

WISH

- Wellbeing in Sexual Health -

Newsletter - Summer 2007

Promoting Positive Sexual Wellbeing

Welcome to our **Summer newsletter** – we report on changes within our programme, update on the work of the National Sexual Health Advisory Committee and Healthy Respect and highlight new research across the field of sexual health and wellbeing. In particular we highlight the seminar on the sexual health needs of young people with learning disabilities and the development of a new resource for parents working with schools as SRE co-educators.

We have said goodbye to Judith Sim, Public Health Advisor and we wish her well in her continued studies.

Our **monthly e-bulletin** is a popular route for you to publicise events, new research, vacancies and a means of seeking further information. Our aim is to send this out on the **last Friday of each month**, so if you want to tell everyone about your work or ask questions of our sexual health “family”, then send us your information by the 17th of each month.

***Happy Reading
From Health Scotland's
Sexual Health & Wellbeing
Programme***

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This edition is being circulated in electronic form in the first instance. Hard copies are being printed and will be circulated shortly - we would be interested to know whether you would prefer to receive future editions electronically or if you like a printed copy.

This **electronic version** of this and past Newsletters is also posted on our web pages. To access, go to the **Latest News section** on www.healthscotland.com/SHW

**SHW
NETWORK**



PROMOTING POSITIVE SEXUAL WELLBEING

An update from Health Scotland's Sexual Health and Wellbeing programme

Reducing barriers encountered by harder to reach groups

❖ **Young People with Learning Disabilities and for young people from minority ethnic communities**

Analysis from research and feedback from service providers and young people suggests that those from minority ethnic communities experience poor sexual health. But there was little information on how to address this so we commissioned a **review of effective interventions and promising practice case studies** as well as **speaking to young people themselves**.

Our work on **learning disabilities** is now complete. The underpinning research together with the summary briefing paper can be found on our web pages (www.healthscotland.com/shw). These have been shared at the first of two practitioner seminars on 26 June and will be further shared at the next event scheduled for 19 September in Edinburgh. **If you have not already registered but would like to attend, email: shwln@health.scot.nhs.uk**

Work will shortly be finished on the sexual health needs of young people from **black and minority ethnic communities**. The findings will form the core of discussions at the forthcoming event jointly sponsored with the National Resource Centre for Ethnic Minority Health - **if you are interested in attending this event on 28 November, email shwln@health.scot.nhs.uk**

Sexual Health in the Workplace

This year Nina Torbett, Development Manager for the Centre for Healthy Working Lives is leading on identifying what are the key sexual health issues for employers and employees and what additional resources may be required to take this agenda forward. Nina would be interested in any workplace-based activities you may have undertaken so

send in your examples, whether this is in a health setting, local authority setting or in the voluntary sector.

For further information or to register your potential interest in this work, contact: nina.torbett@health.scot.nhs.uk

Review of SRE Programmes

Commissioned to map out existing Sex and Relationships Education programmes, the Aberdeen University led team has drawn on responses from around 70% of secondary schools in Scotland to identify the key strengths, gaps and key lessons to shape effective SRE programmes (SREP) in the future. Six in-depth case studies support the issues found in these responses and the views expressed through interviews with key national agencies.

Issues examined include delivery, training, parent and pupil involvement, inter-agency working and monitoring/evaluation. These, together with the recommendations for future action, will be initially considered at the October meeting of the National Sexual Health Advisory Committee – and then shared at our seminar on early December (see seminar update for further details)

Supporting Sex and Relationships Education

Earlier this year, the Scottish Executive released funding of around £600,000 spread over two years to support the consistency and delivery of SRE throughout Scotland. We have been working in partnership with Learning & Teaching Scotland to support local authorities develop their proposals – these will be shortly posted on the LTS website – www.lts.org.uk/cpd.

SHARE Resources

A number of the local authority proposals being funded through the SE funding include SHARE training. This involves the use of our evidence informed **enhanced SHARE resources**.

We are offering a **series of Training for Trainers events** between now and March 2008. These will be provided in different parts of Scotland to encourage wider participation. This training allows an opportunity for participants to reflect on their own attitudes, values and beliefs about sexual wellbeing and SRE, bringing the materials "alive" by exploring methods and approaches of classroom engagement as well as providing up-to-date information on legislation, epidemiology and evidence.

Dates for these 5 day courses are:

- **9,10,11 October and 13, 14 November (Closing date 17 September)**
- **13, 14, 15 January and 19, 20 February (Closing date 14 December)**

Places are expected to go quickly so if you are interested in attending one of these events and would like an application, email: share@health.scot.nhs.uk

HEALTHY RESPECT

In its final year, Healthy Respect continues to promote a multi-faceted approach combining SRE across a range of settings supported by parents and professionals, improving access to specialist and generic sexual health services and a systematic marketing of positive sexual health messages.

Supporting parents

A key part of their work is to support parents as SRE co-educators through a range of practical resources that respond to the comments from many parents that they don't feel skilled or knowledgeable enough for this task. To rectify this, Healthy Respect is

testing out **Home Activity resources** for pupils of both primary and secondary school age to see if they improve parent-child and home-school links.

These resources comprise:

- An easy to use pack of homework lesson plans for use by teachers and others that complements classroom based SRE
- Tasks allocated per year group that correspond to key learning activities

And will offer parents and others a structured way of discussing relationships and sexual health whilst also giving them the opportunity to share their own values and moral perspectives. At the same time parents will find out what their child is learning about this SRE at school.

If successful, these resources will be made available for others to use outwith the Lothian area.

New Campaign

Access to services and confidentiality is the focus of the next campaign to be launched at end September. Materials include confidentiality posters highlighting a key issue repeatedly raised by young people and a leaflet for GP practices and health centres on how to make their service more "young people friendly". At present these resources are only available within Lothian.

In the meantime for **further information and details of other work by Healthy Respect go to www.healthyrespect.co.uk**



Learning about relationships and sexual health at school and home

Laura Blair, Health Improvement Programme Officer, describes a creative approach to providing a sexual health resource for parents and schools

The background

Respect & Responsibility was launched in January 2005 to improve the sexual health of the Scottish population. The aim is to promote positive sexual well-being through a range of activities, including helping parents and carers to complement the sex and relationships education (SRE) taking place in schools.

We know that if parents discuss relationships and sexual health issues with young people openly and honestly, it can delay sexual activity. This reduces the risk of early pregnancy and sexually transmitted infections and the levels of regret often associated with those sexually active at a young age. However, despite national guidance stating that schools should inform and consult with parents on the SRE programmes, we know that many parents aren't aware of this.

The project

We decided to create a publication looking at relationships and sexual health, and highlighting the partnership between parents and schools. Underpinning this was the need to include parents fully in the development process. We did this through **'Writeshop'** – a technique that has never been used in Scotland before. This involves an intensive workshop that brings together the target audience, topic experts, editors and designers to produce a publication in a short time, usually in one or two days.

How it worked

We commissioned a facilitator and a designer to undertake the work and recruited a group of Mum's and Dad's in the Falkirk area. Learning & Teaching Scotland and Healthy Respect were also involved. Draft text was sent out in advance to give everyone an idea of the content. The designer (whose

enthusiasm was hugely helpful) provided design concepts to allow the group to contribute to the various elements of the process, including type, colour, visuals and format. We all got together at the end of January with the ambitious aim of producing a 'near final' resource by the end of the day. Although intensive, there was a constant buzz!

Participants worked on the design of the leaflet with small groups looking at different elements. Following redrafting of the contents, group inputs were incorporated into concepts for participants to view on a projector and agree upon (where possible). Similarly, text amendments were projected for all participants to discuss. This helped the designer and Health Scotland to progress the design and text with a clear idea of what parents wanted.

What did we learn?

We agreed the content and design of a resource reflecting the views of all participants. It was more engaging for parents than pre-testing and they unanimously appreciated the opportunity to develop a resource they will use. It also reduced the time involved in bringing it to print.

We are currently distributing this resource – **'Learning about relationships and sexual health in school and home'** – through schools, health promotion libraries and parents group.

Also available from:
publications@health.scot.nhs.uk

Sexual health and wellbeing of young people with learning disabilities

Feedback from the first of our seminar series, Regaining the Focus

Many young people with learning disabilities in Scotland are not provided with appropriate sex and relationships education (SRE). They are generally unaware of specialist sexual health services set up for them and tend not to be involved in the design of education and services to meet their needs. These were the key issues arising from an evidence review, commissioned by Health Scotland as part of the implementation of the national sexual health strategy, Respect & Responsibility, to find out more about the sexual health needs of a group that may be at risk of “poor” sexual health.

Encouragingly, the research also uncovered many areas of promising practice in Scotland and in the rest of the UK where the needs of young people with learning disabilities are being met in targeted and creative ways.

Sharing evidence

On 26 June we held a seminar at the Beardmore Hotel and Conference Centre to disseminate the results of the research and showcase some of these examples of promising practice to the audience of practitioners, which included teachers, nurses, school nurses and social workers. Delegates signed up to workshop sessions to find out about the provision of SRE and services in specialist and mainstream settings, and how to gain a better understanding of this group of young people’s needs in order to improve the services and education available to them. The workshops were mainly task-based to allow interaction and involved illustrating how DVDs, life-size puppets and arts and crafts can be used to engage with young people and develop their

knowledge and understanding in a visual way.

‘The workshops were mainly task based to allow interaction, and involved illustrating how DVDs, life-size puppets and arts and crafts can be used to engage with young people.’

A useful day

Reflected in both formal and informal feedback, delegates commented that they felt:

- better informed about the issues,
- more motivated by the examples of promising practice
- better able to move forward locally by the networking opportunities provided.

Gaps identified and areas where further support is needed to improve services offered have been included in the final reports as well as being fed into the National Sexual Health Advisory Committee.

To access a summary of the day’s proceedings, together with the presentations, go to the Seminars section on www.healthscotland.com/shw

Sharing Answers on Teenage Pregnancy

A joint conference between Health Scotland and Brook

Around 200 delegates came together on 8 May at the Edinburgh Conference Centre to discuss issues and concerns around teenage pregnancy. Delegates learned about work in Scotland (Highland, Forth Valley and Healthy Respect) as well as from some areas in England (Brook Oldham and South West Essex Primary Care Trust).

As well as these specific inputs, roundtable discussions enabled participants to share their thoughts and views on the presentations and identify what steps they might take locally. Here are some of the views expressed on the day

Home-school partnerships

- parents need to acknowledge that young people might not find it easy to engage; don't be precious about role
- keep parents informed and involved

Working together

share multi disciplinary training and knowledge

- shared agendas eg sexual health/drugs/alcohol
- Too many providers so need more integrated working

Communicating with young people

- Use "carrot" approach
- Young men often feel excluded
- Use media young people use

Policy

- Need more support for teenage parents
- Managing expectations and identified needs not always possible

Delegates were also asked to identify potential gaps and issues in relation to *Respect and Responsibility*. These are being feed into the stock take review currently being undertaken by the University of Abertay (see under Respect and Responsibility for more information).

To access the full summary of the discussions, go to www.brook.org.uk

TALKBACK attending the World Conference on Health Promotion and Health Education – Vancouver, June 2007

Learning about different sexual health initiatives from around the world as well as other key health promotion actions was an interesting experience [writes Shirley Fraser].

Keynote speakers included Stephen Lewis, a former UN Special Envoy for HIV/AIDS in Africa and a Deputy Executive Director of UNICEF. Mr Lewis gave a hard-hitting critique of the western world's attempts to date to resource the health and development needs of the world's poorest countries. He also gave warning of the likelihood that many of the UN development goals would not be met because of the lack of political will shown by some of the wealthiest countries.

Sir Michael Marmot, a leading proponent of research into health inequalities since the early 1980s, reported on the considerable progress being made by the global commission on the social determinants of health.

Carolyn Bennett, one of Canada's leading politicians, gave an inspiring presentation on how empowered citizens and enlightened leadership can reinvigorate "healthy public

policy”, something that we here in Scotland are focusing on.

The conference also saw the launch of recommendations for strengthening health promotion– *Shaping the future of health promotion: priorities for action*. This continues to build on the work started in 1978 with the Alma Ata Declaration and subsequent statements but readjusts actions to respond to the emerging challenges to health for all in the 21st century. (download a copy from: www.iuhpe.org)

In terms of sexual health and wellbeing initiatives, we learnt about:

www.sexualityandu.ca

an innovative website for teachers and teenagers with resources for use in the classroom and after school. In addition, this project, run by the Society of Obstetricians and Gynaecologists of Canada, also produces hard copy resources on contraception (Sex Sense, Choosing a contraceptive that’s right for U and Understanding STIs).

www.HPVinfo.ca

contains free lesson and activity plans to raise awareness, prevention and treatment of HPV. Work is underway to provide the HPV Challenge, an interactive and educational game for teenagers.

Raising awareness of pregnancy issues among First Nations and Inuit women

Undertaken through a telephone survey, it was found that significant number presenting late for medical attention. Inuit women were less likely to see family doctor as source of information compared to First Nation counterparts but probably due to non-resident doctor. Nutrition, alcohol and smoking knowledge high, likely because of high profile campaigns. Healthy Pregnancy campaigns with supporting materials to encourage early prenatal care now in place.

Sexual health presentations from Scotland included: addressing diversity in respect of learning disabilities, Respect & Responsibility, knowledge & learning exchange together with sex and relationships education including SHARE as a poster presentation. Dona Milne, from Healthy Respect, was also a presenter on a range of issues including

confidentiality, social marketing and young people’s services.

There was tremendous interest from across the world in what has been achieved to date in Scotland: there was lots of interest in our SRE work and our national strategy. So whilst we might think we are not making much progress, others from elsewhere do!

Note: other Health Scotland inputs included health promoting schools, effectiveness of evidence, the impact of smoking legislation, Scottish Healthy Working Lives award, evaluation of demonstration projects.

Details of the presentations and keynote addresses will shortly be available on the IUHPE websites: www.iuhpe.org

On a final “tourist” note

If you ever have the opportunity to visit Vancouver, must see locations are:

- Museum of Anthropology for a fascinating insight into First Nations history and culture (when I was there they were showing a video of a drama depicting HIV transmission developed in Africa!)
- Capitolano Bridge and park for an example of Scottish pioneering ingenuity
- Stanley Park for exercise and stunning vista

And remember to put on the sunscreen even on a cloudy day.....

Respect and Responsibility: Strategy and Action Plan for Improving Sexual Health

Work is progressing on Respect and Responsibility, Scotland's first Scottish sexual health policy. Here is a quick update on what has happened to date and what is currently going on.....

Annual Report

In November last year, the first Annual Report charting progress with the implementation of Respect and Responsibility was published <http://www.scotland.gov.uk/Publications/2006/11/17153556/0>. This was complemented by local update reports from NHS Boards and their partners.

Work is now underway to pull together information for the next **national progress report**. Again, this will draw together actions being taken forward by the National Sexual Health Advisory Committee, the Scottish Executive and special health boards as well as highlighting examples of promising practice. **So if you have any work you want to publicise nationally, contact Jennifer Truland on jtrueland@fsmail.net**

National Sexual Health Advisory Committee (NSHAC)

The NSHAC last met on 27 June and was the first meeting chaired by Shona Robison as the Minister for Public Health.

One of the main items under discussion was the report from the **Education and Training** subgroup which had been developed from an analysis of current policies and relevant competency frameworks together with interviews with commissioners, practitioners and training providers. Detailed recommendations cover national workforce planning, securing professional development opportunities for the range of specialist and non specialist sexual health practitioners throughout Scotland and

Inclusion of sexual health issues in generic training such as child protection. These are now being considered by the Minister for Public Health.

Progress on Actions

Here is a summary of progress on some of the other NSHAC actions. contact the **key leads**. If you want more detail or join the discussions.

Action:

❖ *Offer advice on a sexual health research programme for Scotland....*

NSHAC Lead: Danny Wight

Building on the initial scoping work, further work is being completed on establishing priorities for future research.

Action:

To review the [clinical service access] needs of rural communities

NSHAC Lead: Wendy Peacock

Comments from the consultation process have been taken into account in redrafting. Many of the recommendations, if accepted will have an impact on improving access not only to sexual health services but to health services in general. The final report will be presented to the October NSHAC meeting.

Action:

❖ *Consider the proposals for a national data collection framework*

NSHAC Lead: Jim Chalmers

Building on the framework on health information presented at the February NSHAC meeting, consideration is being given to how **information on sexual knowledge, attitudes and behaviour** is currently collected. This includes a review of surveys such as SALSUS, Scottish

Health Survey (which will incorporate the Health Education Population Survey data in the future) and NATSAL. The intention is to facilitate a better and more coherent picture to supplement clinical data collected through the key clinical indicators data.

Action:

- ❖ *Keep the HIV health promotion strategy under review...*

NSHAC Lead: Roy Kilpatrick

The subgroup examining the needs of **men who have sex with men** have reviewed current policy and service provision and will make recommendations around service access, professional development and research. NSHAC will consider the post consultation report at its meeting in October.

Given the success of the approach used by the MSM group, the same approach will be used to identify the **HIV needs of African and Black and Minority Ethnic populations**.

Work on identifying actions on treatment, care and support is being taken forward jointly by BASHH and the Scottish HIV and AIDS group rather than by this specific NSHAC subgroup.

Action:

- ❖ *Offer advice on developing targets*

NSHAC Lead: Alison Bigrigg

Six key clinical indicators (KCI) have now been developed for use – these formed the basis of the draft sexual health standards currently out for consultation by NHS Quality Improvement Scotland (access copy on www.nhsquality.org/)

It is anticipated that there will be an annual report from ISD on how sexual health services perform against these KCI and any other developed KCI each year. See the first report on www.isd.org/sexualhealth.

Other Actions

The University of Abertay has been commissioned to do a **stock take review of Respect and Responsibility**. The main aim is to see whether the structures and processes currently in place are the right ones and what gaps need to be addressed. Highland and Tayside, will form case study areas whilst a questionnaire is being developed to allow wider responses. For further information, contact Jan Law who is conducting interviews – email: jlaw@abertay.ac.uk

Progress on other actions can be found in the notes of the Committee meetings – www.scotland.gov.uk/topics/health/health/sexualhealth/intro.

Membership

Two new members have joined NSHAC: **Donald McKay** representing Directors of Education and **David Cameron** for the Association of Directors of Social Work.

Myra Lamont from the Sandyford Initiative, Glasgow has retired from the NHS and **Alison Craig**, Sexual Health Nurse Consultant, NHS Lothian will be taking her place at the RCN representatives.

Recent resignations from Tim Hopkins and Carol Stuart mean that replacements are now being sought in respect of equalities and head teachers.

Notes of Meetings

To access the **notes of the NSHAC** meetings, go to

www.scotland.gov.uk/Topics/Health/health/sexualhealth/intro.

Dates of Future Meetings

The next meeting of the Committee is on 29 October.

Meeting dates for 2008 have been agreed as:

- ❖ 4 February
- ❖ 16 June
- ❖ 6 October

Promoting Sexual Health and Wellbeing Seminar Series 2007/2008

Over the course of this coming year we shall be offering a series of events that will involve a mix of formal presentations from key influencers and interactive workshop discussions around key issues affecting sexual wellbeing. These seminars will be an opportunity for health, local authority and voluntary sector managers and frontline staff who are involved in supporting the implementation of the national sexual health strategy, *Respect and Responsibility* and other crosscutting initiatives. Further details will be posted through the Sexual Health & Wellbeing Network ebulletins

REGAINING THE FOCUS: ADDRESSING THE NEEDS OF HARD TO REACH GROUPS

Do you work with young people with learning disabilities? Is your service or school trying to respond to the sexual health needs of young people from minority ethnic communities? Then if this applies to you, you may be interested in hearing about different ways of working and sharing your own local practice in our focused seminars:

- *Sexual health needs of young people with learning disabilities:*
19 September, Edinburgh
- *Sexual health needs of young people from black and minority ethnic communities* – 28 November, Glasgow

Having successfully run the first of these seminars as reported earlier, **places for these further events are already going fast so early application is advised.**

SEX AND RELATIONSHIPS EDUCATION - LEARNING FROM CURRENT PRACTICE –

Early December, Dundee

Respect and Responsibility highlights the need to provide effective sex and relationships education (SRE) so that young people can develop negotiation

skills, reduce the risks of poor sexual ill health and know where to get information, advice and support when it is needed. We also know that that SRE is most effective when provided at age and stage appropriate levels by those skilled in delivering complex interlinked programmes. This seminar will highlight the results of research across secondary schools in Scotland and in-depth review of the training of primary schools teachers in Tayside.

SHARING LEARNING FROM HEALTHY RESPECT

Early March 2008, Edinburgh

There is an ongoing commitment to share the learning from the national health demonstration project, Healthy Respect. The impact of its work on partnership working, improving service provision and sex and relationships education is being formally evaluated – this event will share the initial results and highlight the ongoing dissemination programme.

If you wish further information or register your interest, email:
shwln@health.scot.nhs.uk

or phone

**Laura Blair, Programme Officer,
Tel: 0131 537 4739
Fax: 0131 537 4701**

Snippet Bits and Bobs

New Scottish Government

Following the Scottish Elections in May, there has been much change both to Ministerial portfolios and to SE management support. In relation to sexual health and wellbeing interests, there is the newly created **Health & Wellbeing portfolio** with **Nicola Sturgeon** MSP as Cabinet Secretary for Health & Wellbeing, assisted by **Shona Robison** MSP, Minister for Public Health and **Stewart Maxwell** MSP, Minister for Communities and Sport whilst education interests are covered by **Schools and Skills** portfolio with **Fiona Hyslop**, MSP, Cabinet Secretary for Education and Lifelong Learning supported by **Adam Ingram**, MSP, Minister for Children and Early Years and **Maureen Watt**, MSP, Minister for Schools and Skills.

To support all of this, the internal management structure of the Scottish Executive has been restructured to reflect the new administration's objectives. For health interests, this means that the Health Department will now be known as the Health Directorate led by John Elvidge as Director-General Health and Chief Executive, NHSScotland. For sexual health interests, the key directorates are **Public Health and Wellbeing Directorate** (where Joe Logan is located), the **Chief Medical Officer Directorate** (where David Pattison is located) and the **Schools and Skills directorate** (where Gordon Currie is located).

Five strategic objectives will drive this Government's activities in making Scotland:

- Wealthier & fairer
- Smarter
- Healthier
- Safer & Stronger
- Greener

Parliament debated these on 28 June. Details of the debate and the Government's programme can be found at: <http://www.scottish.parliament.uk/business/officialReports/meetingsParliament/or-07/sor0628-02.htm#Col1223>

STI diagnoses – UK and Scottish figures

The Health Protection Agency recently reported that the number of new STI diagnoses in the UK rose by 2% between 2005 and 2006.

This came from data collected in the GUM clinic setting. Of note are the increasing numbers of infections occurring among young people, aged less than 25, and among men who have sex with men. While the data at UK level reflect both an increase in some infections, for example genital chlamydia diagnoses, there has been a decrease in other infections, for example gonorrhoea diagnoses. It is evident that more screening and testing is occurring and the GUM clinic workload is consequently increasing.

In Scotland, data from the GUM clinics, published by ISD show an increase in new diagnoses for all the major acute STIs (genital chlamydia, gonorrhoea, infectious syphilis, genital herpes and genital warts) in the same period as the HPA report. Except for genital herpes, the percentage increase for all STIs was higher in Scotland than in the rest of the UK. This is partly due to greater awareness and an increase in screening and testing. It is important also to note that many infections are diagnosed and treated in other health care settings, for example in primary care.

Access these reports on

- www.documents.hps.scot.nhs.uk/ewr/pdf2007/0729.pdf
- www.isdscotland.org/isd/991.html

HPV vaccination programme

Despite the success of the national cervical screening programme, in Scotland the lifetime risk of a woman developing cervical cancer is 1 in 124. 282 new cases of cervical cancer were diagnosed in Scotland in 2004 and 102 deaths from the disease were recorded. In response to this, and following the JCVI (Joint Committee of Vaccination and Immunisation) recommendation on the subject, the Scottish government recently announced its commitment to a human papillomavirus (HPV) vaccination programme.

The schools-based programme will provide vaccination free of charge to girls of around 12 years of age. Funding will be included in the next government spending review. It is anticipated that the programme will be implemented from autumn 2008 onwards.

[Source:

www.scotland.gov.uk/News/Releases/2007/06/20154748]

Further information on the vaccination programmes is also available at

www.gnn.gov.uk/environment/fullDetail.asp?ReleaseID=293322&NewsAreaID=2&NavigatedFromDepartment=False.

RCN: HPV and cervical cancer – the facts
www.rcn.org.uk/publications/pdf/hpv_leaflet.pdf

HIV – The Comeback Tour

Despite efforts to encourage testing, there is still a significant number of men who are not aware of their HIV positive status until a late stage. To help minimise further transmission, NHS Lothian in partnership with the voluntary sector have developed an evidence informed health promotion three year campaign called “*HIV, the Comeback Tour*”. Designed by men who have sex with men, it aims to reduce the barriers to service access, encourage regular testing and condom use and improve communication between men on relationship issues.

The next second phase has just been launched with resources now adapted for mainstream venues including drop-ins, community centres, commercial venues and health settings.

This campaign is being evaluated to assess both impact on men and on service use. In addition, the findings will be reviewed to see whether the campaign and/its resources could be used outwith Lothian.

For further information, go to www.hivcomebacktour.org.

Fpa Helpline Number

The Family Planning Association is phasing in a new telephone number for its helpline. Callers to the old number will be automatically redirected. **The new number is: 0845 122 8690**

RESOURCES

Health Scotland Sexual Health & Wellbeing Resources

Evidence Briefings:

- ❖ *Healthy Respect: what does the evidence support*
- ❖ *The Effectiveness of Condoms in preventing HIV and STIs*
- ❖ *The Place of Abstinence in Sex and Relationships Education in Scotland*

For those working with young people with Learning Disabilities:

- ❖ *Review of sexual health and relationships resources for people with learning disabilities.*

All of these resources are available to download from our web pages: www.healthscotland.com/shw

Parents:

- ❖ *Talking with your child about relationships & sexual health (aimed at those with children aged 4-9 years)*
- ❖ *Talking with your teenager about relationships and sexual health (aimed at parents of young people aged 10-13 years)*

Order your free copies from
publications@health.scot.nhs.uk

Resources from elsewhere

Family planning masterclass Evidence based answers to 1000 questions (£48)

Edited by Scottish based family planning experts, Gillian Penney, Susan Brechin and Anna Glasier, this book answers enquiries about the contraceptive needs of women with specific medical conditions or where there is no standard answer. Provided in a Q&A format.

**Available from RCOG Press,
ISBN 1-904752-33-0**

Male and female condoms

Guidance from the Faculty of Family Planning and Reproductive Health Care. It brings together relevant information about condoms in an easily digestible format.

Download from www.ffprhc.org.uk

EHC Advice for Pharmacists

Pharmacists have been provided with updated advice on providing advance emergency contraception, particularly to ensure that it is still suitable for women.

See the advice at www.rpsgb.org.uk

Pillow Talk

Is the new campaign from fpa (Family Planning Association). It recognises that many people know that condoms protect against pregnancy and most STIs. But despite having condoms in their wallet/handbag, they may never be used. So this campaign was launched in the recent Sexual Health Week to encourage people to talk about condoms – **check out the posters and the briefing for professionals talking to clients about condoms at www.fpa.org.uk/campaigns**

Supporting sex and relationships education

The Sex Education Forum, which operates in England and Wales, has produced a series of practical factsheets to support SRE practitioners. New additions include:

- *Addressing healthy relationships and sexual exploitation within PHSE in schools*
- *SRE with young people in non formal settings*

Available from www.ncb.org.uk/sef

Teachingsexualhealth.ca

Is an innovative website developed by teachers and health professionals in Alberta, Canada. Includes hints on how to teach, lesson plans, resources and diversity tips.

Speakeasy DVD

If you are working with parents and would like to know more about using the fpa Speakeasy programme, then this DVD will give you further information. Free of charge, **this resource is available by email from sarahl@fpa.org.uk**
Tel: 0207 608 5270

Talk2

Is a new project set up to support Glasgow parents and carers to talk to their children about growing up, relationships and sexual health, The range of help on offer includes practical resources, training and an information line. See more on www.talk2glasgow.com

Let's Talk Some More Training Pack (£30 +p&p)

is a new training pack gives practical tips on how to work with parents and carers on sexual health issues Includes help on setting up a parent peer sex and relationship education project.

'Out there' (£55 inc p&p)

Is a DVD highlighting positive aspects of lesbian, gay and bisexual lives supported by a training guide. Available for use in both formal and informal education settings. Cost £55 inc p&p

Both resources developed by the Centre for HIV and Sexual Health and available to order online from www.sexualhealthsheffield.nhs.uk

RESEARCH & SURVEYS

Chlamydia testing in non GUM settings

Analysing those being tested for Chlamydia via postal testing, at local sexual health clinics and at FE colleges showed that the odds of a positive result nearly doubled for postal and clinic testers. Men used postal testing most thus indicating that this could be used to target them. If reinforced with screening programmes in clinic settings, those most at risk of poor sexual health could be effectively targeted.

Williamson L, Scott G, Carrick-Anderson K, Kernaghan K, Hart GJ. Chlamydia trachomatis testing among 13-25 year olds in non-genitourinary settings. J Fam Plann Reprod Health Care 2007; 33(3):177-182

Guidance on STIs and under-18 conceptions

Earlier this year the National Institute for Health and Clinical Excellence produced guidance to support professionals in influencing individuals to change their behaviour when it puts them at risk of STIs or unintended pregnancy. (available from www.guidance.nice.org.uk)

Health Scotland has produced a commentary that sets this guidance in the Scottish context – to **access a copy, email shwln@health.scot.nhs.uk**.

Tackling Drugs. Alcohol misuse and risky sexual behaviour

Is the focus of a report from the Independent Advisory Group on Sexual Health and HIV (the English equivalent to the National Sexual Health Advisory Committee). Addressing alcohol advertising and reducing the watershed for condom advertising are two of the recommendations suggested as ways of reducing the impact of alcohol and drugs on young people's sexual behaviour. **Download from www.dh.gov.uk**

SRE: Are you getting it?

Is a survey of over 20,000 young people by the UK Youth Parliament. It showed that more than 50% of respondents had never been taught about teenage pregnancy in school and didn't know where to find their local sexual health clinic. In addition:

- More than half of those aged 12-15 and girls aged 16-17 had not been taught how to use a condom
- Two out of three boys and three out of four girls had no information about personal relationships in school
- Three out of four thought SRE should be taught before age 13 whilst more than half of boys under age 11 wanted SRE in primary schools.

www.ukyouthparliament.org.uk/179081/209982.html

Teenage Pregnancy and Parenthood – Growing Up Fast Audio CD

Presents recent research on teenage pregnancy and parenthood in the form of interviews with experts, researchers, service providers as well as some young people who have experienced early pregnancy and parenthood. Challenges assumptions of teenage parenthood including positive impact such responsibilities can have on young people. **Available from Research in Practice through email to jo@rip.org.uk**

Impact of Abstinence Education Programmes

Since 1998 the US federal government has allocated \$50m for Title V programmes that teach abstinence from sexual activity outside marriage is the expected standard for school age children. Comparing the results with those who received other SRE four to six years afterwards, the study found that both groups had first sex at similar age, similar rates of unprotected sex and were equally likely to have remained abstinent. Knowledge on condom effectiveness in preventing STIs compared to pregnancy was low also for both.

Trenholm C et al. Impacts of Four Title V, Section 510 Abstinence Education Programs – download from: www.matermatica-mpr.com

Confidentiality and young people

Addresses the question of whether to report sexually active young people as well as the balance between protecting young people and maintaining confidentiality.

Rogstad K, Confidentiality vs child protection for young people accessing sexual health services. J Fam Plann Reprod Health Care, 2007; 33(1):7-9

Identifying young people at risk

A case note audit of 242 young people accessing services found that staff were not recording known risk markers, particularly for males nor providing sufficient information to demonstrate Fraser assessment

Cook, L., Fleming C. Audit of under 14s who attend sexual health clinics in Gwent, South Wales. J Fam Plann Reprod Health Care, 2007; 33(1):27-30.

Health Behaviour of School-aged Children

HSBC have produced a further series of briefings drawing on the 2002 survey among 11-15 year olds highlighting the Scottish picture and comparisons with Europe and North America. These include:

- 11: Family affluence and health
- 12: Family structure, relationships and health
- 13: Perceptions of school and health

Download reports from www.education.ed.ac.uk/cahru

Men, Sexuality and Crisis Pregnancy

Produced by the Crisis Pregnancy Agency in Eire, this report highlights the experiences of 45 men who had experienced a crisis pregnancy reflecting on their sexual histories, knowledge of sex and contraception and sexual practices. Although small scale, this research does highlight issues in a previously under-researched area: for example poor sexual and reproductive health knowledge and low awareness of available supports when partner pregnant.

Download the report from www.crisispregnancy.ie

Criminal HIV Transmission

Written in clear language for those who work within or in contact with the criminal justice environment. It sets out all the medical, clinical, social epidemiological and forensic science of HIV transmission.

Available from NAM- cost £14.95 – email info@nam.org.uk

CONFERENCES & CPD

Children in Scotland - Annual Conference 2007, 1-2 November, Peebles

This year's conference, 'Healthy, happy and wise: working together for the well-being of Scotland's children', will be held in association with Scottish Borders Council. Confirmed speakers are Professor Lord Winston,

Professor Jonathan Bradshaw and Aldo Fortunati. **To find out more, go to www.childreninscotland.org.uk/html/tra_tshow.php?ref=1046**

Although the following conferences are based in England, the issues and concerns are of relevance to Scottish practice.

Communicating about sexual health and contraceptive choices for teenage parents

25 September, London

Aimed at midwives and health visitors, this one day course is run by fpa (cost £125)

Current choices 22-23 Nov, Manchester

Faculty of Planning and Reproductive Healthcare
Details and booking on: www.ffprhc.org.uk

Sexual Health: emerging answers and mixed messages

15 November, London, RIPH

A horizon scanning event that will review resources and strategies aimed at reducing STIs among young people and older age groups. Cost: £150 – **details from jtatman@riph.org.uk**

HIV – who cares? 6 December, Sheffield

Will address the challenges faced by local authorities in providing effective support for people living with HIV.

Further details from Matt Harrison, Training Course Administrator, Centre for HIV and Sexual Health.



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How can you get regular updates/further Newsletters?

Sign up to the Network by emailing shwn@health.scot.nhs.uk

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