



# Sexual Health D&G

Welcome to issue 18 part 2 of the  
Sexual Health D&G Newsletter.  
Best Wishes for 2013

Issue 18—2  
January 2013

## LET'S TALK ABOUT SEX ★ SHADES OF PLEASURE ★

DUMFRIES & GALLOWAY'S SEXUAL  
HEALTH WEEK 21st -27th January

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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

Click [here](#) for more information  
and resources

# 'LET'S TALK ABOUT SEX - SHADES OF PLEASURE'

## DUMFRIES & GALLOWAY'S SEXUAL HEALTH WEEK

### 21<sup>ST</sup> -27<sup>TH</sup> JANUARY 2013

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.

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 variety of reasons such as physical, emotional, social, cultural, religious and external factors. Therefore, this year Sexual Health D&G annual awareness week 'Let's talk about sex' is focusing on 'shades of pleasure.'

#### **Aim**

To encourage people to talk openly about sex and sexual pleasure

#### **Objectives**

- to raise awareness of people's rights to sexual pleasure
- to raise awareness of sources of help and support
- to highlight that what might be pleasurable for one party may not be for another

#### **Intended outcomes**

- People in Dumfries and Galloway will:
- be aware of their right to optimum sexual health and sexual pleasure
- be confident to talk openly about sexual health and sexual pleasure with their partner(s)
- know how and where to seek help and support
- be aware of the consequences of pornography, sexting etc

#### **List of resources available to support you**

- Keeping the passion alive-Tips
- Sex is good for you! The health benefits of sex
- Quiz—Pleasure: Myth or fact
- Interesting facts you never knew about sex!
- Young people and pleasure
- Darker shades of pleasure
- Check out [www.c4urself.org.uk](http://www.c4urself.org.uk) in January for more details

We are working in partnership with the Big Burns Supper





## NEW Are you at risk of STIs?

Take a spin through our new online risk assessment to see if you're at risk from Sexually Transmitted Infections and /or

BBV's  
such

as Chlamydia, Gonorrhoea, HIV, Hepatitis B, Hepatitis C and Syphilis.

[go to module »](#)



## NEW KIOSK

'No talk testing' at Sexual Health D&G. Use our new 'self test' kiosk to cut down waiting at Sexual health drop ins Mon-Fri 9.00—10.30am



## WE ALL MAKE MISTAKES WITH ALCOHOL

Dumfries and Galloway Constabulary and Dumfries and Galloway Licensing Boards in conjunction with Dumfries and Galloway Alcohol and Drug Partnership are running a Safer Drinking Campaign between the 7<sup>th</sup> and 31<sup>st</sup> December 2012.

The purpose of the campaign is to raise public awareness about the potential short term consequences arising out of the overindulgence in potent shot type alcoholic drinks. During the campaign staff within participating on-sales licensed premises throughout the Region will wear specifically designed t-shirts which will endorse and promote the campaign

The front of the t-shirts will show an image of filled shot glass with a "pneumonic" shots message which has deliberate spelling mistakes. It is hoped that this will engender discussion about the highlighted risks amongst the target audience who are, in the main, aged between 18 to 40. The poster will also bear the strapline "we all make mistakes with alcohol".

The rear of the t-shirt will show a message from the Domestic Abuse and Violence Against Women Partnership (DAVAP) depicting the national White Ribbon Campaign which is a campaign promoting males against domestic violence

For more information contact Scott Jardine [Scott.Jardine@dg.pnn.police.uk](mailto:Scott.Jardine@dg.pnn.police.uk)



FrenDz is a free confidential service run by professionally trained volunteers providing help for women and families facing a crisis pregnancy or post abortion stress by providing the following:

- pregnancy testing
- support in exploring options in an unplanned pregnancy
- practical support for a woman struggling through a pregnancy
- post abortion counselling

**FrenDz provides a helpline and a drop-in service as follows:**

1. Helpline Daily 9pm-11pm 01387 252288

2. Drop-in Saturdays 10am-12pm at 24 Church Street, Dumfries, DG2 7AS

Appointments can be made at other times on request by e mail ([Dumfries@careconfidential.com](mailto:Dumfries@careconfidential.com)) or phone / answering machine (01387 252288)

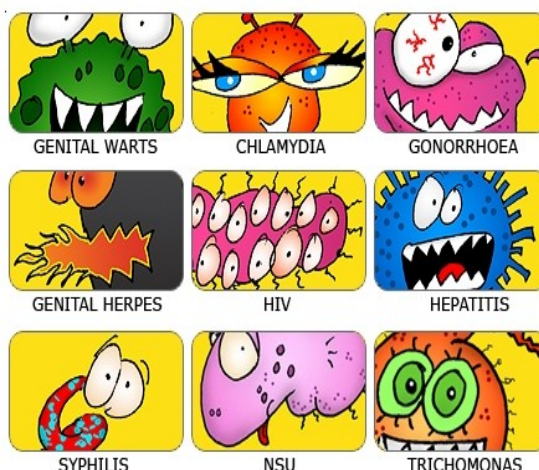
Posters / flyers and business cards can be requested by phone or e mail

Scottish Charity Number SCO04016

**NEW CONFIDENTIAL  
Sexual Health Clinics  
for 2013  
in Stranraer**

Galloway Community Hospital

**HAVE WE MET BEFORE?**



**Our new clinic times are as follows:**

**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.

For appointments telephone 08457 023687

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

Log on2 [www.c4urself.org.uk](http://www.c4urself.org.uk) for more information

# **Free Multi Agency Sexual Health Awareness Day Tier 1**

**M.A.S.H.**

**Thursday 21st February 2013**

**Woodland House Hotel, Newbridge, Dumfries**

**9:15am – 3.30.pm**

The day is aimed at those who are interested and would like to receive an introductory insight and understanding of sexual health. The topic of sexual health is often perceived as controversial and contentious and can raise complex issues. It is often portrayed in a negative manner with the emphasis on underage pregnancies and high rates of sexually transmitted infections (STIs). It is an aspect of health that affects us all throughout our lives and requires to be viewed in a positive way thus enhancing our overall health and wellbeing. The day will cover the following issues:

**Confidentiality & Legal Issues**

**Contraception & Condoms**

**Risk Taking behaviour & Self Esteem**

**Sexually transmitted infections**

**LGBT Issues**

**This is an awareness day and anyone who has attended a C4U training day  
will have  
covered the above topics.**

**To Book: email: [adele.hannah@nhs.net](mailto:adele.hannah@nhs.net)**

**by Friday 8th February 2013**

**A light lunch will be provided on the day**

**PLEASE NOTE THERE WILL BE A £30 ADMINISTRATION  
CHARGE FOR THOSE WHO CANCEL WITH LESS THAN  
48HOURS NOTICE OR FAIL TO ATTEND ON DAY**



# Let's talk about sex:

## The Pub Quiz



# WH? NOT



## Wednesday 23<sup>rd</sup> January

## 8pm

A part of Dumfries and Galloway sexual health awareness week



### SEXUAL HEALTH (BITE SIZE)

TASTER SESSIONS in the Meeting Room at  
Sexual Health D&G,  
Nithbank, Dumfries, DG1 2SD  
Telephone 0845 702 3687

17 <sup>th</sup> January	1.30 – 3.30pm.
24 <sup>th</sup> January	1.30 – 3.30pm.
31 <sup>st</sup> January	1.30 – 3.30pm.
7 <sup>th</sup> February	1.30 – 3.30pm.
14 <sup>th</sup> February	1.30 – 3.30pm.
7 <sup>th</sup> March	1.30 – 3.30pm.
14 <sup>th</sup> March	1.30 – 3.30pm.
21 <sup>st</sup> March	1.30 – 3.30pm.
28 <sup>th</sup> March	1.30 – 3.30pm.

If you have a group of staff who would wish the training we can arrange a session to be delivered in your workplace.

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

For further information or to apply for these sessions please email

[dgsexualhealth@nhs.net](mailto:dgsexualhealth@nhs.net)

Fiona Gleghorn, Lead Nurse, Sexual Health D&G, Nithbank, Dumfries, DG1 2SD

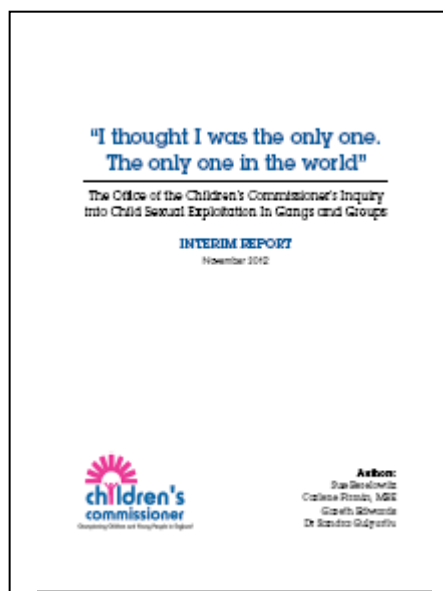
Young people's sexual health charity Brook has launched an online sexual behaviors traffic light tool for all professionals working with young people.

The tool uses a 'traffic light' system of red, amber and green to provide a simple guide to distinguishing between healthy and harmful behaviors. The tool is an aid to decision making and can help professionals in their work to support young people to stay safe and healthy and ensure that all agencies are working to the same criteria.

The resource was developed by Brook and funded by the Department for Education. For the first time it provides a common tool that everyone working with young people can use to assess and respond to behaviors. Key organizations and groups were involved in the project from the beginning and a wide range of professionals working with young people, as well as parents and young people themselves were consulted on its development.

More information can be found [here](#)

## CHILD SEXUAL EXPLOITATION



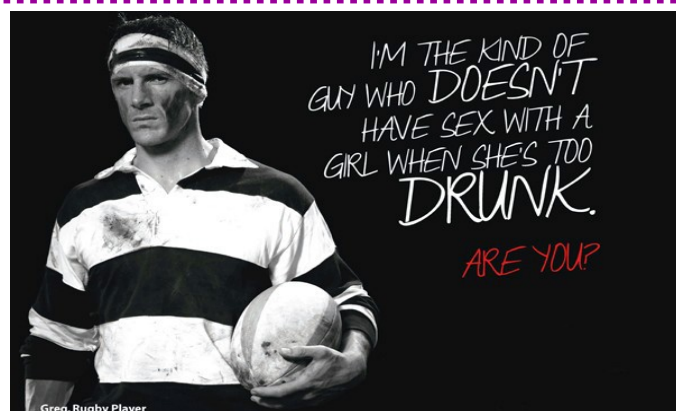
The recent interim report 'I thought I was the only one. The only one in the world' published in November 2012 by the Office of Children's Commissioners (OCC) has highlighted the scale of child sexual exploitation in England. Based on evidence submitted to the 'Child Sexual Exploitation in Groups and Gangs' (CSEGG) between April 2010 – March 2011 16,500 children were identified as being at risk of child sexual exploitation. Other evidence submitted to CSEGG during August 2010 to October 2011 confirmed 2,409 'victims' of child sexual exploitation in gangs or groups. The figure is thought to be higher because of unseen cases not reported or recorded. There are no figures available for Scotland? The full report can be read [here](#)

## 'WE CAN STOP IT' CAMPAIGN

A Scotland-wide police campaign led by the Association of Chief Police Officers (ACPOS) has been designed to educate and change attitudes towards rape and sexual assaults was launched in Edinburgh on 13th September 2012. The [Sexual Offences \(Scotland\) Act 2009](#) reformed previous legislation for sexual offences and created a range of new offences relating to sex without consent. Crimes that previously

haven't been focused on, such as sex when a victim is asleep or unconscious, sex without consent through inebriation, and male rape all fall under this.

With the tagline "We can stop it", the campaign uses a series of strong, thought-provoking statements from young men aged 18 - 27 year olds acting as positive role models. It asks young men to consider their own behaviour and the role they can play in preventing rape.





## A Restaurant with a Mission: Cabbages and Condoms, Bangkok

Mechai Viravaidya is the founder of Thailand's Population and Community Development Association or PDA and contended that "birth control should be as accessible and as easy to buy as vegetables in the market!" Hence the name "Cabbages & Condoms." Mechai's communications strategy is to deploy jokes and catchy visuals to overcome resistance, by locals and tourists alike, to issues like sex, family planning, and HIV/AIDS. Mechai is known by locals as "Khun" Mechai, or the Condom King. Formerly a well-known government official, he's been directing PDA's sex education programs so long that condoms in Bangkok have become widely called "mechais."

The first Cabbages & Condoms restaurant was set up in 1984 in Bangkok's Sukhumvit area. They are now several restaurants across Thailand and the first condom and cabbage restaurant has just opened in Bicester Oxford, England. The restaurants have posters on the walls displaying prophylactics from around the world. Neat rows of multicoloured condoms appear under the glass tops of dining tables. Condoms decorate lamps and flower vases in rest rooms. Bowls of "condom-mints" are presented as party favours. A sign assures customers that "our food is guaranteed not to cause pregnancy." All the profits go into sex education and AIDS prevention programmes in Thailand. It also serves very good Thai food and is rated highly on Trip Advisor.



For more information on the history of condoms and recent finding about using and accessing condoms click [here](#)



# Domestic Abuse Against Women Partnership (DAWP)

## 16 days of activism



As part of 16 days of activism DAWP showed the film 'Desert Flower' to highlight awareness of female genital mutilation. This was the true story of Waris Dirie who was born into a nomad family living in the Somali desert near the border to Ethiopia in 1965. At the tender age of five, she was forced to undergo the inhuman procedure of female genital mutilation. At the age of 13, after being forced to marry a man who was old enough to be her grandfather Waris made a harrowing escape

from her homeland and ended up in London. Initially she found employment as a housemaid and later at a McDonald's. At the age of 18 she was discovered by one of Britain's leading fashion photographers, Terence Donovan, who thought she would be the perfect model and she quickly became an international celebrity and appeared in James Bond - 'The Living Daylights'

In 1996 the Secretary-General of the United Nations, Kofi Annan, appointed Waris Dirie a UN Special Ambassador for the elimination of Female Genital Mutilation. She has traveled the world extensively for the UN, participated in numerous conferences on the subject, met with national leaders, Nobel Prize-winners, international stars, gaining support for this important issue as well as generating large donations for the UN.

This horrible tradition is still practiced in many countries around the world today despite it being recognized internationally as a violation of the human rights of girls and women. According to records kept by the United Nations more than 8000 girls become victims of this heinous crime every day. It is estimated that 500,00 girls and women are living in Europe with the life-time consequences of female genital mutilation.

More information can be found at [here](#) and a fact sheet [here](#)

### Queens say

# NO



### to Violence Against Women

You can make your pledge not to commit, condone, or remain silent about men's violence against women in all its forms by going to:

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



Domestic Abuse and Violence Against Women Partnership (DAVAWP) Working Toether in Dumfries and Galloway

## DOMESTIC ABUSE

### and violence against women

#### Community Consultation



If you are 16 or older, please take part in our Community Survey for a chance to win £100.-

[www.dumgal.gov.uk/davawp](http://www.dumgal.gov.uk/davawp)

Link to the survey [here](#)

Further information on gender based violence can be found [here](#)



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

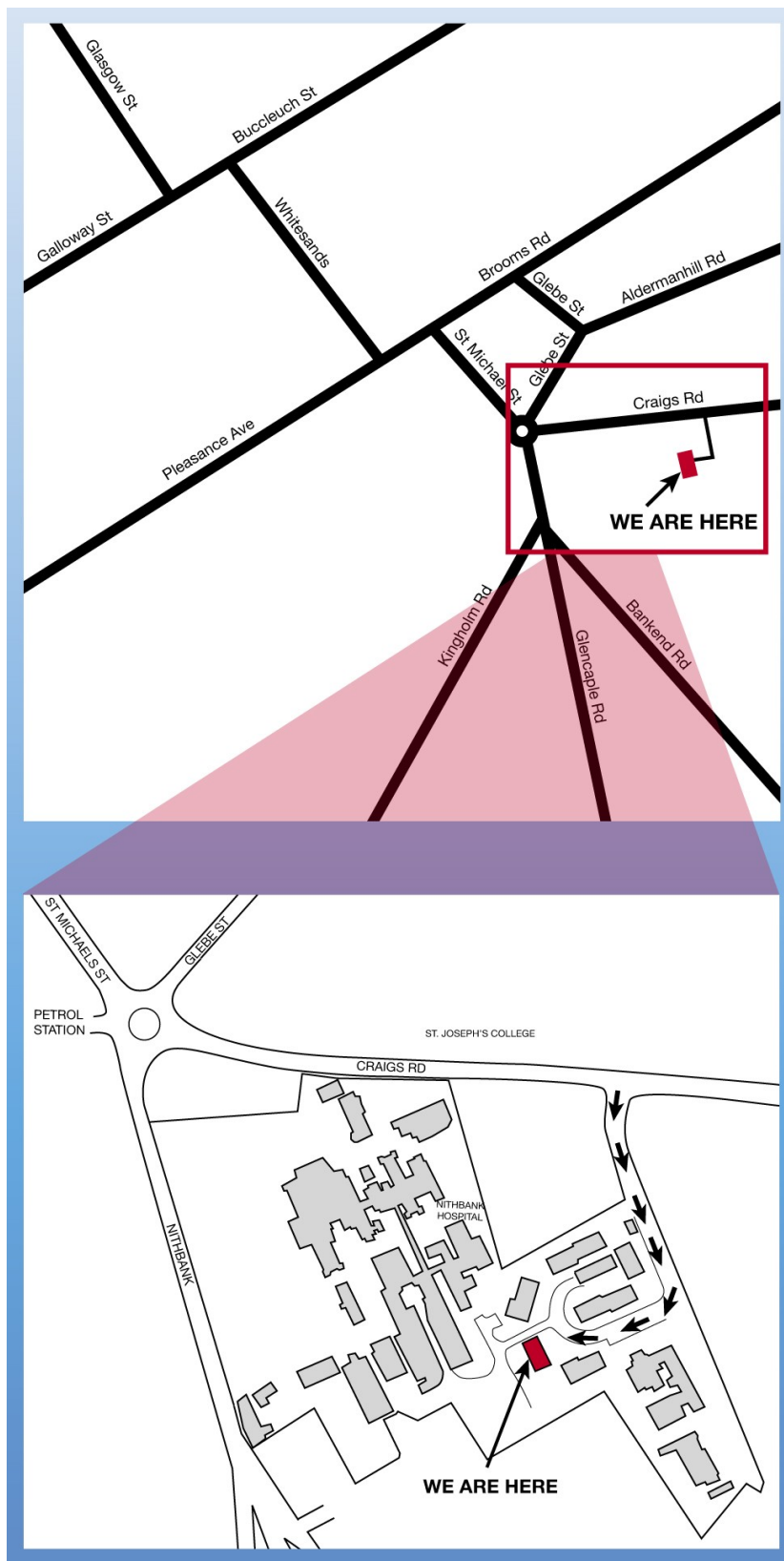
### What do we offer?

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

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

### How to find us:



Nithbank  
Dumfries  
DG1 2SD  
Tel: 08457 023687  
Email: [dgsexualhealth@nhs.net](mailto:dgsexualhealth@nhs.net)

Send us your news for next issue due April 2013