

Sexual Health D&G Multi Agency Newsletter



Issue 37
April 2019

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Child Sexual Exploitation: It Happens Here

A Child Sexual Exploitation (CSE) Awareness Raising Campaign was launched in Dumfries and Galloway in March to coincide with National CSE Awareness Day. Developed with partners from NHS, Council and Police, the campaign is running in partnership with NSPCC Scotland.

The campaign – **It Happens Here** – will highlight the issue of CSE among **children, young people, parents, carers, practitioners and the wider community**. It will also detail how to spot the signs of this type of abuse and where to go for help and include a preventative approach. This will **encourage children and young people to think about what a healthy relationship looks like** and to **encourage them to speak out** if they have concerns or feel like they are being forced to do something they are not comfortable with.

The campaign will make use of printed materials, traditional media, social media as well as various face-to-face sessions within schools, youth work sessions, leisure and sport sessions and community events. Look out for the bus and radio adverts and posters and leaflets in public places.

More information regarding Child Sexual Exploitation will be available on the new Public Protection [Partnership Website](#)

Sexual Health Training for 2019

Multi Agency Sexual Health (MASH) Tier 1

Wednesday 1st May 2019
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)

Wake up to – Sexual Risky Behaviour (MASH Tier 2)

Thursday 7th November 2019
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

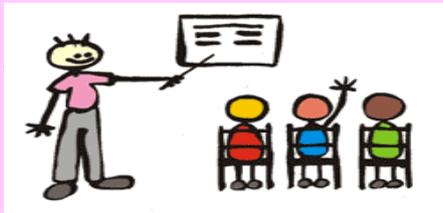
FREE MOTIVATIONAL INTERVIEWING TASTER SESSIONS

Sexual Health D&G Meeting Room

Thursday 30th May 2019	1.00—3.00pm
Thursday 28th November 2019	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.**

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.



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 June 2019

1.30 –3.30pm

Thursday 26th Sept 2019

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.**

SEXUAL HEALTH TASTER SESSIONS

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

Thursday 31st Oct 2019

1.30 –3.30pm

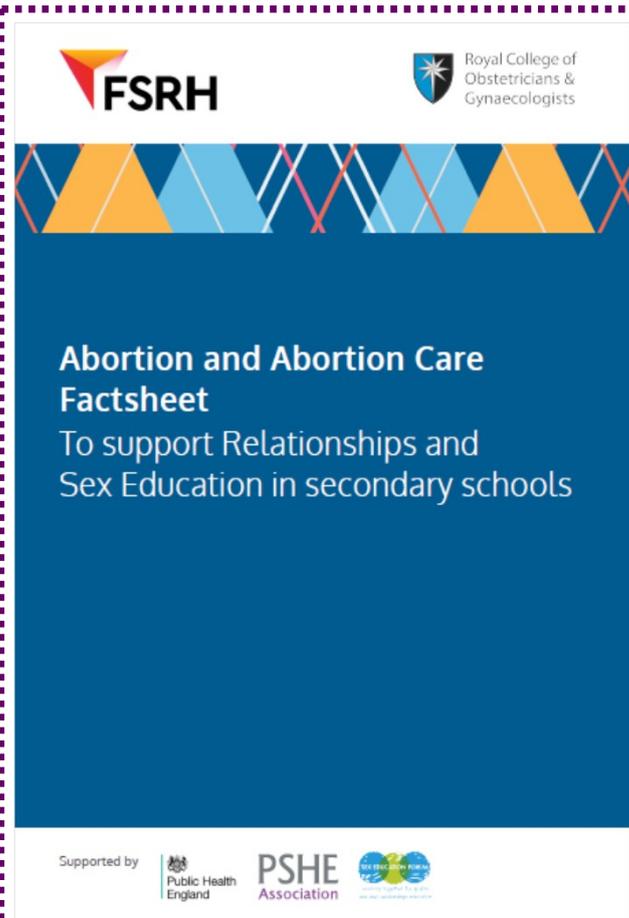
Aims:

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

All sessions above are free of charge. For further information or to apply please contact adele.hannah@nhs.net

What is the right age to lose your virginity?

The Natsal –3 survey has suggested **having sex too soon is the biggest regret of young people losing their virginity**. More than a third of women and a quarter of men in their teens and early 20s admitted it had not been "the right time" when they first had sex. People in the UK must be 16 and over to legally consent to sex. **The responses showed that nearly 40% of young women and 26% of young men did not feel that their first sexual experience had happened "at the right time"**. Read more [here](#).



The Faculty of Sexual and Reproductive Healthcare (FSRH) and the Royal College of Obstetricians and Gynaecologists (RCOG) have **launched a free educational resource on abortion care to support teachers with relationships and sex education (RSE) lessons in secondary schools in the UK**.

The joint FSRH-RCOG leaflet aims to ensure that professionals involved in educating young people have a factually accurate, unbiased and evidence-based source of information about abortion care in the UK. **The leaflet counters myths such as that abortion causes infertility, breast cancer and mental illness.**

Find resource [here](#):

Condom handouts in schools prevent STIs without encouraging sex.

UN study finds **misgivings over impact of condom distribution in secondary schools are misplaced**. According to a major review by the UN Population Fund (UNFPA), **giving out condoms in secondary schools does not increase sexual activity, or encourage young people to have sex at an earlier age**. The research, thought to be the largest review of scientific literature on the issue, found that **introducing condoms to schools reduced sexually transmitted infections (STIs)**. The researchers concluded that once condom programmes are in place in schools, students use them – and that **this improves sexual health**.

The Biggest Wellness Trend For 2019? Female Pleasure.

Typically vibrators or lube would not be part of the beauty regime, but soon may be. **Sexual pleasure products** have been infiltrating the wellness and beauty scenes recently and **are slowly becoming daily care necessities**, much like a good under-eye cream or body oil.

Although demand for sex products is universal, historically very few brands have spoken honestly and respectfully to women about their sex lives. Nowadays, as society challenges taboos around sex products like sex toys, condoms and lube are no longer exclusive to sex shops or the pharmacy's "family planning" aisle. **According to a recent study by the market research firm Technavio, the sexual wellness industry is growing exponentially and will be worth \$32 billion in 2019 – it's true what they say, sex sells** – and the 2018 Global Wellness Summit Report states that "sexual pleasure brands are strongly aligning themselves with wellness, and sex is fast shedding its taboo status." Read more [here](#).



Men want to use a contraceptive pill

The Pill has been a constant part of the lives of millions of British women for more than half a century. The female hormonal contraceptive pill was introduced on the NHS in 1961—for married women. In 1967, the pill became available to all. It is now taken by 33 per cent of British sexually active women.

Polling shows over a third of men would want to take it, and research trials are looking positive. Clinical trials for the introduction of a male contraceptive pill or gel have been underway for a while. The most promising drug, dimethandroline undecanoate (DMAU), safely combines an androgen, such as testosterone, with progestin, **reducing production of sperm. It works similarly to the combined pill, with few side effects.** Longer-term studies are underway to ensure its safety, with introduction potentially being possible in 5 years. Read more [here](#).

Victims Of Contraceptive Control

According to the United Nations and the WHO, all women should get to decide when or whether to start a family, to keep or terminate a pregnancy, and what contraception they want to use – if they want to use any at all. **This is called 'reproductive autonomy'**. Yet repeatedly these internationally accepted human rights are being violated by controlling partners, intrusive family members and patriarchal powers. **A study published in *BMJ Sexual & Reproductive Health* has found that as many as one in four women accessing sexual and reproductive healthcare services say they are not allowed to take control of their own reproductive lives.** Read more [here](#):

New campaign challenges online child sex predators

Targeting kids online
for sex?



How will it affect
your family?

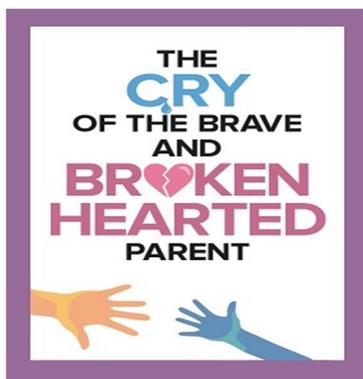
If you are offending
or at risk of offending,
you risk losing **everything**.

Get help. Talk to **#StopItNow**.

www.stopitnow.org.uk/scotland
0808 1000 900



A new campaign will directly address sex predators who target children online as it emerged police detected nearly 1,600 crimes in just 11 months. The figures were revealed ahead of #StopItNow which asks offenders how their family, employers and the wider public would view their actions online. **Almost 70% of crimes between April last year and February were detected and resulted in arrests.** Read more [here](#)



For CSE day ,18th March 2019, Parents against Child Exploitation (PACE) shared this booklet, compiled and produced by parents affected by CSE. The project came about when one particular parent decided to collate the voices of other parents, after they heard parallels in what was being said. **The book was dedicated to all children everywhere, whose vulnerability is living in a world of sexual predators.** [Link to book.](#) [Link to PACE](#)



Help us **Close the Loophole**
in the law that's putting
16 and **17** year olds at risk.

#CloseTheLoophole

The NSPCC is calling for all adults working with children to be covered by the law, to stop children being preyed upon as soon as they turn 16.

At present only people such as teachers, care workers and youth justice workers are legally in a position of trust, meaning it is against the law for them to have sex with 16 or 17-year-olds that they supervise. [Read more here.](#)

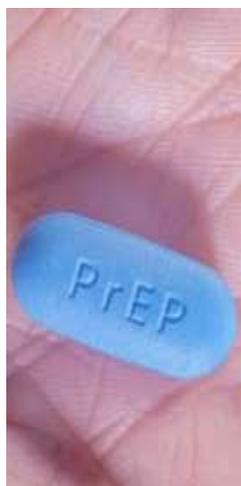
HPS release HIV PrEP implementation report

On 26 February 2019, Health Protection Scotland (HPS) published the 'Implementation of HIV PrEP in Scotland: First Year Report' on behalf of the HIV PrEP National Coordination Group. Scotland is one of the first countries worldwide to have successfully established a HIV PrEP (HIV Pre-Exposure Prophylaxis) service which is national, free and, to date, generally accessible to most deemed at highest risk of acquiring HIV.

Implementation has been very successful with 1,872 individuals, 99% of whom are MSM, being prescribed PrEP at least once in the first year of the Scottish NHS PrEP programme in 11 of the 14 NHS boards. Importantly, around one-fifth of those prescribed PrEP attended sexual health services for the very first time or for the first time in the previous 10 years. While it is too early to draw informed conclusions on the impact of PrEP on HIV and other sexually transmitted infections, the early signs, in relation to HIV, are favourable. [Read Summary here](#)

Scotland urged to eliminate new HIV transmissions by 2030

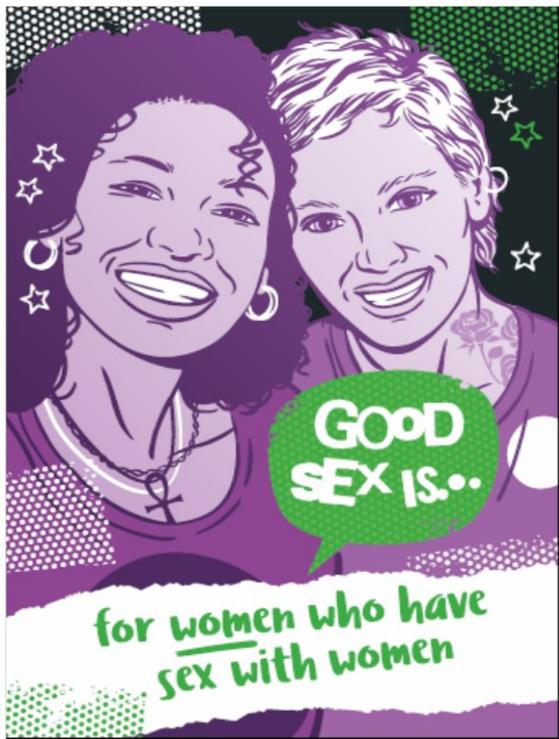
Scotland has a chance to eliminate new cases of HIV if it avoids complacency in the fight against the virus, according to a charity. A new strategy by HIV Scotland is aiming to reach zero new transmissions by 2030. **It is taken by people who are HIV-negative and has been shown to reduce the risk of infection by about 86%.** [Read more here](#)



New editions of *The basics* leaflets

NAM aidsmap has recently updated nine titles from its series of leaflets, *The basics*. These illustrated leaflets provide a simple and easy-to-understand introduction to key HIV issues. **The updated leaflets include Undetectable viral load, Having a baby and Hepatitis C treatment. A new leaflet - Undetectable viral load and HIV transmission - is also available.** [Download here](#)





New Good Sex guide for women who have sex with women

This guide uses medically accurate information **written in plain language to help young people make informed choices.** It focuses on pleasure and consent throughout, reinforced with advice about safer sex practises and how to access relevant resources. **The guide was written in consultation with young people across Scotland and in partnership with Healthy Respect (NHS Lothian) and NHS Greater Glasgow & Clyde.** It is the first guide of its kind in Scotland and was created in response to young people seeking information they felt they weren't getting elsewhere.

[Download here](#)



Chemsex - more than just sex and drugs

Adfam in partnership with London Friend, the UK's oldest LGBT health and wellbeing charity, and their drug and alcohol support service Antidote, have launched this excellent new online resource. **It provides information and advice for families, friends, and partners of LGBT people using alcohol, drugs or engaged in chemsex.**

[Download here](#)

International Day Against Homophobia, Transphobia and Biphobia (IDAHO) - Friday 17th May 2019



The founders of the 'International Day Against Homophobia', as it was originally known, established the IDAHO Committee to coordinate grass-roots actions in different countries, to promote the day and to lobby for official recognition on May 17.

That date was chosen to commemorate the decision to remove homosexuality from the International Classification of Diseases of the World Health Organization (WHO) in 1990. The day aims to coordinate international events that raise awareness of LGBT rights violations and stimulate interest in LGBT rights work worldwide. **By 2016, the commemorations had taken place in 132 countries across the globe.** [Read more here](#)

New Domestic Abuse Law for Scotland

On 1st April 2019 a new Domestic Abuse Law came into force in Scotland. The law now recognises psychological harm, as well as physical harm, as an offence. This means that abusers engaging in patterns of coercive and controlling behaviour (behaviour that has taken place on two or more occasions) can now be punished by law.

Where to get support

If you, or someone you know, needs support there is help available:

0800 027 1234

Scotland's Domestic Abuse Helpline

To speak to trained helpline workers' 24 hours a day, 7 days a week.

Anyone can call the helpline. They will help you regardless of age, gender, disability, sexual orientation, nationality or background.

999

Police Emergency

To report immediate danger of harm

101

Local Police

For non-emergency police contact

You can also call these specialist numbers:

0808 800 0024

Abused Men in Scotland (AMIS)

National helpline to support abused men

08088 01 03 02

Rape Crisis Scotland

Support for anyone affected by sexual violence

0300 999 5428

LGBT Youth Scotland

Help for LGBT people experiencing abuse

0131 624 7266

Fearless

Support for victims of domestic abuse who identify as male or from the LGBT+ Community

0800 83 85 87

Breathing Space

Helpline for people feeling down or depressed

0800 5999 247

Karma Nirvana

Support for victims of domestic abuse, forced marriage and honour based abuse

0141 353 0859

Hemat Gryffe

Support for Asian, black and minority ethnic women

0131 475 2399

SHAKTI Women's Aid

Help for black minority ethnic (BME) women

Domestic Abuse helpline:

0800 027 1234





*I didn't want to...
but he asked me
to be nice to his
friends...*

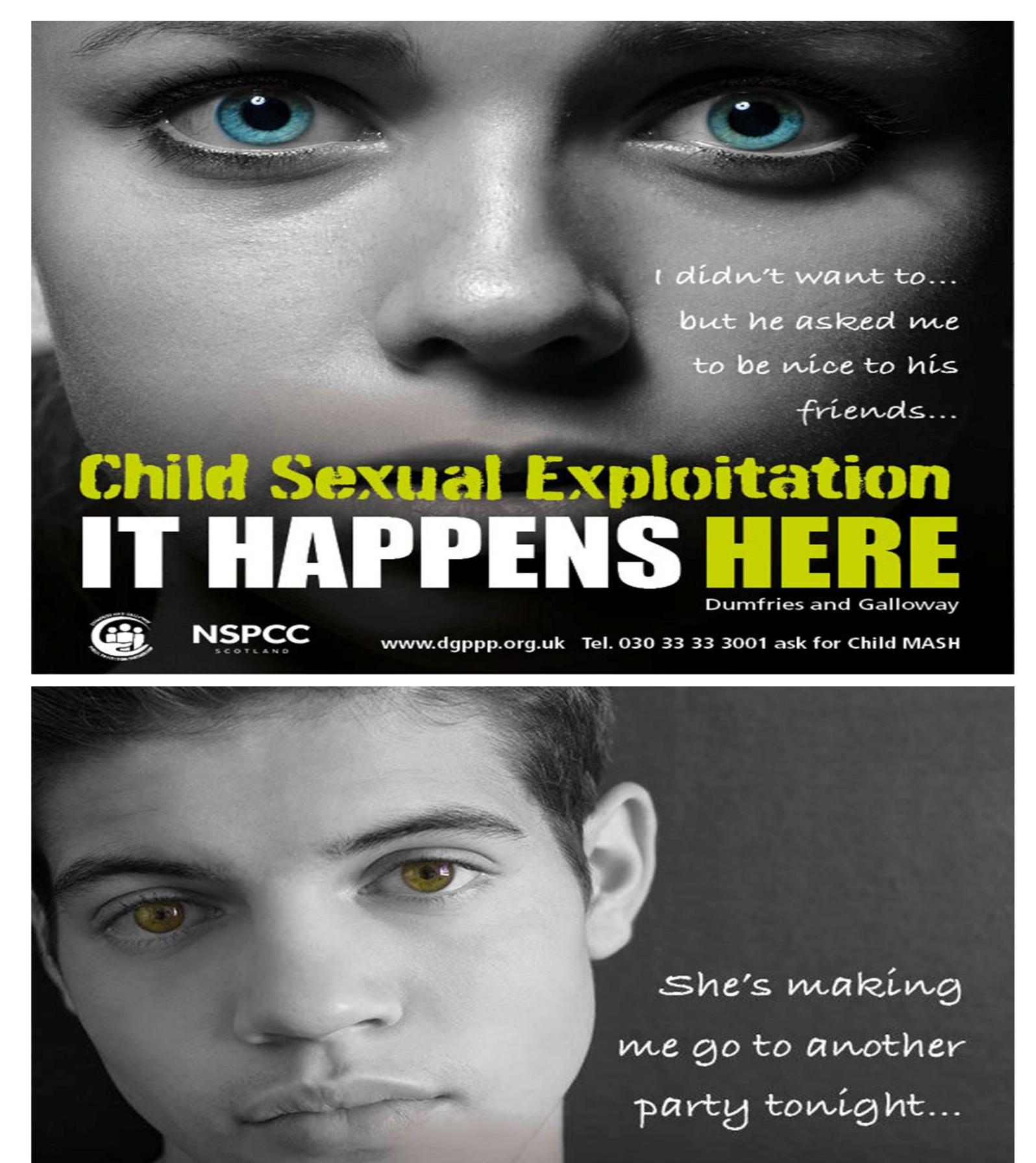
Child Sexual Exploitation
IT HAPPENS HERE

Dumfries and Galloway



NSPCC
SCOTLAND

www.dgppp.org.uk Tel. 030 33 33 3001 ask for Child MASH



*She's making
me go to another
party tonight...*

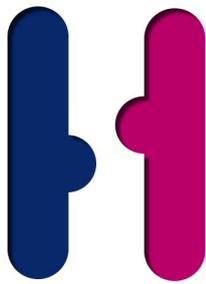
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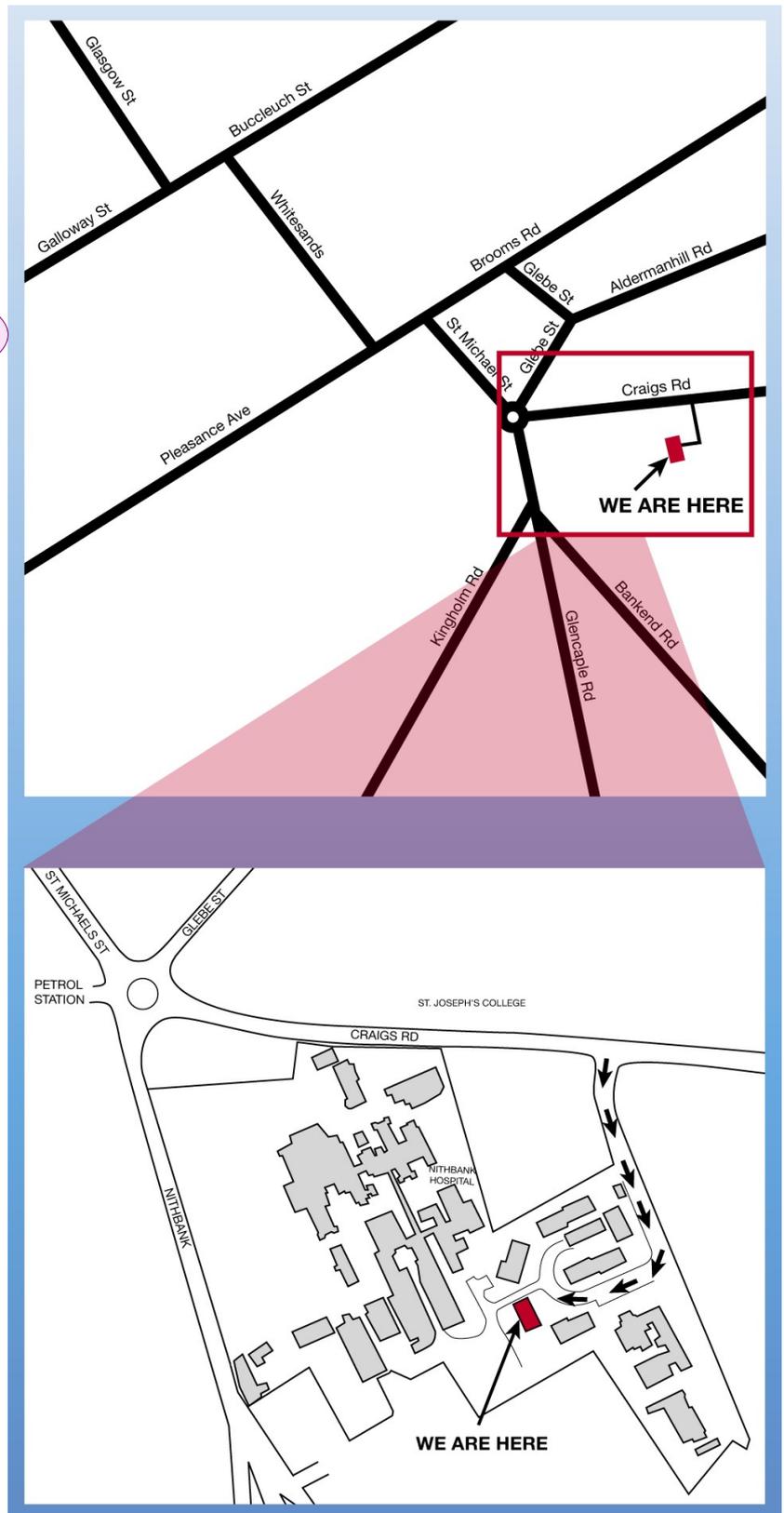
www.sexualhealthdg.co.uk

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

Send us your news for next issue, due Aug 2019