



**Issue 34**  
**April 18**

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# Sexual Health D&G Multi Agency Newsletter

## Pornography in Dumfries and Galloway

As part of his Honours Year study, and in conjunction with D&G Sexual Health Week 2018, a Glasgow University Student has completed a project with Sexual Health D&G to look into the effects that pornography use is having on service users across the region.



Based on feedback from staff attending a multi-agency event, survey monkey responses and individual interviews the final report of this projects states that:

- \* There is a clear issue in Dumfries and Galloway with pornography use and this is affecting service users in a range of differing ways;
- \* There is an evident need for more training for service providers
- \* More resources are required to raise awareness of the effects of pornography use.

The report makes several recommendations including enhancing the Sexual Health D&G website, developing a public awareness campaign utilising various mediums and materials and developing training opportunities and workshops on the topic.



Plans are already underway for D&G Sexual Health Week 2019 which will follow the same theme of Pornography. If you'd like to find out more or get involved please contact [adele.hannah@nhs.net](mailto:adele.hannah@nhs.net).

# Sexual Health Training for 2018

## **Multi Agency Sexual Health (MASH) Tier 1**

**Thursday 17th May 2018  
Dumfries Baptist Church Centre  
9.15am - 3.30pm**

This training will cover:  
**Risk taking Behaviour & Self Esteem  
Confidentiality & Legal Issues  
Contraception & Condoms  
LGBT Issues  
Sexually Transmitted Infections (STIs)**

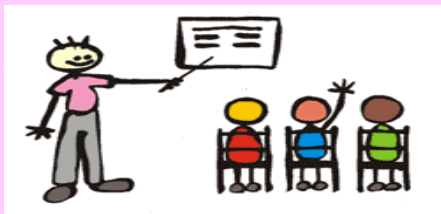
## **Wake up to – Sexual Risky Behaviour ( MASH) Tier 2**

**Tuesday 30th October 2018  
Garroch Training Centre, Dumfries  
9.15am—4.00pm**

This training will cover:  
**Child Sexual Exploitation  
Grooming  
Pornography  
Social networking - Risks  
Rape/Consent  
Local Case Studies**

**\*THESE SESSIONS ARE NOT SUITABLE FOR SERVICE USERS OR THE GENERAL PUBLIC**

These sessions are all 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).



## 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 31st May 2018

1.30—3.30pm

Thursday 29th Sept 2018

1.30—3.30pm

These 2 hour sessions are aimed at people working in the statutory and voluntary sectors who would like to receive an introductory insight into the issues and concepts around sexual health and sexual health services within the wider community. **\*These sessions are not suitable for service users of 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. 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

Thurs 26<sup>th</sup> April 2018

1.00 – 3.00pm

Thurs 28<sup>th</sup> June 2018

1.00 – 3.00pm

Thurs 25<sup>th</sup> Oct 2018

1.00 – 3.00pm

These sessions are aimed at people working 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 suitable for service users or the general public.**

**All sessions above are free of charge. For further information or to apply please contact [adele.hannah@nhs.net](mailto:adele.hannah@nhs.net)**

## New Vasectomy Service at Sexual Health D&G

**Vasectomy under local anaesthetic (LA)** is **now available at Sexual Health D&G** based in Dumfries. This will bring NHS D&G into line with a number of other Health Boards in Scotland where LA vasectomies are done **in the community** setting. Men suitable for vasectomy under LA should be **referred** to Sexual Health D&G using SCI Gateway. Those who **do not fulfil the criteria** (see exclusions stated below) should still be referred to urology.

### **The exclusion criteria are:**

- \* Men with a BMI greater than or equal to 35
- \* Men with artificial heart valves, stents, pacemakers, blood vessel grafts, shunts or a foreign body (including joint replacements)
- \* Men on a blood thinning drug for example warfarin, aspirin, clopidogrel, riveroxaban or dabigatran
- \* Men not willing to consider the procedure under local anaesthetic/

Sexual Health D&G also **accept referrals directly** from men. Men can **phone 0345 702 3687** and ask for a vasectomy counselling appointment in the first instance. If men self refer and have any of the exclusion criteria Sexual Health will refer the patient to Urology.



**Scotland's first clinic for victims of sexual violence is now open! The service offers cervical screening (smear tests) for people who have experienced rape or sexual violence and are due or overdue for their test.**

- Self Referral
- Open to all women and trans men living in the West of Scotland
- Clinics running on the second Saturday of each month
- All female staff fully trained to work with women who have experienced sexual violence
- Rape Crisis support workers present
- Sandyford counsellors available
- Women's needs and choices listened to
- Longer appointment times
- Confidential results
- Free Saturday parking outside the service

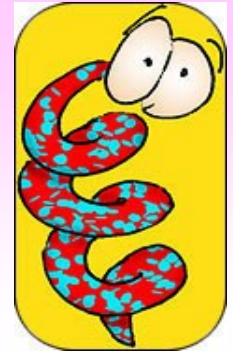
Sandyford, 2-6 Sandyford Place, Sauchiehall Street, Glasgow, G3 7NB

**For more information visit [www.mybodybackproject.com](http://www.mybodybackproject.com).**

**To book an appointment [CLICK HERE](#).**

## Syphilis patient calls for public debate as cases rise

Rates of syphilis have risen to their **highest levels in England and Scotland in nearly 70 years**. It can be spread more easily than other sexually transmitted infections and those infected can carry it without having any symptoms. Watch Gavin's Story (not his real name) [here](#):



## Man has 'world's worst' super-gonorrhoea

He had a regular partner in the UK, but picked up the super bug after a sexual encounter with a woman in South East Asia. **Public Health England says it is the first time the infection cannot be cured with first choice antibiotics.**



Health officials are now tracing any other sexual partners of the man, who has not been identified, in an attempt to contain the infection's spread. Read the BBC news report [here](#).



Protecting and improving the nation's health

**Towards elimination of HIV transmission, AIDS and HIV-related deaths in the UK**

Public Health England have published the latest findings and recommendations on the elimination of HIV transmissions and HIV-related deaths in the UK. The report features data from across the UK and shows the following relevant findings for Scotland:

- **43% of HIV diagnoses were classified as late in Scotland. The lowest rates of late diagnoses were observed in London (36%)**
- **New HIV diagnoses in gay and bisexual men have declined, particularly in London. Between 2015 2016, diagnoses in Scotland decreased from 131 to 90 (30%).**

Read the full report [here](#):



## Hannah Witton: 'Why doesn't anyone wear condoms on TV?'

When was the last time you saw someone wear a condom on TV? Or discuss contraception?

**A 2017 study by the University of North Carolina at Chapel Hill, which analysed programmes such as Orange is the New Black, True Blood, House of Cards and Gossip Girl, found that only 0.02% of sex scenes on television feature contraception.**

BBC 5 live's Hannah meets TV viewers, a psychologist and a screenwriter to find out about why TV characters seem reluctant to wear protection and whether it affects our sexual behaviour. Watch the short film clip [here](#):



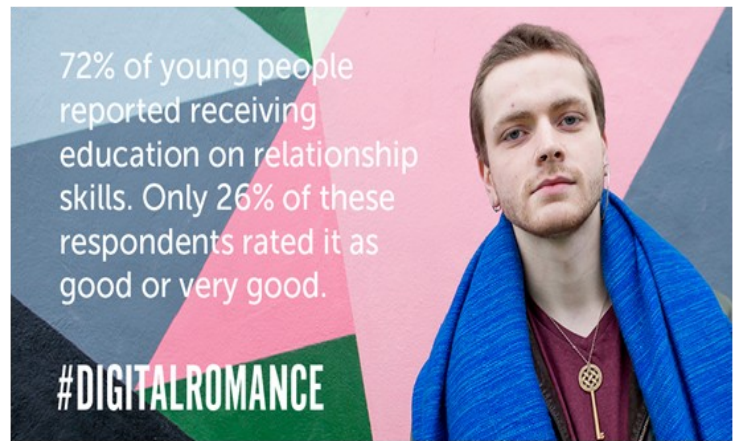
**Almost half of sexually active young people do not use a condom when sleeping with someone for the first time, and more than one-third of young people think carrying protection is a sign someone is promiscuous,** a survey has found.

**One in 10** sexually active 16 to 24-year-olds, the age group that accounted for 59% of chlamydia and gonorrhoea diagnoses in England last year, **said they had never used a condom,** prompting calls from the Royal College of GPs for investment in sexual and reproductive health services.

Read the full report [here](#):

**The World Health Organisation (WHO) reports that the numbers of people affected by STIs are staggering.** More than 30 different bacteria, viruses, and parasites lead to over **1 million sexually transmitted infections each day.** Annually, there are an **estimated 131 million chlamydia infections, 78 million gonorrhea infections, 5.6 million syphilis infections and 143 million trichomoniasis infections.** These infections can, at present, be treated with existing antibiotic regimens. **Antimicrobial resistance,** however, is a **growing threat,** particularly for gonorrhea and Mycoplasma genitalium. The **most prevalent viral STIs** are **genital herpes** simplex virus infection (affecting an estimated 500 million people worldwide) and **human papillomavirus (HPV)** infection (affecting 290 million women and leading to some 500,000 cases of cervical cancer annually).

**REMEMBER—USING CONDOMS CORRECTLY AND CONSISTENTLY WILL HELP PROTECT AGAINST STIs. CONDOMS ARE AVAILABLE FREE FROM SEXUAL HEALTH D&G.**



## Digital Romance

A report published by Brook and NCA's CEOP command reveals how digital technology fundamentally shapes the ways in which young people relate to one another in the arena of romance, sex and relationships. The research highlighted both the positives and the negatives of using technology which furthers our understanding of the challenges young people face as well as provides insights to improve education for young people.

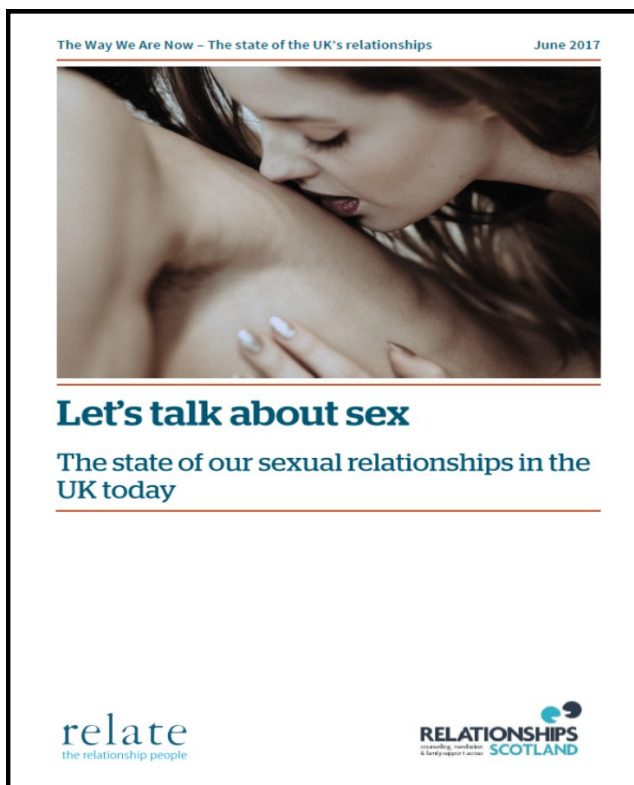


Significantly more gay (58%) and bisexual (52%) young people had asked someone out online compared to those who were heterosexual (38%)

#DIGITALROMANCE

Full Report can be read [here](#):

Summary of Report can be read [here](#):



This research report from **Relationship Scotland** is the sixth and final in a series presenting findings from their landmark '**The Way We Are Now**' survey of over 5,000 people across the UK, providing a **unique window** into the state of our couple and sexual relationships, our families, our relationships at work, and our social relationships. This report examines the quality of our sexual relationships and how they impact upon our relationship quality and our well being.

Read the report [here](#):

So what  
is a **vulva**  
anyway?

BritsPAG



A **new resource** aimed at educating young people on **normal female anatomy** – specifically **vulva appearance** – has been launched by the Royal College of Obstetricians and Gynaecologists (RCOG) and the British Society for Paediatric and Adolescent Gynaecology (BritsPAG).

Brook has been supporting BritsPAG to develop '**So what is a vulva anyway?**' in response to an increasing number of girls and women with **cosmetic genital concerns** requesting surgery despite having normal anatomy.

According to NHS figures, in 2015-16 **more than 200 girls under 18 had labiaplasty** and **more than 150 of the girls were under 15**. These numbers do not include girls and young women having the procedure privately. Experts say these operations do not have a medical justification. The booklet can be downloaded [here](#):

The short film **Not for nice women: contraception before and after 1967** was created by Brook Policy Manager Lisa Hallgarten and colleagues from University College London, Dr Jayne Kavanagh and Dr Angela Poulter, to mark the passing of the Family Planning Act 1967. The documentary demonstrates how this change came about and the vital role played by pioneering women such as Helen Brook. **It depicts the stories of real women as well as health professionals, and how societies' attitudes towards women's sexuality affected their access to contraception. Watch the film [here](#):**

## Wales bans the intimate piercing of under 18s

**Wales** has become the **first country in the UK** to introduce a **nationwide ban on the intimate piercing of under 18s**. The new law, which came into force on 1 February, makes it an offence for piercing practitioners to arrange and/or carry out an intimate piercing on those under 18. The aim of the new law is to protect children and young people from the potential **health harms** which can be caused by an **intimate piercing**.

A study in England found that amongst individuals aged 16-24 complications were reported with **around a third of all body piercings**. The same study found a **higher incidence of complications** in connection with certain types of body piercings, including **intimate piercings**. Problems were most likely to be reported in the case of **tongue piercing (50%)**, followed by **piercings of the genitals (45%)** and **the nipples (38%)**. Read more [here](#):



## New Sex Education Resources for Scotland

A new programme of work is underway to **develop a new Relationships, Sexual Health and Parenthood (RSHP) education curriculum** for children and young people in **schools, colleges, early learning and community learning setting across Scotland**. The emerging curriculum will be available to **view, test and comment on** throughout the process on the new website [click here](#).

Two meetings have been arranged for staff in Dumfries and Galloway who would like to **get involved in testing the new resources** to find out more and meet the team behind their development. The meetings will take place on **Friday 11th May** in Dumfries at 10.30am-12noon and if there is enough interest, in Wigtownshire at 1.30pm-3pm. Please email [lauragibson1@nhs.net](mailto:lauragibson1@nhs.net) to find out more.

### Good Sex project

#### Building evidence-based practice in young people's sexual health.

The **'good sex' project** involved young people, sexual health professionals, researchers and artists. The project aimed to bring them together to make films, training materials and educational resources on **sexual pleasure** and **how to 'be sex positive'**. The 'good sex' project is based on a PhD research project funded by Brook and The Open University. Over four years the researcher, Ester McGeeney, collected survey, interview and focus group data from young people in London to find out more about how and what they understand about **'good sex'** and **'sexual pleasure'**. Watch the films [here](#):



One in eight trans employees (12 per cent) have been physically attacked by a colleague or customer in the last year.

Half of trans people (51 per cent) have hidden their identity at work for fear of discrimination.

A quarter of trans people (25 per cent) have experienced homelessness.

Almost half (48 per cent) of trans people don't feel comfortable using public toilets through fear of discrimination or harassment.

Read more [here](#):



Almost **one-quarter of all registered sex offenders** carried out **online child sexual abuse**, according to a snapshot taken by **Police Scotland**. Police Scotland have launched a campaign '**Not my Friend**'. The social media messages and online advertising posters are designed to encourage children into a healthy skepticism when communicating online. The campaign is also focused at perpetrators, warning them of the consequences they face as a result of committing online child sexual abuse offences. Read more [here](#):

**The Centre of Expertise on Child Sexual Abuse (CSA)** recognises that in order to be successful in preventing child sexual abuse from happening, and protecting children who are experiencing abuse, we must develop a **better understanding** of perpetrators and perpetration.

Six exploratory studies have been carried out to increase our understanding of **CSE perpetration and perpetrators**. The studies vary in their approach including: identifying findings from research to date, undertaking interviews with experts and in some cases, case file analysis, new empirical evidence on the characteristics and perspectives of individuals who sexually exploit young people. Read the findings [here](#):



### **#WholsSam: Online contact and reporting to CEOP**

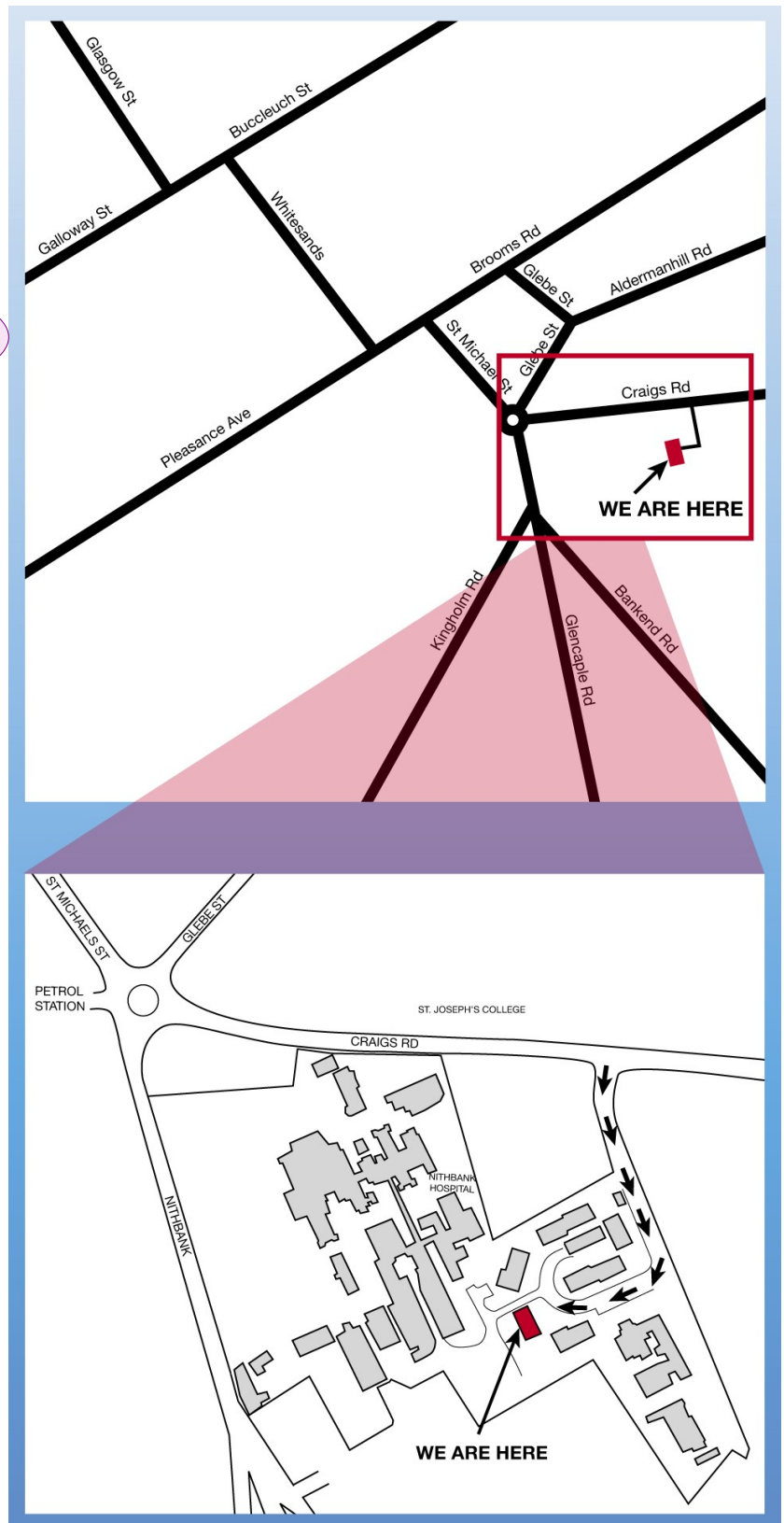
With the **increased threat** of offenders using online **live streaming platforms** there is a need to **educate children** about the associated risks. CEOP want to **help parents and carers** protect their children from **online offenders** like Sam, the fictional narrator of the animation, who targets children online and quickly **builds trust** with them. The short animation highlights the importance of parents and carers **talking openly** with their children about **being safe online**, about **healthy relationships** and encouraging them to **speak out** if anything happens online that worries them or doesn't feel right. Watch the animation clip [here](#):

### 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

### How to find us:



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

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