



Student Wellbeing Resource

Sexual Health

UPDATED
November 2019

Overview

According to the World Health Organization's definition, sexual health is "a state of physical, emotional, mental and social well-being 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."¹

Sexual health therefore plays an important part in our overall physical and mental health and well-being.

Achieving positive sexual health requires support in maintaining equitable and healthy relationships; comprehensive and accurate sex education, information, and advice; and accessible services to prevent sexual ill health and to treat the consequences of sexual ill health.

Key sexual health indicators have been set by Public Health England to improve the sexual health of the population, and to reduce sexual health inequalities between the general population and defined vulnerable groups. These include:

- Reducing the under-18s conception rate.
- Reducing the percentage of HIV infections that are diagnosed late.
- Improving the chlamydia detection rate amongst young people aged 15-24 years.²

Key Facts

- The under 18 conception rate in 2015 was 21.0 conceptions per thousand women aged 15 to 17; this is the lowest rate recorded since comparable statistics were first produced in 1969.
- The estimated number of conceptions to women aged under 18 fell to 20,351 in 2015, compared with 22,653 in 2014, a decrease of 10%.
- The estimated number of conceptions to women aged under 16 fell to 3,466 in 2015, compared with 4,160 in 2014, a decrease of 17%.³
- In 2016, there were approximately 420,000 diagnoses of sexually transmitted infections (STIs) made in England, a decline of 4% compared to 2015.
- Over 1.4 million chlamydia tests were carried out and over 128,000 chlamydia diagnoses were made among young people aged 15 to 24 years.
- The impact of STIs remains greatest in young heterosexuals 15 to 24 years, black and ethnic minorities and gay, bisexual and other men who have sex with men (MSM).
- Young people experience the highest STI diagnosis rates. Compared to people aged 25 to 59 years, rates of STI diagnoses in the 15 to 24 age-group are twice as high in men and seven times as high in women; these higher rates are likely due to greater rates of partner change among the younger age-group.⁴

Best Practice

- Statutory, high-quality relationship and sex education in secondary schools will equip young people with the skills to improve their sexual health and overall wellbeing.
- Consistent and correct use of condoms can significantly reduce risk of STIs and unplanned pregnancy.
- Rapid, open access to treatment and partner notification can reduce the risk of complications and infection spread.
- Regular testing for HIV and STIs is essential for good sexual health.⁵

References

¹ Developing sexual health programmes: A framework for action, World Health Organization, Department of Reproductive Health and Research, 2006 updated 2010.

² Healthy lives, healthy people: Improving outcomes and supporting transparency, Public Health England, 2013.

³ Conceptions in England and Wales: 2015 Annual statistics on conceptions covering conception counts and rates, by age group, including women under 18, Office for National Statistics, 2017.

⁴ Sexually Transmitted Infections and Chlamydia Screening in England, 2016, Health Protection Report Volume 11 Number 20.

⁵ Sexually Transmitted Infections and Chlamydia Screening in England, 2016, Health Protection Report Volume 11 Number 20.

Resources

Brook is a sexual health charity that has online resources for young people and professionals, covering a variety of sexual health issues e.g. puberty, STI's and contraception:

<https://www.brook.org.uk>

The Sex Education Forum is a membership organisation and works together with its members and other stakeholders to achieve quality sex and relationships education (SRE). Members include schools, colleges, youth settings, local authorities, NHS trusts, local and national organisations and individuals:

<http://www.sexeducationforum.org.uk>

'Sex and relationships education (SRE) for the 21st century': Supplementary advice to the Sex and Relationship Education Guidance DfEE (0116/2000):

<http://www.sexeducationforum.org.uk/media/17706/sreadvice.pdf>

Puberty and Sexuality for children and young people with learning disabilities': A supporting document for the national curriculum objectives:

<http://www.sexualhealthsheffield.nhs.uk/wp-content/uploads/2015/03/pubertySexualityForChildrenAndYoungPeopleWithALearningDisability.pdf>

Local Offers and Providers

Provider	What they offer	Cost	Contact details
<p>Sexual Health Sheffield</p> <p>(a service provided by Sheffield Teaching Hospitals NHS Foundation Trust)</p>	<p>For young people:</p> <p>Youth Clinics for young people aged 19 and under. Confidential access to information and advice on sexual health issues as well as a full range of contraception, testing and treatment for STIs (including HIV) and support for pregnancy options (including counselling and making arrangements for abortion or continuing pregnancy). STI self- screening kits also available at reception.</p> <p>Website providing information about sexual health, clinic opening times and access to STI self- screening kits: http://sexualhealthsheffield.nhs.uk</p> <p>PASH volunteer project – provides volunteers (aged 16-20 years) to deliver sexual health information sessions to young people in schools and other youth settings. Recruits and trains new volunteers once a year.</p> <p>Postal kits for STI self- screening available via the SHS website. Sexual Health Sheffield (SHS) can also provide STI screening sessions for age-appropriate students.</p>	<p>All SHS clinics are free of charge and confidential.</p> <p>PASH sessions are free.</p> <p>STI screening kits and screening sessions are free.</p> <p>There is a charge for some of the training and education resources. However, training to support schools to become ‘Open Doors’ providers is free. SHS also produces a range of materials promoting the service which are free of charge.</p> <p>All costings are available via the SHS website sexualhealthsheffield.nhs.uk under ‘Training’ or ‘Resources’.</p>	<p>For information about training, education resources, PASH, ‘Open Doors’, and chlamydia screening please contact: sexualhealthadmin@sth.nhs.uk or phone 0114 271 1859</p> <p>You can also find information about our service via the website: sexualhealthsheffield.nhs.uk</p> <p>You can also follow us on Twitter @SHSheffield or via our Facebook page ‘Sexual Health Sheffield’ or on Instagram at ‘SexualHealthSheffield’</p> <p>11 a, B Road, Royal Hallamshire Hospital, Glossop Road, Sheffield, S10 2JF</p>

Local Offers and Providers (cont)

Provider	What they offer	Cost	Contact details
Golddigger Trust	<p>Golddigger Trust is a Sheffield based Charity, offering a variety of wellbeing projects, both within the school environment, and extra-curricular activities within the community, for young people aged 11-19.</p> <p>Services include:</p> <p>1:1 Mentoring – Bespoke, flexible programmes of mentoring for students addressing specific needs identified. Minimum 6 sessions (usual course approx. 8-14 sessions).</p> <p>Students accessing Golddigger Trust services via school can also access additional free services outside of school hours, including drop in youth clubs, sexual health clinic, sports and music sessions and online support.</p> <p>Weekly Drop in (including Open Doors Sexual Health Support): Weekly drop in for 11-18s during term time, held at Golddigger Trust Centre For Young People (S11 8YN). Girls drop in on Tuesdays 4.30-6.30pm, Boys drop in on Wednesdays 4-6pm.</p> <p>'I'm The Girl I Want To Be' and 'Made Of More' Self-esteem and healthy relationships courses (single gender groups of 8-12 students). Creative course exploring issues of esteem, identity, healthy sex and relationships and aspirations for the future, over 8 weeks (1.45-2hr session per week).</p>	<p>Cost varies based on service and available charitable funding, contact for most up to date costings.</p> <p>Community based services are free, accessed by community referral (MAST, CAMHS, Self-referral etc). There is no charge to young people.</p>	<p>0114 327 1191</p> <p>Golddigger Trust Centre For Young People, 10 Psalter Lane, Sheffield, S11 8YN</p> <p>info@golddiggertrust.co.uk</p> <p>www.golddiggertrust.co.uk</p>

Local Offers and Providers (cont)

Provider	What they offer	Cost	Contact details
<p>Sexual Health Sheffield</p> <p>(a service provided by Sheffield Teaching Hospitals NHS Foundation Trust)</p>	<p>For staff:</p> <p>Provide a wide range of evidence based, high quality and well evaluated sexual health training courses for staff including 'Young People and Sexual Health', 'Beginners Guide to HIV' and 'Introduction to Sexual Health'.</p> <p>Also provide training and resources to support schools to offer 'Open Doors' sexual health services (i.e. condoms, pregnancy testing and chlamydia screening)</p> <p>Produce education resources on a wide range of sexual health issues including leaflets, posters, DVDs, demonstrators, and training manuals including our 'Puberty Pack', 'Contraception Choices Pack' and 'The Essentials training manual on the basics of sex and relationships education for secondary school age students'.</p>	<p>All SHS clinics are free of charge and confidential.</p> <p>PASH sessions are free.</p> <p>STI screening kits and screening sessions are free.</p> <p>There is a charge for some of the training and education resources. However, training to support schools to become 'Open Doors' providers is free. SHS also produces a range of materials promoting the service which are free of charge.</p> <p>All costings are available via the SHS website http://sexualhealthsheffield.nhs.uk under 'Training' or 'Resources'.</p>	<p>For information about training, education resources, PASH, 'Open Doors', and chlamydia screening please contact: sexualhealthadmin@sth.nhs.uk or phone 0114 271 1859</p> <p>You can also find information about our service via the website: http://sexualhealthsheffield.nhs.uk</p> <p>You can also follow us on Twitter @SHSheffield or via our Facebook page 'Sexual Health Sheffield' or on Instagram at 'SexualHealthSheffield'</p> <p>11a, B Road, Royal Hallamshire Hospital, Glossop Road, Sheffield, S10 2JF</p>