

Sexual Health: Education and Prevention

B&NES has extensive experience in developing and delivering evidence based sexual health education/prevention for young people. Key to this is the Personal Social and Health Education (PSHE) CPD Accredited Training Programme for Teachers, Nurses and Other Professional which is designed to ensure quality PSHE provision in Sexual Health, Drug & Alcohol Education, Emotional Health and Well-Being as well as to improve local partnership work. To date 200 participants have completed the course which has been a programme of generic PSHE skills / standards plus an area of specific focus, which for most participants has been Sex and Relationships Education (SRE). It is delivered by the PSHE Lead, the Lead School Nurse for PSHE, the Director of Public Health Award Co-ordinator and a senior secondary teacher.

As evidenced in the SHEU survey, the PSHE training has contributed to the reduction in teenage conception rates and helped reduce both alcohol and illegal drug use as well as contributing to a much better knowledge of local sexual health and drug & alcohol services..

Topics covered in PSHE / SRE in schools

KS1

- Parts of the body
- Hygiene
- Differences between boys and girls
- Different family relationships

KS2

- Respectful relationships
- Stereotypes
- Difference and diversity
- Puberty
- How a baby is born and made
- How to ask for help

KS3

- Respectful relationships
- Negotiation skills
- Health risks of early sexual activity
- Forms of contraception and STIs
- Where to get confidential advice and information

KS4

- Respectful and healthy relationships
- Importance of committed relationships (marriage, civil partnerships)

- Dealing with pressure in a relationship
- The consequences of risky sexual behaviour
- Attitudes to different forms of contraception
- Where to get confidential sexual health advice in and out of school

SAFE

Under the umbrella of the SAFE (Sexual Health Advice For Everyone) branding scheme there are a range of confidential, young person friendly initiatives delivered by a variety of providers. Services provided include a free condom scheme, specialist clinics in schools and youth centres, up to date information and resources and training for professionals.

Over 30 SAFE branded community pharmacies across B&NES provide a range of sexual health services, including chlamydia testing, participation in free condom schemes and the provision of emergency contraception. Extremely accessible demand for this service continues to rise. In 2012/13 pharmacies undertook over 2000 consultations with young people, dispensing 700 packs of condoms and 460 free pregnancy tests.

Teenage Pregnancy

Teenage parents are more likely than their peers to live in poverty and unemployment and be trapped in it through lack of education, child care and encouragement and for many teenagers bringing up a child is difficult and can result in poor outcomes for both the teenage parent and the child, in terms of the baby's health, the mother's emotional health and well-being and the likelihood of both the parent¹.

Over the last 10 years B&NES council has implemented a very successful strategy to provide young people with the necessary skills and knowledge to help them make informed choices. This combined with accessible contraception services teenage conception rates are the lowest recorded since the strategy began in 2000 and reflect a 44% reduction from the baseline figure of 29 conceptions per 1000 females aged 15-17. Bath and North East Somerset's teenage conception rate (16.2) continues to be considerably lower than both the national rate (30.7) and the regional rate (27.3). Whilst this should be celebrated it is important the council does not become complacent and ensures current rates are maintained or if possible reduced further.

Future areas of development

- More schools to have “clinics” (extended sexual health services)
- Increased work with Free School Meals pupils who are more likely to have had sex
- Work with girls around self esteem
- Work around pornography / inappropriate sexual behaviour (currently being trialled in 2 schools)