



HEALTHY
RELATIONSHIPS
&
STAYING SAFE

— | **YOUR GUIDE** | —

WHAT MAKES A HEALTHY RELATIONSHIP?

Honesty

Being open and honest with each other is necessary in a healthy relationship. How will your partner know what you want if you don't tell them?

Communication

This involves listening as well as talking, and is extremely important in sharing your wants and needs within the relationship.

Compromise

Are you able to compromise in situations where you don't agree with your partner? Think about whether both of your needs are being met.

Shared power

Do you both have equal rights, or are you restricted in where you can go, who you can be friends with or if you can work?

Respect

You are entitled to your opinion and the way you live your life. Your partner should respect this and not treat you poorly if they disagree. Do you feel safe enough to raise your views with your partner?

Trust and support

You should be able to trust your partner not to discuss your intimate secrets with anyone else and likewise, they should be able to trust you with theirs.

**DID
YOU
KNOW?**

Controlling and coercive behaviour within relationships is now an offence with a maximum penalty of 5 years imprisonment and a fine. If you experience this you can talk to a health professional or call the police.
Non-emergency: 101 or in an emergency: 999



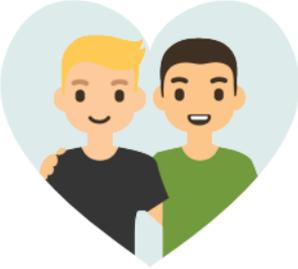
You are entitled to a relationship free from abuse

You should never feel pressured into having sex



You have the right to change your mind

All sexual contact must be consensual



You are entitled to a happy and healthy relationship regardless of your sexuality or gender identity



There are people you can talk to for support

CONSENT AND THE LAW

Consent is agreeing to do something and when we talk about consent to sex, this means someone agreeing to take part in sex or sexual activity (which includes everything from kissing to anal sex).

SIGNS SOMEONE IS CONSENTING

- They're enthusiastically saying yes
- They're freely and willingly touching you
- They look happy



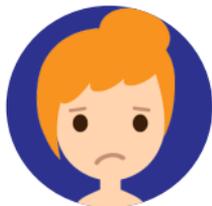
SIGNS SOMEONE MIGHT NOT BE CONSENTING

- Their body freezes up
- They go quiet
- They're saying "maybe" or "I'm not sure"



A PERSON CANNOT CONSENT IF:

- They are under 16
- They've been drinking alcohol or taking drugs
- They feel pressured or threatened into saying yes
- They don't understand what they're agreeing to



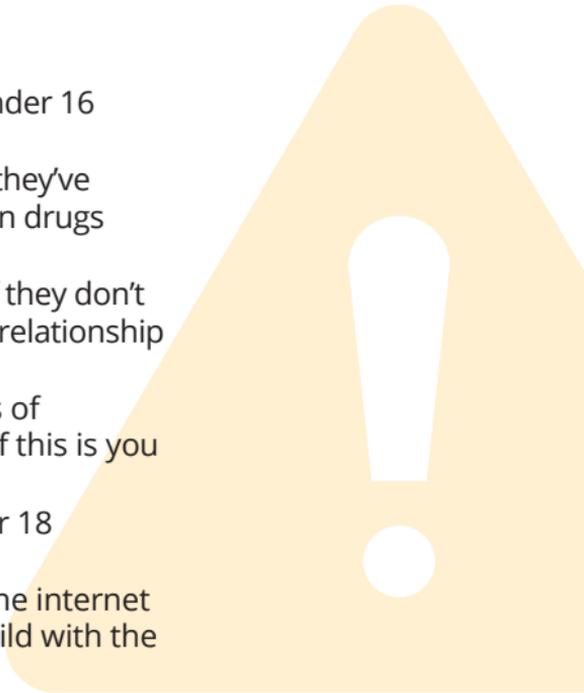
**NEVER ASSUME THAT
SOMEONE WANTS
SEX JUST BECAUSE
THEY'RE WEARING
SOMETHING
SEXY/REVEALING OR
FLIRTING WITH YOU**



**IF SOMEONE SAYS
'NO' OR 'STOP',
YOU MUST STOP
IMMEDIATELY**

IT IS ILLEGAL TO...

- Have sex with someone under 16
- Have sex with someone if they've drunk alcohol or have taken drugs
- Make someone have sex if they don't want to, even if you're in a relationship
- Take, share or keep nudes of someone under 18, even if this is you
- Watch porn if you're under 18
- Befriend a child through the internet or to agree to meet the child with the intent of abusing them



SEXUAL EXPLOITATION is a form of sexual abuse. It is when a person is pressured or tricked into having sexual contact in return for something they need or want. It can be difficult to spot because many victims feel like they are in a loving relationship. Exploitation can affect anybody of any age or gender.

RAPE is penetration with a penis without consent.

SEXUAL ASSAULT is non-consensual touching, this could be through clothing or with an object. Anyone can commit sexual assault and both offences carry a maximum penalty of life imprisonment.

CONTRACEPTION

Contraception is used to prevent unplanned pregnancies. There are many types to choose from and different methods suit different people. Some require a procedure to have them fitted and removed.

Condoms are the only method of contraception which will protect you against Sexually Transmitted Infections (STIs)

Implant

A small rod which releases the hormone progestogen is placed in the upper arm under the skin

- Over 99% effective
- Lasts up to 3 years
- Periods can be irregular or stop completely



Injection

Progestogen is injected into the buttock (bum cheek)

- Over 99% effective
- Lasts for 8-13 weeks
- Periods may be lighter or stop



IUS *(also known as the coil)*

A small T-shaped plastic device is placed in the uterus

- Over 99% effective
- Lasts up to 5 years
- Periods may be lighter or stop
- Fitting can be uncomfortable



IUD *(also known as the copper coil)*

A small plastic and copper device is placed in the uterus

- Over 99% effective
- Lasts for 5-10 years
- Periods may be heavier/longer
- Fitting can be uncomfortable



Condoms (for penis)

Thin latex or plastic sheath is put over the erect penis

- 98% effective if used properly
- Protects against STIs
- Need to remember before sex



Condoms (for vagina)

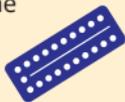
Thin plastic sheath that lines the vagina and covers the outer area of the vagina

- 95% effective if used correctly
- Protects against STIs
- Need to remember before sex
- Periods won't change

Combined pill

The pill contains oestrogen and progesterone and is taken orally

- 99% effective with perfect use, 91% effective with typical use
- You need to take it every day around the same time
- Can reduce period pain and bleeding



Mini pill (POP)

The pill contains progestogen and is taken orally

- 99% effective with perfect use, 91% effective with typical use
- You need to take it every day at the same time
- Can reduce period pain and bleeding



EMERGENCY CONTRACEPTION

Emergency contraception reduces your chance of pregnancy after unprotected sex. There are 2 types – a pill and an IUD (coil).

The IUD is the most effective; you can get an emergency IUD up to 120 hours (5 days) after unprotected sex. You will need to visit a sexual health clinic to get this, although some GPs can do it.

There are 2 types of emergency contraceptive pills (also known as 'the morning after pill') which can be taken up to 72 hours or 120 hours after unprotected sex, depending which pill you take. You can get this from a pharmacy or a sexual health clinic.

SEXUALLY TRANSMITTED INFECTIONS

Sexually transmitted infections (STIs) are infections that are spread by sex or sexual contact (oral sex, sharing sex toys). Some are easy to get rid of and some you can't get rid of but you can get treatment.

Protect yourself against STIs by using condoms.

CHLAMYDIA

Symptoms: No symptoms, pain when weeing, bleeding between periods or after sex

Test: A urine sample or vaginal swab

Treatment: Easily treated with antibiotic tablets

GONORRHOEA

Symptoms: No symptoms, discharge from tip of the penis, yellow/green discharge from vagina, bleeding between periods

Test: A urine sample or vaginal swab

Treatment: Easily treated with an injection

SYPHILIS

Symptoms: No symptoms, small, painless sore around genitals, rash on palms of hands and soles of feet, swollen glands or a flu-like illness

Test: A blood sample

Treatment: Usually treated by an injection in the bum cheek

HIV

Symptoms: Flu-like illness a few weeks after infection

Test: A fingerprick test or a blood sample, depending where you go for the test

Treatment: There is no cure but HIV can be treated with antiretroviral drugs. If you're on effective treatment you can't pass on HIV to anyone else.



If you have an STI and don't get treatment, it can lead to serious health problems

GENITAL WARTS

Symptoms: Lumps, bumps or growths around genital/anal area

Test: Doctor/nurse will look at affected area

Treatment: There is no cure but treatment is available to get rid of the warts, like using a cream or freezing them off

GENITAL HERPES

Symptoms: Blisters, sores around the genital/anal area

Test: Doctor/nurse will look at affected area and run a swab over any sores

Treatment: There is no cure but you can ease symptoms with creams and stop the virus from multiplying with antiretroviral tablets

SOME COMMON STI SYMPTOMS INCLUDE...



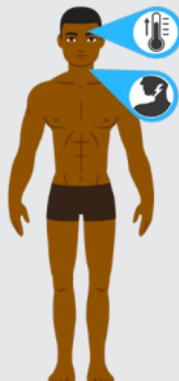
Burning
when
weeing



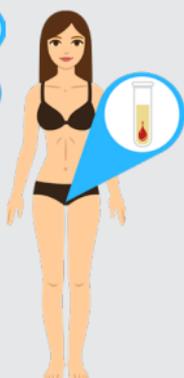
Discharge
from tip of penis
OR
Unusual discharge
from vagina



Rashes, lumps
or bumps
around the
genital area



Flu-like symptoms
(fever, headaches,
swollen glands)



Blood in
wee

If you have any of these symptoms and you're sexually active, visit your local sexual health clinic for a check-up

NHS SEXUAL HEALTH SERVICES

SEXUAL HEALTH TESTING

Free and confidential testing for sexually transmitted infections is available at our sexual health clinics.



CONTRACEPTION

A range of contraception options are available at our CASH clinics to prevent unplanned pregnancy.



C-CARD

The C-Card is a plastic card that gives you quick and easy access to free condoms across Stoke-on-Trent and North Staffordshire. You can register at sexual health clinics, some pharmacies, or when you see the Sexual Health Team out and about.



INFORMATION AND ADVICE

We can give you confidential information and advice on sexual health, contraception and signpost you to local support services.



OUR PROMISE TO YOU

- We will listen to your needs
- We will treat you with dignity and respect
- We will not judge you
- We will not discuss your personal matters with anyone but you, unless there is a risk of harm



OTHER LOCAL SERVICES

GLOW

Glow offer a range of support services for people in unhealthy relationships. They work with people of all genders and ages and are an LGBT+ inclusive service.

WWW.FINDTHEGLOW.ORG.UK

0330 0945 559

GRANGE PARK

A centre which provides support services for people living in Stoke-on-Trent and Staffordshire who have been sexually assaulted or raped.

WWW.GRANGEPARK.ORG.UK

0800 970 0372

LGBT+ SERVICES

A sexual health and lifestyle support service created especially for the lesbian, gay bisexual and transgender (LGBT) community in Stoke-on-Trent, and for those questioning their sexuality or gender identity.

WWW.LGBTSTOKE.CO.UK

0300 123 0970

SAVANA

A support service for anyone who has experienced or is affected by any form of sexual violence including rape, sexual assault, domestic violence, 'honour' related violence and childhood sexual abuse, whether recently or in the past.

WWW.SAVANA.ORG.UK

01782 433204 (24 HR MESSAGE LINE)

STOKE-ON-TRENT CDAS

Stoke-on-Trent Community Drugs and Alcohol Service helps people struggling with the impact of drugs or alcohol. They offer support to adults, young people, carers, partners and families who live in Stoke-on-Trent.

WWW.SCDAS.ORG.UK

01782 283 113

BROUGHT TO YOU BY YOUR LOCAL NHS SEXUAL HEALTH TEAM

For more information on any of our services,
contact us on the details below.



0300 123 0970



openclinic.org.uk



Open Clinic NHS



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