



# Sexual Health D&G

Welcome to issue 17 of the  
Sexual Health D&G Newsletter



Issue 17  
August 2012

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## SEXUAL HEALTH D&G

### AWARENESS WEEK 2013

## 'LET'S TALK ABOUT SEX—SHADES OF PLEASURE' 21ST—27TH JANUARY 2013

Sexual Health is not just about contraception and STIs, it is also about the enjoyment of sexual activity without causing harm to yourself or others. Sexual Health and Wellbeing means making positive choices for you and your partner, not only about physical activity but also about friendship, companionship, intimacy and being relaxed. Sex can be an important part of relationships bringing intimacy, fun and pleasure. More details to follow.

## 'Keeping it Real....Health & Wellbeing of Adolescents'

Wednesday 14 November 2012, 9.15 - 3.30pm

Duncan Room - Easterbrook Hall

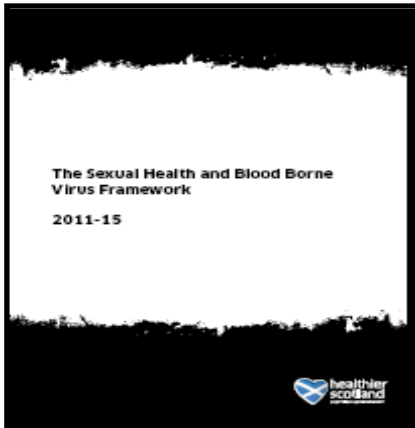
Is our knowledge and understanding of our young people and their experiences up to date? How are we responding to hidden risks such as sexual exploitation, the harmful impact of gender stereotyping, psychoactive substances and gambling related harm? A free Seminar to stimulate discussion, build momentum, strengthen Dumfries & Galloway's responses to multi risk taking behaviour.....

- ✦ Research evidence of risk behaviours and current trends
- ✦ Relationship between risk behaviours
- ✦ How men behave and the impact this has on society
- ✦ Teenagers, dating and domestic abuse - Young Women and Sexual Coercion
- ✦ Young People - What are they saying? Pressures and influences
- ✦ What are Legal highs?..... psychoactive substances

Some places still available contact:

Email: [jill.shearman@nhs.net](mailto:jill.shearman@nhs.net)

# THE SEXUAL HEALTH and BLOOD BORNE VIRUS FRAMEWORK 2011—2015



For the first time the Scottish Government has brought together the four policies on Sexual Health, HIV, Hepatitis B and Hepatitis C into a single integrated strategy. The Scottish Government, NHS Boards, Local Authorities and Third Sector organisations all have an equally important role in contributing to and progressing the 5 Scottish Government Framework Outcomes, which are:

- \* **Outcome 1:** Fewer newly acquired blood borne virus and sexually transmitted infections; fewer unintended pregnancies.
- \* **Outcome 2:** A reduction in the health inequalities gap in sexual health and blood borne viruses.
- \* **Outcome 3:** People affected by blood borne viruses lead longer, healthier lives.
- \* **Outcome 4:** Sexual relationships are free from coercion and harm
- \* **Outcome 5:** A society where the attitudes of individuals, the public, professionals and the media in Scotland towards sexual health and blood borne viruses are positive, non-stigmatising and supportive.

Click [here](#) to read full framework



## Dumfries & Galloway's' Combined Sexual Health and Blood Borne Virus Action Plan 2011 - 2015

Dumfries & Galloway's' Combined Sexual Health and Blood Borne Virus Action Plan 2011 - 2015 builds upon existing successful policies such as 'Respect and Responsibility' 'HIV Action Plan 2009-2014' and 'Hepatitis C Action Plan'. This action plan is updated every three years by the multi-agency Sexual Health Strategic Implementation Group (SHSIG) which aims to promote and deliver through shared collaborative working, to both support and enable continued improvement and progress across local Sexual Health and Blood Borne Virus services in D & G. Local Authorities, particularly in reference to their key policy areas of influence and responsibility in education, social work, drugs and alcohol services, contribute to and importantly impact on sexual health and blood borne virus outcomes. Primary Care services in D & G's distinct rural areas also play an important role in meeting the sexual health, BBV and care needs of their local communities.



# Legally High?

## New Psychoactive Substances (NPS)

*'Legal Highs are substances made from assorted herbs, herbal extracts and 'research chemicals', which emulate the effects of some illegal drugs such as Cannabis, LSD, Cocaine, or others. These substances are not currently controlled by the Misuse of Drugs or medicines Acts.'*

*Arthur & Grunert (2005)*

For many 'legal highs' there has been very little or no useful research into their short, medium and long term effects on people. You can not always provide specific advice. However, there are certain key facts common to all 'legal highs'.

Just because a drug is legal to possess, it doesn't mean it's safe.

It is becoming increasingly clear that 'legal highs' are far from harmless and can have similar health risks to drugs like cocaine, ecstasy and speed.

Risks of NPS can include reduced inhibitions, drowsiness, excited or paranoid states, coma, seizures and death.

These risks are increased if used with alcohol or other drugs.

It is likely that drugs sold as a NPS may actually contain one or more substances that are actually illegal to possess.

DC Scott Jardine, Substance Misuse Coordinator for Dumfries and Galloway Police and Lara Matthews from ISSU8 have recently been trained by Crew 2000 to provide awareness sessions on NPS.

They can be contacted by the following methods:

Scott Jardine: [scott.jardine@dg.pnn.police.uk](mailto:scott.jardine@dg.pnn.police.uk). Tel: 0845 600 5701

Lara Matthews: [lara.mathews@nhs.net](mailto:lara.mathews@nhs.net) Tel: 01387 244327

Click [here](#) and [here](#) for 2 websites for more information

## RESOURCES AND WEBSITES



### Love or lies?

#### Educational resource pack

This education resource pack was developed by experienced practitioners and media professionals and is ideal for professionals working with young people who want to explore issues around positive and negative relationships, peer pressure and sexual exploitation.

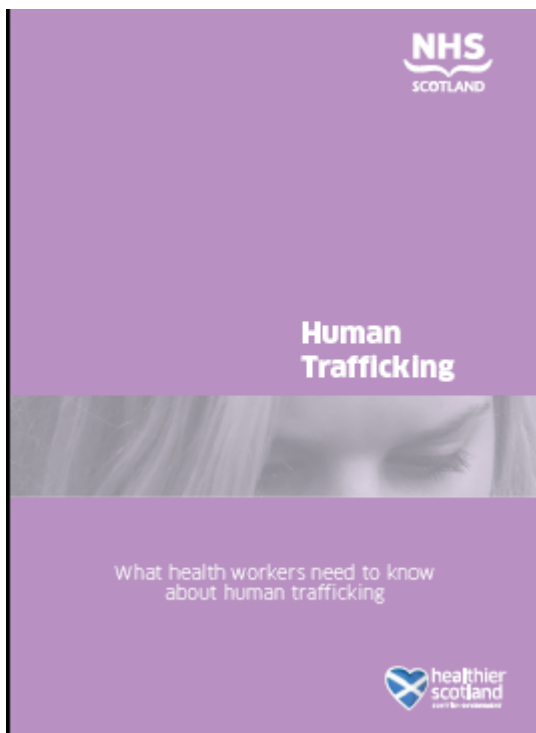
The pack comes with a DVD featuring the acclaimed short film 'My Dangerous Loverboy',

which is a powerful depiction of relationships, sexual exploitation and internal trafficking in the UK. 20 detailed lesson plans are supplied on the topics of healthy relationships, self-esteem, pressures and expectations, minimising risk, safety on the internet, sexual exploitation and internal trafficking (also known as street grooming). For staff the resource covers why preventative work is important and includes training materials about the signs of sexual exploitation and internal trafficking. It is aimed at Professionals working with young people aged 14 and above in schools and other settings.

More information can be found [here](#)

### Why it is important for us to know about human trafficking

The Global picture of Human Trafficking is alarming. However, the magnitude of this crime is unclear in Scotland but we are not immune to this violation of human rights. As well as external trafficking across international borders there is also the crime of internal trafficking which is also referred to as 'street grooming'. Victims are moved around cities in the UK. Human Trafficking is complex and Health Services may be the first external link for individuals to get out of a harmful situation. This guidance has been published by Healthier Scotland to raise awareness to health professionals of the health consequences and assist them in identifying and responding to the victims of this crime. To read guidance click [here](#)





## **CROP - COALITION FOR THE REMOVAL OF PIMPING** **WORKING WITH PARENTS TO END CHILD EXPLOITATION**

Founded in 1996 and driven by the experiences and needs of affected parents, CROP is the only UK organisation to specialise in working alongside the parents, carers and wider family of child sexual exploitation victims. CROP is a national charity offering advice and support to parents and carers whose children have been targeted and groomed into sexual exploitation. They provide confidential and non judgemental telephone advice, one to one support, self help groups and parent/carers support groups. They operate an open referral system. CROP's substantial experience, specialist expertise and family-centred approach to tackling child sexual exploitation means that it can support, encourage and enable parents and families to be actively involved in responding to the devastating, complex and multiple issues that arise as a result of the sexual exploitation of their child.

### **CROP aims to:**

- ♦ enable parents to be active in safeguarding their children from sexual exploitation;
- ♦ challenge and change public attitudes on child sexual exploitation and its impact on families;
- ♦ work to change policy and practice in relation to child sexual exploitation; and
- ♦ promote the bringing of perpetrators to justice.

Click [here](#) for more information



The Scottish Government has launched a new national website offering help and support to vulnerable children and families on child protection issues.

The new site includes clear, accessible information on what the public should do if they are concerned for a child's welfare. It will also feature a range of information and links to downloadable materials for children themselves, including cartoons and online games providing child safety tips. Click [here](#) for more information.

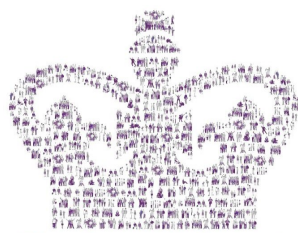


### **The School Report: The experiences of gay young people in Britain's schools (2012)**

New research carried out by the University of Cambridge for [Stonewall's School Report 2012](#) has found that 55 per cent of lesbian, gay and bisexual pupils in Britain's secondary schools experience homophobic bullying. The research, based on a national survey of 1,614 young people, also found that nearly a quarter (23 per cent) of gay young people have attempted to take their own life, and more than half (56 per cent) deliberately harm themselves.

To read report click [here](#)

## QUEEN'S AWARD



### The Queen's Award for Voluntary Service

*The MBE for volunteer groups*

Congratulations to Summerhill Community Centre, Dumfries, who recently were awarded with the prestigious 'Queen's Award for Voluntary Services'. This reflects all hard work, effort and dedication the volunteers carry out at the community centre. They so well deserved it.

Summerhill Centre in turn, presented 'Excellent Support Awards' to all their supporting partners for the part they played in Summer Hill receiving this prestigious award. Sexual Health D&G was delighted to receive one of these award certificates which reflects the excellent working partnership they have with Summerhill Community Centre.



No Straight Answer, part of LGBT Dumfries, is calling for former pupils and students who were bullied, kids with gay dads, lesbian mums or transgender parents, and pupils coming to terms with their sexuality to come forward for a pioneering documentary. If you would like to make a difference and feature in the documentary contact LGBT Dumfries on 01387 255058 or visit their base at 88b High Street, Dumfries.

LGBT Dumfries have been short-listed to the last three in the

National Diversity Awards in the 'Community/Charity Organisations - LGBT' section. Winner will be announce in September.

You can sign up for LGBT's new format Mail Chimp newsletter that we aim to begin sending out end of the month. Click on orange envelope on [LGBT home page](#)



## FPA Sexual Health Week 17th-23rd September 2012

This year FPA and Brook are working together launching a campaign **XES - We Can't Go Backwards** because we know that across the UK there are areas where:

- people aren't able to access contraception
- people are not offered the full range of contraceptive choices
- sexual health and contraception services are closing or operating under reduced opening times.

The campaign will be launched online during Sexual Health Week. Then in October campaign packs will be launched so professionals and clients can get involved.

Visit the [FPA](#) to find out more, download resources or order your free campaign pack.

# Free Multi Agency Sexual Health Awareness Training M.A.S.H.

Thursday 15th November 2012

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 well-being. 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 19th October 2012

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**



## **SEXUAL HEALTH (BITE SIZE) TASTER SESSIONS**

These 2 hour sessions are aimed at those in the statutory and voluntary sectors who are interested and would like to receive an introductory insight into the issues and concepts around sexual health and services within the wider community.

If you have a group of staff who would wish the training then arrangements can be discussed for the sessions to be delivered in your workplace.

For further information or to apply for these sessions please email [dqsexualhealth@nhs.net](mailto:dqsexualhealth@nhs.net)

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



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

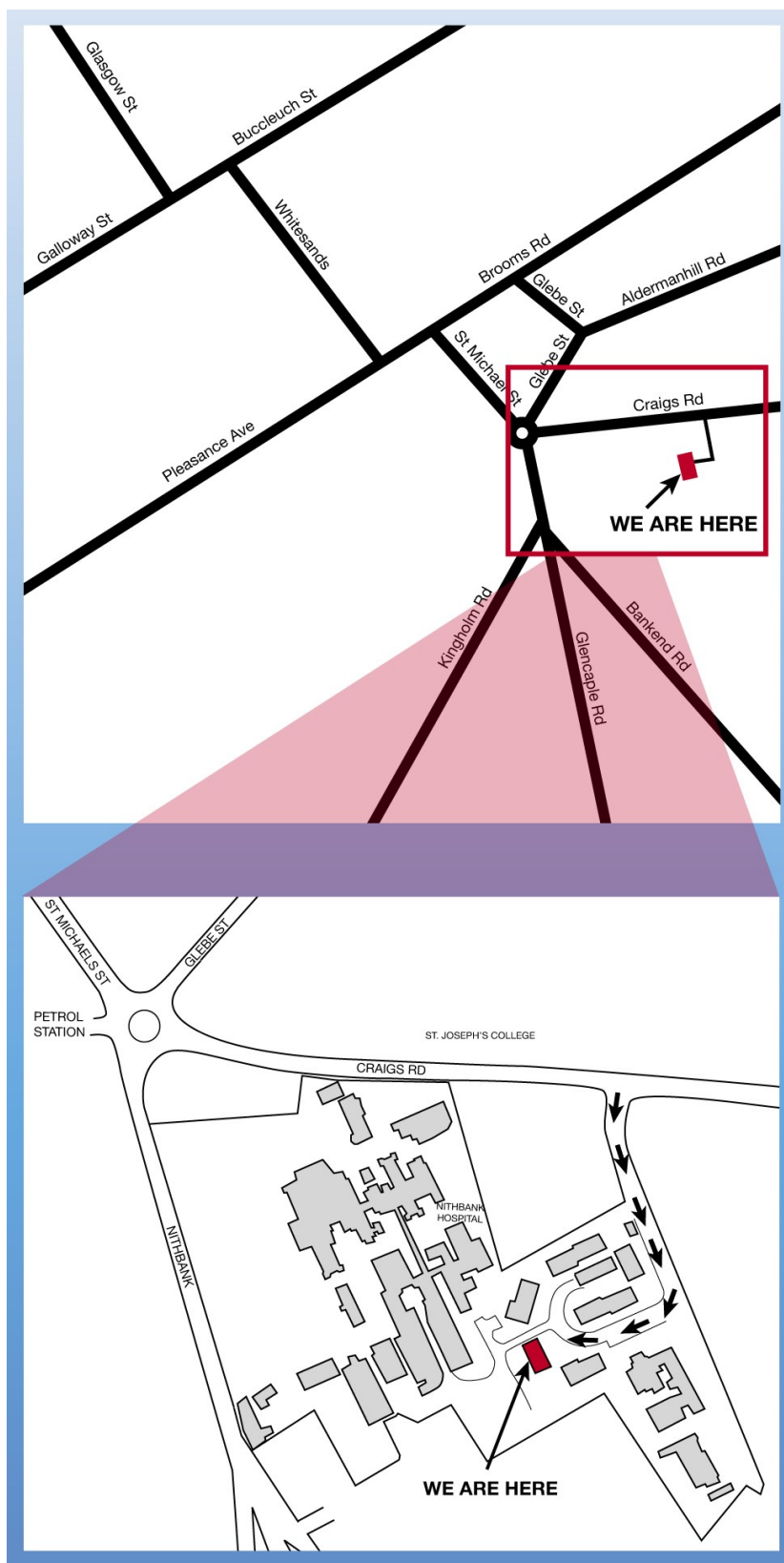
### What do we offer?

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 DECEMBER 2012**