

# RESPECT YOURSELF

Everything young people  
need to know about sex,  
contraception and staying  
safe in Telford and Wrekin



**In a good relationship  
you both feel safe  
and happy**

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# WHO IS THIS FOR?

This guide is for any young person in Telford. It contains information that some of you may need now, soon or sometime in the future. This information is something that we should all know.

When you read this guide, the messages stay the same whether you identify as:

**Straight** (you are sexually attracted to people of the opposite gender to you, also known as heterosexual)

**Gay** (usually means men who are sexually attracted to other men, but some women call themselves gay if they are lesbian)

**Lesbian** (women who are sexually attracted to other women)

**Bisexual** (a person who can be sexually attracted to men or women)

**Transgender** (a person whose gender identity is different to the sex they were assigned at birth)

Or any other sexuality or gender identity.

# KEEPING THINGS PRIVATE

All the services listed in this leaflet are confidential. This means that no one else will be told that you have been to a sexual health service or anything about what you tell the doctor or nurse.

**Whatever your age, even if you are under 16, you have the right to confidential sexual health services and treatment.**

The only reason a doctor or nurse may tell someone your information is if they thought you were being seriously hurt in some way or another person is at risk of being hurt. This includes being hurt physically, emotionally, sexually or in any other way.

The doctor or nurse would try to talk to you about this first unless they thought it might put you at greater risk of harm.

**Anything you  
tell us will be in  
confidence**



## YOUR RIGHTS

You have the right to be treated with respect and as an equal human being no matter what your gender, sexuality, ethnicity, age, religion or any mental or physical disability.

You have the right to:

- Be treated in a way that makes you feel happy and safe
- Say how you feel
- Be proud of your sexuality
- Make mistakes
- Say 'no' to sex
- Say 'no' to any type of sex that you don't want
- Make up your own mind about things
- Change your mind
- Have opinions
- Ask for what you want in a way that doesn't upset anyone

**If they really care for you  
they will wait until  
you are ready**

## ARE YOU READY FOR SEX?

Most people wait until they are at least 16 to have sex, read more on page 11.

There are different ways to have sex. Sex can be:

- **Vaginal** (when the penis goes inside the vagina- a lot of people think of this as just 'sex')
- **Anal** (sex that involves the anus also known as bum)
- **Oral** (using your mouth on another persons genitals)
- **Mutual masturbation** (touching each other's genitals, also includes putting fingers inside the vagina or anus)

It is best to wait to have sex until you are 100% certain it is what you want, and it is with the right person.

You have the right to put yourself first and not do what other people brag about doing or what they might want you to do.

Be honest with your partner. If they really care for you, they will understand and will wait.

Most people who remember their first time as being a good experience waited for the right

time and the right person.

The right person should be someone who...

- You trust
- You can be yourself with
- You can talk to easily
- Someone who is loyal to you
- Someone you have fun with
- Uses contraception
- Respects you
- Does not pressure or hurt you

# IT'S OK NOT TO HAVE SEX

When you are in a relationship with someone, it's very normal to have strong feelings about each other.

There are lots of ways you can be close and enjoy your time together without having sex:

- Tell the other person how you feel about them
- Do things that make the other person feel special
- Hug
- Kiss
- Hold hands
- Make a present for them
- Spend time together
- Talk about your dreams
- Cuddle up together
- Go on dates
- Give compliments
- Be there when the other person is sad or upset
- Have a hobby together
- Find out what makes each other happy
- Take selfies together
- Have fun together

# WAYS TO SAY NO TO SEX

It is important that you are not pressured into saying yes to anything sexual and you do not pressure anyone else into doing anything sexual.

If someone forces you to have sex or to do anything sexual after you have said no – this is a serious assault and should be reported to the police, or an adult you trust. See page 49 for more information about the help available to you.

## Different ways to say 'No' to sex:

- “No”
  - “No, I don’t want to”
  - “No, I’m not ready”
  - “No, it doesn’t feel right”
  - “Let’s just kiss instead”
  - “I like you, but I don’t want to get too serious yet”
  - “My parents trust me and I don’t want to break their trust”
  - “How about we just cuddle?”
  - “I love you, but I just don’t feel like I am ready and I want it to be special, not forced”
  - “No, and if you ask again
- I’m not talking to you anymore.”
- “I can’t because of my religion”
  - “No, my parents will be home any minute”
  - “No, you shouldn’t be trying to make me”
  - “I have a rule that I’m not going to have sex until...” (finish the sentence! It could be ‘until I am older’, ‘until I am in a proper relationship’ or ‘until I am married’).

# WHAT IS CONSENT?

Giving consent to sex is saying you agree for something sexual to happen. You must be happy to give your consent for it to count.

It does not count as consent if you are pressured, bribed or forced in any way into agreeing to something. It does not count as consent if someone forces or pressures you to say yes.

Any sort of sexual contact without consent is illegal whatever the age of the people involved.

16 is the legal age of consent in the UK. This is the age the law says both partners have to be to legally have any type of sex.

The law is there to protect people, not to punish people of the same age who both give consent to have sex. **You won’t get into trouble for talking to your GP, school nurse or staff in a sexual health clinic if you are having sex or thinking about having sex before you are 16.** The staff are there to offer information and support. They will only pass on information if they think you or someone else is at risk of being hurt.

## Remember:

- Just because you might have said yes to sex once, doesn’t mean you can’t say no later
- Just because you agree to sex with one person doesn’t mean you have to agree to sex with another person
- Being asleep, drunk or high so you can’t say ‘no’ to sex does not mean that you give consent
- Nothing about what a person wears or how they behave means they want to have sex until they clearly and freely give consent

- You have the right to change your mind even if you have already said 'yes'
- You can say 'stop' at any time and the other person should stop
- If you do something sexual because someone threatens you, this is not consent
- You may have said yes, but are being groomed and sexually exploited. Grooming is very confusing and may stop you understanding what you really want.

## CONSENT IS CONFUSING

Sometimes people think that they are giving their consent to doing something sexual, but in fact they have been pressured, bribed or 'groomed' into agreeing. This is not proper consent, and is actually a type of abuse called sexual exploitation.

**Child sexual exploitation is when a person under the age of 18 is asked to have sex (or do sexual things like masturbation, webcam, naked photos etc) with someone else in exchange for something they want, like money, gifts, drugs, alcohol, food, accommodation, affection etc.**

Sexual exploitation can be hard to recognise because you often will think you are in a good relationship with the person – or people – who want to abuse your trust in them.

**Grooming is when another person tries to become friends with a young person and gain their trust so that later on they can sexually abuse them.** Groomers are often very good at pretending to be friendly, funny, caring and charming. Sometimes they will groom a young person's family members, so that they are trusted to

be alone with the young person. Grooming can also happen online.

They will often try to groom young people by pretending to be someone they are not, offering advice or understanding, buying gifts, paying you attention, or taking you on trips or holidays. They might be older and make you think that you are their girlfriend or boyfriend.

Groomers may introduce 'secrets' as a way to control or frighten a young person. Sometimes they will blackmail you, or make you feel ashamed or guilty, to stop you from telling anyone about the abuse. They will tell you that no one will believe you or they might threaten to hurt someone that you care about.

Sometimes young people are moved around by their abuser to different places where they are sexually exploited by different people. This is called 'child trafficking'. Child trafficking is child abuse, and is illegal.

**Groomers can be older than you but they can also be a friend, or group of friends all under 18 who sexually exploit another young person.** This is called 'peer exploitation' and is just as serious as any other type of abuse.

**If you think you or someone you know might be being sexually exploited or groomed, there is help and support available from people who will believe you.** You can call Family Connect for help on 01952 385385. In an emergency, always call the police on 999.



# HOW TO TALK ABOUT SAFER SEX

Ways to talk to your partner about safer sex (and by safer sex we mean using a condom!):

- “I don’t want to start a family”
- “If its not on, its off”
- “I like to take care of myself. Lets use a condom”
- “We should be safe, lets use a condom”
- “No glove no love!”
- “My friend said her boyfriend didn’t want to use a condom when they had sex, I thought that was a really bad idea”
- “Did you know there’s a place we can go to get free contraception?”
- “If you really cared about me you would respect me on this”

**NOT A PROBLEM:** If sex ‘feels better’ without a condom, you can get extremely thin condoms which are designed so you hardly feel them, so this isn’t an excuse.

**ALLERGIES:** In some very rare cases, people can be allergic to the latex used in condoms. Don’t worry – you can get condoms without latex from all the same places you can get free condoms.

**ALL SORTS OF SAFE SEX:** Condoms should also be used for anal sex and oral sex to stop you catching a sexually transmitted infection (STI). STIs are types of infection that are passed on by having unprotected sex.

Read on to find out how to use condoms, and where you can get free condoms.



**Don’t make us laugh:**  
No one is ‘too big’ for condoms,  
you can get them in all different sizes  
and they stretch!

# HOW TO USE A CONDOM

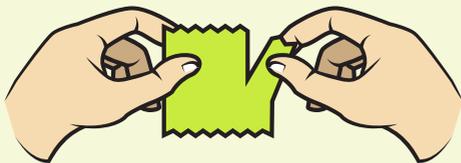
If you do decide you are ready for sex, wearing a condom is the best way to reduce your chances of getting pregnant and catching any STIs. Often people have STIs and don't know it, so it is important to be safe and use a condom every time you have sex – even if you are already using another type of contraception, like the pill.

Condoms should also be used for anal sex and oral sex to stop you catching an STI. Dental Dams can be used for oral sex on women, to stop you catching an STI. Dental dams are simple squares of latex which are used to cover the female genital area or anus during oral sex.

Both partners should know how to put a condom on properly.

## How to put on a condom

### 1 OPENING THE PACKET

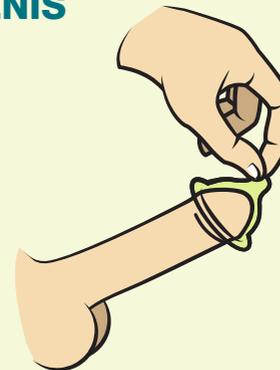


When opening the packet, don't use your teeth or scissors and don't get it snagged on nails or rings

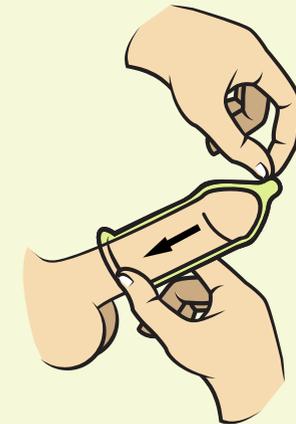
### 2 SQUEEZE THE AIR OUT OF THE CONDOM TEAT



### 3 PUT THE CONDOM ONTO ERECT ('HARD') HEAD OF THE PENIS

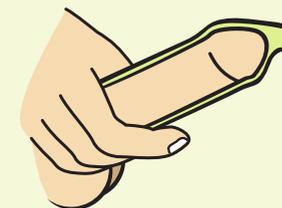


### 4 UNROLL THE CONDOM DOWN THE PENIS



### 5 INTERCOURSE TAKES PLACE

### 6 AFTER EJACULATION ('CUM')



Hold the base of the condom and withdraw penis before it goes limp

### 7 TAKE CONDOM OFF AWAY FROM PARTNER AND CHECK IT HASN'T SPLIT/BURST

### 8 WRAP USED CONDOM IN TISSUE AND THROW IN THE BIN

## Other condom advice

- **AVOID MISTAKES** - put a condom on before your penis goes anywhere near your partner!
- **BE PREPARED** - keep a condom with you
- Check condom packets for **damage** before you use them. If the packet looks damaged or worn the condom will probably be damaged too
- A **kite mark** or CE mark shows the condom is a safe brand, not a fake brand which might not protect you
- **CONDOMS EXPIRE** - check the date on the packet before use
- You can buy condoms at any age or you can get them free with a C-card, go to page 19
- Use a proper lubricant (**'lube'**) - oily products like Vaseline, baby oil, lip-gloss etc damage condoms
- Using lube also helps prevent condoms from splitting during sex
- **ACCIDENTS CAN HAPPEN** - condoms can break. Make sure you know how to get emergency hormonal contraception and be tested for sexually transmitted infections.

## THE C CARD - FREE CONDOMS!

If you are aged 13 – 25 and you want free condoms, sign up for your free C-Card and you can get condoms from lots of places including Telford's sexual health service, pharmacies and your school nurse!

If you see this sign, you can use your C-Card to get free condoms

For more information or to sign up, call Telford's sexual health service, visit your local pharmacy or talk to your school nurse.



## WHAT CONTRACEPTION?

If you are sure you are ready to have sex, you need to think about contraception.

Contraception is a personal choice. You can talk to a doctor or nurse at our sexual health service or your own GP to understand what your options are. Only condoms prevent STIs AND reduce your risk of getting pregnant!

Method	How it Works	Pros and Cons	STI Protection
Condom - Male	Made of very thin rubber or polyurethane it is put over the erect penis and stops sperm from entering the woman's vagina.	Free from family planning clinics ✓ Putting it on can interrupt sex ✗ May slip off or split if not used correctly Expensive to buy ✗	✓
Condom - Female ('Femidom')	A lot like male condoms except they fit inside the vagina instead of covering the penis. They work by stopping sperm entering the vagina.	Can be put in just before sex ✓ Unlikely to split or slip off ✓ Must be used properly to work ✗	✓
Dental dam	A soft plastic square to cover female genitals during oral sex.	Stop STIs from oral sex but should not be used for other types of sex ✓	✓
The Pill – combined	Contains two hormones: Oestrogen & progesterone – which stop a woman releasing an egg each month (ovulation). Without an egg for the sperm to fertilise, there's no pregnancy.	Often reduces bleeding, period pain and pre-menstrual tension ✓ Must be taken daily at the same time for it to work properly ✗ May not be suitable for some women. A full medical history should be taken ✗ May be side effects ✗	✗

Method	How it Works	Pros and Cons	STI Protection
Contraceptive Injection	An injection that lasts 12 weeks (Depo-Provera) releases the hormone progesterone very slowly into the body. This stops ovulation.	You don't have to think about contraception for as long as the injection works ✓ Periods often become irregular or stop ✗ Regular periods and fertility may take a while to return after stopping the injections ✗	✗
The Pill – progesterone only	Sometimes called the 'mini-pill', this kind only contains the one hormone – progesterone. Some women can't take the combined pill because of the oestrogen, so the progesterone-only pill is more suitable for them. Your doctor or nurse can tell you if this applies to you.	Doesn't interrupt sex ✓ Can be used when breastfeeding ✓ Must be taken at the same time every day for it to work properly ✗ Can make some women's periods irregular ✗	✗

Method	How it Works	Pros and Cons	STI Protection
Implant	Small soft tube(s) are placed under the skin of the inner upper arm. They steadily release a progestogen hormone into the bloodstream to prevent the sperm and egg meeting.	<p>Single rod works for 3 years ✓</p> <p>When the implant is taken out, a woman's fertility will return immediately ✓</p> <p>You don't have to think about contraception for as long as the implants work ✓</p> <p>Periods are often irregular for at least the first year, with some bleeding in between, or may be missed ✗</p> <p>May be temporary side effects such as headaches and breast tenderness ✗</p>	✗
IUS (or 'Mirena')	This is a small plastic T-shaped device which is fitted into the womb. It slowly releases Progestogen to protect against pregnancy for up to five years. It may stop ovulation.	<p>Doesn't interrupt sex ✓</p> <p>Works for up to 5 years ✓</p> <p>Periods may become lighter and less painful, or stop ✓</p> <p>Fertility returns after IUS is removed ✓</p> <p>Is not affected by other medicines ✓</p> <p>If it fails there is an increased risk of ectopic pregnancy ✗</p> <p>May cause temporary side effects ✗</p>	✗

Method	How it Works	Pros and Cons	STI Protection
IUD	A small plastic and copper device is put into the womb. It stops sperm meeting an egg or may stop an egg settling in the womb. The IUD does not contain any hormones.	<p>Works as soon as it is put in ✓</p> <p>Works for at least 5 years but can be taken out at any time ✓</p> <p>Available as a form of emergency contraception within 5 days ✓</p> <p>Periods may be heavier or longer and more painful ✗</p>	✗
Contraceptive Vaginal Ring ('NuvaRing')	A soft plastic ring that goes into the vagina. It works by releasing two types of hormones – Oestrogen and Progestogen – that stop ovulation.	<p>It is replaced monthly, so doesn't need to be thought about every day ✓</p> <p>It's easy to put in and take out ✓</p> <p>Periods may become shorter, lighter &amp; less painful ✓</p> <p>May help reduce pre-menstrual symptoms ✗</p> <p>May cause temporary side effects ✗</p>	✗

Method	How it Works	Pros and Cons	STI Protection
Contraceptive Patch	The patch is applied to the skin like a plaster. It releases oestrogen and progesterone to stop ovulation.	<ul style="list-style-type: none"> <li>Doesn't interrupt sex ✓</li> <li>Replace it weekly so doesn't need to be thought about every day ✓</li> <li>Can make period pain or pre-menstrual symptoms less likely ✓</li> <li>Easy to use ✓</li> <li>Can cause temporary side effects ✗</li> <li>May cause skin irritation for some ✗</li> </ul>	✗
Diaphragms and Caps	Diaphragms are dome-shaped silicone devices that fit into the vagina. Cervical Caps are similar and you need to put them directly onto your cervix. Both create a barrier preventing sperm from reaching an egg and should be used with spermicide (a chemical that kills sperm).	<ul style="list-style-type: none"> <li>Can be put in any time before sex so doesn't interrupt sex, though you need to use extra spermicide if you put it in more than 3 hours before having sex ✓</li> <li>Is not affected by other medicines ✓</li> <li>Doesn't disturb your menstrual cycle ✓</li> <li>No serious health risks ✓</li> <li>Can take a while to become confident using it ✗</li> <li>Some people react badly to spermicide ✗</li> </ul>	✗

Method	How it Works	Pros and Cons	STI Protection
Natural Family Planning	You should be taught this by staff from a specialist sexual health service so that you can use it effectively. Natural family planning is when you work out when a woman is in the most fertile phase of her monthly cycle, and avoid having sex without another type of contraception during this time.	<ul style="list-style-type: none"> <li>This method needs to be discussed with a trained professional</li> <li>No side effects ✓</li> <li>High risk of pregnancy if not used according to instructions ✗</li> <li>Need to avoid sex or use a condom or diaphragm at fertile times of the cycle ✗</li> <li>Requires discipline and commitment from both partners and a willingness to keep daily records ✗</li> </ul>	✗



# EMERGENCY CONTRACEPTION

If you've had sex without using contraception, or you think your contraception may have failed, don't panic – if you act fast you can usually prevent pregnancy by using emergency contraception.

There are two types of emergency contraception: the emergency contraceptive pill (EHC) - often referred to as the morning after pill - and the intrauterine device (IUD).

## EHC

Some types of EHC work for up to 5 days after you have unprotected sex, but they work best if you take them within 3 days of having sex.

It is a powerful drug which is safe when used under supervision by a doctor or pharmacist, but if you find yourself using EHC regularly you should talk to staff at the sexual health service or your GP to find a better type of contraception for you.

## IUD

The IUD is sometimes called the 'coil'. The coil is a small implant fitted inside the womb to kill sperm and prevent the person getting pregnant. Once fitted, they will carry on keeping the person protected from getting pregnant until they have it removed. It is a good idea to use a condom as well as an IUD because IUDs do not protect against STIs.



You can have a coil fitted for free from Telford's sexual health service.

You can get free EHC from the sexual health service, your school nurse, or these pharmacies:

Pharmacy	Address	Phone number
Advance Pharmacy Ironbridge	9 The Square, Ironbridge TF8 7AQ	(01952) 433330
Advance Pharmacy Malinslee	Church Road, Malinslee, Telford TF3 2JZ	(01952) 503555
A S Kitchings	Limes Walk, Oakengates, TF2 6EP	(01952) 612964
Anstice Pharmacy	7 Anstice Rd, Madeley TF7 5BD	(01952) 585717
Asda Pharmacy (Donnington)	St. George's Road, Donnington, TF2 7RX	(01952) 621710
Asda Pharmacy (Telford Town Centre)	Southwater Way, Malinslee, TF3 4HZ	(01952) 741028
Boots Chemist (Shawbirch)	2 – 3 Acorn Way, Shawbirch, TF5 0LW	(01952) 260800
Boots Chemist (Newport)	52 High Street, Newport, TF10 7AQ	(01952) 811391
Boots Chemist (Wellington)	21 – 25 New Street, Wellington, TF1 1LU	(01952) 223468
Boots Chemist (Telford Town Centre)	Telford Town Centre, TF3 4AU	(01952) 291351
Boots Chemist (Forge Retail Park)	Forge Retail Park, Telford, TF3 4AG	(01952) 204 43

Pharmacy	Address	Phone number
Donnington Pharmacy	Wrekin Drive, Donnington TF2 8EA	(01952) 676556
Jhoots Pharmacy	32 Market Street, Oakengates, TF2 6ED	(01952) 613074
Lawley Pharmacy	Lawley Bank, Telford, TF4 2LL	(01952) 504666
Lloyds Pharmacy (Charlton Medical Practise)	2 Lion St, Oakengates TF2 6AQ	(01952) 613930
Lloyds Pharmacy (Wellington)	Chapel Lane, Wellington, TF1 1SS	(01952) 255833
Lloyds Pharmacy (Donnington)	6 The Parade, Donnington, TF2 8EB	(01952) 605441
Lloyds Pharmacy (Dawley)	46 High Street, Dawley, TF4 2EX	(01952) 505029
Murrays	76 Upper Bar, Newport, TF10 7AW	(01952) 810059
Priorslee Pharmacy	Local Centre, Priorslee, TF2 9NR	(01952) 290658

Pharmacy	Address	Phone number
Late Night Pharmacy Newport	2-4 High St, Newport TF10 7AN	(01952) 820946
L Rowlands (Stirchley)	Sandino Road, Stirchley, TF3 1FB	(01952) 596620
L Rowlands (Sutton Hill)	Maythorne Close, Sutton Hill, TF7 4DH	(01952) 586151
L Rowlands (Hadley)	6, Hadley Centre, High St, Hadley TF1 5GQ	(01952) 242179
Woodside Pharmacy	Park Lane, Telford, TF7 5QZ	(01952) 586516

## TERMINATION OF PREGNANCY

A termination is the ending a pregnancy so it does not result in the birth of a child. Sometimes this is called an abortion.

The pregnancy can be ended by either taking pills (medical abortion) or by surgery (surgical abortion).

The person who is pregnant is the only person who can decide whether an abortion is the right thing for them at that moment in their life.

**If you've done a pregnancy test and found out you are pregnant, you should consider all your options to help you decide what to do next.**

It is very important to be comfortable with your decision. You should not feel pressured into your decision by anyone.

It's also very normal to have lots of mixed up feelings about it as well. You can have free unlimited counselling to help you make the decision which is right for you.

If someone is under 16 but is considered able to consent to their own medical treatment by the healthcare professional at the clinic, they can consent to an abortion without being forced to tell a parent or carer. However, you will be encouraged to talk to your parent or another adult so they can give you support during your care.

**If you are thinking about abortion, talk to either BPAS, your school nurse, your GP, Telford's Sexual Health Hub about it as soon as possible, because the earlier the abortion takes places, the better.** You can find out how to contact all of these people by looking in 'Useful Contacts' at the back of this leaflet.

## STIs: SYMPTOMS AND TREATMENT

An STI is any kind of infection that can be passed on through unprotected vaginal, anal or oral sex. It doesn't matter how many times you've had sex or how many partners you've had - anyone can get an STI.

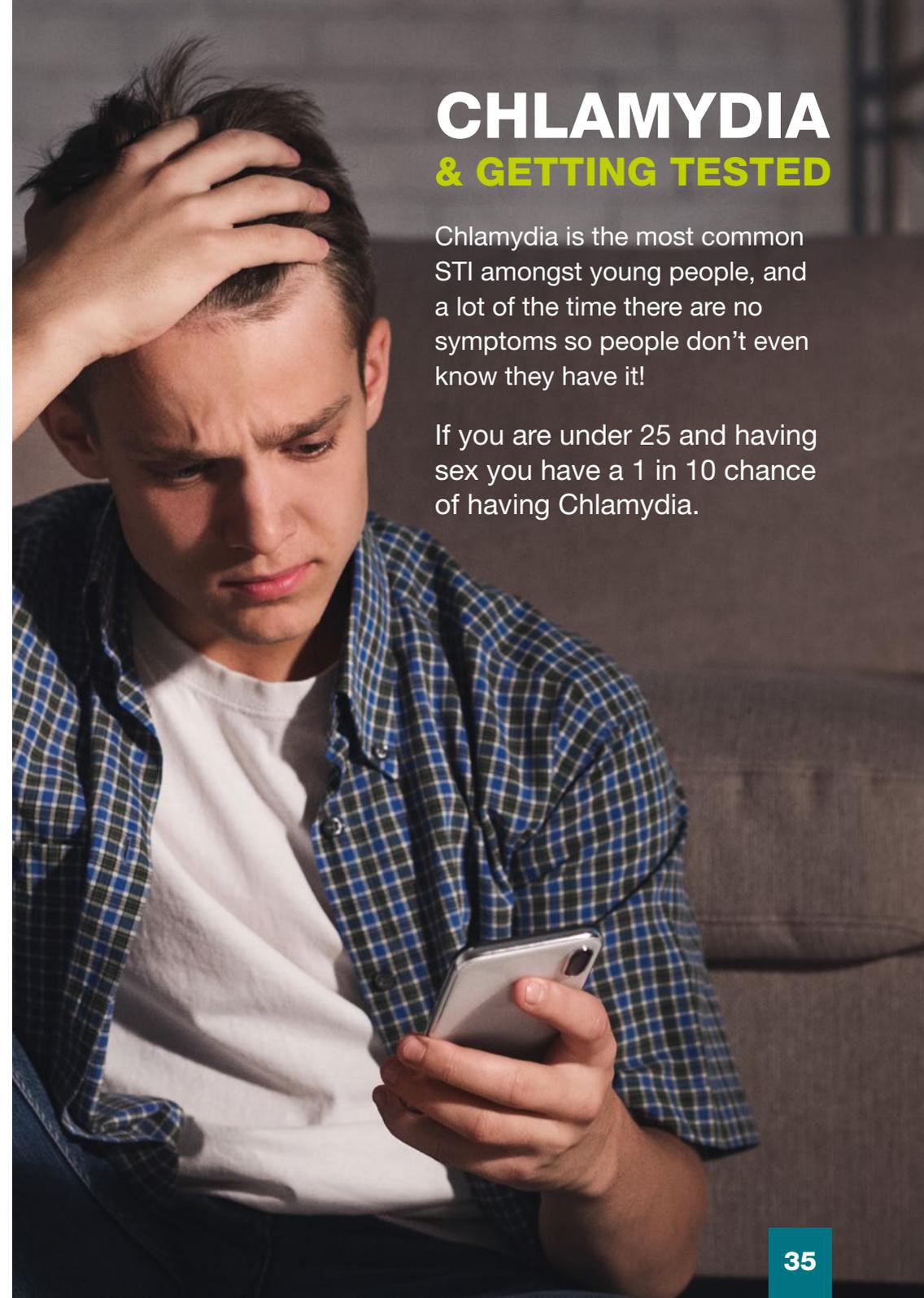
**The only way to 100% guarantee you don't get an STI is to not have any type of sex.**

Condoms are the only type of contraception which help to protect against pregnancy AND STIs.

STI	Cause	Symptom	Treatment
Chlamydia and non-specific genital infections	The Chlamydia bacteria	Often no signs at all. Unusual discharge from vagina or penis. Swelling around sex organs. Pain when peeing.	If untreated can leave women unable to have children. Treat with antibiotics.
Gonorrhoea (the 'clap' or 'dose')	Bacteria which live in moist areas of the body.	Women – unusual vaginal discharge, stomach pain. Men – Yellow discharge from penis. Men/Women – Pain when peeing, sore throat. Passed via oral sex. Most women have no symptoms, 90% of men do.	If untreated can leave women unable to have children. Treat with antibiotics.
Thrush	A yeast commonly found on skin and usually causes no problems. If it multiplies too much it can cause problems. Not necessarily caused by sex.	Women – thick, white discharge from the vagina, pain when peeing, itching around the vagina.	Women are given pessaries (soft tables which are put into the vagina) and cream to stop the itching. Men are given cream.
Genital Warts	Virus similar to the one which produces skin warts.	Growths or warts anywhere on the genital areas.	Special lotion or cream but larger ones are cut, burnt or frozen off.

STI	Cause	Symptom	Treatment
Trich (Trichomonas Vaginalis or TV)	Small parasite which infects the vagina and urethra (the tube through which urine passes)	Yellow or white, smelly discharge from the vagina or penis. May be no symptoms at all – especially in men.	A course of tablets taken by mouth.
Genital Herpes	A virus which produces sores.	Painful blisters or sores in and around the genitals.	No cure yet. A medicine called Acyclovir can help. Wash infected area in salty water, apply witch hazel to sores and avoid tight clothing.
Pubic Lice (crabs)	Small lice which live in pubic hair.	Severe itching around the genitals. Small nits (eggs) on pubic hair or underwear.	Special lotion from a chemist. Soap and water does not work.
Syphilis (the 'pox')	Organism in the blood and other body fluids.	Starts with a painless sore near the vagina or penis, but can be around the anus or mouth. Next, a rash appears anywhere on the body and flu symptoms. In later stages, these symptoms go.	If untreated, can cause heart failure, brain damage, blindness and death. Fairly easy to treat with antibiotics.

STI	Cause	Symptom	Treatment
Hepatitis B	A virus in the blood that can cause liver damage.	Starts with flu-like symptoms, tiredness and pain in the joints. Then jaundice (skin turning yellow) and weight loss. Can result in permanent liver damage. Many people slowly recover. Some people have no symptoms but are still carriers.	The only treatment is plenty of rest and healthy food. It can take months to recover. A doctor can give injections of a vaccine to protect a partner getting it.
HIV - Human Immunodeficiency virus)	A virus passed on through blood, semen, vaginal fluids, and breast milk.	HIV weakens the body's immune system; this means that the body is no longer able to fight off certain infections. The virus may lead to AIDS. A person with AIDS develops certain illnesses, usually after a number of years.	There is no cure for HIV, but there are treatments available to help the symptoms.



# CHLAMYDIA & GETTING TESTED

Chlamydia is the most common STI amongst young people, and a lot of the time there are no symptoms so people don't even know they have it!

If you are under 25 and having sex you have a 1 in 10 chance of having Chlamydia.

You can get free tests which test for Chlamydia AND Gonorrhoea. Gonorrhoea is the second most common bacterial STI in the UK after chlamydia and can lead to infertility in men and women.

You can get a free confidential Chlamydia and Gonorrhoea test from:

- Telford's sexual health service
- Some pharmacies
- Your school nurse
- Order one online from [www.openclinic.org.uk](http://www.openclinic.org.uk)
- Order one through the post, by calling 0800 015 9845.

You just need to pee in a pot, fill in a form, and the results can be texted, phoned or posted back to you. It is completely confidential.

If you test positive for Chlamydia, it is very important that anyone you have had sex with recently is also tested. Sexual health services can contact anyone you have had sex with and suggest that they get tested, without them having to know anything about you or your diagnosis.

Sexual health services will help you with free treatment to get rid of Chlamydia too.

For more information go to [www.chlamydia-screening.nhs.uk](http://www.chlamydia-screening.nhs.uk)

## You can get a free Chlamydia test from these pharmacies:

Pharmacy	Address	Phone number
Advance Pharmacy Malinslee	Church Road, Malinslee, Telford TF3 2JZ	(01952) 503 555
ASDA Pharmacy (Donnington)	St. George's Road, Donnington, TF2 7RX	(01952) 621 710
Boots (Telford Town Centre)	Telford Town Centre, TF3 4AU	(01952) 291 351
Boots (Wellington)	21 – 25 New Street, Wellington TF1 1LU	(01952) 223 468
Kitchings Chemist	23 - 25 Limes Walk, Oakengates TF2 6EP	(01952) 612964
Lawley Pharmacy	Lawley Bank, Telford, TF3 2LL	(01952) 504 666
Shire Pharmacy	3, The Shops, Teagues Crescent, Trench TF2 6RX	(01952) 618415
Superdrug (Telford Town Centre)	Telford Town Centre, TF3 4BT	(01952) 291 524



## TELFORD'S SEXUAL HEALTH SERVICE

Telford and Wrekin's Sexual Health Service provides a range of sexual health services to people of all ages and backgrounds across Telford.

There are clinics at lots of places across Telford, but the main clinic is at Bishton Court in the town centre, which is a short walk from Telford train station. Visit [www.openclinic.org.uk](http://www.openclinic.org.uk) or call 0300 123 0994 for information and directions.

We want to help you understand the risks that having sex has, and to feel confident in making choices which keep you healthy and safe.

We can help you with sexual health advice, help you to understand and use contraception, and we can test for and treat sexually transmitted infections (STIs).

You don't have to have an appointment to see us, you can just turn up. At busy times you may have to wait.

Some of our services:

- Testing for STIs
- Treatment for STIs
- Pregnancy tests
- HIV testing and HIV treatment and care
- Pregnancy testing
- Condoms (male and female)
- Contraceptive pill, implants, patches and injections
- Contraceptive coil fitting and removal
- Emergency hormonal contraception
- Psychosexual therapy (therapy for help with things related to sex)

We are a lesbian, gay, bisexual, transgender-friendly service. Whoever you are, and whatever your concern, we are here to support you.

You do not need to be 18 to access our sexual health services.



# BE SAFE ONLINE

Online, anyone can contact you and pretend to be someone they are not.

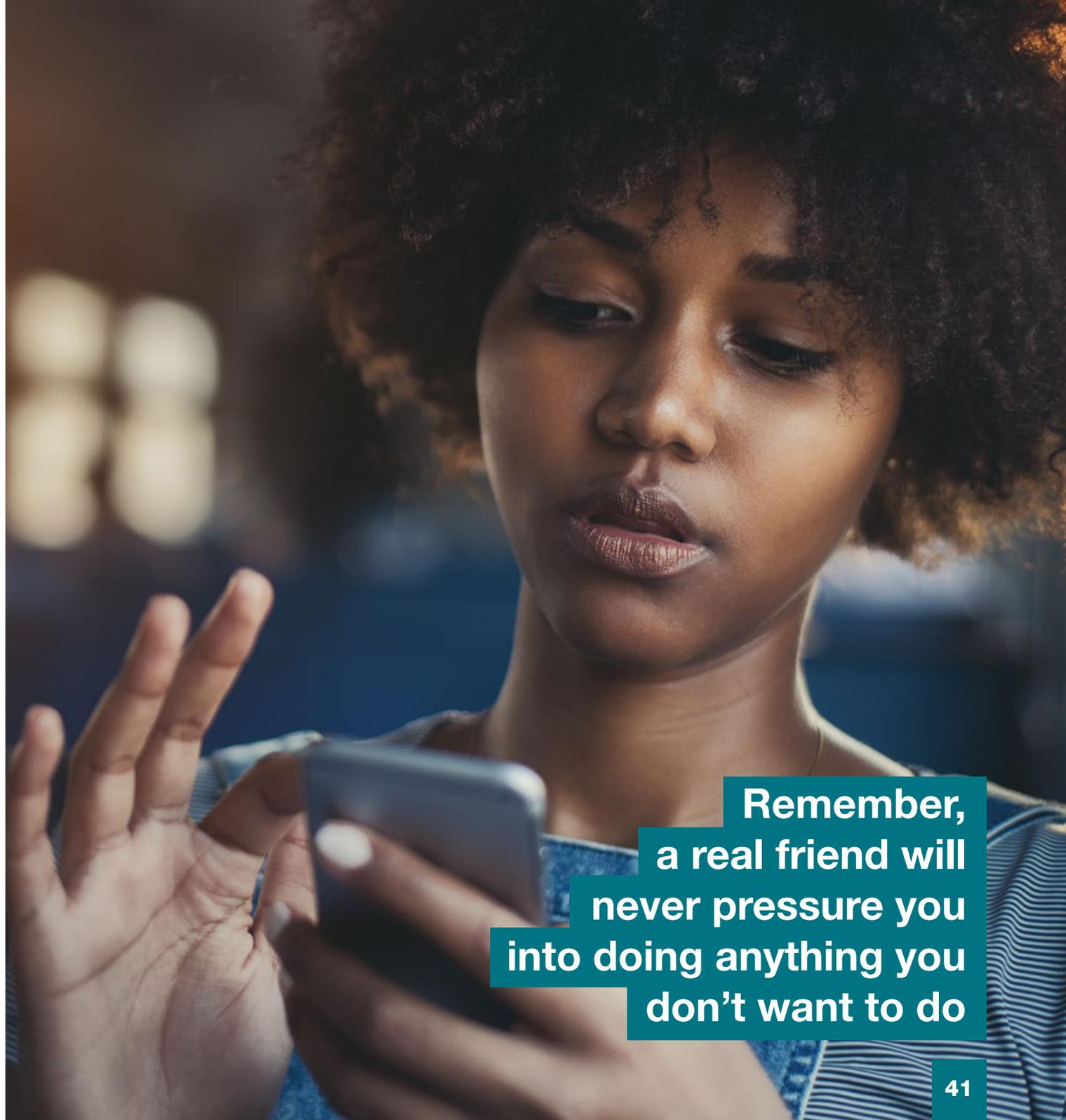
Most dating apps are adult only, but even meeting someone from teen dating apps or chat sites can be risky.

**Never share your personal information, like your full name, phone number or address online.** People can use this information against you, so its best to keep it private.

Make sure you know how to use the privacy settings on social media accounts, and set these to private so that you can control who sees your personal business.

Don't go on webcam with anyone you don't know, especially if they say theirs is broken.

**If someone online asks you to send sexual pictures of yourself or do something sexual on webcam, say no and tell an adult that you trust. Remember, a real friend will never pressure you into doing anything you don't want to do or make you feel guilty when you have not done anything wrong.**



**Remember,  
a real friend will  
never pressure you  
into doing anything you  
don't want to do**

If someone's behaviour on the internet really worries you, consider reporting it to the Child Exploitation and Online Protection Centre (CEOP) or the police even if you simply plan to have no more contact with that person. Reporting them may keep you and other young people safe.

Our advice is not to meet up with anyone that you meet online. But if you decide that you are going to, think about these things:

- Never meet them alone – always take someone with you.
- If you do meet, go somewhere busy and public and don't go anywhere else with them.
- Get to know them online first before you meet –try to get a sense of who they really are, not just who they say they are online
- Search their name online & see what the results say
- Take your phone and make sure its charged and you have credit
- When you meet them in person – does everything they told you about themselves seem to be true?
- Make sure you can get home easily and don't rely on them for lifts
- Stay sober
- Trust your gut feeling and leave if it doesn't feel right. You can make up excuses like having plans with friends, or family expecting you home.

If you meet up with someone and they do upset you, try to hurt you, or even if something just doesn't feel right, call the police. Reporting them could help to keep other people safe too.

## SEXTING

Sexting is sending sexual images of yourself to another person. It can happen for lots of reasons.

You might:

- Feel like 'everyone else' is doing it
- Enjoy the attention it gets you
- Worry about being seen as 'not sexy' or 'frigid' if you don't
- Feel pressured or blackmailed into it
- Be in love and trust the person you are sending it to
- Think it's normal and not a big deal



Here are some things you should think about if someone asks you to send them a pic:

## **Sexting is illegal if you are under 18**

It is illegal to take or send naked images (or topless images of girls, or any pictures showing genitals or sex acts) of anyone under the 18 – even pictures of yourself, and even if you have the other person's permission to have them.

## **You are not in control**

As soon as you hit send, you lose control. Your picture or cam session could be saved and posted anywhere! Would you want your family and friends to see it? If the answer is no, don't send it.

## **Who are you sending it to?**

Would you feel uncomfortable if you were going to do something sexual with them in person? How do you know what the other person will do with your picture?

## **Why are you sending it?**

Ask yourself – am I doing this for me, or for them? Your body is yours, and you choose what you do with it. Someone who really cares about you won't put you under pressure.

## **What should you do?**

Don't allow yourself to be blackmailed for anything by someone who has a picture of you - contact the police. They won't judge you and will be able to help you.

If someone keeps asking you to send them naked or semi naked pictures of yourself, don't delete the messages. Don't reply to them. Tell an adult you trust.

If someone is sending you unwanted sexual images of themselves, don't send the messages on to anyone else. Don't reply to them. Tell an adult who you trust what is happening.

If the person is using online websites or social media (facebook etc) to send you images get advice from the Child Exploitation and Online Protection Centre (CEOP) to block or report them and update your privacy settings – details on page 50.

# ARE YOU IN A GOOD RELATIONSHIP?

In a healthy relationship, everyone (male and female) should:

Feel safe and respected

Feel comfortable being yourself

Not feel controlled by the other person

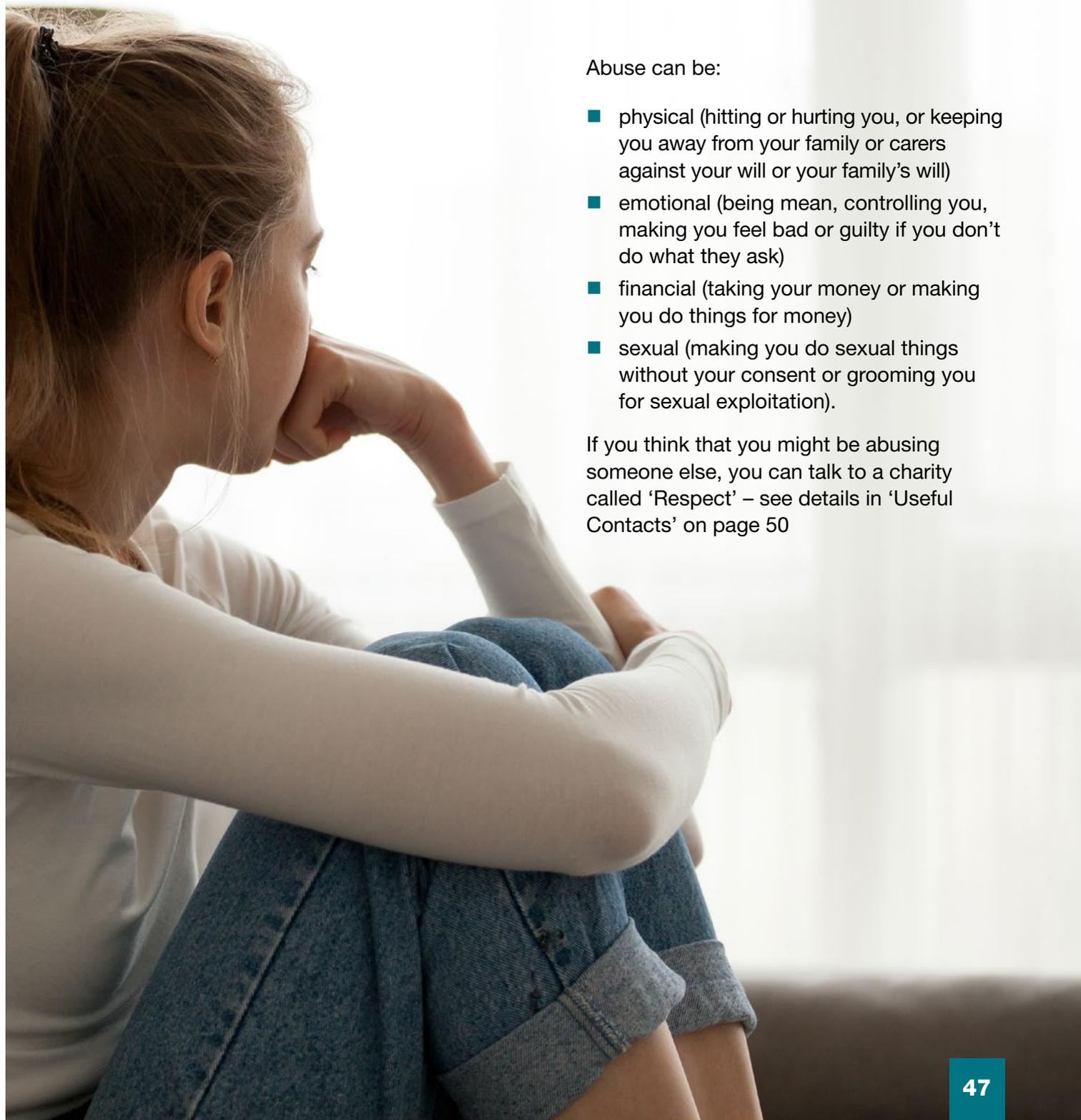
Not feel threatened or hurt by the other person

Be having fun!

Unfortunately, abuse in a relationship can happen very easily and it can happen to anyone – no matter your age, gender or your background.

1 in 4 females and 1 in 6 males will experience domestic abuse in their lifetime.

**Abuse is never  
the victim's fault**



Abuse can be:

- physical (hitting or hurting you, or keeping you away from your family or carers against your will or your family's will)
- emotional (being mean, controlling you, making you feel bad or guilty if you don't do what they ask)
- financial (taking your money or making you do things for money)
- sexual (making you do sexual things without your consent or grooming you for sexual exploitation).

If you think that you might be abusing someone else, you can talk to a charity called 'Respect' – see details in 'Useful Contacts' on page 50

# SIGNS OF ABUSE

These are some **common signs** of abuse:

- If you feel unsafe or scared of a person you are close to
- The person stops you seeing your friends and family
- The person tries to control what you do
- The person does things that hurt, embarrass or shame you
- The person constantly checks up on you
- The person deliberately destroys something important to you
- The person threatens you or people you love
- The person forces you to do things you do not want to do
- The person asks you to have sex or do sexual things in exchange for money, gifts, drugs, alcohol, food, accommodation, transport or other things that you want
- The person might try to get you to do sexual things with other people
- Someone has sex with you who is in a 'position of trust' with you i.e. your teacher, doctor, social worker, support worker etc, whether you give consent or not and even if you are 16
- It is illegal for a member of your family to do sexual things involving you.

# ABUSE: HELP AND SUPPORT

If you think you might be being abused, someone has hurt you, or someone has tried to hurt you, you need to tell someone who can help you. There are people who understand, who believe you, and who will help you.

If a friend thinks you might be being abused, listen and keep it in mind- don't ignore them.

You can talk to your GP, staff at the sexual health service, teacher or an adult you trust. You can also call **Family Connect on 01952 385385** or the **National Domestic Violence Helpline on 0808 2000 247** for support and information.

You can also call these numbers if you are worried about a friend that you think is being abused.

If you have been raped or sexually assaulted there is a specialist place you can go to for medical help and support called 'The Glade' (see 'Useful Contacts'). The Glade is a Sexual Assault Referral Centre (SARC) and will help anyone who has been a recent victim of sexual assault, no matter your age or gender.

A SARC is a safe place where you can have a medical examination and tests for STIs and pregnancy (if you are female). You won't be pressured into reporting anything to the police if you do not want to, and they can store the results of your examination until you make up your mind whether to report to the police or not.

**In an emergency, always call the police on 999.**

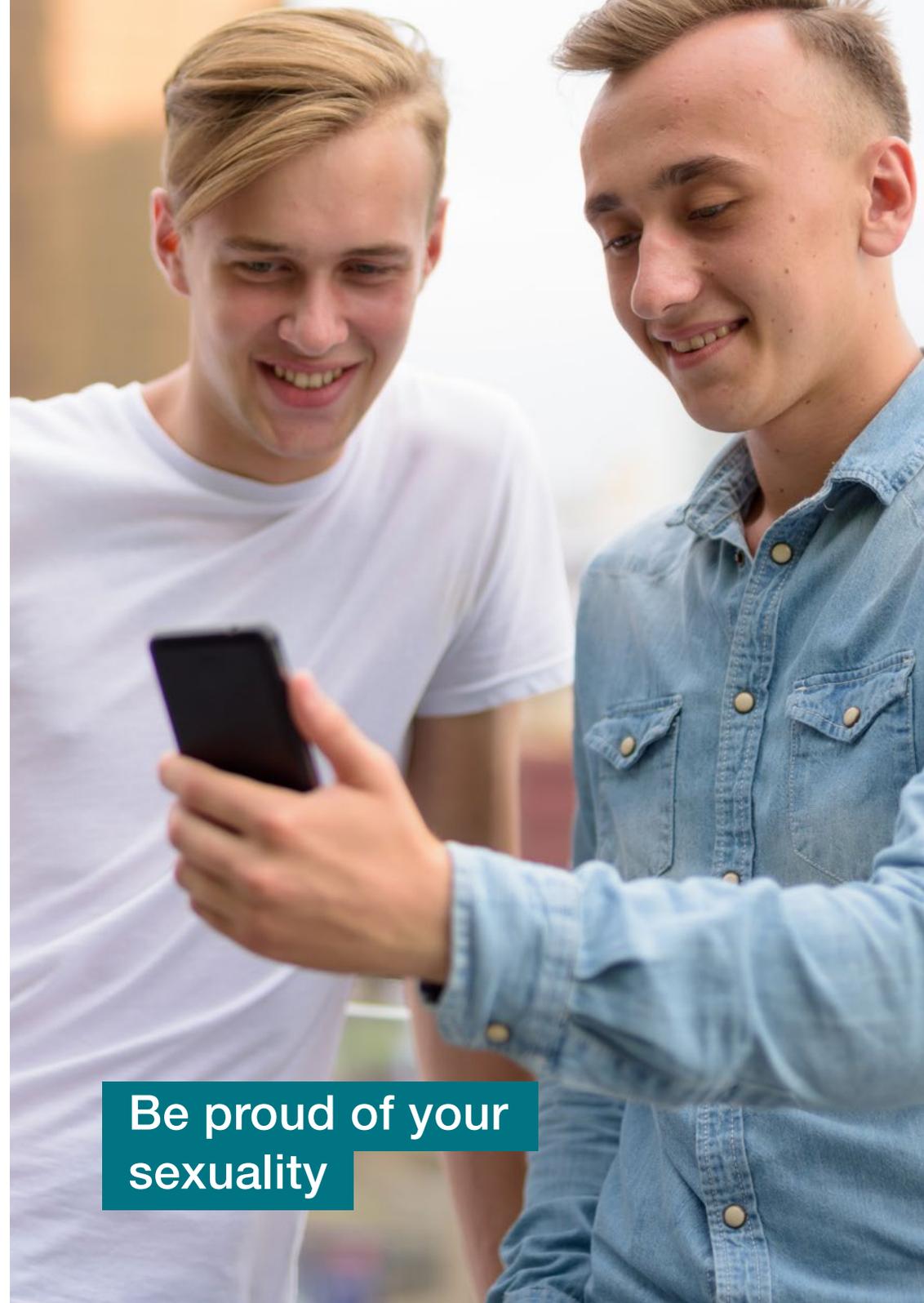
# USEFUL CONTACTS

Who?	About	Contact
AXIS Counselling	Axis provides a specialist counselling service for children and young people aged 11-18 who have experienced sexual abuse.	01952 278000 <a href="http://www.axiscounselling.org.uk/">www.axiscounselling.org.uk/</a>
BEE U	Bee U exists to help children and young people to be resilient and to have a positive sense of emotional health and wellbeing. BEE U can help you with getting advice and support to help your emotional health.	0300 124 0093 <a href="http://www.beeu.org.uk">www.beeu.org.uk</a>
British Pregnancy Advisory Service (BPAS)	BPAS are a charity who help women and couples who feel they have a pregnancy that they cannot keep. BPAS will support you and help you make the decision which is right for you. You can call BPAS any time, 24/7.	03457 304030 <a href="http://www.bpas.org">www.bpas.org</a>
Brook Advisory Service	Brook provide free and confidential information about sexual health to under 25s	<a href="http://www.brook.org.uk">www.brook.org.uk</a>

Who?	About	Contact
CEOP's ThinkUKnow	The latest information on popular websites, social media and new technology. Find out what's good, what's not and what you can do about it including how to report anything offensive.	<a href="http://www.thinkuknow.co.uk">www.thinkuknow.co.uk</a>
Childline	Child Line is a free 24 hour counselling service for young people up to their 19th birthday.	(01952) 618415
Family Connect	Family Connect provide information, guidance and support on a range of children's services across Telford.	01952 385385 <a href="mailto:familyconnect@telford.gov.uk">familyconnect@telford.gov.uk</a>
Family Planning Association	Information, advice and support to all people across the UK on all aspects of sexual health, sex and relationships	<a href="http://www.fpa.org.uk">www.fpa.org.uk</a>
Gender Identity Development Service	GIDS is a service for young people who feel uncomfortable with the gender they were assigned at birth.	02089 382030/1 <a href="http://www.gids.nhs.uk/">www.gids.nhs.uk/</a>

Who?	About	Contact
Respect	Respect is the UK membership organisation for work with domestic violence perpetrators, male victims of domestic violence and young people's violence in close relationships.	<a href="http://www.respect.uk.net">www.respect.uk.net</a>
Rise Above	Rise Above is about young people all sharing their experiences, questions and challenges to get ready for anything life throws at them.	<a href="http://www.riseabove.org.uk">www.riseabove.org.uk</a>
Stonewall	Stonewall is a Lesbian, Gay, Bisexual and Transgender rights charity. Stonewall work to achieve equality for LGBT+ people at home, work and school. They offer help and advice for LGBT+ people and their families.	08000 502020 <a href="http://www.stonewall.org.uk/">www.stonewall.org.uk/</a>
The Glade Sexual Assault Referral Centre	A specialist service where anyone who has been a victim of rape or sexual assault can go for help and support. This is available to men, women and children.	0808 178 2058 <a href="mailto:info@theglade.org.uk">info@theglade.org.uk</a> <a href="http://www.theglade.org.uk">www.theglade.org.uk</a>

Who?	About	Contact
The Holly Project	The Holly Project is a free support service for survivors of Child Sexual Exploitation (CSE). It offers a safe place for young people and their families to get support and advice from people who really understand the trauma and lasting impact of CSE.	01952 947831 <a href="http://www.ymcawellington.co.uk/hollyproject">http://www.ymcawellington.co.uk/hollyproject</a>
Telford's Sexual Health Services	Telford's sexual health service has a main clinic in Telford town centre and also has buildings where you can be seen in other places across Telford. You can access free sexual health advice, treatment and contraception.	0300 123 0994 <a href="http://www.openclinic.org.uk">www.openclinic.org.uk</a>
Telford & Wrekin School Nurse Service	The school nurses can provide help, information and support on lots of physical emotional and sexual health matters.  You can text your school nurse too.	0333 358 3328 <a href="http://www.shropscommunityhealth.nhs.uk/school-nurses-telford">www.shropscommunityhealth.nhs.uk/school-nurses-telford</a> Text your school nurse: 0752 061 9051



Be proud of your  
sexuality

A photograph of a couple holding hands in a grassy field at sunset. The couple is wearing jeans and a grey jacket. The background shows a sunset sky and some buildings in the distance.

**Every day we all make decisions and choices. Some are big, some are small.**

**WE ARE ALL RESPONSIBLE FOR OUR OWN SEXUAL HEALTH. THE DECISIONS YOU MAKE ABOUT SEX CAN CHANGE THE REST OF YOUR LIFE.**

**RESPECT YOURSELF.**

This handbook contains information that you need to make these important choices.

This guide is for all young people and includes:

- How to know when it's right to have sex
- How to stay safe
- How to understand consent

and recognise abuse

- Your guide to contraception
- Where to go in Telford for free condoms
- What to do if you have unprotected sex or a condom breaks
- How to get tested for STIs
- Where to go in Telford for free confidential sexual health advice and information

**Respect your body, respect your health, respect yourself.**