



UPDATE

Sexual Health Services
Young People Can Trust



Valentine's Day is just around the corner and provides a perfect opportunity to talk to young people about relationships. The professionals section of the 4YP website has a 'toolkit' full of resource packs that might be useful if you're planning activities. There is even one themed around Valentine's: <http://www.4ypbristol.co.uk/toolkit>.

In other news, the 4YP team have met to plan out work for 2010/11 based on some social marketing research we conducted last year. For more details on the results and our next steps check out page 4 of the newsletter.

The 4YP Team

Got it Covered?

From 1 – 15 March 2010, the national campaign will be working in Bristol to run a campaign to increase condom carrying amongst 16-24 year olds. Research shows that young people often have unprotected sex because they don't have a condom on them when they need one. The campaign, 'Got it Covered', centres around the concept of a "big night out" and is designed to encourage young people to make sure they are prepared and in control. Activities will run on the first two weekends in March (6th and 13th) and include advertising on KISS FM, a Q-jump scheme in nightclubs and promotional give-aways in hair salons, local FE colleges and bars.

If you would like any further information please email jboydell@connexionswest.org.uk.

New Young Fathers Website

'Young People in Focus' (formerly the Trust for the Study of Adolescence) have produced a new micro-site for professionals working with young fathers.

It contains new case studies and articles on one-to-one and group work. There is also information about two Young Fathers conferences in York Novotel (11 March) and London N7 (25 March).

<http://www.youngfathers.net/>

Bristol
condom
campaign

Young fathers
website

FGM
campaign
update

Chlamydia
testing

New partner
violence
campaign

Beeping
babies course

Domestic
Violence
campaign



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Protecting girls from genital mutilation in Bristol

National campaign group FORWARD have been awarded a £30,000 contract to work with Bristol communities to help support girls and women who may be at risk of female genital mutilation (FGM).

Forward will be working with community groups, training local advocates, talking to young people, running a pilot drop-in advice centre and providing feedback and training to health workers to improve services. Read more here:

<http://www.voscur.org/sites/all/modules/civCRM/extern/url.php?u=1524&qid=3151>

Avon Chlamydia Testing Needs Your Help

Avon Chlamydia Testing are fast approaching the end of March deadline for 2009-10 Chlamydia testing. Their target is to test 25% of 15-24 year olds in Bristol. That's over 18,000 tests. With just over two months to go, they need everyone's help to meet the target.

If you have professional contact with young people aged 15-24, please make sure you offer them a test. This also fits with the new national campaign adverts you might have seen on TV that encourage young people to accept a test if offered one.

Tests can be ordered by calling the Avon Chlamydia Testing Service on 0845 180 0050 or by email to csp.avon@nhs.net. Tests can also be ordered online at www.freetest.me.uk

The messages are that Chlamydia is invisible, it is serious and is easily spread. They need to get tested every year and whenever they change sexual partner. Tests are free and confidential and it only takes a wee in a pot or a self taken swab for females.

Teen partner violence campaign launching 15 February 2010

The government is launching a marketing campaign to tackle attitudes to violence in teenage relationships on 15 February 2010. Recent NSPCC research showed that violence in teenage relationships is highly prevalent and that teenagers have surprisingly tolerant attitudes to violence in relationships. Evidence also shows that coercive and controlling behaviour can escalate into both physical and sexual violence and lead to repeat instances.

You can promote the campaign by downloading the campaign posters and leaflets and displaying in waiting rooms and where relevant. For more information follow the links below:

Professionals can find out more at www.crimereduction.homeoffice.gov.uk

Teens can find out more at www.direct.gov.uk/thisisabuse

Parents can find out more at www.direct.gov.uk/spotteenabuse



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Fairbridge Beeping Babies course

Young people's charity, Fairbridge, have just completed their annual 'Beeping Babies' course that aims to educate young people on the huge responsibility of parenthood and safe, healthy sexual relationships. It takes a week to complete and includes an overnight residential where each young person is given a 'beeping' baby to care for. The 4YP team met with the young people involved to hear what they thought of the course:

'At the start of the course I thought I'd be able to do it but it was harder than I thought... now I know I'm not ready because you need to be emotionally stable to have a child. It's also taught me that my friend (who has a child) needs my support.'

'Budgeting was helpful and we liked making the roast dinner for each other.... It was good to learn what it's actually like to have a child.... I'm going to tell my mates to do the course.'

'If I had the money now I would have a child but now I know I need to do more education and earn money.'

For more information contact Carmen at Fairbridge on 0117 942 5362



Bristol domestic violence campaign launch

According to the 2008 Quality of Life Survey, 18% of Bristol residents think that domestic violence and abuse is a private matter. With Valentine's Day approaching, Safer Bristol and Bristol NHS Public Health team have joined forces to encourage people to get involved and report it if they suspect domestic violence and abuse is happening.

The 'Helping Hands' campaign will take to the streets of Bristol on Friday 12th February at five locations across the city with stalls giving away hot chocolate, helping hands keyrings, and tips and hints on signs and symptoms of domestic violence and abuse, and where to go for help and advice. Visitors to the stalls can also cut out a hand print and write up their message of hope for the future.

Visit <http://www.bdaf.org.uk/> for more information on services in Bristol.



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Social marketing results: Teen pregnancy in Bristol

Social marketing agency, Uscreates, were commissioned last year to research the issue of teenage pregnancy in Bristol. Using tools such as a 'big brother diary room' they engaged young people in discussions around relationships and sex but also what it's like to be a teen in Bristol. The results helped provide an insight into why teenagers have sex in the first place, why sex might be unprotected and why some chose to become young parents.

What they found was a multi-layered picture of many different issues and influences. A summary of the findings will soon be found on the 4YP website but include the influence of peers, older friends and partners and lack of realistic aspirations amongst some young people. They also found that many young people know young parents and this has an influence on their decisions.

The results of the research have been presented to key stakeholders across Bristol City Council, Connexions, NHS Bristol and other local organisations and as a result work will begin on tackling some of these issues. Plans are already in place to help:

- Equip young people with the negotiation skills and confidence to stand up to the pressures they are under
- Raise their aspirations and ensure that professionals and parents are confident to support and advise young people
- Involve young people in the development of projects and services and look into the possibility of having young people act as peer educators
- Develop a tool that identifies young people most at risk of teenage pregnancy and signpost them onto appropriate interventions or projects
- Promote 4YP Bristol services to young people and continue to improve the quality of those services
- Continue to improve sex education in schools, colleges and community settings
- Develop our parents' project so that mums and/or dads feel confident talking to their children about relationships and sex
- Improve and promote our multi-agency training for professionals

For a full summary of the research visit: <http://www.4ypbristol.co.uk/toolkit>



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'Pleased to meet...' gives you the chance to meet professionals and young people working on sexual health in Bristol. This month we meet **Rhiannon Lloyd**, a Lecturer on New Options course and Prince's Trust Team Programme who talks about how she's integrated sex education into her lessons.

I have been working at City of Bristol College for over 10 years now doing various roles. I started by working as a Personal Support Worker, then changed to become a full time lecturer. I work predominantly with 16 - 19 year olds who for various reasons haven't succeeded in education but who are bright and enthusiastic. Both the New Options course and the Prince's Trust Programme were designed to build the confidence and self-esteem of these young people to allow them to re-engage and achieve their potential. I love my job and particularly enjoy working with the students.

One of the elements of the New Options course is based around the students completing assignments which will allow them to build their Literacy and Numeracy skills whilst developing their knowledge about issues which may affect their lives. One of the Literacy assignments is about Sexual Health and teenage pregnancy. The students have to research a chosen STI and then create a leaflet about the STI – what it is, its causes, treatment and prevention. The leaflet has to be designed in a way so that it would appeal to young people. They have to attend a BROOK session which gives the students information about contraception and STIs. They have to design a poster to promote safer sex and using condoms. Finally, they have to take part in a debate about sex before marriage, love and one night stands. Through the debate, lots of the young people raised the point that sex education would've been much better if they had had it earlier on and in more detail.

The Prince's Trust Team Programme has also introduced a 3 hour session on Personal Health which includes information about sexual health. Again there is a big demand and keen interest from the students who fully participate in the session.

All the work has brought to light many issues for the young people who had never really had the opportunity to talk about sex before in an open and honest way. It has helped to raise awareness of how simple it is to get tested for some of the STIs and how easy and effective the treatment is. Being able to issue Chlamydia tests has been a very important tool in making sure young people get tested. Some of the young people I work with still feel embarrassed about asking for the tests from people they don't know and wouldn't go to the doctors/clinic to get a test. They have built up a relationship of trust with me that allows them to come discuss any concerns around the subject they might have. I also have the ability to signpost young people to get the support they need from either the college itself or external agencies.