

Healthy Respect

Working to improve the sexual health and wellbeing of young people across Edinburgh and the Lothians.

Healthy Respect is a small team within Public Health, NHS Lothian. We work in partnership with a wide range of organisations to provide:

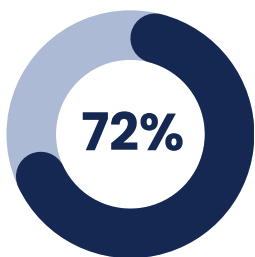
- **support to deliver accessible sexual health services for young people** (for example providing free condoms, pregnancy testing and STI testing)
- **up to date sexual health and wellbeing information**
- **training for staff and volunteers in Edinburgh and the Lothians** covering young people's sexual health and wellbeing and how to deliver inclusive relationships, sexual health, and parenthood (RSHP) education



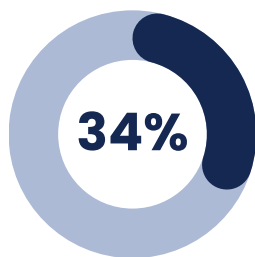
The average age at which children first see pornography is 13. 79% had encountered violent pornography before the age of 18¹



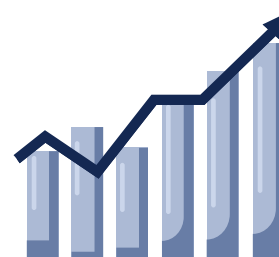
One in five young people have sex before their 16th birthday²



72% of young people say they would be too embarrassed to speak to someone about getting condoms³



34% of sexually active 15-year olds report using neither condom nor pill at last sexual intercourse⁴



Since 2019, gonorrhoea infections among sexually active people under 25 years of age have doubled⁵

Join our Network to keep up to date with relevant information:
healthyrespect.co.uk/professionals/join-our-network/



www.healthyrespect.co.uk



Healthy.Respect@nhs.scot



References

1. A lot of it is actually just abuse'- Young people and pornography, Children's Commissioner for England, January 2023, [Click here to view](#), last accessed 21.02.2024
2. J. Inchley et al, 'Findings from the HBSC 2022 survey in Scotland', Glasgow University, June 2023, [Click here to view](#), last accessed 21.02.2024
3. R.Lewis, C.Blake, C.McMellon, J.Riddell, C.Graham, K.Mitchell 'Understanding young people's use and non-use of condoms and contraception: a co-developed, mixed-methods study with 16-24 year olds in Scotland', University of Glasgow, 2021, [Click here to view](#), last accessed 21.02.2024
4. J. Inchley et al, 'Findings from the HBSC 2022 survey in Scotland', Glasgow University, June 2023, [Click here to view](#), last accessed 20.02.2024
5. 'Gonorrhoea infection in Scotland 2013-2022 report - News - Public Health Scotland' Public Health Scotland, March 2023, [Click here to view](#), last accessed 20.02.2024

