



UPDATE

Sexual Health Services
Young People Can Trust



Happy new year from the 4YP Team! You might have seen the story running on the 4YP website urging young people to get tested for STI's if they think they may have put themselves at risk. It takes 14 days for some STI's to be detectable, so now is a good time to encourage them to visit a sexual health service for a full STI check or pick up Chlamydia tests, for free, from most pharmacies and GPs. As well as picking up a Chlamydia test at a pharmacy, there are other sexual health services on offer such as condom pick up and free after sex emergency contraception. In February we will be running a campaign to let young people know about these services-more about that in the next newsletter.

Bristol FGM film shortlisted for award

Silent Scream, a film created by 27 local young people with the support of Integrate Bristol, has been shortlisted for the 'Young Voice Award' 2012. The ceremony will take place at the British Film Institute on the Southbank in London on Monday March 5th where the winners from each of the categories will be announced.

The 'Young Voice Award' is one of the most prestigious young filmmaker events in Britain and provides a national stage on which those involved can have their hard work recognised alongside promoting discussion around issues relating to the practice FGM.

Goodbye Contax4U, hello online

Young people increasingly use the internet to gather information and advice and, at a recent focus group, students at Bristol City College confirmed they'd prefer to visit our website than use Contax4U. With tighter budgets and the fact that Contax4U goes out of date so quickly, we have decided to phase it out in the spring. We still have a stock of Contax4U to order over the next few months but now also have credit cards that you can use to promote the website. For those that have iphones, there is the NHS Bristol app too.

We know that Contax4U was often most useful for professionals so we have uploaded locality posters with a breakdown of your local services to read and print off. Plus you can find all you used to in Contax4U (and more!) on our website. <http://www.4ypbristol.co.uk/for-professionals-4ypservices>

FGM film shortlisted



Goodbye Contax4U



New teen abuse service



Chlamydia poster campaigns



Parenting update



4YP website & training



Valentine's Day Resources



Stonewall School Report





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Teen abuse: New support in Bristol for victims and perpetrators

Last year Wish secured funding from BBC Children in Need to deliver a 11-24 project after a heavily identified need to support young people who are both using and experiencing violence within their close relationships. Increasingly, WISH are hearing about teenagers experiencing aggression within their relationships and of children abusing their parents.

Wish want to stop young people's use of violence in their close relationships through group work and one to one support. Wish work with the young people to prepare them for the CHOICES programme (a ten week programme for young people using violence in their close relationships). The CHOICES programmes (one for 11-16 year olds and one for 17-24 year olds) provide the ideal context to promote healthy, equal relationships and to help them find alternative, non violent strategies for dealing with their anger. A support programme will provide practical and emotional support for those who have partners/ family members attending CHOICES.

The 11-24 project also provides support to parents who are being abused by their children as well as young people who are victims and survivors of domestic and family abuse. The ASPIRE programme will support people between the ages of 16 and 24 who are affected by abuse within their close relationships through weekly group sessions. ASPIRE looks at the impact of abuse but also focuses on healthy relationships and individual aspirations so that survivors can shape their own futures. Wish are very excited about launching this two year pilot takes Wish into the much needed arena of prevention work.

To make a referral or to find out more, please call 0117 9038632.

New chlamydia poster campaigns – order now

There are a range of new posters for you to order for free encouraging young people to get tested for chlamydia. 'Clean Tackle' is a poster campaign aimed at young men and is football and rugby themed. Our new 'Do I need a chlamydia test' poster makes it really simple for young people to work out if they need to test or not. Both can be viewed and ordered on the 4YP website:

<http://www.4ypbristol.co.uk/resources>





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Parents and Sex and Relationships Education

In response to various claims by anti-sex education organisations and politicians in the past few weeks a new campaign called P4SRE: the parents and carers campaign for good sex and relationships education has been launched.

The campaign aims to challenge the claim that parents are generally opposed to sex and relationships education and to give a voice to the majority of parents who want universal, comprehensive, evidence-based, age-appropriate SRE for our children. You can support this campaign as an organisation and as an individual. Please look at the website www.p4sre.com for more information.

Supporting parents and professionals to talk to children (0-13yrs) about growing up, puberty, relationships & sex-a half day course.

If you work with or for 0-13 year olds, and / or parents in Bristol, we recommend enrolling on the above course. There are still places left.

We have re-launched our 'talking to parents' course as we recognised that the content of the course was very relevant to those working with 0-13 year olds – particularly as all our other courses focus so heavily on teenagers. While the focus is still on supporting parents, practitioners who work in children's centres, primary schools or youth services for 0-13 year olds will gain practical skills and knowledge about answering tricky questions, what happens at puberty, what influences young people are under at this age and what is being taught in sex education.

The course runs on Thursday 29th March: 9am – 12.45pm – The Withywood Centre and you enrol online: http://www.4ypbristol.co.uk/training_entries/supporting-parents-and-professionals-to-talk-to-children-0-13yrs-about-growing-up-puberty-relationships-sex

4YP Bristol website – 2011 in statistics

The 4YP website has gone from strength to strength over the last few years and we are currently undertaking an equalities impact assessment to make sure that the content is as good as it can be. Last year alone we had 31,000 visitors, 73% of which were new visitors. Do keep promoting the website to young people, colleagues and parents. Remember the new sections we've added over the last year include:

- *Myths around pornography
- *Staying safe online
- *Information about female and male bodies including FAQs
- *Updated information about sex to now include more positive messages about pleasure and information on foreplay



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Valentine's Day – Opportunity to engage young people

Valentine's Day is just around the corner and is a great opportunity to discuss relationships and sex with the young people you work with. Our website is crammed with resource packs on many different topic areas so just visit the 'toolkit' area of the 4YP website to find one that might suit your young people: <http://www.4ypbristol.co.uk/toolkit>

4YP Training courses – Places still available

- Delay and Positive Choices 7th Feb – recommended for everyone delivering C-card
- Level 1 Sex and Relationships 16th Feb
- Drugs and Alcohol level 2, 17th Feb
- Full day Sex and Relationships and C-card 28th Feb

Apply online: http://www.4ypbristol.co.uk/training_entries

The School Report- 5 years on

Stonewall are asking lesbian, gay and bisexual young people what life's like for them in Britain's schools today, five years after their research; The School Report. They are looking for responses from young people. For more information: <http://www.stonewall.org.uk/>

Research

Alcohol and Sex: a Cocktail for Poor Sexual Health - report from BASHH

A new report from the Royal College of Physicians and British Association for Sexual Health and HIV (BASHH) has exposed missed opportunities to tackle alcohol abuse through existing sexual health services. More than one million young people attend sexual health clinics each year. The report argues that this provides a unique opportunity to communicate key messages relating to alcohol consumption to those who are at risk. The report highlights clear evidence linking alcohol consumption to poor sexual health, particularly in the young.

Download the report from their website: <http://www.bashh.org/>