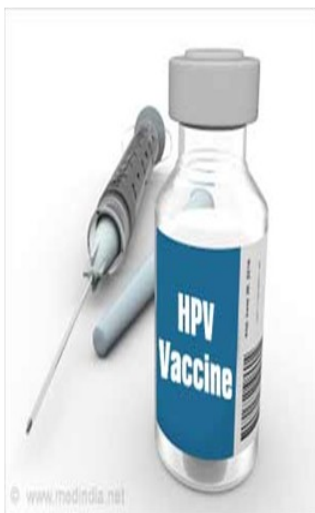
**A new short film clip has been launched to kick-start the conversation around cervical screening.** With six women being diagnosed with cervical cancer every week in Scotland<sup>1</sup>, the film urges viewers to 'nip cervical cancer in the bud', **by not ignoring their next smear invite or contacting their GP practice if they missed their last smear.**

A smear test can detect cells that could turn into cancer. The five minute test is the best way to protect women from the disease and helps save around 5,000 lives a year in the UK<sup>2</sup>.

All women in Scotland aged 25 to 49 are offered a smear test every three years while those aged 50 to 64 are invited every five years.

**The campaign will target those aged 25-35 in Scotland, as cervical cancer is the most common cancer in women of this age group<sup>3</sup>.** Statistics highlight between 1 April 2015 and 31 March 2016, one in three women (33 per cent) aged 25-35 didn't go for their smear when invited<sup>4</sup>. The film clip entitled 'Flower' can be [viewed here](#), and has been created to challenge the reasons women give for not attending their smear.

## HPV vaccination campaign impact



On 5 April 2017, at the Microbiology Society's Annual Conference in Edinburgh, researchers showed that levels of cancer-causing Human Papilloma Virus (HPV) in Scotland have dropped by 90% in young women, following a vaccination campaign that began in 2008. The researchers believe that this may itself lead to a 90% reduction in cervical cancer cases in Scottish women.

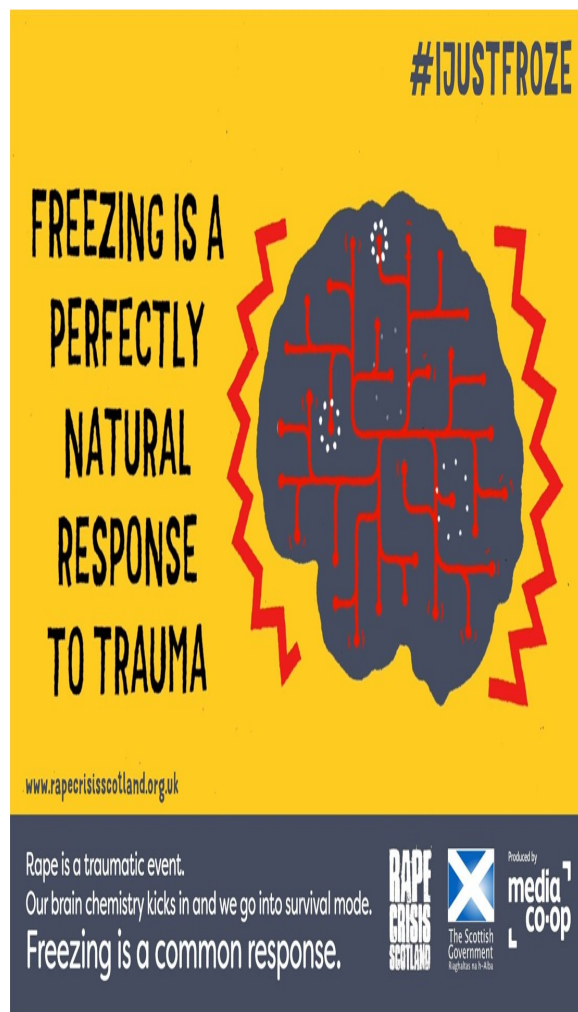
HPV is a sexually transmitted virus that is responsible for the majority of cervical cancer cases. Two genotypes of the virus - 16 and 18 - are themselves responsible for around 80% of cervical cancers in Scotland and 70% around the world . **More information can be found [here](#):**

**MAKEitGOOD** is a conversation about **good relationships and good sex**. Young people from across Tayside have been sharing their views and experiences. The idea is that finding out more from **young people** about what they want and need will help **improve information, services and support**.

There are 4 summary presentations on **Good Relationship, Feeling Good Feeling Stressed, Condoms & Contraception and Under Pressure**. There are another 19 papers on a range of topics such as : **Pleasure, Pornography, Safe sex, Social Media, Trust & Honesty , One Night Stands**. Each of these topic chapters presents insight from young people, further insight from other research, resources or services and a summary and discussion points.

The project was funded by NHS Tayside and supported by Angus Council, Dundee City Council and Perth and Kinross Council. Voluntary sector agencies also helped. The project was delivered by an independent company called TASC.

All the presentations and documents can be found [here](#). The publication makes for interesting reading with plenty of learning for Dumfries and Galloway.



## I Just Froze

Rape Crisis Scotland's **new public awareness campaign**, aims to **challenge and change common misconceptions** that there is a **right or wrong way for people to react during or after a rape**. Many people think they know how they or someone else would react if they were raped.

It's often assumed that when a person is assaulted in this way they will (for example) scream or appear hysterical, and that they will fight back. However, the truth is that nobody knows how they or anyone else will react, and although some people do respond in this way, it is very common for someone who is raped to respond quite differently to what we might expect.

**Posters and short film clips have been produced to support the campaign and can be found [here](#):**



Scottish Government  
Riaghaidh na h-Alba  
gov.scot

An Official Statistics publication for Scotland

EQUALITY, POVERTY AND SOCIAL SECURITY

## Sexual Orientation in Scotland 2017

### A Summary of the Evidence Base



## Sexual Orientation in Scotland 2017 - A Summary of the Evidence Base

This report draws together statistics and research on sexual orientation from a range of sources and presents these in a single bulletin, providing user-friendly infographics and commentary. **It examines the differences between heterosexual adults in Scotland and those who self-identify their sexual orientation as lesbian, gay, bisexual or other in major household surveys.**

Some of the key findings were that lesbian, gay, bisexual or other (LGBQ) adults, compared to heterosexual adults, were more likely to:

- **Be younger.**
- **Be single.**
- **Live in large urban areas.**
- **Live in deprived areas.**
- **Report bad general health.**
- **Smoke.**
- **Be unemployed.**
- **Have a degree.**

[Read report here:](#)

**Gender and sex** are two terms that people often get confused about. That's probably because for many people, their gender and their sex are the same and we find it hard to think of them as separate things. Two short films have been produced by Childline to give a fuller explanation.

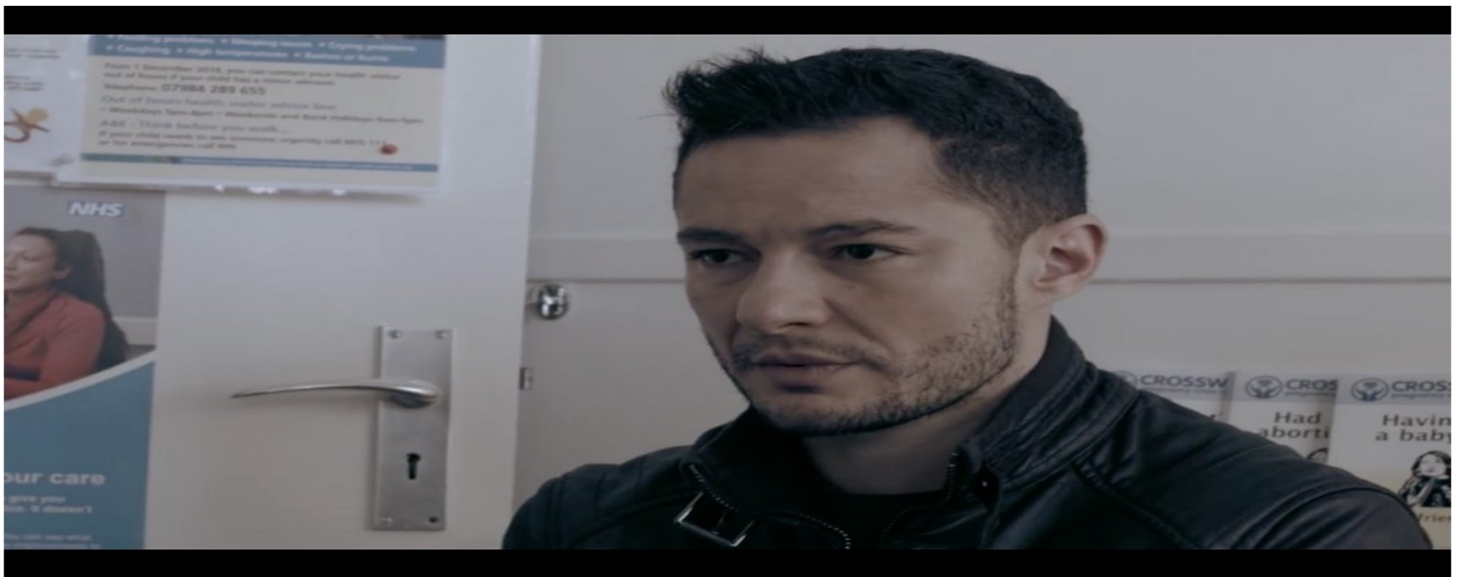


[Watch here:](#)



[Watch here:](#)





A powerful **short film, Headspace**, has been released to mark **LGBT History month** and offers an insight into the **daily challenges of being trans**. Made in an attempt to promote acceptance and understanding, the film reveals the difficulty of tasks most people take for granted, such as making a phone call or to going to the gym. There is a popular misconception that once a trans person has medically transitioned, and settled into a 'mainstream' lifestyle, that all the struggles, challenges and discrimination simply fade away. **Watch this powerful clip [here](#).**



**Barnardo's has launched free LGBTQ resources to help teachers better educate children about same sex relationships and gender and sexual identities.** The free LGBTQ resources aimed at primary and secondary schools have been launched by the UK's largest children's charity to sit alongside their existing Real Love Rocks resources, which teach children and young people about healthy relationships and awareness of child sexual exploitation.

The new animations and classroom activities have been developed are tailored to be age appropriate, educating children at primary school level about the different make up of families in society, with the aim of dispelling stereotypes about gender and sexual identity. While the secondary resources focus on encouraging teenagers to understand their feelings and create awareness of different sexual and gender identities, as well as explore the additional vulnerabilities LGBTQ young people may face from sexual exploitation.

**To download the free LGBTQ resources and to find out more about Barnardo's existing Real Love Rocks education materials, please <http://www.barnardosrealloverocks.org.uk/dashboard/> and register your details.**

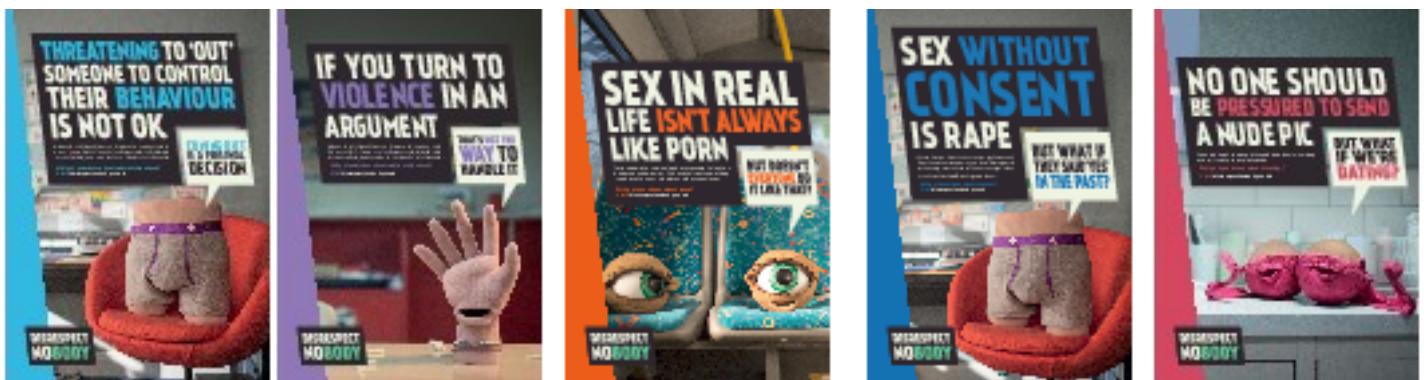


## Disrespect NoBody campaign

The Home Office has launched the second phase of its *Disrespect NoBody* campaign. The aim of the campaign is to **prevent young people**, both boys and girls aged 12 to 18 years old, **from becoming perpetrators and victims of abusive relationships**. The campaign is focused on digital and mobile, and will also run on TV aimed at young people, on radio, Spotify, cinema, X-Box, YouTube and Snapchat. The PSHE Association has also worked with the Home Office to update teaching resources on preventing teenage relationship abuse. Click the links to access information on the new campaign and to access the teaching resources.

>[Home Office - Disrespect NoBody campaign - 27 Jan 2017](#)

>[PSHE teaching guides](#)



Download Posters [here](#)

## Childline Launches New App

'For Me' is the first app to **counsel young people via smartphone**. Launched by ChildLine, it is the first app to provide **counselling to young people** in need of help directly through their **mobile devices**. The app has been named 'For Me' to ensure that it can be **discreetly installed**. This means that if someone happens to see the young person's phone they can't tell it's a Childline service.

'For Me' was created by four teenagers who realised there was an urgent need for young people to have **easy access to confidential advice and support**. When Childline first launched over 30 years ago all contact was over the phone, with many calls being made from telephone boxes. How children and young people contact now is dramatically different:

**71% of counselling sessions are delivered online via email and 1-2-1 chat. Last year, 1.8 million sessions on the Childline website were conducted via mobile devices.**

More information is available [here](#).



**Working with children  
who are victims or at risk  
of sexual exploitation:  
Barnardo's model of practice**

**Believe in  
children  
Barnardo's**

## **Working with children who are victims or at risk of sexual exploitation.**

This paper, published in January 2017, sets out the **models and processes used to sexually exploit children and young people**, and Barnardo's model of practice in engaging and supporting these children.

It updates Barnardo's '4As' model of support and has been developed for a broad audience, including those who wish to learn about effective and evidence-based engagement with children at risk of, and those who have been victims of, sexual exploitation.

**[Read here.](#)**

## **Kayleigh's Love Story**

**Kayleigh Haywood** began speaking to Luke Harlow, a man she had never met, on 31 October 2015.

Over the course of **13 days** they exchanged **2643 messages**. Harlow told the 15-year-old all the things many **teenage girls want to hear**: he told her she was beautiful, how much he cared for her and that she was special.

Harlow was **grooming** Kayleigh, along with two other young girls he had also been speaking to. But it was Kayleigh that finally agreed to his requests to spend the night of Friday 13 November 2015 at his house.

She spent the next day with him too, and in the early hours of Sunday 15 November, having been **held against her will** by Harlow and by his next door neighbour Stephen Beadman, Kayleigh was **raped and murdered** by Beadman.

Last July, Beadman, then 29, was sentenced to **life imprisonment** for the rape, false imprisonment and murder of the teenager. Harlow was given a **12-year jail term** for false imprisonment and grooming.

The film has been made to serve as a warning to children and adults of the dangers of grooming and sexual exploitation following Kayleigh's tragic death in November 2015. It was launched in Northamptonshire but has been shown in secondary schools up and down the country and has been shared on face book by many agencies including Police Scotland.

You can watch film [here](#) but please heed the warning given at start of the film.



**Brook** has been at the forefront of **providing wellbeing and sexual health support** for **young people** for over **50 years**. In 1964 Helen Brook created a pioneering health service providing unmarried women with access to contraception and for the past 50 years Brook has continued to build on this pioneering vision. Brook's brand has been refreshed to mark this new chapter in Brook's history, in line with their new strategic vision. It has been developed to give a more contemporary, relevant feel that appeals to young people today. **You can check out new look website [here](#).**

## Frendz



Frendz continues to help a number of women and occasionally men facing a crisis pregnancy and more often post abortion stress. A team of volunteers has manned a daily 2 hour evening helpline over the last 7 years. The charity is seeking to expand its remit to include general counselling and a decision has been taken to stop the helpline. Instead there is a **dedicated mobile number 07961865720**, which will run alongside their original number until all business cards have been replaced with new contact details.

## Human Papilloma Virus (HPV) vaccination for men who have sex with men

From July 1<sup>st</sup> 2017 Sexual Health D&G will **routinely be offering men (under age 45) who have sex with other men the HPV vaccine** which lowers the risk of **cancer** e.g. penile, anal and oral. In the UK, a HPV vaccine programme for girls aged 12-13 has been in place since 2008. Vaccinating the majority of girls in the UK means that their male partners get some protection too. **The risk of anal cancer in gay men is higher than in heterosexual men** and these men will not benefit from the protection gained through immunising females.



## Supporting LGBT Plus people and their families



D&G LGBT Plus, 3rd Floor, Newall House,  
22 Newall Terrace, Dumfries. DG1 1LW  
Call free on 0800 020 9653



### LGBT Plus are delighted to announce the following free training for 2017-2018.

Our lesbian, gay, bisexual, transgender (LGBT) adult awareness training courses are designed to inform people and agencies who support LGBT adults, their carers and families, especially those LGBT people living with or self-managing long term medical conditions (LTC's) or facing barriers to accessing services in the region. The course is suitable for those with no knowledge of LGBT issues or those requiring a refresher. The training aims to give you understand LGBT issues including the law, equality & diversity, intersectional identities, stigma, discrimination and specific LGB and transgender awareness.

**For information please email: [support@lgbtplus.org.uk](mailto:support@lgbtplus.org.uk) or call: 0800 020 9653**

#### The following dates are available:

**Dumfries:** Newall House (9.30am - 1.30pm)

27<sup>th</sup> June 2017

26<sup>th</sup> September 2017

30<sup>th</sup> January 2018

27<sup>th</sup> February 2018

**Stranraer:** Lowland Training Centre (10am – 2.00pm)

25<sup>th</sup> of July 2017

**Lockerbie:** Town Hall, Lesser Room (10am – 2.00pm)

25<sup>th</sup> of August 2017

24<sup>th</sup> November 2017

**Newton Stewart:** Fire Station (10am – 2.00pm)

31<sup>st</sup> October 2017

**To book please visit:**

<https://www.ticketsource.co.uk/dglgbtplus>

Please contact [johnathon@lgbtplus.org.uk](mailto:johnathon@lgbtplus.org.uk) to discuss bespoke training packages.



**Dumfries & Galloway has been awarded White Ribbon Status for the region's work against domestic abuse and gender based violence. The award was presented on 17th March at the Dumfries and Galloway Community Planning Executive Group meeting.**

Due to the region's prevention work on domestic abuse and other forms of violence that mainly affect women and children, White Ribbon Scotland has awarded White Ribbon Status to the Dumfries and Galloway Region.

White Ribbon Scotland is part of the White Ribbon International Campaign that is aimed at men to encourage them platform to take a stand against gender based violence (violence against women) **including domestic abuse; rape and sexual assault; sexual harassment; stalking; harmful traditional practices like female genital mutilation, forced marriage and so-called "honour" crimes; and commercial sexual exploitation which includes pornography, prostitution and sex trafficking.**

**The Dumfries and Galloway Domestic Abuse and Violence Against Women Partnership (D&GDAVWP) is the multi-agency strategic group whose members are responsible for steering the direction of work around violence against women.**

Work that led to the Region achieving the award included: public awareness sessions; public campaigns, a community attitudes survey; training local White Ribbon Speakers; work with young people; engaging local organisations, and encouraging local residents to sign the **White Ribbon Pledge to "never commit, condone or remain silent about violence against women"**. Over 800 residents have signed the pledge already. [More here:](#)



[www.seualhealth.co.uk](http://www.seualhealth.co.uk)

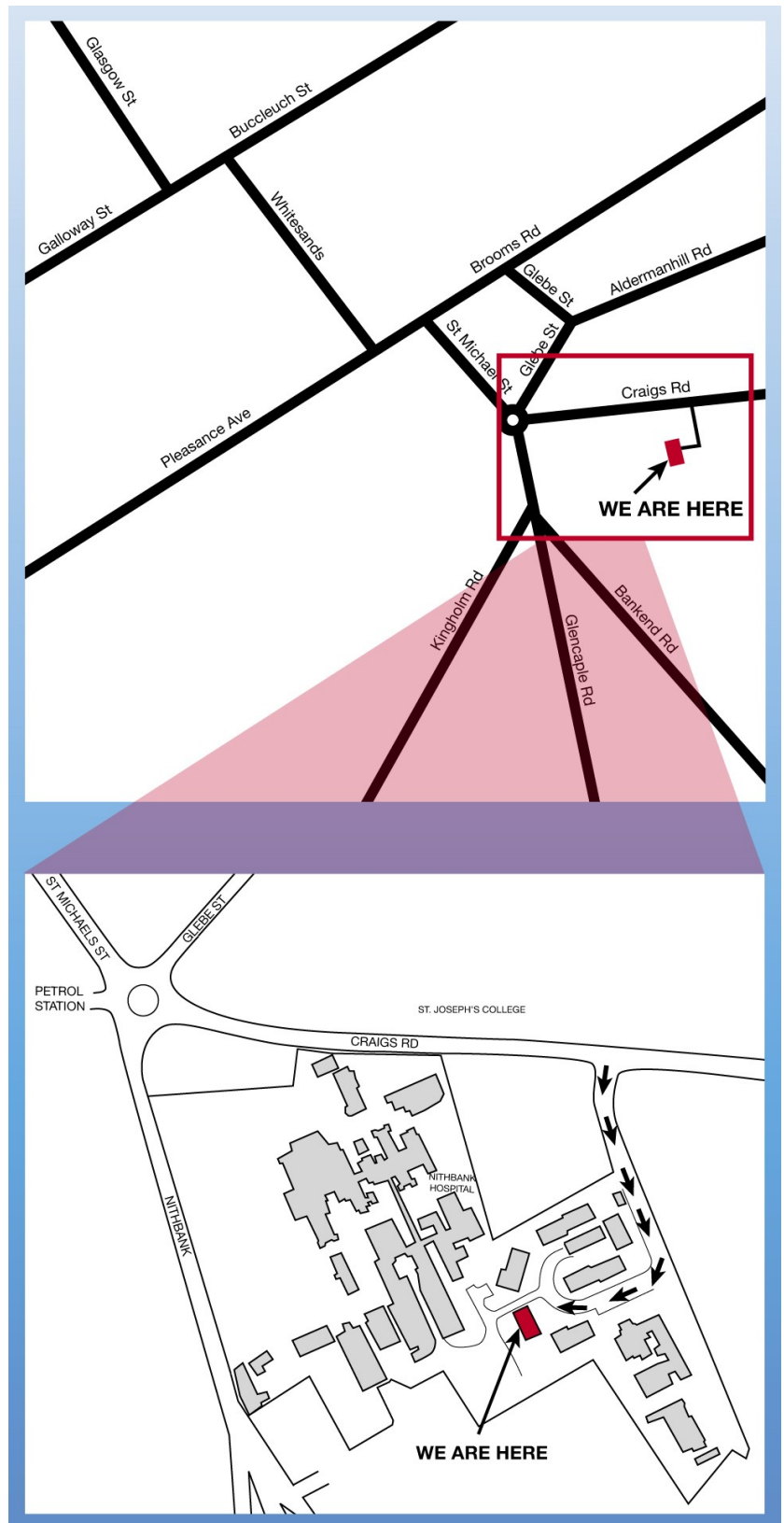
### What do we offer?

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 hour before testing

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

## How to find us:



**Nithbank  
Dumfries  
DG1 2SD**  
Tel: 03457 023687  
Email: [dgsexualhealth@nhs.net](mailto:dgsexualhealth@nhs.net)

Send us your news for next issue, due August 2017