

Young People's Sexual Health | CORE

Trainers:

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Introductions

- Name
- Pronouns
- Role
- Organisation

Programme

Introductions and setting the scene

Talking about bodies and sex

Gender stereotypes and young people's relationships

Inclusive sexual health and understanding LGBT+ identities

Pleasure and safeguarding

Consent

Pornography

Signposting to sexual health services

Learning Outcomes

Poll

Increased confidence in supporting young people with their sexual health needs

Increased understanding of the impact of gender stereotypes, media and social norms on young people's sexual health and relationships

Gain knowledge of inclusive sexual health and LGBT+ identities

Increased knowledge of current sexual health issues for young people (For example, consent, pornography and signposting to services)

Safer Space Agreement

cloud

word

- Language
- Respect
- Challenge the statement
- Confidentiality
- Participate at your own pace



Education, Services and Information



Training and events



Professional resources



Latest news

Scottish national RSHP resource for 3-18 years

www.rshp.scot Poll



exual health and parenthood (RSHP) education for children and young people. The resource is designed for use in schools, colleges and community-based learning. It is organised to sit within Curriculum for Excellence.

scribed, you will be kept informed of any developments in the delivery of RSHP education.

The resource will, in the course of this school year, be provided in Gaelic. To undertake this work, the Scottish Government is asking the Western Isles to complete the work. Please watch out for updates across the coming term.

an, fallaineachd feise agus Foghlam phàrantachd (RSHP) do chloinn agus do dhaoin' òga. Le bhith a' coimhead air an t-sìneadh goireas RSHP air a thoirt thugaibh ann an Gàidhlig thairis air a' bhliadhna sgoile seo. Gus seo a dhèanamh, bidh an t-Àrd-Sgoil a' dèanamh obair còmhla ris an t-seirbheis slàinte sna h-Eileanan an Iar. Cumaibh sùil a-mach air an t-sìneadh goireas RSHP air a thoirt thugaibh ann an Gàidhlig thairis air a' bhliadhna sgoile seo. Gus seo a dhèanamh, bidh an t-Àrd-Sgoil a' dèanamh obair còmhla ris an t-seirbheis slàinte sna h-Eileanan an Iar. Cumaibh sùil a-mach air an t-sìneadh goireas RSHP air a thoirt thugaibh ann an Gàidhlig thairis air a' bhliadhna sgoile seo.

Services

- ✓ Safe place to talk about sexual health and relationships
- ✓ Local trusted adult
- ✓ Confidential
- ✓ Non-judgemental & friendly

[Services | Healthy
Respect](#)



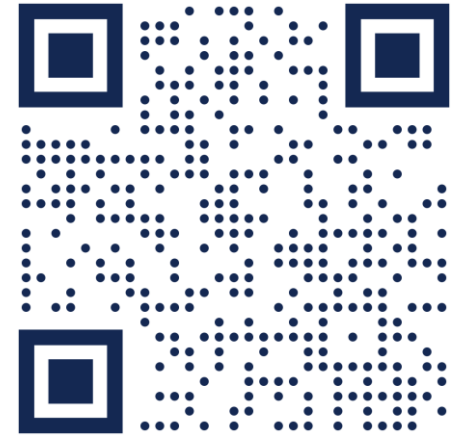
*healthy
respect* 



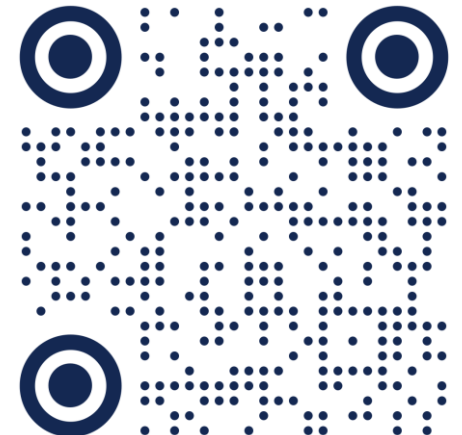
Information

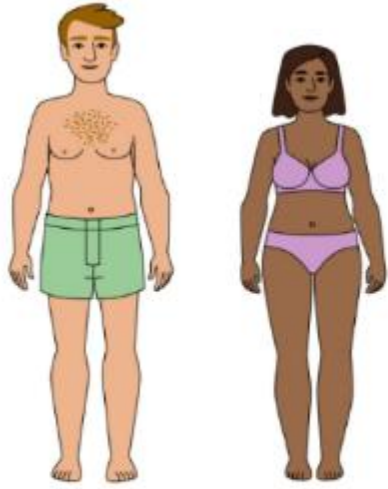
- Up to date sexual health and relationship information
- Great tool to support conversations with young people

www.healthyrespect.co.uk



- Easy to Understand (ETU) accessible sexual health and relationships information for young people with learning disabilities





All about bodies



All about sex



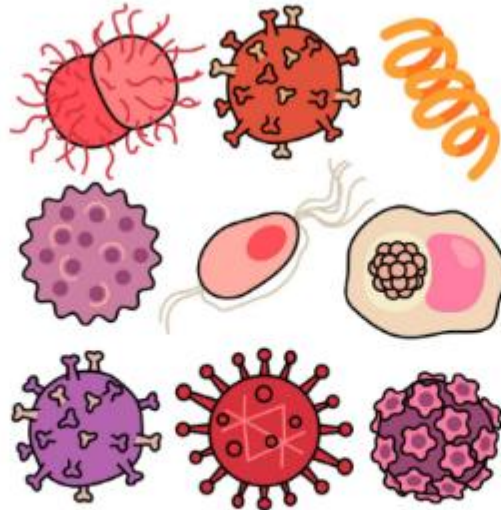
LGBT+



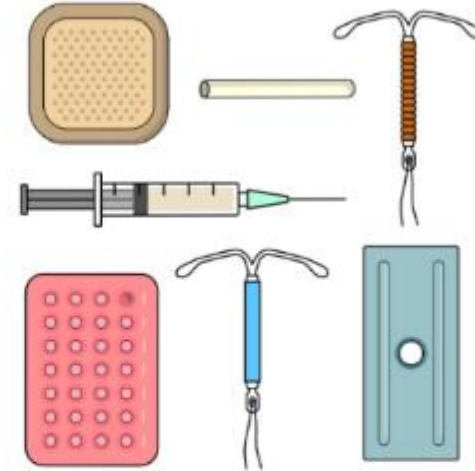
Find sexual health services near me



Condoms



STIs - Sexual infections



Contraception - Preventing pregnancy



Pregnancy



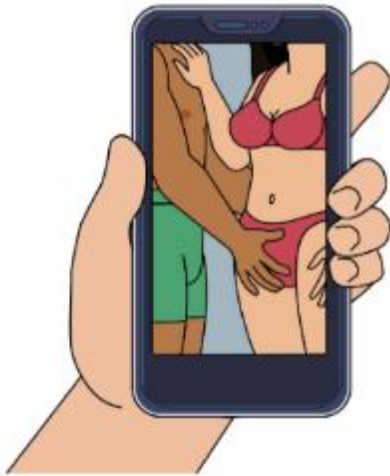
Abortion



**Help if you have been
sexually abused**



LGBT+



Porn



**Other support and
information**



**Support
organisations**

Coming soon



**My sexual health
rights**



Online safety



Relationships



What is sexual health?



**World Health
Organization**

“...a state of **physical, emotional, mental** and **social wellbeing** in relation to sexuality; it is not merely the absence of disease, dysfunction or infirmity. Sexual health requires a **positive** and **respectful** approach to sexuality and sexual relationships, as well as the possibility of having **pleasurable** and **safe** sexual experiences, free of coercion, discrimination and violence. For sexual health to be attained and maintained, the **sexual rights** of all persons must be respected, protected and fulfilled.”

(World Health Organisation)

Discussion

Which parts of this definition do you think we get right?

Which parts could we do better?

Which groups may be less likely to realise these rights?



Achieving sexual health & well-being

depends on a persons;

- access to comprehensive, good-quality information about sex and sexuality;
- knowledge about the risks they may face and their vulnerability to adverse consequences of unprotected sexual activity;
- ability to access sexual health care;
- living in an environment that affirms and promotes sexual health.





What is going on for
young people and their
sexual health?



What do we know about young people's sexual activity? Poll

The next slide will show data from the Health Behaviour in School-Aged Children (2018) Scottish cohort.

Since 1990, prevalence of sexual intercourse among 15-year-olds has fallen



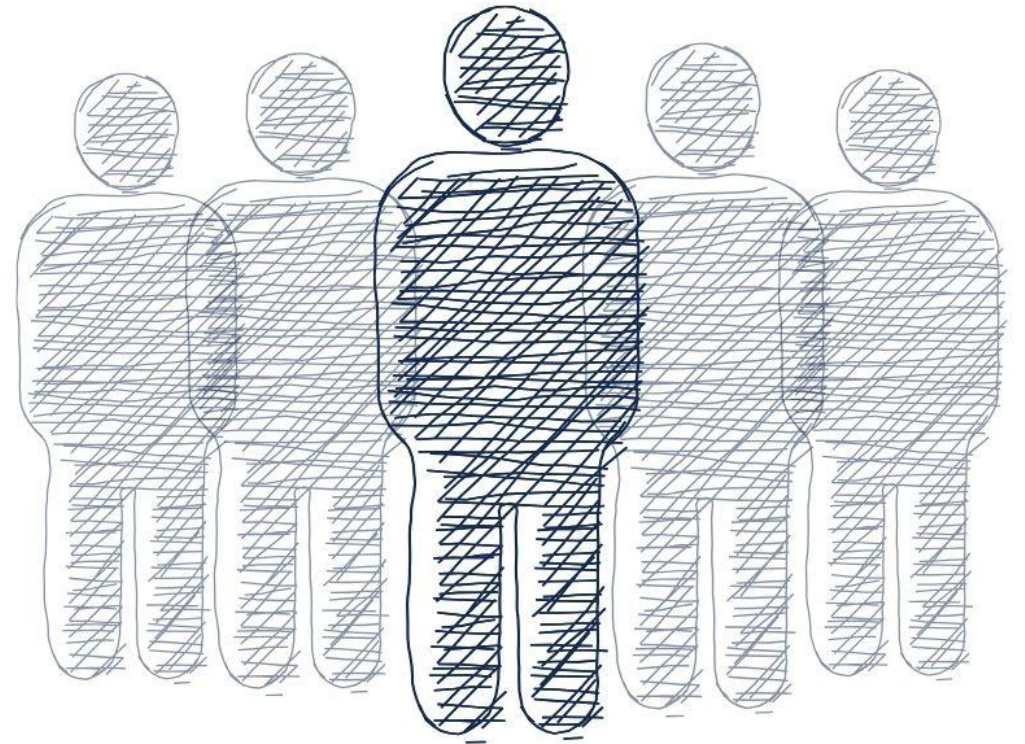
Boys

25% to 22%

Girls

27% to 21%

1 in 5 young people
have sex before their
16th birthday



The average age
people have sex
for the first time is

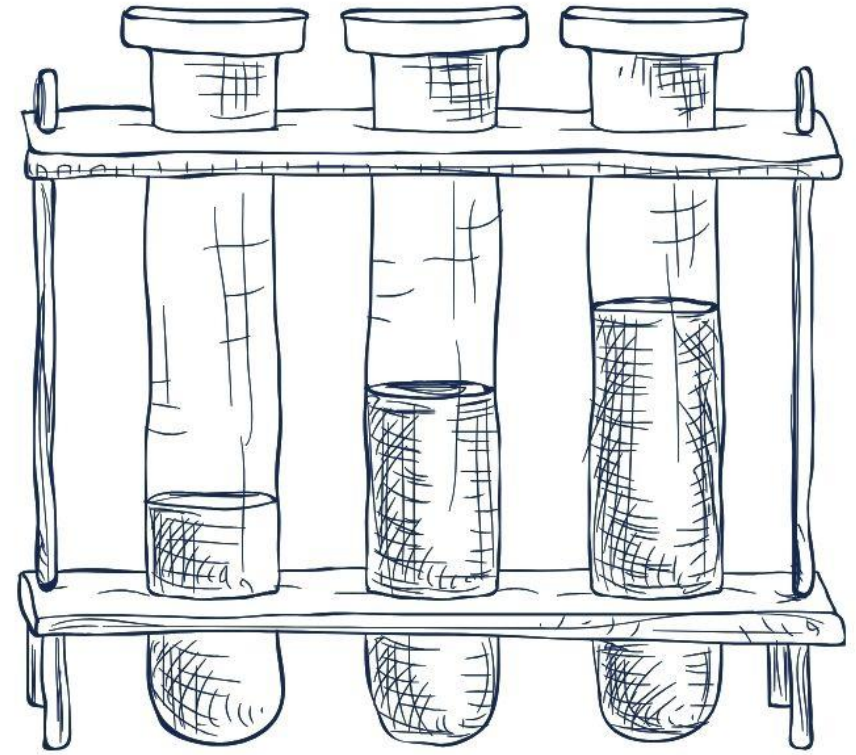


75% of male and **72%**
of female 19–20 year-olds with a
learning disability have had sexual
intercourse

vs. 89% of male and 88% of
female 19–20 year-olds
without a learning
disability



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

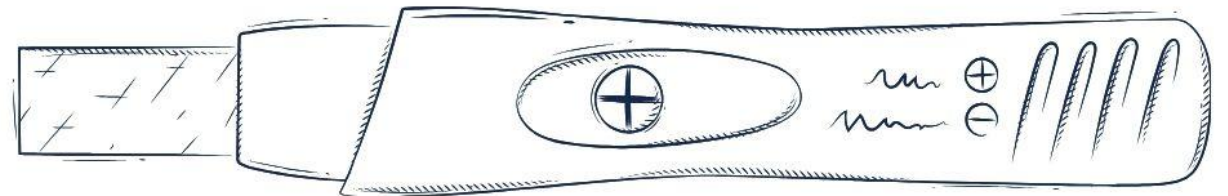


66% of chlamydia infections in Scotland are among young people

Teenage pregnancies are higher in the most deprived areas, with:

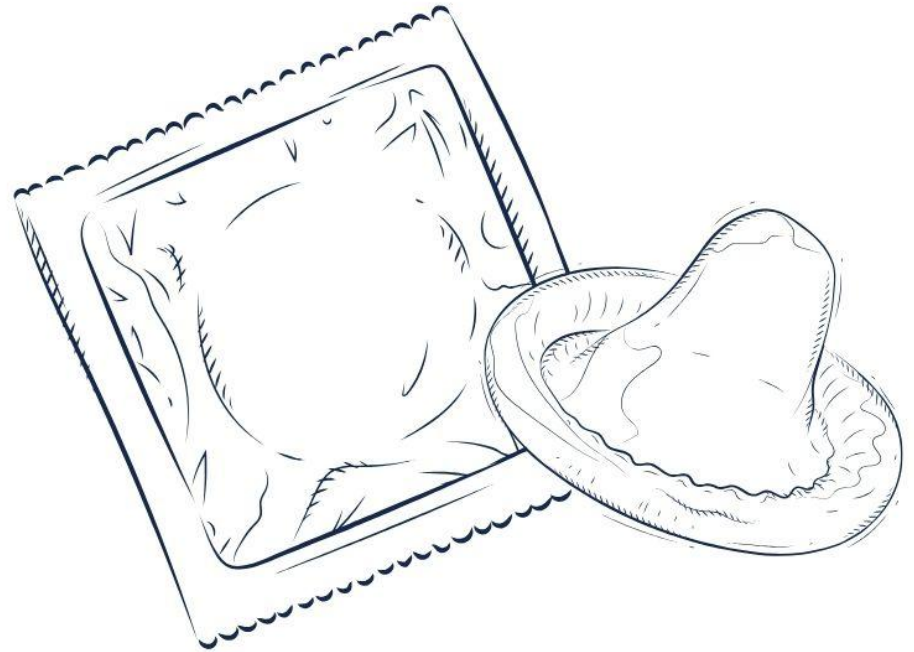
- 13 times the rate of delivery compared to the least deprived areas
- double the rate of abortion

Pregnancy rates are double in 19–20 year-olds with a learning disability



50% of young people said they didn't use a condom the last time they had penetrative sex

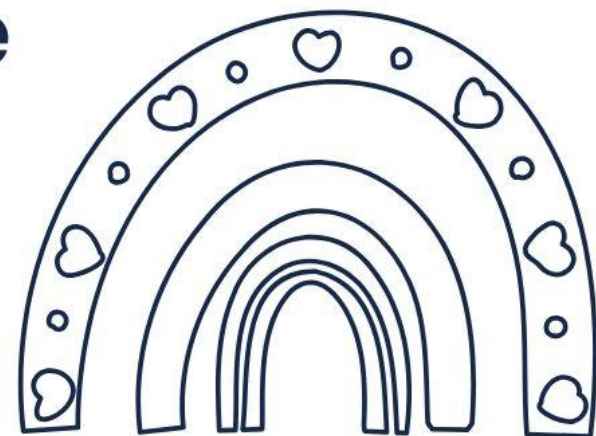
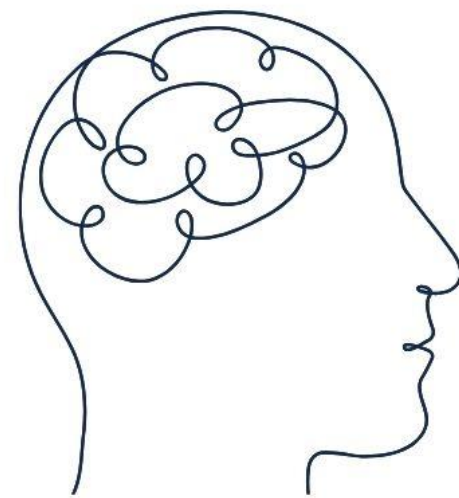
34% said they hadn't used a condom or a birth control pill



Young people have missed out on RSHP education due to the pandemic

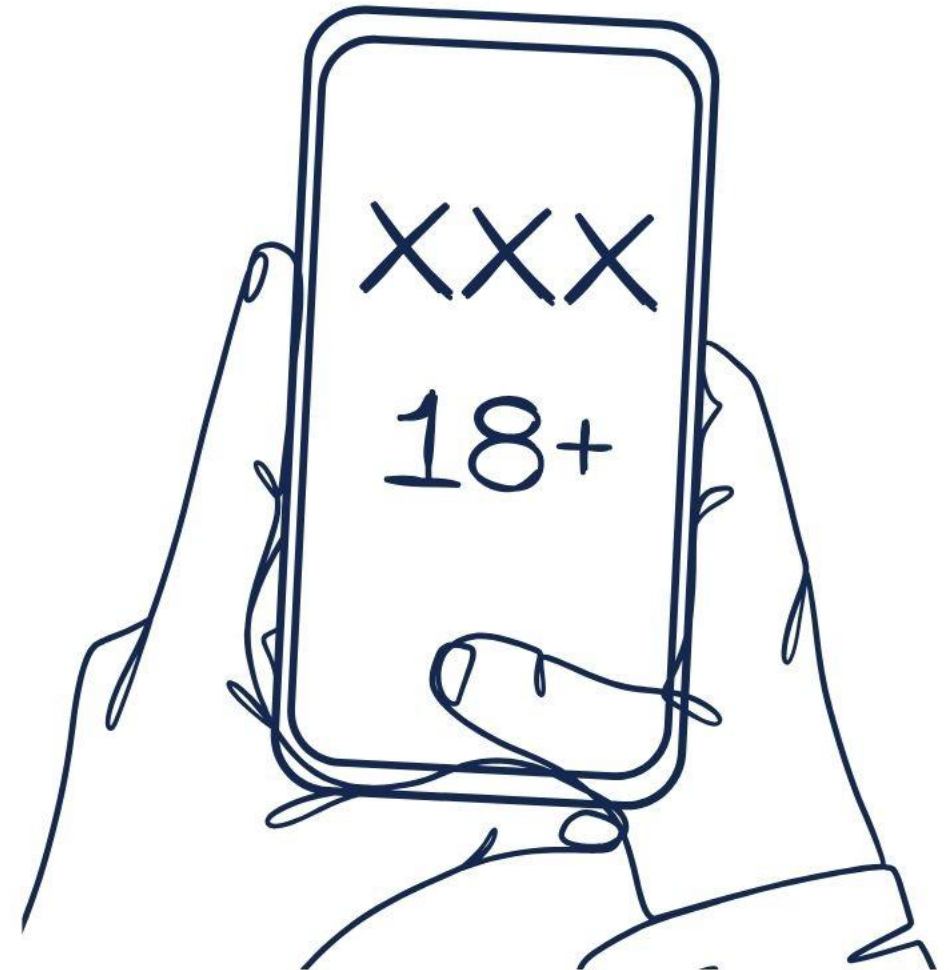
Only **50%** of people with learning disability say they have received sex education

Only **20%** of the people who have received formal sex education have seen LGBTQ+ topics discussed within them



13 is the average age at which children first see pornography

79% have encountered violent pornography before the age of 18





52% of reported child sexual abuse cases involved reports of children (aged 10 to 17) offending against other children

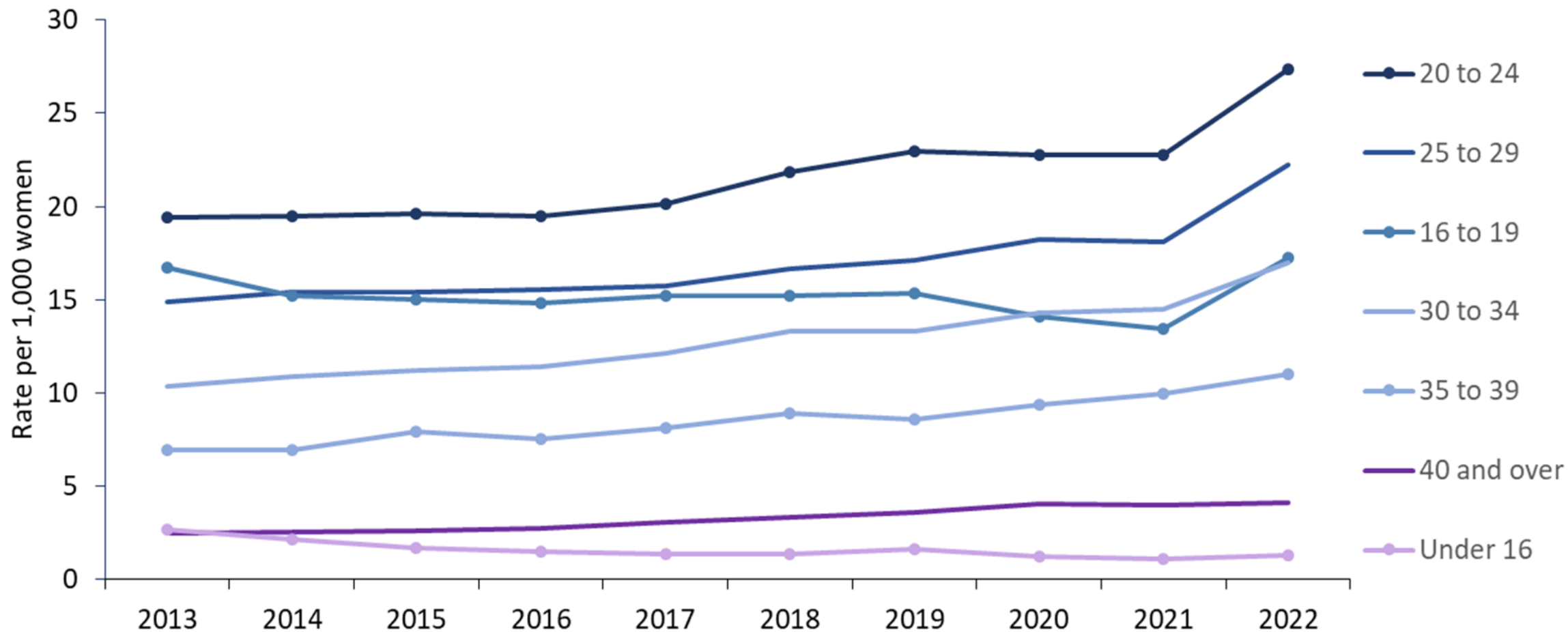
14 is the most common age of children committing sexual abuse offenses

Teenage Pregnancy



- The teenage pregnancy rate in Scotland rose for the first time in over a decade.
- Increasing from 23.2 per 1,000 women in 2021 to 27.1 in 2022.
- Published in July 2024, end date of info Dec 2022.
- Increase mostly driven by pregnancies in those aged between 17 and 19 years.
- Under 16's accounted for 5% of teenage pregnancies and under 18's for 32%.
- The vast majority (68%) were to those aged 18 and 19 at conception
- Under 18s accounting for around a third of teenage pregnancies in recent years

Abortion rates





Long term impact of Covid

- Access to services
- Inequalities
- RSHP Gaps
- Cost of living crisis
- Hormone hesitancy



Talking about bodies & sex

Why can it be so difficult?

- Anatomically correct words for body parts
- Growing up not talking about sex & bodies
- Uncomfortable – seen as sexual words
- Reflects society's shaming attitudes towards bodies and sex
- Often it is easier to resort to slang or euphemisms (early years)
- It can be embarrassing, and that's ok



Activity

Intimate body parts	Sexual Activity



Discussion

- Common/slang words
- Clarify words you have not heard of
- Discuss words that are liked and those that are disliked or create a strong emotive response
- Any words around power or gender?



Pleasure

Pleasure – mixed messages...

A word cloud featuring various terms related to pleasure and morality. The words are arranged in a circular pattern around a central point. The terms include: 'Naughty' (purple), 'Tidy' (yellow), 'Shameful' (pink), 'Thirsty' (teal), 'Hot' (teal), 'Wonderful' (blue), 'Dirty' (red), 'Passionate' (yellow), 'Wicked' (purple), 'Guilty' (blue), 'Wrong' (green), 'Amazing' (orange), and 'Ecstatic' (red). The words are in different colors and orientations, creating a dynamic visual effect.

Naughty

Tidy

Shameful

Thirsty

Hot

Wonderful

Dirty

Passionate

Wicked

Guilty

Wrong

Amazing

Ecstatic

Boys produced negative narratives in relation to sex and relationships; frequently used words were “**bad**” and “**dirty**” to describe sexual acts. Lack of any positive words or pleasure.

Discourses surrounding perceptions of sexual health repeatedly produced a clean versus dirty dichotomy.

Personal hygiene, visual appearance of genitals, and the absence of infection were incorporated into the meaning of being clean and therefore sexually healthy.

This reflected the focus on the negative consequences of sex from the messages often received in experiences of sex and relationships education within schools.

MacGilleEathain, R (2017)

Karim

Brook volunteer



Do we talk to young people about pleasure?



Do you talk about the pleasurable & enjoyable aspects of sex with young people?

If you don't, what are some of the reasons why?



Pleasure & safeguarding

- Understanding pleasure is an essential part of safeguarding – if young people don't know how it's supposed to feel, how will they know if it doesn't feel okay?
- If they are not enjoying it (emotionally as well as physically) –why are they doing it, are they being coerced or pressured? Is it about expectations?

Supporting resources



[Good sex guide - LGBT Youth Scotland](#)

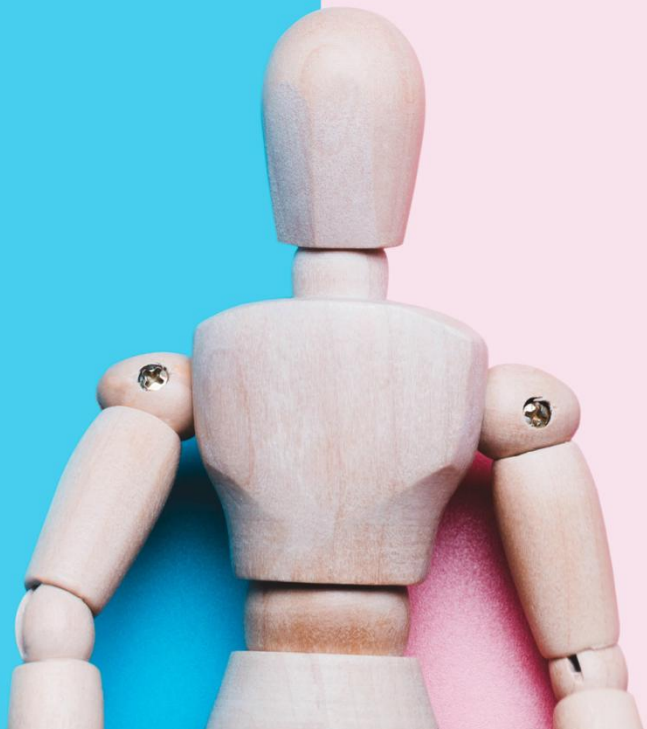
Supporting resources



- **www.rshp.scot**
 - **Second level:** My senses – things I like, things I don't like <https://rshp.scot/second-level/#mysenses>
 - **Third and fourth level:** My body now: Part 2: How my body changes as I grow <https://rshp.scot/third-fourth-level/#mybodynow>
 - **Third and fourth level:** My body now: Part 4: Masturbation <https://rshp.scot/third-fourth-level/#mybodynow>
 - **Third and fourth level:** Sexual intercourse: Pressure, pleasure and first-time sex <https://rshp.scot/third-fourth-level/#sexualpleasure>
 - **Senior Phase:** Make it good relationships Part 4: The sexual relationship I want <https://rshp.scot/senior-phase/#makeitgood>
- www.childline.org.uk

Break





Gender stereotypes,
relationships, sexual health
and wellbeing

Male

Female

GENDER BOX

FEMALE

MALE

slut whore

bitch

slag

caring, should look good, gentle, kind, passive, peacekeeper, carer, Mum, emotional, weak, needs looking after, needs protecting, responsible, pretty, petite, Easy to talk to, able to compromise, look after people, submissive, sex object,

tramp

tease

easy

gimp

jessie

girl

strong, dominant, doesn't cry, in control, can handle things, muscular/fit, brave, powerful, hero, sporty, earns money, drives fast cars, player, can get women, doesn't show emotions, fighting, macho protector, provider, drinker, football, DIY, builder, manager,

gay

poof

big girls blouse

wuss

sissy



[\(78\) TAASA - Break The Box - YouTube](#)

Impact on young people's sex and relationships

Influence of porn

Healthy relationships

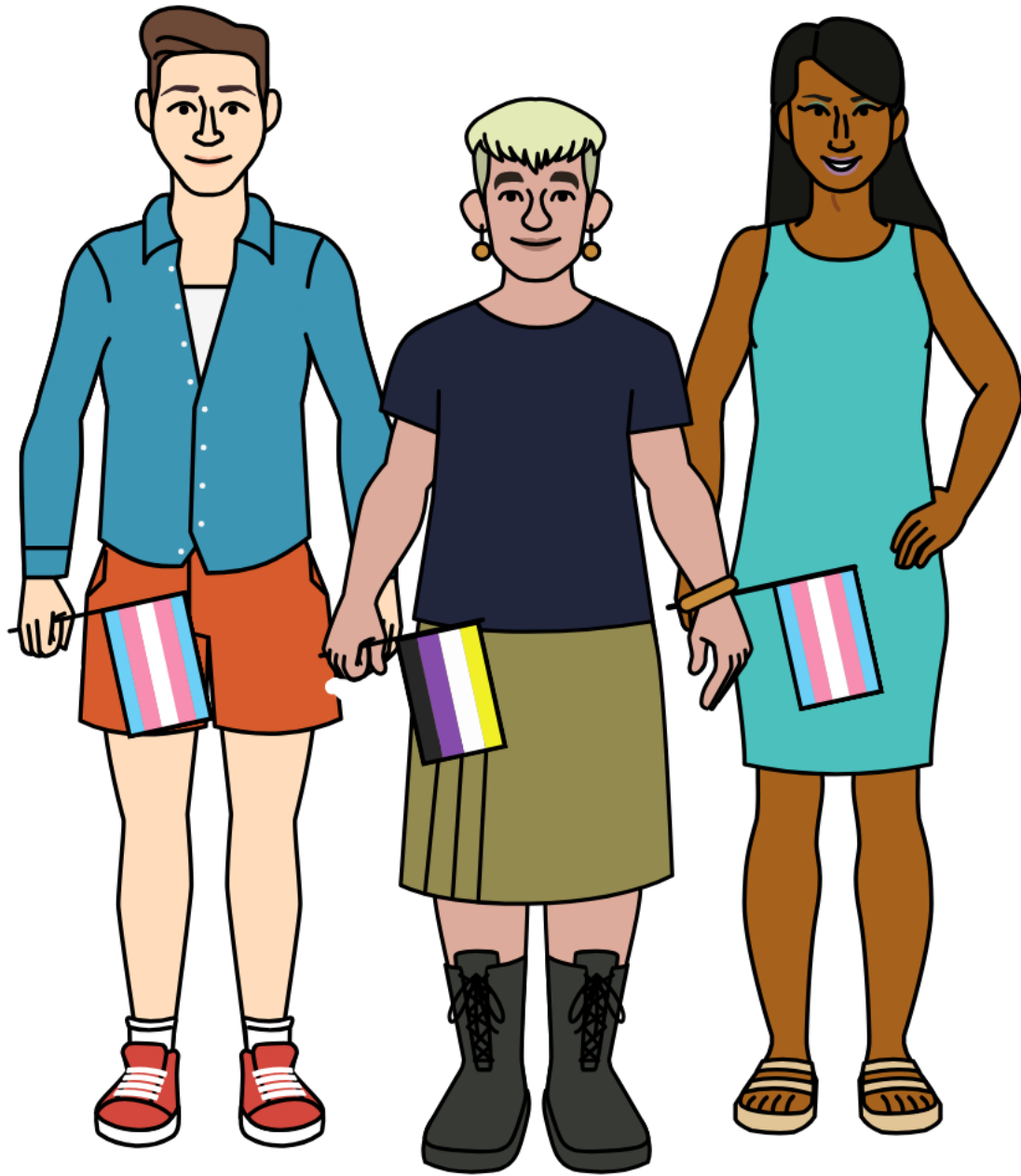
Consent

Contraception, condoms,
STI's & pregnancy

What do we mean by an inclusive approach?

What groups or types of needs might we need to consider?





Understanding LGBT+ identities

Poll





Lesbian



Gay



Bisexual



Trans



Queer



Intersex



Asexual

Others

L

G

B

T

Q

I

A

+



Sexual orientation



Gender
Identity



Umbrella
term

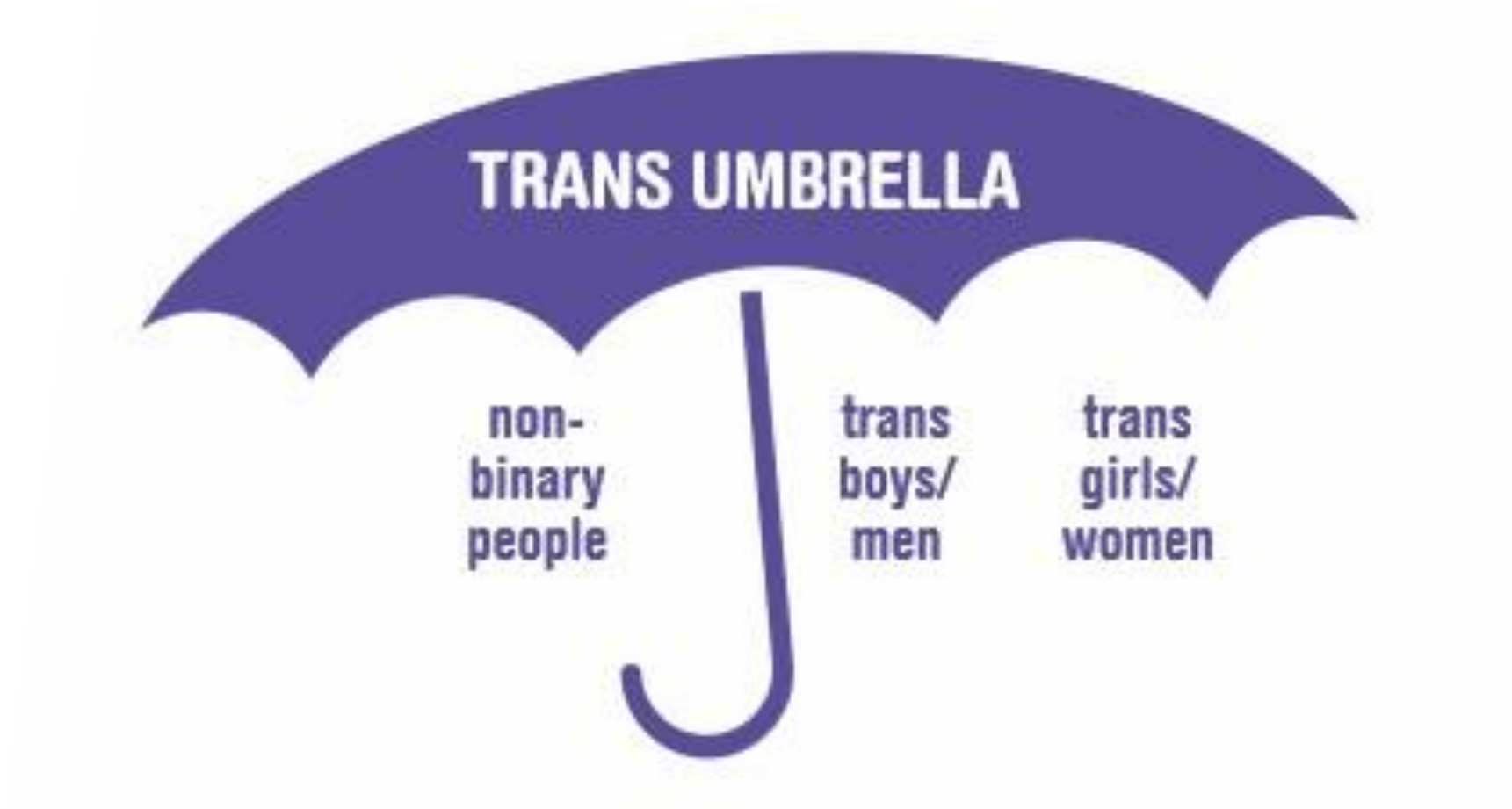


Biological sex
characteristics



Sexual orientation





The Transgender Umbrella



<https://www.youtube.com/watch?v=PivoF1SFBqk&t=1s>



Emily

Intersex (VSC)

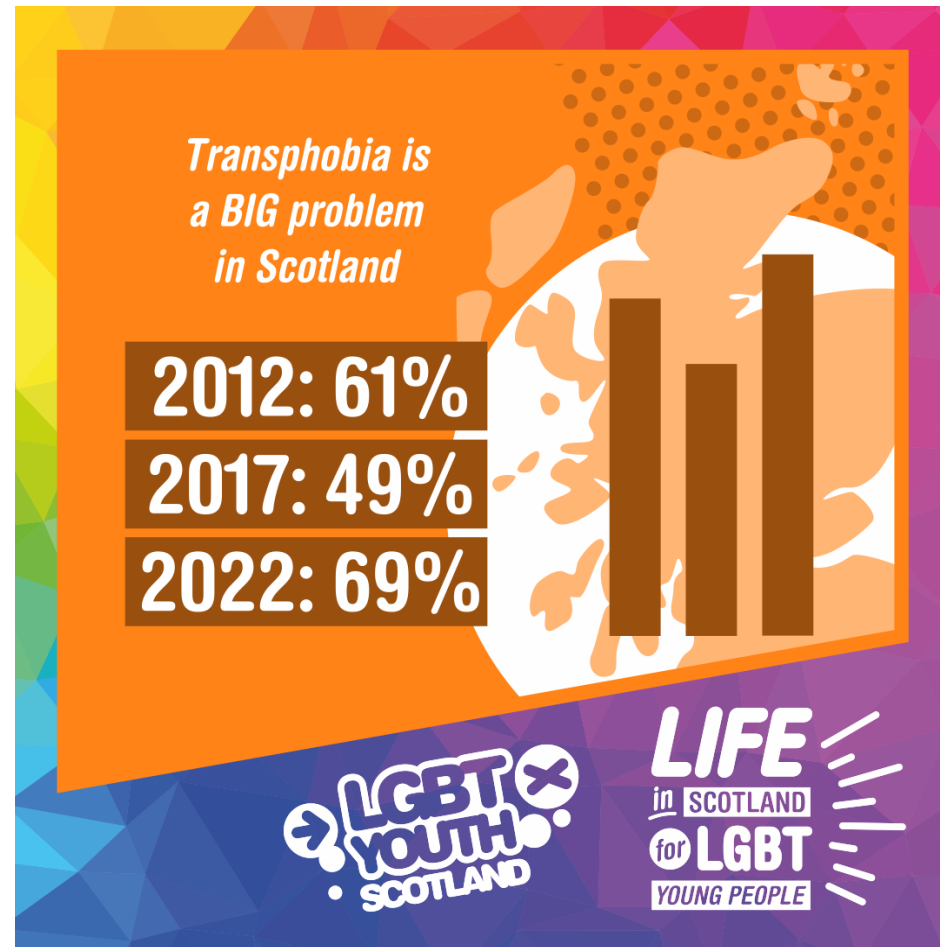
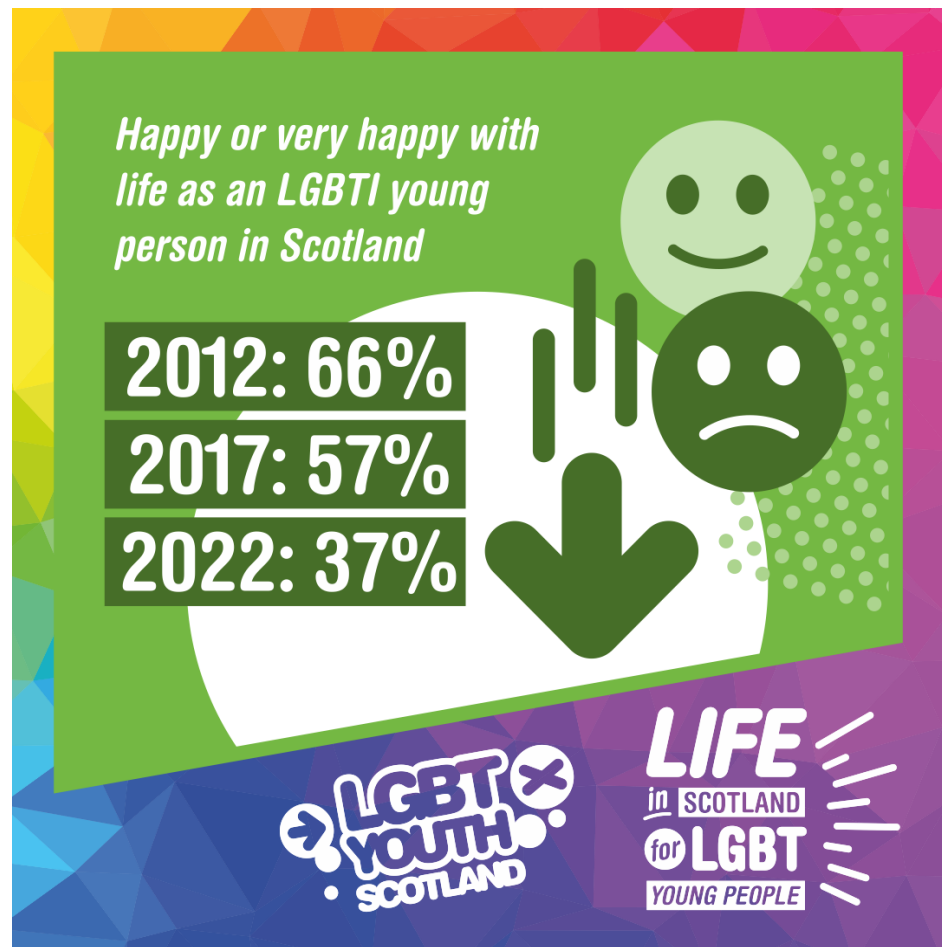
Someone whose biological sex is different in some way from what is traditionally considered clearly male or female.

VSC - Variations of Sex Characteristics

What's It Like To Be Intersex? [What It's Like To Be Intersex \(youtube.com\)](https://www.youtube.com/watch?v=...)



Is Scotland a good place to be LGBT?



- Only 25% of the people who have received formal sex education classes have seen LGBTI topics discussed within them.
- Only 10% of participants rated the experience of school for LGBT people as 'good'.
- 70% of gay/lesbian participants report experiencing bullying due to their sexual orientation



[LGBTYS LiS e-use \(lgbtyouth.org.uk\)](http://lgbtyouth.org.uk)

Sexual Orientation www.rshp.scot

(First and second level)



Lesbian

A woman who falls in love with another woman.

Gay

A man who falls in love with another man AND A woman who falls in love with another woman.

Bisexual

A person who can fall in love with either a man or a woman.

Sexual Orientation www.rshp.scot

(Primary 7 up/third and fourth level)



Lesbian

A woman who is emotionally and/or physically attracted to another woman.

Gay

Someone who is emotionally and/or physically attracted to people of the same gender.

Bisexual

Someone who is emotionally and/or physically attracted to people of more than one gender.

Transgender in RSHP

Transgender – (Primary)

If a person describes themselves as **transgender** (sometimes people just say **trans**) they feel that the sex they were born doesn't match how they feel inside.

A **transgender woman** lives as a woman today but was born a boy.

A **transgender man** lives as a man today but was born a girl.

Transphobia

<https://rshp.scot/second-level/#fairandequal>

Transgender (S1+)

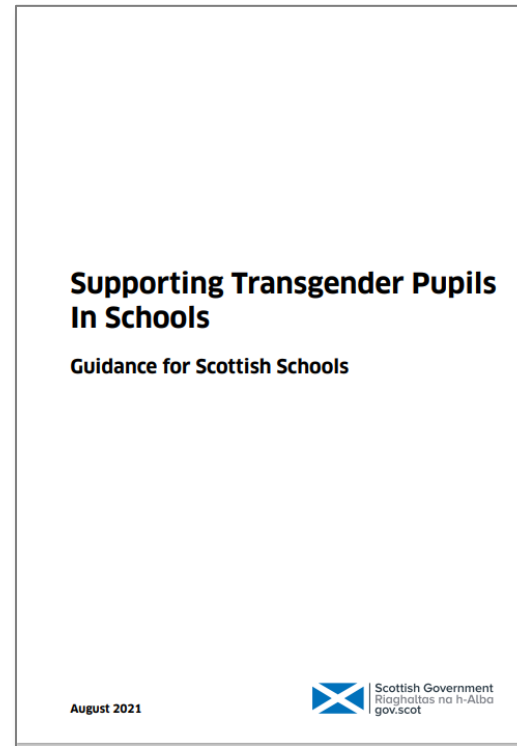
<https://rshp.scot/third-fourth-level/#stereotypes>

Supporting transgender pupils in schools

- Guidance for practitioners

Key messages

- Best interests of the young person
- Rights
- Confidentiality
- Not a child protection concern
- Responsibility to stay up to date with inclusion (Managers/Staff)





Scroll for details



You Being You
animation

You Being You
Easy Read

A flipchart with two pages. The left page shows a cartoon man with dark skin, curly hair, and a goatee, wearing a grey shirt and yellow pants. The right page shows a cartoon man with light skin, wearing a blue beanie, a grey shirt, and dark pants with white stars. The word 'EXPRESSION' is written across the center, split by the spine. The flipchart is on a wooden table with a black bag on the left and a red bag on the right.

EXPRESSION

"Gender expression" is how we show

Top tips for trans inclusion and youth workspaces

- Definitions
- Creating a welcoming environment: visibility, equalities statement
- Be inclusive: use of pronouns
- Use gender inclusive language
- Create a safe environment
- Challenge Homophobia biphobia transphobia and gender stereotypes
- Youth work programmes and activities
- Recognise intersectionality
- With useful links and support
- Download here [Blog: Introducing the Top Tips for Trans Inclusion in Youth Work Spaces | LGBT Youth Scotland | LGBT Youth Scotland](#)



Implications for our practice

Don't assume.....

 Everyone is heterosexual

 Everyone is cisgender (anyone who is not trans or nonbinary)

 That everyone will want a relationship and/or sex

 That everyone will want or be able to have children

 That babies come into families in the same way

LGBT Youth Scotland

www.lgbtyouth.org.uk

Life in Scotland for LGBT young people

<https://lgbtyouth.org.uk/media/1354/life-in-scotland-for-lgbt-young-people.pdf>

#OurLives: Trans Youth in Focus

<https://www.youtube.com/watch?v=PivoF1SFBqk>





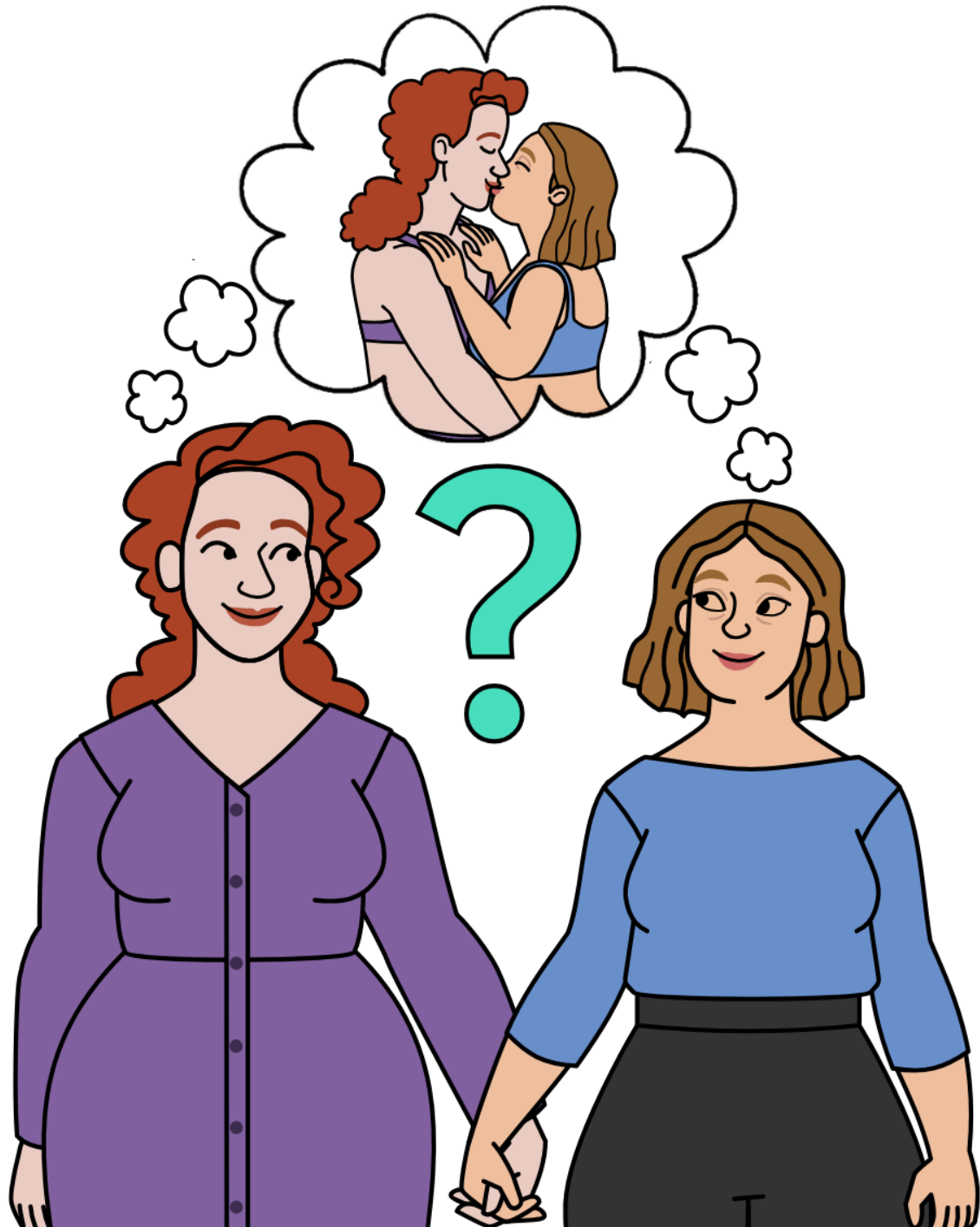
<https://www.youtube.com/watch?v=PnDgZuGihHs>



Lunch break



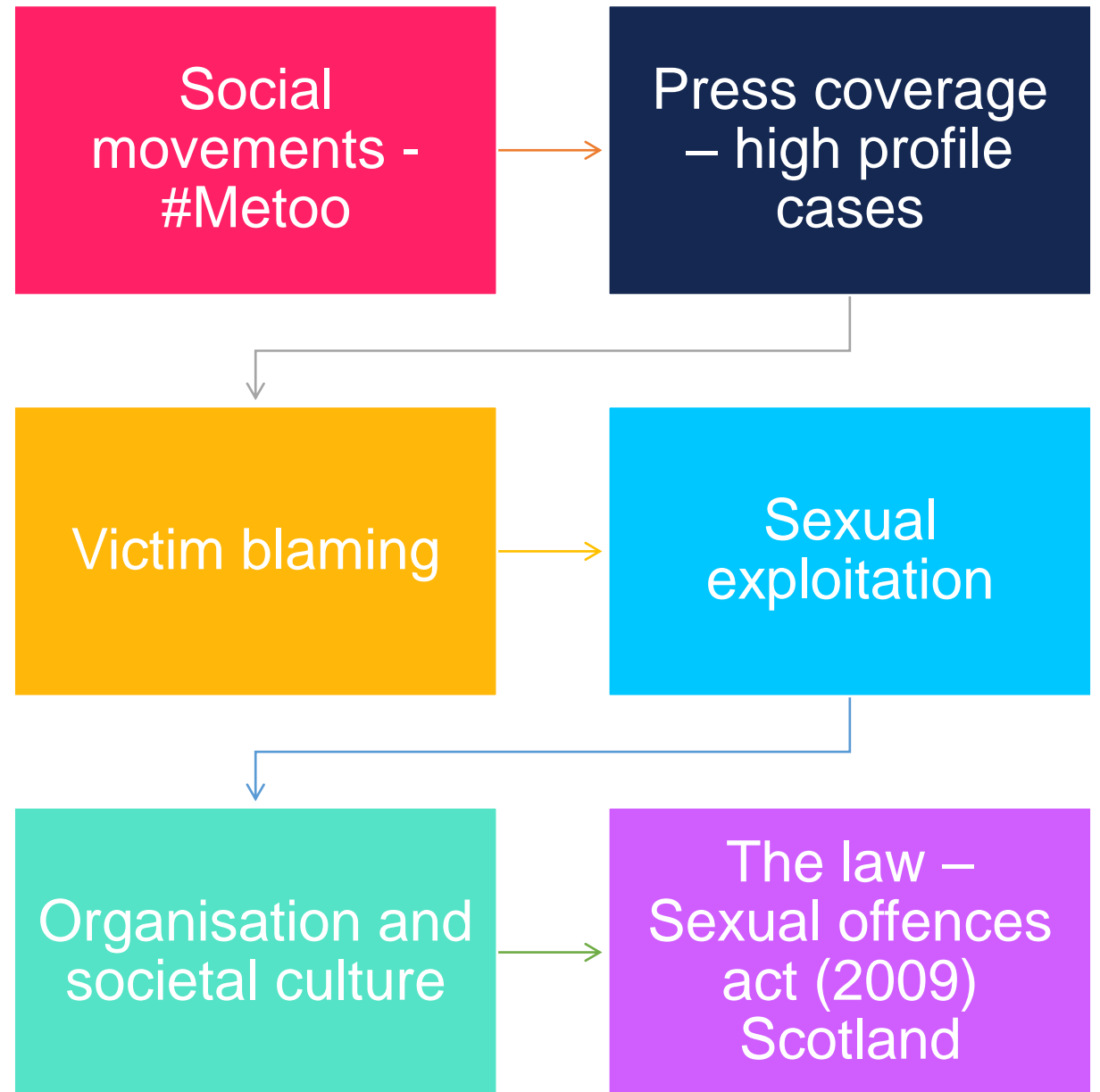
Recap group agreement



Let's talk about
sexual consent



How is our current understanding of consent shaped?



Sexual Consent and the law

In Scottish law consent is now defined as “free agreement”.

- Can you list up to 6 situations where a person may not be able to give proper consent?

Unable to give consent

- Drugs or alcohol
- Held against their will
- Asleep or unconscious
- Mental disorder where they do not have the capacity to consent.
- Being forced with fear of violence





What is free agreement?

Free agreement' is: willing, freely chosen, active, positive participation. It must be actively given at the time and not presumed. It can be withdrawn at any time, by anyone. For example, just because someone agreed to sex the last time, does not mean they have agreed to sex every time.



Rape

Rape, attempted rape and assault with intent to rape: 'rape' is when a penis is used to penetrate someone's vagina, anus or mouth without their consent (the person did not agree to it). The victim of the offence can be of any gender.



Sexual assault by penetration

.....is when the someone sexually penetrates the vagina or anus of another person without their consent. The penetration could involve a part of the attacker's body (for example a finger) or an object (for example a bottle or a vibrator).

The offence of '**sexual assault**' makes it a crime to do any of the following without the person's consent and any reasonable belief that they consented:

Penetrate	Sexually penetrate the vagina, anus or mouth
Touch	Sexually touch the victim
Engage in	Engage in any other form of sexual activity which results in physical contact with the victim, directly, through clothing, with a part of the body or an object
Ejaculate	Ejaculate semen onto the victim or urinate or emit saliva onto the victim sexually

What is the age of
consent in Scotland?

16 years old,
regardless of
sexual orientation or
gender

[Local Underage sexual activity
guidance](#)

[National Under-age Sexual
Activity Guidance](#)

For under aged sexual activity the law splits children into two groups

Older children are those who are **13, 14 or 15** years old, Sexual Offences (Scotland) Act 2009

Younger children are those who are **12 and under** (up to and including 12 but not yet 13)

Older group '**Teenage consensual sex**'

In some
circumstances the
age of consent
rises to 18 years

- It is an offence for a person in a position of trust (e.g. a teacher, youth worker or a carer) to engage in sexual activity with a child under the age of 18 or a person with a mental disorder.

Consent Activity



Play



Pause



Stop

In small groups (10 minutes)

‘Play’ means if you see/hear this, this person is consenting

‘Pause’ means if you see/hear this it’s not clear so pause and check it out

‘Stop’ means if you see/hear this they do not consent so you have to stop what you’re doing



The logo for 'Awkward Moments' is set against a square background split diagonally from the top-left to the bottom-right. The upper-left triangle is purple, and the lower-right triangle is cyan. The words 'Awkward Moments' are written in a bold, white, sans-serif font, slanted upwards to the right. The text has a thick black drop shadow, giving it a 3D appearance as if it's floating above the background.

**Awkward
Moments**

A sexual health campaign about consent

Targeting 16 – 19 year olds



[NHS Awkward Moments](#)

Key messages for
young people about
healthy
relationships
& consent

Key Messages for Young People on Healthy Relationships and Consent

A resource for professionals
working with young people



Key messages for consent....

Sought not
assumed

Under the
influence
Alcohol/Drugs

Consent for
each sexual
activity

Consent can be
withdrawn at
anytime

You need
consent in a
relationship

Check-in and
communicate
with your
partner

Enjoyment and
pleasure

Further Resources and support

Thinkuknow (CEOP Education)

Aimed at 14+ but also clear importance key messages for workers to refer to.

[Viewing pornography online](#)

Childline

For children 12+

[childline.org.uk](#)

Shore

A safe space for teenagers worried about sexual behaviours.

[shorespace.org.uk](#)



Tea & Consent

[\(199\) Tea and Consent - YouTube](#)







Lunch break



Recap group agreement



Ice breaker

Pornography and young people

Aim of session:

Explore how we can support young people who come into contact with pornography to become critical viewers and know where to seek support when it is needed



Content warning: This can be an emotive topic

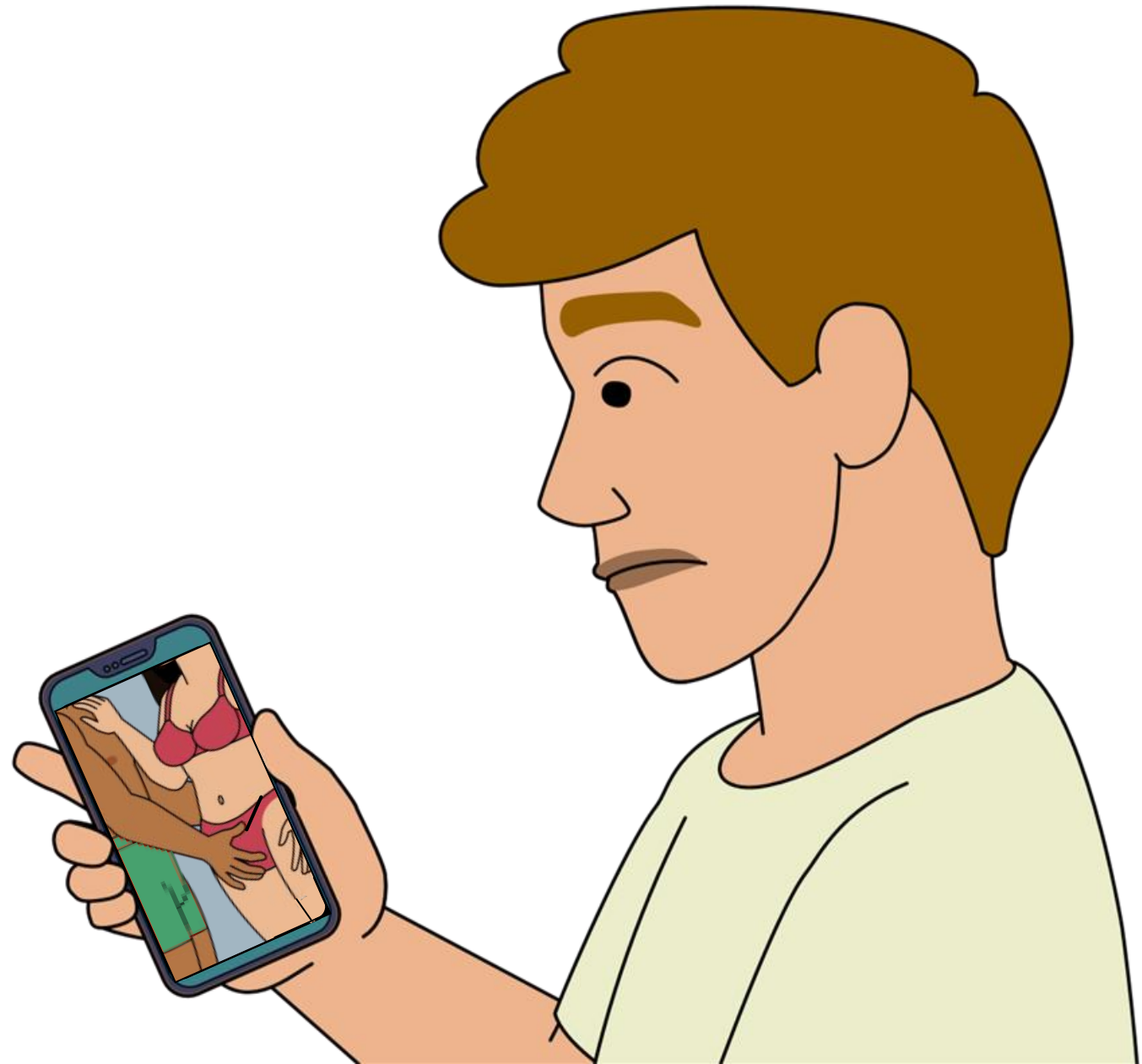


What is going on?

- High speed internet
- Content
- Access
- Self-generated

Underage Exposure

Can be defined
as any exposure
to porn before
age of 18.



"It isn't illegal for children and young people under 18 to watch porn, but it is against the law to show anyone under the age of 18 porn or give them access to it." - NSPCC



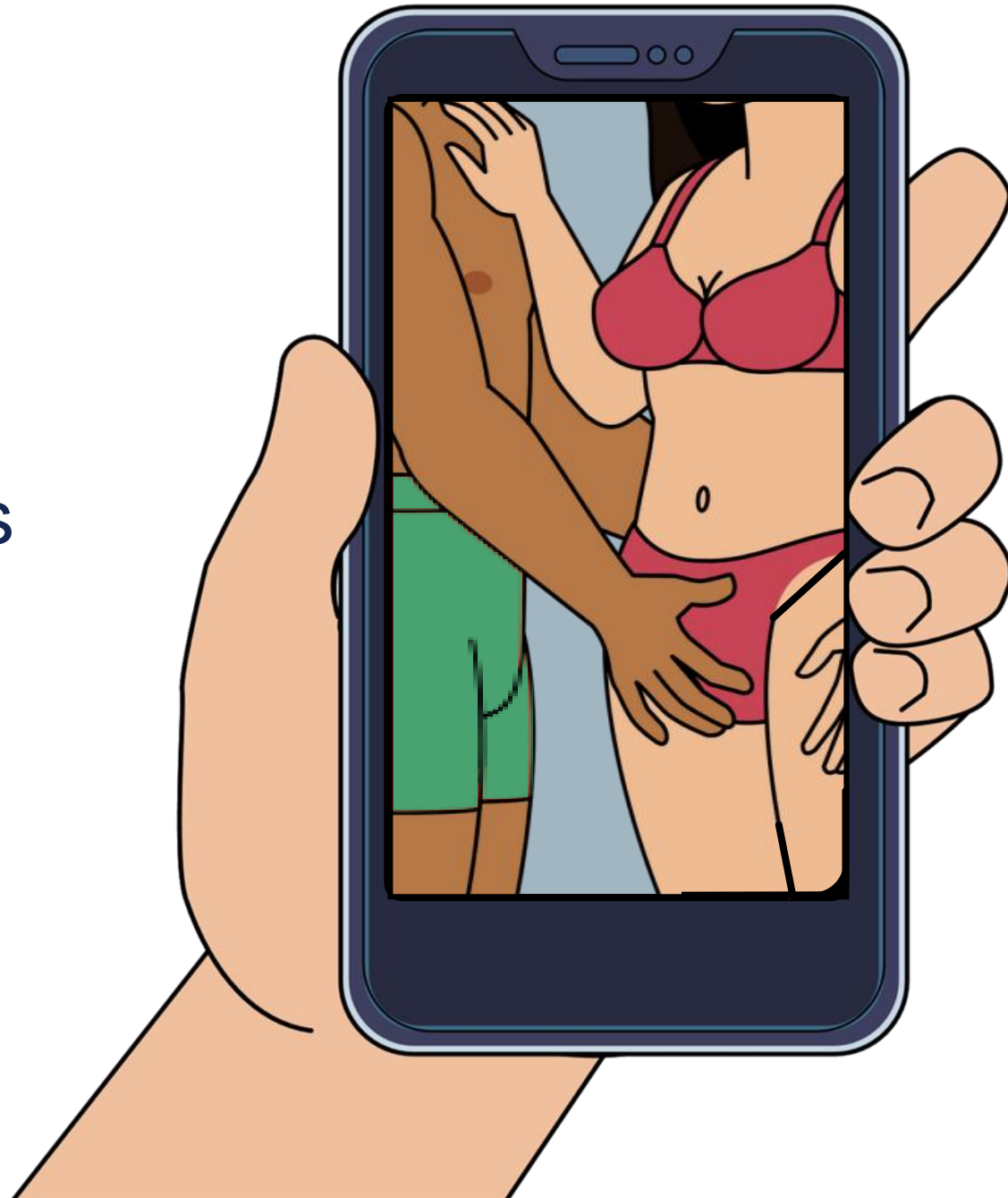
Discussion

- What are some of the reasons young people might watch porn?
- What might be some of the risks for young people watching porn?



Porn in the 21st century

- Prolific across social media
- Available on social platforms (Reddit, X, snapchat etc.)
- Free and easily accessed
- Socially more acceptable/mainstream



British Board of film research

- 62% of 11–13yrs who had seen pornography reporting that they stumbled across it unintentionally.
- 75% of parents did not believe their children had watched pornography (girls)
- LGBT young people (more likely to have early exposure)
- Violence (Choking) ([BBFC Sept '19](#))
- 47% of teens report seeing content online they wish they hadn't seen ([2020](#))



Calum (18, Manchester)

(Reflecting on his first time having sex)

“I thought it was going to be a lot rougher and I wouldn’t have to worry about hurting the girl, but it was completely different, and I had to be more careful.”

(Reflecting on a subsequent sexual experience)

“I just thought as if it was like a porn video, and I was like okay I can do what I want with this girl because whatever I do she is enjoying it.”

Quote from the BBFC study

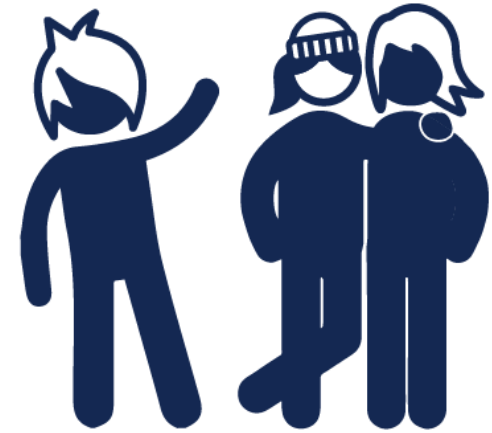


Research suggests

- Gender differences in exposure and access to pornography
- affects children and young people's values and beliefs about sex and sexuality
- Can play a destructive role in young people's understanding of healthy relationships

And pornography has been linked to...

- Unrealistic attitudes about sex
- Harmful ideas about consent and agency



YP & Porn: shaping attitudes and behaviours?



Specific issues for young women included...

- Pressure both to engage and not to engage in sexual and/or sexualised behaviour, with a range of negative consequences for failing to negotiate the 'appropriate' balance.
- Pressure to conform to unrealistic beauty standards which result in negative body image.



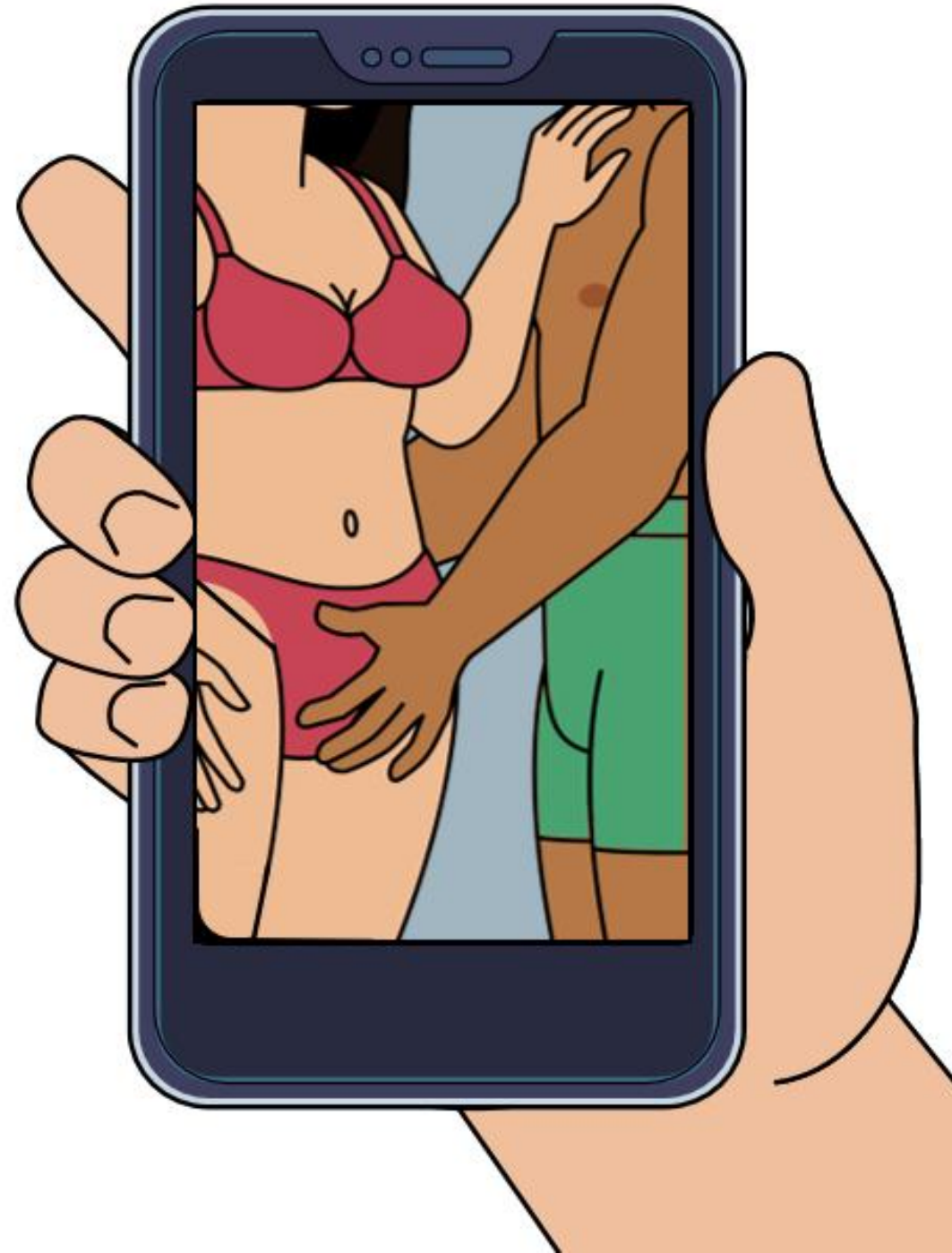
Specific issues for young men included...

- Pressure to conform to heterosexual male 'norms' of watching and approving of pornography
- Pressure to appear sexually experienced, which may lead to a rejection of sex education.



What porn can
young people
easily access?

Content warning





Ads are the worst, right? Join Pornhub Premium and never look back: 1080p, thousands of the best full length videos and no ads. Adblock users get a week free. ✕

Hey ladies, check out our new popular with women category. [Read about it on our blog »](#)

Hot Porn Videos In United Kingdom 🇬🇧

+ More Videos



HD 2:19

British escort gets 2 creampie

416K views 🍷 86%



HD 16:12

Innocent schoolgirl in braids gets
pounded & close up dripping

1.1M views 🍷 74% 🔒

Ads By Traffic Junky

Remove Ads



HD 14:58

No fair - Part 2! I got My revenge with
3 ruined orgasms!

670K views 🍷 73% 🔒



HD 9:08

HARDCORE ANAL FUCK WITH
ANAL CREAMPIE XXX

296K views 🍷 83% 🔒

Most Viewed Videos In United Kingdom 🇬🇧

+ More Videos



What titles are on page 1 and 2 of Porn Hub?

Incest

- Blonde **stepsister** tells **little brother** a bedtime story
- Devious **little sister** sucks **step bro's** cock
- **Mum** fucks in front of **daughter**
- Tricked little **step sister** into fuck and she loved it
- **Step dad** cons **step daughter** into photoshoot fuck

Underage/Teen

- **Innocent school** girl in braids gets pounded and close up dripping 1.1 million
- **Teen** flashing tits in crowded bar 167 K views
- Preggo **teens** first big black cock
- **Teen** girl gets her tight ass fucked

Pain/Extreme

- Her first **extreme** anal gangbang 24.7 K views
- "Stop you're in my ass" **painful** anal fucking 546K views

OnlyFans



Boost in popularity since Covid-19



Describes itself as social media that pays..



But what is it?.....

What is OnlyFans?

[onlyfansreport.pdf](#)

- **18+ online platform**
- users (fans) pay for content (photos, videos, livestreams)
- made by “creators” – usually YouTubers, fitness trainers, models, and other public figures.
- Been active since 2016 and currently has around [50 million registered users](#) (bringing in 7-8K new users per day)

Activity



Further Resources and support

Something else is on my mind? – Healthy Respect



Porn (pornography)

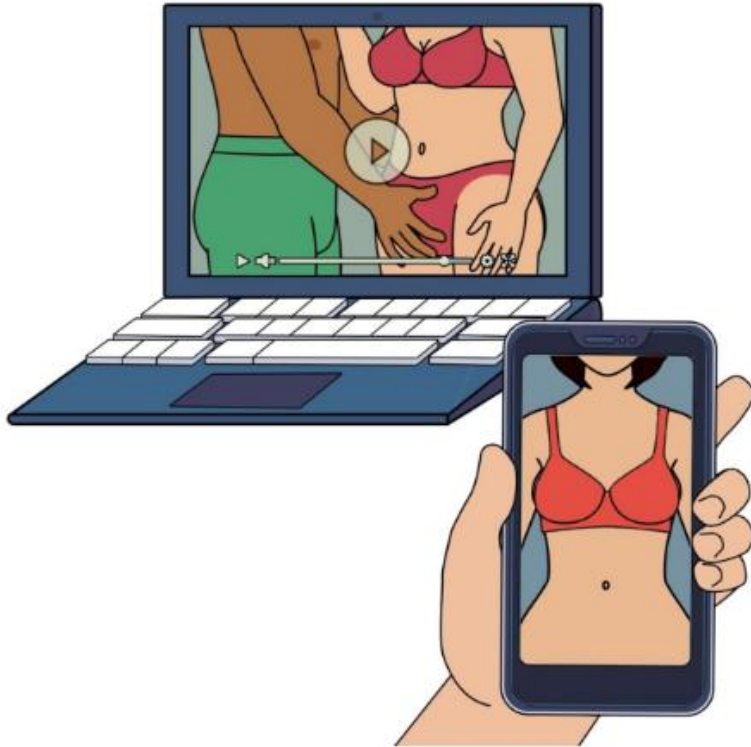


Something's not right



Sharing images (nudes)

Porn | Healthy Respect ETU



Porn (pornography) is any picture or video of private body parts or sexual touching made for sexual entertainment.





Working With Children And Young People Who Have Displayed Harmful Sexual Behaviour:

Evidence Based Guidance For Professionals Working With Children And Young People.

[Working with Children and Young People Who Have Displayed Harmful Sexual Behaviour: Evidence Based Guidance For Professionals Working with Children and Young People \(www.gov.scot\)](#)

The continuum of sexual behaviour in childhood

Normal	Inappropriate	Problematic	Abusive	Violent
Developmentally expected	Single instances of inappropriate sexual behaviour	Problematic and concerning behaviours	Victimising intent or outcome	Physically violent sexual abuse
Socially acceptable	Socially acceptable behaviour within peer group	Developmentally unusual and socially unexpected	Includes misuse of power	Highly intrusive
Consensual, mutual, reciprocal	Context for behaviour may be inappropriate	No overt elements of victimisation	Coercion and force to ensure victim compliance	Instrumental violence which is physiologically and/ or sexually arousing to the perpetrator
Shared decision making	Generally consensual and reciprocal	Consent issues may be unclear	Intrusive	Sadism
		May lack reciprocity or equal power	Informed consent lacking, or not able to be freely given by victim	
		May include levels of compulsivity	May include elements of expressive violence	

Teenage Sexual Behaviour (13-18)

Green	Amber	Red
<ul style="list-style-type: none"> Occasionally making light hearted sexual jokes with friends of a similar age Flirting or sending sexual images to someone the same age, if both consent Asking questions about sex and relationships Looking at online information about sex and relationships Masturbating at home, when alone in a private space Showing affection and experiencing physical intimacy, such as kissing, hugging and holding hands Sexual activity, including sexual touch, oral sex and penetrative sex amongst older consenting teenagers Not having sexual feelings or choosing not to experiment sexually 	<ul style="list-style-type: none"> Choosing to spend time viewing sexual pictures and videos over other hobbies and interests they enjoy Sending pornography to others Using overly sexualised language Exploring extreme sexual fetishes, involving physical harm or illegal behaviour Seeking sexual advice from untrustworthy sources such as pornography or unmoderated forums Willingly engaging in sexual activity with someone of a similar age during early adolescence Sharing sexual pictures or videos of themselves with someone of a similar age. This might be common, but can be risky and it is illegal to possess, make or share a sexual picture or video of someone under 18 	<ul style="list-style-type: none"> Taking or sharing sexual pictures of someone without their consent Having sexual conversations or sharing sexual images with children much younger than themselves or with those that are particularly vulnerable Pressuring other young people or children to do sexual things online or offline, using threats, force, constant hassling or other types of manipulation Having sexual interactions with strangers (adults or other young people) online or offline Looking at illegal sexual material, for example involving animals, children or extreme violence Having sexual contact with an animal Exposing their genitals in public or sending unsolicited pictures of their genitals to others

Support

Confidential

Group work & interventions for adults
18+

Advice and training

Expert consultation and assessment for
children (under 18) who have displayed
harmful sexual behaviour

[Scotland | Lucy Faithfull Foundation](#)

Stop It Now! Helpline **0800 1000 900**

The Stop It Now! helpline is available to anyone with any concerns or worries about child sexual abuse and its prevention. It is confidential and anonymous, with advice provided by child protection professionals. It can be used by parents and members of the public as well as professionals. Specific advice can be provided to anyone concerned about a young person's sexual behaviour. Adults can also receive support if they are worried about their own thoughts feelings and behaviours, or of those of someone known to them.

The helpline for free from the UK on **0808 1000 900**. Or you can use our live chat or send a secure email.

www.shorespace.org.uk

don't have to say who you are.

What to do if...

Close site



9

 EN ^

Someone
groom

You're in trouble
with the police
because of your
harmful sexual
behaviour

You're worried
about a friend being
sexually harmed

You're worried
about a friend's
sexual behaviour

You're worried
you've harmed
someone sex



 Get help

Resource Toolkit

Supporting young people to navigate social media safely and prevent violence



CONTENT



CONTACT



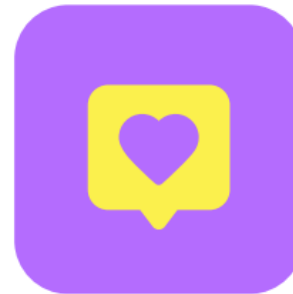
CONDUCT



CONTRACT



CYBERAGGRESSION



COMPULSION

Further Resources and support

Thinkuknow (CEOP Education)

Aimed at 14+ but also clear importance key messages for workers to refer to.

[Viewing pornography online](#)

Childline

For children 12+

[childline.org.uk](#)

Shore

A safe space for teenagers worried about sexual behaviours.

[shorespace.org.uk](#)



Further Resources and support

For parents/carers

[Worried about your child and online porn?
\(thinkuknow.co.uk\)](http://thinkuknow.co.uk)

[Online porn | NSPCC](#)

Culture Reframed builds resilience and resistance in young people to hypersexualized media and pornography

Great for reference, update information and campaigns

<https://www.culturereframed.org/>

Follow on twitter @CulturereFramed



Signposting young people to sexual health services?

Cloud

Word



In partnership with

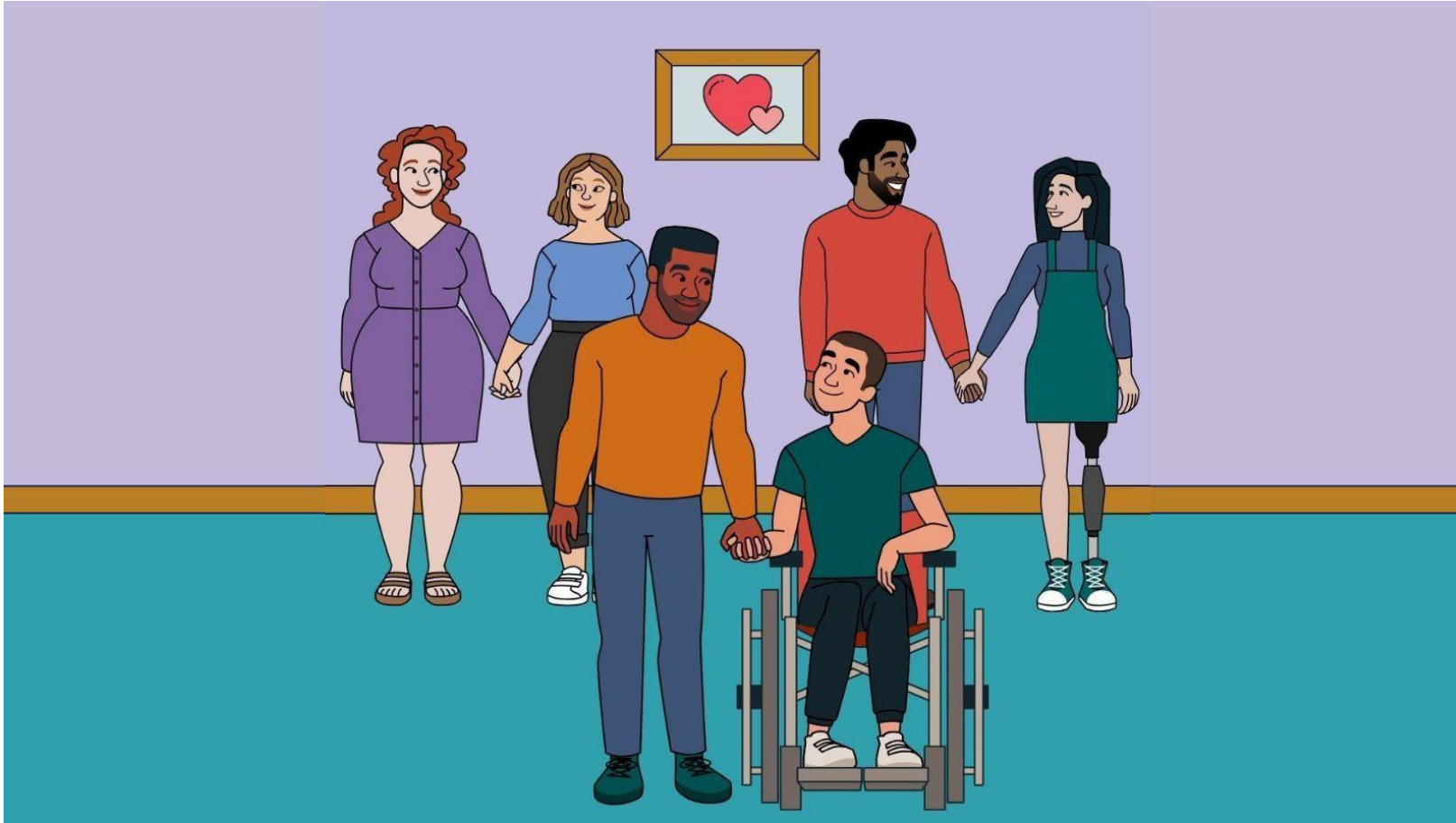


Bit of context

- Young people's use of sexual health services has been in decline
- The impact of the pandemic on young people's sexual wellbeing
- Gaps RSHP education widen even further
- Loss of relationships with trusted workers
- Attendance at sexual health clinical services in Lothian
- Scottish Government's SHBBV action plan



QUIZ



'Sexting' sharing images

- What age can you legally take, send or receive intimate images if consensual?
- 18 years



Sharing intimate images and consent

It is illegal to share images of people under the age of 18, even if they gave permission

We all have a responsibility to respect each others' privacy and consent

Think very carefully before asking for, or sending, intimate images

If you share an intimate image of yourself with another person you have a responsibility to make sure that you are happy to send it and you know the other person is happy to receive it.

NEVER share images, shared privately, with anyone else

If an image is shared without your consent, the person who did this has committed a crime and you have the right to report the matter to the police or tell another adult who you trust.

The age of consent in Scotland





Can a professional keep information about sexual activity confidential in respect to a young person under the age of 16?



Yes

- The child's **right to confidentiality must be maintained** where the circumstances indicate “**teenage consensual**” sexual activity.
- Child Protection – significant harm
- Assessment

[What to expect from services – Healthy Respect](#)

16 years old, regardless of sexual orientation or gender

[Local Underage sexual activity guidance](#)
[National Under-age Sexual Activity Guidance](#)

For under aged sexual activity the law splits children into two groups

Older children are those who are **13, 14 or 15** years old, Sexual Offences (Scotland) Act 2009

Younger children are those who are **12 and under** (up to and including 12 but not yet 13)

Older group '**Teenage consensual sex**'



It is an offence for a **person in a position of trust** (e.g. a teacher, youth worker or a carer) to engage in sexual activity with a child under

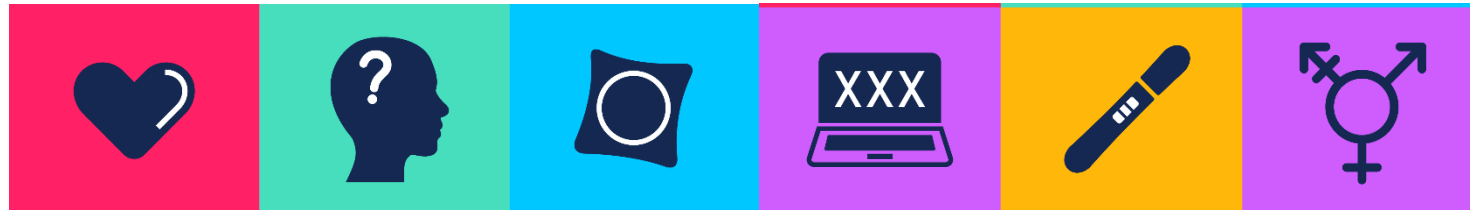


Can a young person get contraception under the age of 16 without their parents/carers being involved?

If young person has capacity
Is likely to continue with sexual activity
In their best interests



Sexual health services for young people



In partnership with



A sexual health service is a safe place:

- for young people to talk about relationships and sexual health.
- to talk to a trusted adult, such as a nurse, doctor or youth worker.



All identities welcome



Young people aged 13 and older have the right to:

- free, confidential sexual health help, advice and treatment.



Young people aged 13 and older can get:

- free condoms
- pregnancy testing and advice
- STI testing and treatment
- emergency contraception
- contraception (pill, implant, coil)



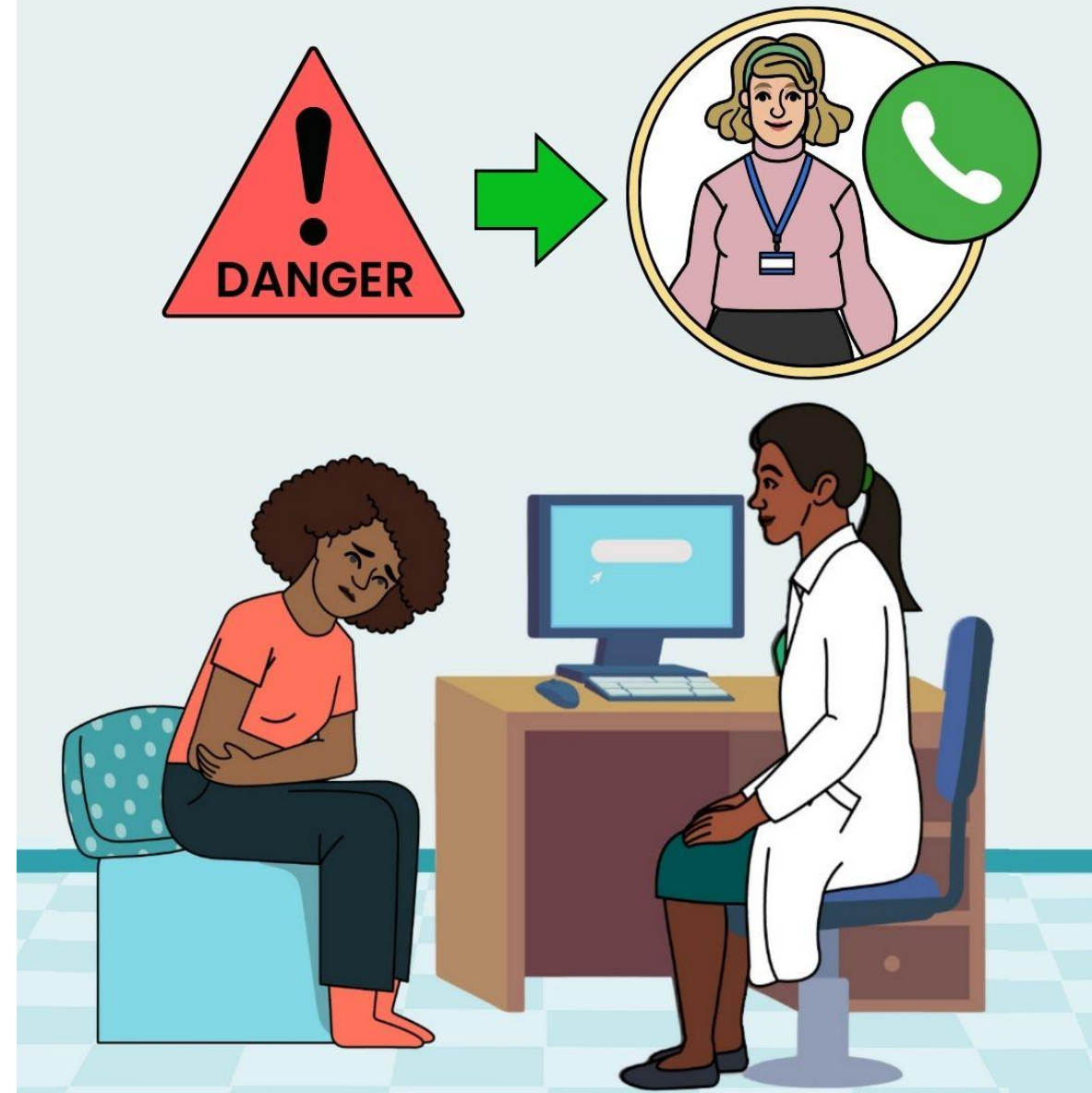
These services are confidential

This means the information you share with that service will stay private.

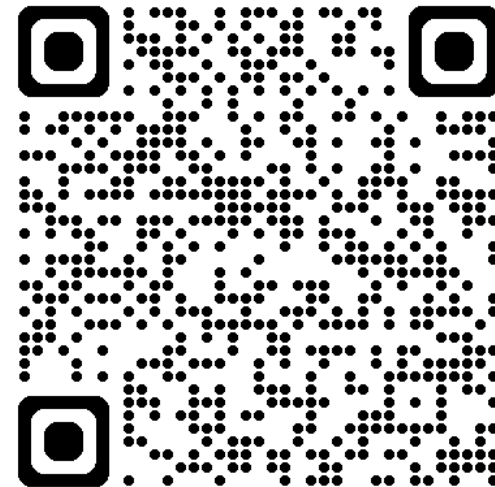
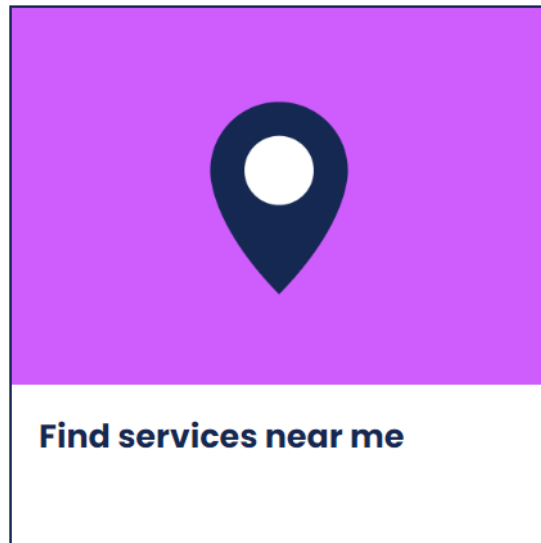


If the service thinks you are in danger or need further support, they may share some information with another professional to keep you safe.

Learn more about [confidentiality](#)



Where can young people find sexual health services?



Scan code or visit
bit.ly/services-lothian



Talk to a school nurse

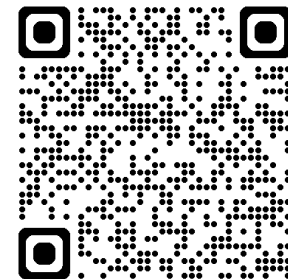
- NHS Lothian school nurse in every school.
- Get support, pregnancy testing and free condoms.
- They offer the same confidentiality.
- Ask your Pupil Support Leader about how to get an appointment.



Talk to a youth worker at a Healthy Respect drop-in



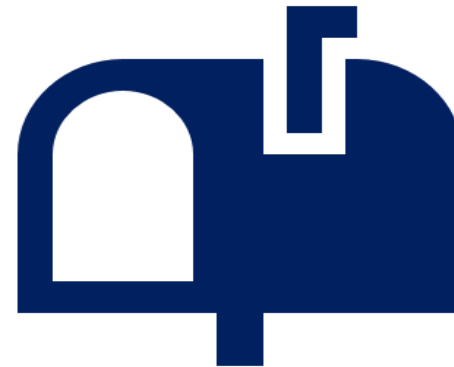
- Get support, pregnancy testing and free condoms.
- For more information choose 'Talk to a youth worker' from services list on [this page](#) or scan code



Get free condoms

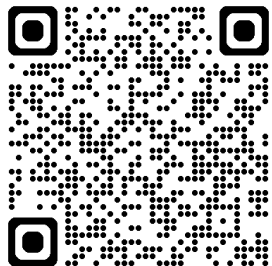


at c:card points

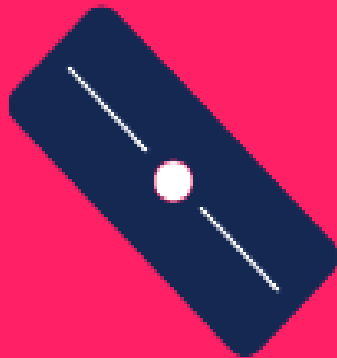


by post.

Scan code or [visit ccard.org.uk](https://ccard.org.uk)



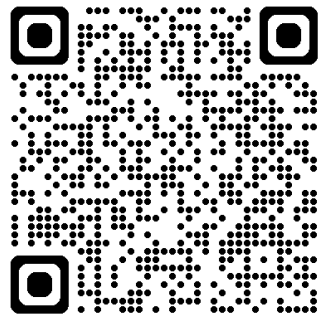
Get emergency contraception



**Emergency
contraception**

Free from any pharmacy or
Healthy Respect + clinic

Scan code or find more [here](#)



Healthy Respect + young people's clinics in Lothian.



- pregnancy testing and advice
- STI testing and treatment
- emergency contraception
- contraception (pill, implant, coil)
- Talk to a trusted adult –
Youthworker, Nurse or Doctor



2a Chalmers Street Edinburgh

Edinburgh

Healthy Respect + young people's clinic at Chalmers

For age 13-18

Monday to Thursdays
3:30pm to 7pm

Fridays 1pm – 3:30pm

There are no appointments, just come during the drop-in times.



Monday–Thursday

3.30pm–7pm

Friday

1pm–3.30pm

2a Chalmers Street Edinburgh

Edinburgh

Healthy Respect + young people's clinic at Pennywell

For age 13+

Pennywell All Care Centre

Fridays 1pm – 3:30pm

There are no appointments, just come during the drop-in times.



Monday–Thursday

3.30pm–7pm

Friday

1pm–3.30pm

East Lothian

Tranent Health Centre, Loch Road, EH33 2JX



Healthy Respect + young people's clinic at Tranent

For age 13+

Tranent Medical Practice

Tuesdays, 4:00pm to 5:00pm.

There are no appointments, just come during the drop-in times.

18 Croft Street Dalkeith

healthy
respect

Tuesdays

4pm-7pm

Fridays

1pm-4pm

Midlothian

Healthy Respect + young people's clinic at Croft St

For age 13+

Croft Street, Dalkeith

Tuesdays, 4pm – 7pm

Fridays, 1pm – 4pm

There are no appointments, just come during the drop-in times.

Image capture: Dec 2020 © 2024 Google

Please note this clinic is accessed via a set of stairs.

Talk to a trusted adult or call Chalmers Sexual Health Centre on 0131 536 1070 to seek support

Find services



[Bit.ly/services-lothian](https://bit.ly/services-lothian)



How can we increase young people's uptake of services?



The more relaxed we are about discussing RSHP with young people, the stigma and fear is lessened, and we can 'normalise' the use of services and accessing condoms.



Young people's uptake of sexual health services increase when information about services is shared in educational settings.

- **Keep** - What is something I'm already on the right track with?
- **Start** - What is something I will do differently now?
- **Stop** - What is something I will no longer do?



Keep
Start
Stop

LAYC Training Course:

Healthy Respect: Young People's Sexual Health - Core (Thursday 30
January 2025, 9:15am - 3:30pm)

Thank you for attending this course.

It is very important for us to gather feedback on our courses,
please scan below for our survey form:



<https://www.laycbookings.org.uk/evaluations/submit/8e4ddb>

Thank you



Keep up to date with **information** and **training** on relationships, sexual health and parenthood.



Join our Network
bit.ly/Network-HR

