

Sexual Health D&G Multi Agency Newsletter



Issue 35
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New RSHP resources

It's an **exciting time** for anyone involved in the delivery of **Relationships, Sexual Health and Parenthood (RSHP)** education to children and young people in **schools, colleges, early learning and community settings**.

A suite of new resources commissioned by local authorities, NHS Boards, Education Scotland, Scottish Government and third sector partners is now available online. It supports the delivery of RSHP **from age 3 to the end of the senior phase** at secondary. But children and young people do not just learn in formal settings, they also **learn at home**. The RSHP curriculum aims to make that connection and recognise the **role of parents and carers** as the **child's first and lifelong educator**.

The **context** for RSHP education is **constantly changing**; be it the influence of **pornography**, negative experiences of **social media** or **partner violence**, or positive culture shifts such as better understanding of the **rights of learners with disabilities**, or **LGBT young people**.

Feedback from children and young people about **what kind of RSHP education young people want** has also provided a context for this resource.

Teachers and informal educators (including parents and carers) are encouraged to **begin to use the resources** to plan and deliver their RSHP learning and teaching, and **feedback** to

Tasc Agency **using the online forms**. Click [HERE](#) to find out more. **Four schools** in Dumfries and Galloway have signed up to **fully test the resources**. Contact lauragibson1@nhs.net for more information.



Sexual Health Training for 2018

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.

LGBT Adult Awareness Training

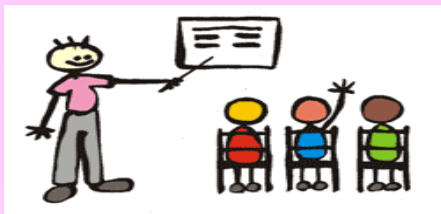


Our lesbian, gay, bisexual, transgender (LGBT) Adult Training courses are designed to inform people and agencies who support LGBT adults, their carers and families, especially those living with or self-managing long term medical conditions (LTC's) or simply wish to be more informed about the LGBT community.

New Dates Available on 26 June, 16 August, 16 October, 13 December 2018 and on 5 February 2019

Book at FREE place at www.lgbtplus.org.uk

For info call free on 0800 020 9653 or email info@lgbtplus.org.uk



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 27th Sept 2018

1.30—3.30pm

Thursday 29th Nov 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 25th 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

What's New for Sexual Health D&G?

SEXUAL HEALTH TASTER SESSIONS

These sessions are aimed at those in the statutory and voluntary sectors who **support people with a learning difficulty**.

Thursday 13th September 2018

1.30—3.30pm

Meeting room - Sexual Health D&G, Nithbank, Dumfries

Aims:

1. Address and discuss difficulties which may be faced by those individuals with learning disabilities.
 2. Discuss free agreement to sexual intercourse and capacity to give free agreement
 3. Briefly discuss STIs
 4. An overview of current contraception
- Highlight services offered by Sexual Health D&G

For further information or to apply for this sessions please email adele.hannah@nhs.net

New easy to read leaflets

Sexual Health D&G have produced easy to read information on the following:

Using condoms

Emergency contraception

The coil

The combined contraception pill

The contraceptive implant

The progesterone only pill

All the information can be found [here](#)



Condoms & Lubrication by post:

Free condoms and lubricant by post is a project available **only for those living in Dumfries & Galloway** who may find it difficult to access free condoms and lubricant.

Condoms used correctly and consistently, can help you and your partner to **prevent most sexually transmitted infections and HIV**. [See here](#)



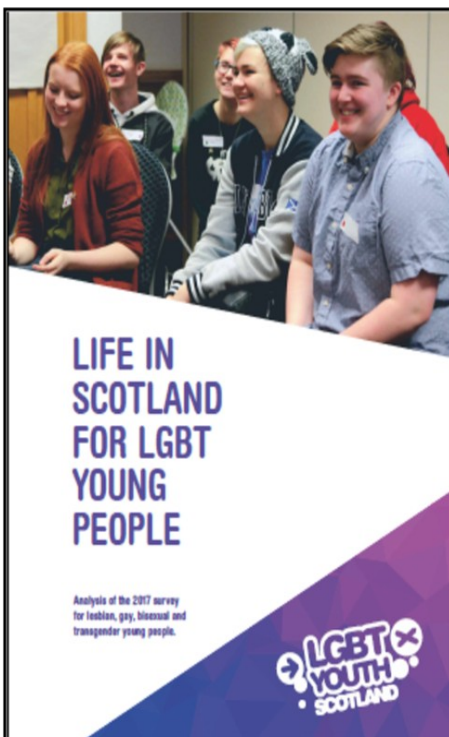
D&G LGBT PLUS AND OUR PARTNERS ARE EXCITED TO OFFER THE LGBTQI COMMUNITY AND SUPPORTERS THE OPPORTUNITY TO GET INVOLVED IN SOME AMAZING ACTIVITIES TO CELEBRATE #DGPRIDE. THERE WILL BE A WHOLE PROGRAMME OF WORKSHOPS AND ACTIVITIES SO GET IN TOUCH AND GET INVOLVED!

#DGPRIDE

DGPRIDE, DUMFRIES TOWN CENTRE

15TH SEPTEMBER 12PM UNTIL LATE

This report shows that while the percentage of LGBT young people who **think Scotland is a good place to live has risen** over the past decade, they still experience discrimination that negatively affects their health and wellbeing. [Read here](#)



71% of LGBT young people and 82% of transgender young people had experienced bullying in school on the grounds of being LGBT. These figures represent an increase over the past 5 years.

35% of LGBT young people and 41% of transgender young people said that they had experienced a hate crime or hate incident in the past year.

84% of LGBT young people experienced at least one mental health problem or associated behaviour. Nearly all (96%) transgender young people indicated a mental health problem.

Genital chlamydia & gonorrhoea infection in Scotland 2017:

In 2017, there have been **15,685 diagnoses** of genital **Chlamydia** in Scotland ; this is a **small increase** compared to 2016.

In 2017, there have been **2610 episodes** of gonorrhoea, a **10% increase** compared to 2016 and the **largest number recorded** in recent times.

Young people, particularly women aged less than 25, are the group most at risk of being diagnosed with an STI.

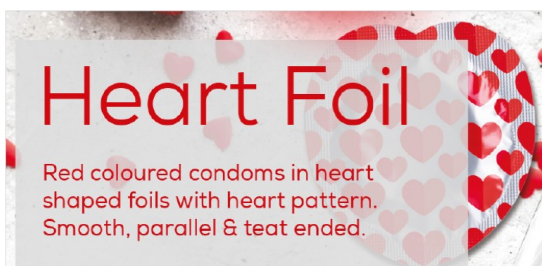
Rectal gonorrhoea in men, a marker of condom less anal intercourse (CAI), has remained high in 2017. [Full report here:](#)

Syphilis in Scotland 2017: update

In 2017, **397 diagnoses of infectious syphilis** were reported to HPS, a **12% increase** on that reported in 2016 (356 cases) and the **highest annual total recorded** since this surveillance system was established in 2002/2003.

The **majority** of diagnoses (84%) were recorded among **men who have sex with men (MSM)** which included 31 bisexual males.

Syphilis continues to be **acquired heterosexually** (15%) with some diagnoses being made via routine screening programmes such as antenatal and blood donor testing.



Using condoms correctly & consistently will help to protect people against sexually transmitted infections. HIV. New condoms available from Sexual Health D&G soon.



LGBT Youth Scotland has recently launched 2 new website, take a look!

<https://lgbtdomesticabuse.org.uk/>

<https://www.lgbtyouth.org.uk/>



Invisible No Longer

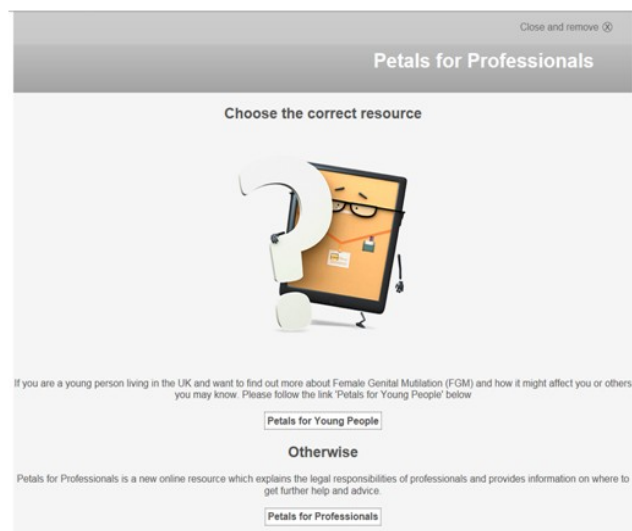
Terrence Higgins Trust and Sophia Forum recently launched a report to bring attention to **the needs of women living with or affected by HIV**. It was co-produced with women living with and affected by HIV.

Some key findings showed that a large proportion of women living with HIV in the UK **experience violence, abuse or discrimination due to their status**. **Many are not satisfied with their sex lives** (67%) and stated that **HIV had an impact on their decision to have children** (42%). Despite this, half of women living with HIV described their quality of life as 'good' or 'very good' (49%), while a further 38% called it 'acceptable'. [Read more here:](#)



For over 80 years, Plan International UK has worked to deliver and protect the rights of millions of children around the world, and to address gender inequality. **This report therefore seeks to examine a key issue for girls – menstrual stigma and taboo – and expose the negative impacts on their lives and the solutions that could challenge this stigma and address its impacts.**

Menstrual stigma is often internalised by individuals and reproduced in societies across the world, and generates a number of negative impacts which can reduce health outcomes, well-being and self-esteem. [Read here:](#)



An FGM web app, 'Petals for Professionals' who may come into contact with girls and women at risk of female genital mutilation (FGM) has been developed by Coventry University. The App can be used by nurses, teachers, social workers, police officers and other professionals to access information and tools to help them prevent and safeguard against FGM. This follows the launch of a Petals for Young People web app launched in 2015. [Access here:](#)

CHEMSEX IS AN ISSUE AMONG GAY MEN LIVING WITH HIV IN THE UK, STUDY REVEALS

With **three in ten gay men living with HIV** engaging in chemsex in the last year in the UK, understanding its association with the country's HIV and STI epidemics is critical to put an end to new infections. Results from a recent analysis published in *HIV Medicine* have sought to understand the relationship between **chemsex – the use of drugs to enhance sex** – and HIV in the UK. It is the **first study to quantitatively investigate this link**, providing important evidence to inform policy and clinician's work. [Read more here:](#)

HIV myths continue to fuel stigma



A new survey has found that despite advances in HIV treatment and prevention, public knowledge continues to include many myths and misconceptions that contribute to the ongoing stigma faced by people living with HIV.

The Our Voice Citizen's Panel Survey showed:

- Only 27% of people would be comfortable starting a relationship with someone who is living with HIV;
- **21% of people continue to believe that HIV can be passed on from kissing, whilst 5% believe it can be passed on through sharing a glass, cup or cutlery;**
- Only 17% of people were aware that PrEP, a pill you can take daily that prevents HIV transmission, exists;
- **Just 14% of people were aware that people living with HIV taking effective treatment cannot pass it on to their sexual partners.**

Testing for HIV needn't be a chore

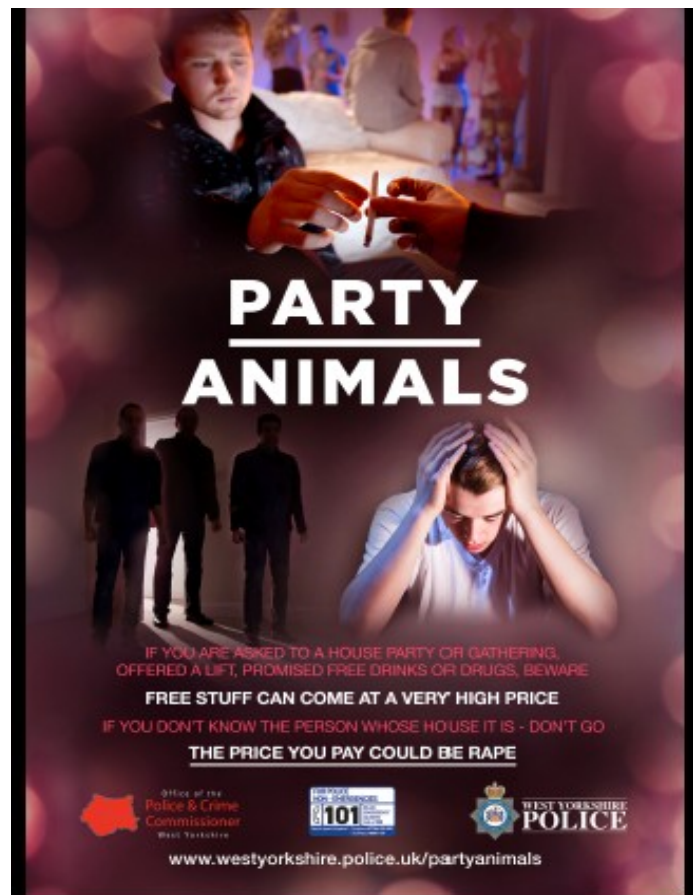


The Terrence Higgins Trust is currently offering a free and totally confidential HIV self test kit. Similar to a home pregnancy test, you do it yourself and see the results in a few minutes. They will send a free kit to any address in the UK or to a convenient Click & Collect point. You can check out your eligibility on their self testing [website](#).

Read more about the test [here](#):

Busting sexual health myths with some animal magic

Sexwise (FPA) is an easy-to-use website giving people the essential things they need to know about contraception, pregnancy, STIs. They have launched 6 short myth busting videos featuring an all-star cast of animals. **Elephants talk Emergency Contraception, Koalas talk Chlamydia, Puffer fish talk condoms, Flamingos talk The Pill and Owls talk Genital herpes.** [Watch clips here:](#)



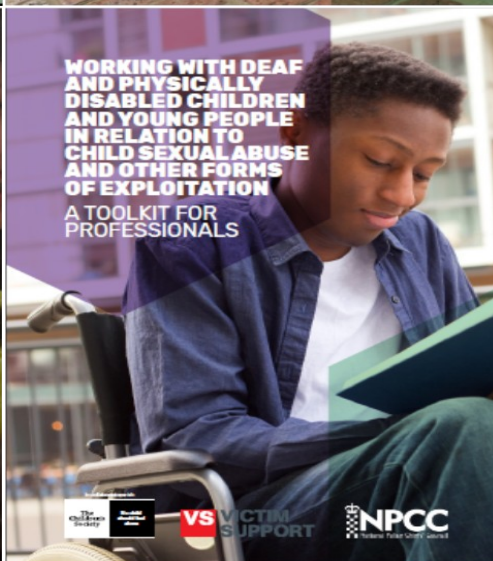
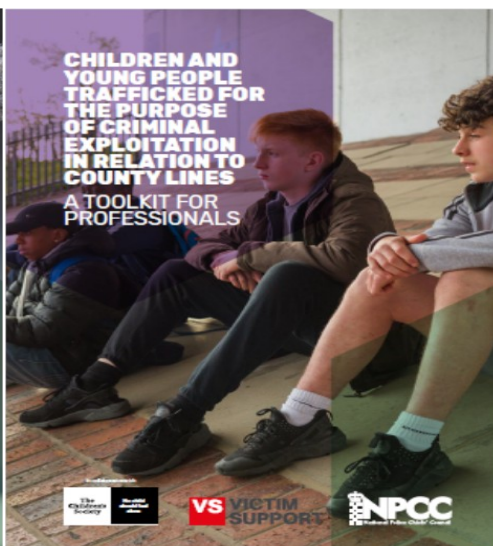
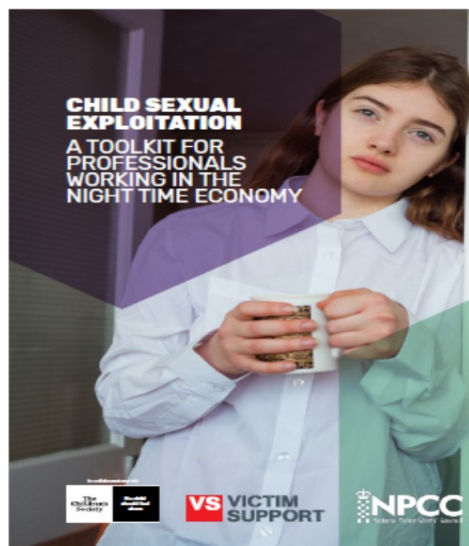
“Free” stuff comes at a very high price

Have you been invited to a party or gathering, either online or in person and have been told that there will be “free” drink and/or drugs?

Ask yourself;

“Why is someone offering to give me something for free?

“What do they want in return?” Read more [here:](#)



Six new toolkits produced by NSPCC, Victim Support and The Children's Society may be useful to professionals working with children, young people and their families. There are good resources and sign posting in each of the toolkits. **[Download here:](#)**



Leading children's charity ECPAT UK released an **animated film, The Secret Gardeners'** aimed at tackling the growing issue of Vietnamese children being trafficked to the UK for cannabis cultivation. In 2016, there were 227 Vietnamese children identified as potential victims of modern slavery in the UK. **[Watch here:](#)**



The Internet Watch Foundation (IWF), the charity that searches for and removes online child sexual abuse imagery, **show that more of this disturbing material is being found than ever before. (April 2018).** This includes an increase in: **child sexual abuse URLs, the severity of content, disguised website abuse, Europe the worst offender for hosting and the number of website brands.** **[Read report:](#)**

ISD releases latest Teenage Pregnancy data (2016)

In Scotland, the **teenage pregnancy rates** in all age groups is at **the lowest level since recording began** in 1994.

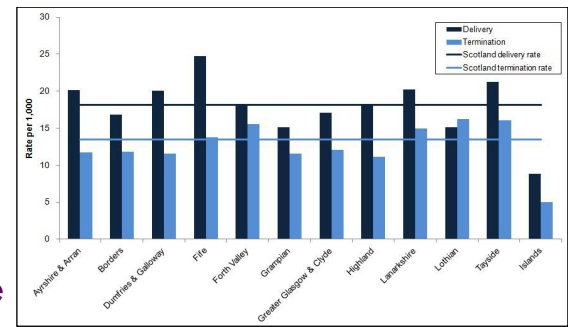
In Dumfries and Galloway the trend is mirrored and the rate has in fact **more than halved** in the age under 16 and age under 18 age groups. Since the previous year (2015), the **rates in all age**

groups have again **fallen** with the number of pregnancies **suppressed** in age under 16 (i.e. less than 5) and a **dramatic fall** in age under 18 group.

And the absolute **gap between the most and least deprived is narrowing**. While teenage pregnancy rates have reduced across all levels of deprivation in recent years, **rates in the most deprived areas have fallen more**.

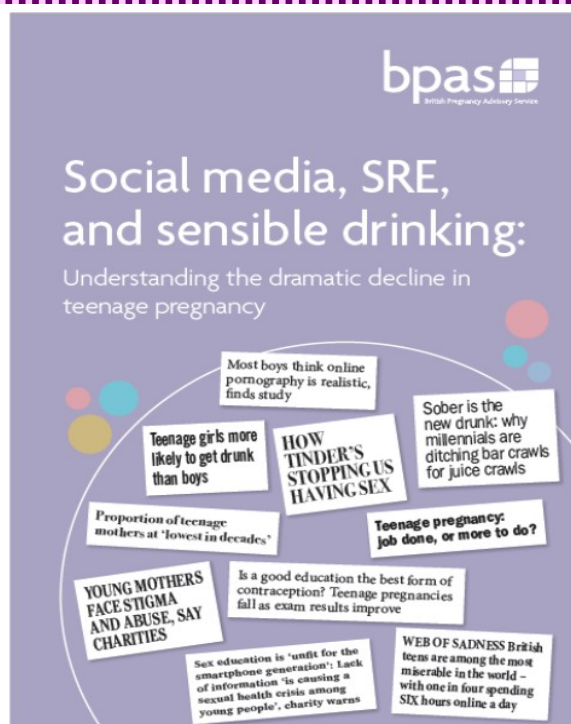
Deliveries remain **more common than terminations**, although delivery rates have **fallen faster** than termination rates. The inequalities gap remains with teenagers from the **most deprived** areas are **more likely to deliver** than to terminate their pregnancy. In contrast, teenagers from the **least deprived** areas are **more likely to terminate** than to deliver.

You can read the **full report** [here](#) or email lauragibson1@nhs.net to find out more.



Termination of pregnancy— self referral

Unplanned pregnancies are very common, with 1 in 5 resulting in termination of pregnancy. This can be a difficult decision to make at what can be a very emotional time. **People can self refer to Women's Out Patient, Department at DGRI by calling 01387 241260.** More information on terminating a pregnancy can be found [here](#).



A new report from the British Pregnancy Advisory Service (bpas) explores the factors which may have contributed to the sharp decline in teenage pregnancy rates over the last decade, including changes in teenage lifestyles and outlook as well as young people's experience of **SRE and use of contraception**. The report highlights the role of the Teenage Pregnancy Strategy (1999-2010) in helping young people make informed choices about sex, contraception and pregnancy and urges the Government to progress plans for mandatory RSE and maintain good access to contraceptive services for young people to ensure the significant decline in teenage pregnancy rates is maintained. [Read Report](#)

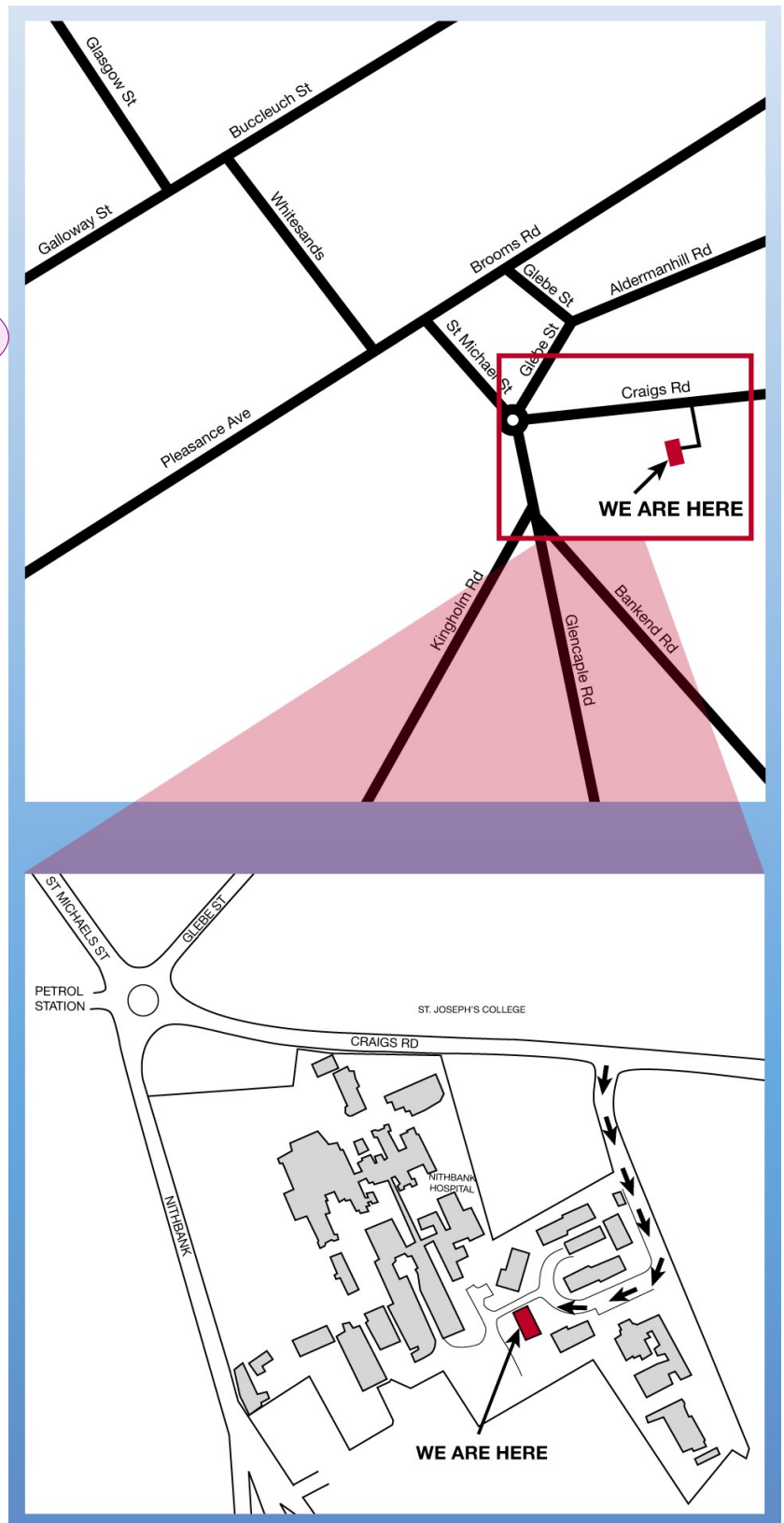
What do we offer?

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