



Issue 26  
August 2015



Welcome to **Issue 26** of the  
Sexual Health D&G Newsletter

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## GOOD NEWS

Dumfries and Galloway have witnessed a substantial drop in teenage pregnancies' rates in the under 16 age group. From having the highest rates in Scotland and then falling to second highest this year rates were so low they were suppressed. A spokesperson for NHS Dumfries and Galloway said: "Dumfries and Galloway has traditionally experienced high teenage pregnancy rates. However, over the years Sexual Health Dumfries and Galloway has been working with partner organisations to reduce pregnancy in girls aged under 16. In the last ten years we have seen these numbers decline gradually, both locally and nationally.

"The reduction in numbers is not due to one factor but there is little doubt that strong multi agency relationships will have made a significant contribution. Examples of the kind of work we are doing includes the provision of sexual health services to young people incorporating youth clinics provided by school nurses and Sexual Health Dumfries and Galloway near or in schools.

"One strand of work targets agencies working with vulnerable young people including looked after children, homeless people, those with addictions, people with learning disabilities and people living with mental health issues by identifying a champion within those services. Provision of training supports these agencies to discuss sexual health with the young people and provide condoms and postal testing kits as well as signposting to sexual health services

"We also provide sex and relationship education in schools and promote initiatives such as the youth led issues based learning experiences Wonderland and World of Wonka and Do the Right Thing and Big World which tackle substance misuse.

"Our multi-agency sexual health strategy implementation group and teenage pregnancy working group regularly review the teenage pregnancy statistics.

The Pregnancy and Parenthood in Young People Strategy is out for public consultation. The strategy clearly states that a multi agency approach is required to reduce levels of pregnancy in young people. The report can be read [here](#) and we would encourage people to feedback to the Scottish Government by end of September.

**Multi Agency Sexual Health (MASH) Tier 1**  
**On Thursday 8th October 2015**  
**Garroch Training Centre 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)**

**Multi Agency Sexual Health (MASH) Tier 2**  
**Wake up to – Sexual Risky Behaviour**  
**On Thursday 5th November 2015**  
**Woodland House Hotel, Newbridge, Dumfries**  
**9.15am - 4.00pm**

This training will cover:  
Child Sexual Exploitation  
Grooming  
Pornography  
Social networking - Risks  
Rape/Consent  
Tools for practitioners to use

**Places are very limited. 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)**

## SEXUAL HEALTH (BITE SIZE) TASTER SESSIONS



Meeting Room at Sexual Health D&G,  
Nithbank, Dumfries, DG1 2SD

Telephone 0345 702 3687

T  
Thursday 4th September 2014 1.30—3.30pm

Thursday 30th October 2014 1.30—3.30pm

Thursday 27th November 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)



### The **RED** Door Project

OASIS YOUTH CENTRE, NEWALL TERRACE, DUMFRIES

**OPEN MONDAY - FRIDAY, 10am - 4pm**

**FREE COMPUTER ACCESS • INFORMATION & ADVICE**

• **JOB SUPPORT • MONEY & BENEFIT ADVICE**

• **COMMUNITY LAUNDRETTE FACILITIES**

• **FREE FRUIT & VEGETABLES • 1-2-1 SUPPORT**

T: 01387 260243 or

E: [youth.work@dumgal.gov.uk](mailto:youth.work@dumgal.gov.uk)

or pop in and speak to one  
of our friendly staff

CU

ESTD. 1999

  
OASIS  
YOUTH CENTRE

Dumfries & Galloway

YOUTH WORK  
NITHSDALE

+

survivor

FREE  
WiFi

# Sexual Health D&G Partnership working during the summer



Sexual Health D&G have been out at Wickerman and Youth beatz with partners from Terrence Higgins Trust, Police Scotland, Scottish Fire Service, University of South West Scotland and ADP. As a result of the Alcohol and Drug Partnership (ADP) Morning After Breath Testing which took place at this year's Wickerman, £316.70 was raised from kind donations. This has been donated to the Auchencairn Community Council. They are going to put this towards speed awareness measures within the villages of Auchencairn and Dundrennan.



# HATE CRIME

HAVE YOU BEEN VICTIMISED  
BECAUSE OF YOUR  
RACE, RELIGION, DISABILITY,  
SEXUAL ORIENTATION,  
TRANSGENDER IDENTITY?

## IF SO, THIS IS A HATE CRIME

Report it now by calling police 101 or  
via a Third Party Reporting Centre



**Sexual Health D&G has become a 3rd party reporting centre on their journey towards achieving their gold LGBT Charter Mark .** Hate Crime is any criminal offence committed against an individual or property that is motivated by a person's hatred of someone because of his or her actual or perceived race, religion, transgender identity, sexual orientation or disability. **Hate Crime is wrong, it is against the law, and everyone has the right to live safely and without fear.** In some cases victims/witnesses of Hate Crime do not feel comfortable reporting the matter directly to the Police and may be more comfortable reporting it to someone they are familiar with. **Police Scotland works in partnership with a wide variety of partners who perform the role of 3rd Party Reporting Centre's to ensure all victims/witnesses are able to report hate crime.** Staff within 3rd Party Reporting Centre's have been trained to assist a victim or witness in submitting a report to the police and can make such a report on the victim/witnesses behalf

### 3rd Party Hate Crime reporting centre's in Dumfries & Galloway

DUMFRIES AND GALLOWAY		
ORGANISATION	ADDRESS	CONTACT
Dumfries and Galloway Multi Cultural Asso	Old Assembly Close, Irish St Dumfries DG12PH	01387 254624
International Women's Support Group	Old Assembly Close, Irish St Dumfries DG12PH	01387 254624
Dumfries Islamic Society	243 Annan Road, Dumfries DG13HB	01387 710253
D&G College - Stranraer	Lewis Street, Stranraer, DG9 7AL	01387 734000
DGVoice - Dumfries Midsteepie	(2nd Floor), High Street, Dumfries, DG1 2BH	01387 257770
DGVoice - Stranraer	Millenium Centre, 75 George Street, Stranraer	01776 705645
the hub - your community action centre	24 - 26 Friars Vennel, Dumfries	01387 269161
Youth Enquiry service	23-25 Friars Vennel, Dumfries, DG1 2RQ	01387 251322
Oasis Youth centre,	Dumfries Newall Terrace, Dumfries, DG11LW	01387 260243
CAHMS DGRI	Nithbank, Dumfries, DG12SD	01387 244662
ARC	Newton Stewart King Street, Newton, DG86DQ	01671 403483
Key Support Services	1 St John Street, Stranraer	01776 705496
Support in Mind	84b King Street, Castle Douglas	01556 504139
Wigtownshire Womens Aid	22 Bellevilla Road, Stranraer DG9 8ED	01776 703104
Dumfries and Galloway Carers Centre	2-6 Nith Street, Dumfries	01387 248600
Sexual health, NHS Dumfries and Galloway	Nithbank, Dumfries	01387244614
Turning Point Scotland	22 newall Terrace, Dumfries	01387 252676

### New Sexual Health D&G website address

After consulting our partners about changing our websites address, it was unanimously agreed to change to new address. Still same content

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



## Life in Scotland for LGBT Young People: Safety Report

LGBT Youth Scotland has recently launched a new report on Life in Scotland for LGBT Young People: Safety. The report is based on a survey with LGBT young people, ages 13-25 across Scotland and focuses on their awareness of rights under hate crime legislation, confidence in the police and criminal justice system, and their feelings of safety in the community.

The survey results show that LGBT young people in Scotland still experience homophobia, biphobia and transphobia in public spaces. While progress has been made in regards to raising awareness of hate crime, not all LGBT young people are aware of which actions may be classified as criminal or how to report.

- Half (50.2%) of LGBT young people said that they were aware of what their rights are under hate crime legislation.
- 53.8% of all LGBT respondents said they would feel confident in reporting a crime they experienced to the police and 48.2% of transgender young people were confident to report.
- Bisexual women were the least likely to feel confident reporting a hate crime (46.3%) yet also the second most likely group to feel supported by the police (67.9%).
- Only half (51.8%) of transgender young people felt safe using public transportation.



Read  
full consultation  
[here](#)

## RCN launches toolkit to help prevent suicide in LGBT youth

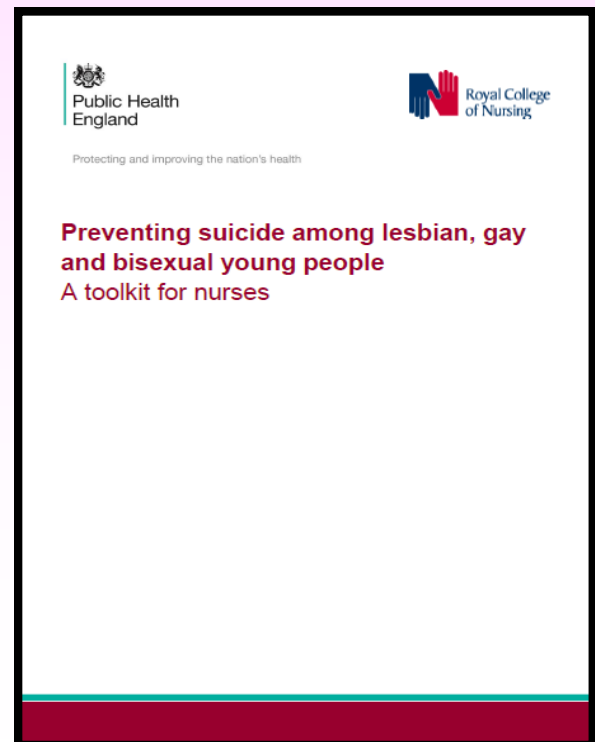
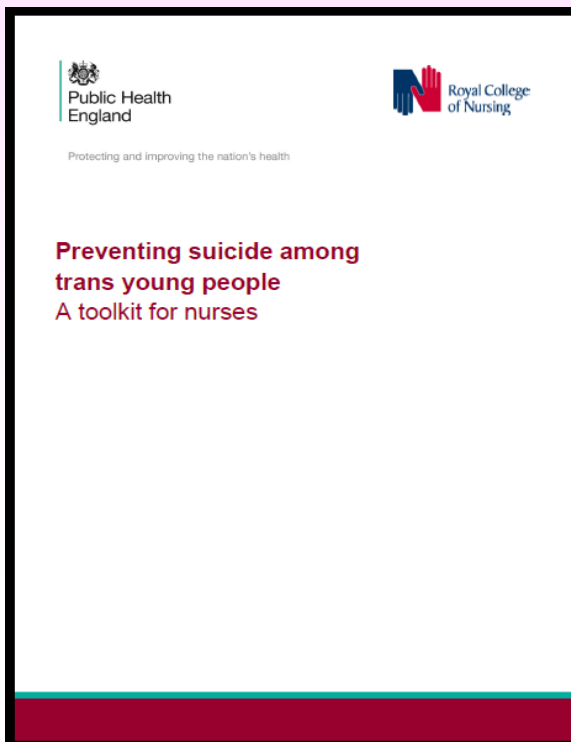
The RCN, in collaboration with Public Health England (PHE), has launched a **toolkit** to guide nurses and other health professionals in the prevention of suicide in lesbian, gay, bisexual and trans-gender (LGBT) young people.

LGBT youth are at a higher risk of suicide than their heterosexual peers due to the impact and fear of stigma, discrimination and rejection from society.

### Reducing the risk of suicide

The toolkit aims to equip nurses with the knowledge and skills to provide effective support to LGBT young people and help reduce the risk of suicide.

The National Aids Trust recently reported that 99% of LGBT teenagers had received abuse from school mates due to their sexual orientation, whilst a 2014 study by METRO Centre found that 44% of LGB youth had thought of suicide and half had experience of self-harm. Download [here](#)



## HIV home test kit goes on sale in UK

The first legally approved HIV self test has gone on sale in the UK.

HIV Scotland has published information and frequently asked questions on the self testing kits. The information is for both the public and professionals and gives details about the kits, how the kits came to be on sale in the UK, the policy behind it and how Scotland has been involved.

[Read more here](#)



## Combating CSE: an e-learning resource for health-care professionals

Developed by Brook (Sexual Health) and funded by the Department of Health, the tool is designed to help healthcare staff in preventing, identifying and responding to child sexual exploitation.

The tool takes around 40 minutes to complete and uses video clips and anonymous case studies to develop staff's knowledge of the signs of CSE. It was extensively piloted with staff from a variety of different health roles, from frontline to back office.

The tool sets out the legislative background to CSE, gives examples of physical and behavioural signs of someone who may be affected by or at risk of CSE, advises how to respond in a way that will not put the young person in further danger, and discusses the different forms CSE can take, along with how approaches to helping young people may vary by age group.

[The tool can be freely accessed, here.](#)



The **BLAST Project** is the UK's leading male only sexual exploitation service supporting and working solely with boys and young men who have experienced, are experiencing or are at risk of experiencing child sexual exploitation (CSE). The project began in 2001 with research carried out by York St Johns College, regarding sexually exploited boys and young men in Bradford. In 2011 the project was expanded nationally.

[Link to website](#)

### Spot the signs

**Barnardo's** has published a set of advice leaflets, available to download below for parents, professionals and young people across the UK.

**Sexual exploitation affects thousands of children and young people every year.** We can all play an important role in reducing that number, helping to cut children free from this abuse.

**Get to know the tell tale signs,** and a number of practical steps you can take to protect children in your life: [Watch short film clip.](#) [More information here](#)



## Say Something: New service for young people to report sexual exploitation now live

**ARE YOU AWARE?**

It is not ok for someone to expect you or your friends to do things you don't want to. Listen to your instinct; if it doesn't feel right - tell someone.

**24/7, FREE, ANONYMOUS, CALL OR TXT 116 000**

**#SaySomething**

[www.stop-cse.org/saysomething](http://www.stop-cse.org/saysomething)

The SaySomething initiative is delivered by NWG Network, Registered Charity No: 1125632 and Missing People Helpline, Registered Charity No: 1022479

The NWG Network charity have launched its 'Say Something' campaign with Nicola Blackwood MP at Westminster on 29th June 2015. The Say Something campaign has been developed with young people and aims **to safeguard vulnerable children and young people** by empowering them to identify early indicators of child sexual exploitation (CSE). **Say Something will also offer a free, 24-hour, anonymous phone and SMS helpline, 116 000, to disclose information and seek support. This is available to young people in Scotland**

The campaign partnership, which is funded by the Department for Education (DfE), will see **the charity Missing People deliver a free, 24/7, anonymous helpline and reporting service nationwide**. Information received by the helpline will be passed to relevant statutory agencies to provide an appropriate local safeguarding response. The charity will also offer support to the call maker and ensure that they are safe. **More information [here](#)**

## Sexual Violence Prevention Project Evaluation

Rape Crisis Scotland has published the evaluation into its **Sexual Violence Prevention Project**, which works with young people across Scotland on issues relating to sexual violence, consent and healthy relationships. Key findings include:

- **The project increased knowledge about what the law says sexual violence is** – 53% of young people agreed they knew what the law said prior to attending the workshops. **This increased to 89% after attending.**
- Attitudes also changed significantly, with the data suggesting that the workshop sessions were successful in raising young people's awareness of sexual violence, the importance of equality and consent in healthy relationships, and that the responsibility for sexual violence lies with perpetrators rather than victims.
- 94% of young people think it is important that they have education on these issues. [Full Report here:](#)



**CEOP have released the Thinkuknow Toolkit**, a new downloadable set of lesson plans for education practitioners to use with young people aged 11+.

**The Toolkit helps you transform the website from a reference tool into an interactive resource**

With clear practitioner guidance and engaging photocopyable learning materials, each activity gets young people thinking and talking about key issues related to sex, relationships and the internet, delivers safety messages, and encourages them to return to the website in their own time.

**Topics include sexting, webcam, using social networks, inappropriate content and chatting with strangers online.** [Link to Toolkit](#)

## New interactive film tackles the safety myths of "legal highs"

An interactive online film for teenagers which aims to bust the safety myths around so-called "legal highs" has been launched.

Children as young as 12 years old have been hospitalised after taking new psychoactive substances (NPS), prompting investigations by police into how young people access and take them. **The new film will be available to every secondary school in Scotland in an effort to educate youngsters about the risks associated with taking NPS and alcohol.** Choices For Life tool devised by Police Scotland's Safer Communities team in conjunction with Young Scot and the Scottish Government to educate and inform young people so they can make positive lifestyle choices.

**The video can be accessed through the following link:** [Choices for Life](#)

## aSk UK -Free Sexual health Information app & Poster



**aSk UK** is a sexual health information app, the content of which is based on the Need-TayKnow app created by **NHS Tayside**. Young people in Tayside were instrumental in the development of the app & providing feedback at every stage. **In 2014 the NWG Network asked to adapt the app to allow it to be accessible to young people across the UK**

### iTunes

<https://itunes.apple.com/gb/app/ask-uk/id960616194>

### tablet...

<https://itunes.apple.com/gb/app/ask-uk-tablet/id960616509>

### Google play

<https://play.google.com/store/apps/details?id=com.faffdigital.aSkUKphone&hl=en>

Document: [aSk UK Information document](#)

Document: [aSk UK Poster](#)

**Sexual health charity FPA, celebrating its 85th birthday** this year, has launched an online shop selling sex toys in a bid to break the taboo around sexual enjoyment. Dr Dawn ,from Embarrassing Bodies, officially launched the FPA Pleasure and stated:

**‘Enjoying sex is an important aspect of human pleasure and can be key to a person’s overall wellbeing.’**

**‘There’s no reason it should be a source of embarrassment or shame.’**

**‘As a society we don’t talk enough about enjoying sex when you’re older, going through menopause, when you’ve just had a baby, if you have a disability, are recovering from a life-changing illness or have been raped or abused.’**

**‘No matter who you are or what your background is, it is important to have support for the choices you make, or want to make, about your sex life.’**

**FPA’s sexual health week 14th—20th September 2015 will be around sexual pleasure and well being.** For the last 3 years Sexual health D&G have run the pleasure theme as their Sexual health awareness week. [More information here](#)

DOMESTIC ABUSE AND VIOLENCE AGAINST WOMEN PARTNERSHIP

# Young People Song Writing Competition

Write a song about any form or forms of gender based violence: *sex trafficking, prostitution, sexual harassment, stalking, domestic abuse, rape/sexual assault, forced marriage, female genital mutilation, honour crimes.*

For rules and an entry form, please visit:  
[www.dumgal.gov.uk/davawp](http://www.dumgal.gov.uk/davawp)

For more information  
e. [domesticabuse@dumgal.gov.uk](mailto:domesticabuse@dumgal.gov.uk)  
t. 01387 245 190

All songwriters and/or band members taking part in this Competition must be under 25 years old on or before 31/12/15; including any band members and any musicians involved in the recording of the entry.

## Prizes

**First Prize: £400**

A recording session at Oasis Centre (Dumfries) and the opportunity to play your song at Youth Beatz 2016

**Second Prize: £200**

**Third Prize: £100**

An extra £50 for the most innovative song making links between forms of violence



Dumfries &

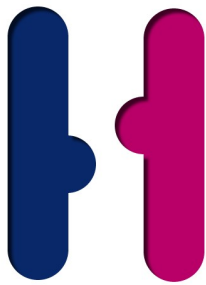
Dumfries &  
Galloway

Galloway

Together's  
Better

DOMESTIC ABUSE  
VIOLENCE AGAINST WOMEN  
PARTNERSHIP

Closing date for entries is  
Thursday 29 October 2015 at 5pm



**Sexual Health**  
D&G

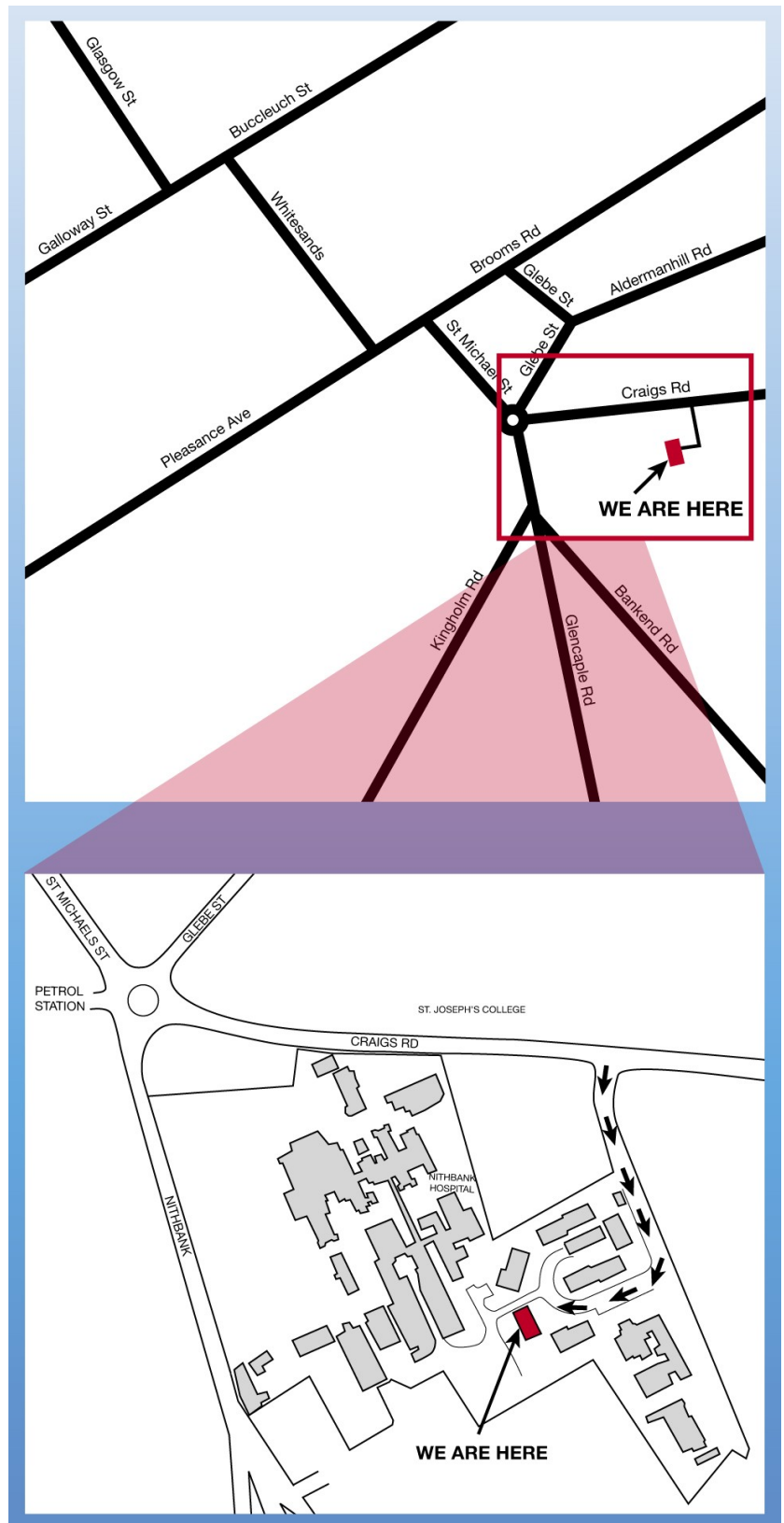
[www.seualhealth.co.uk](http://www.seualhealth.co.uk)

### 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

## 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)**

Send us your news for next issue, due December 2015