

# C-Card Reminder Sheet

## How to register

1. Service user needs to fill in the white section of the form with their information
2. Professional checks all fields are filled and legible
3. Professional works through checklist in grey area on back of form with service user
4. Professional fills in venue, staff member, date issued, C-Card number and circles appropriate registration type
5. Issue C-Card and C-Card pack to service user, tick off first box on back of card

## How to distribute

1. Fill in date, C-Card number and visit number on distribution form
2. Issue C-Card pack and tick off visit number box on back of C-Card
3. If last visit, offer to register for new C-Card or signpost to nearest registration venue

## Points to cover

- Rights in a relationship
- Sexual health services & contraception are still available if you're under 16
- Legal age for sex/sexual contact is 16
- Nobody under 13 can consent to sex
- Alcohol and drugs affect a person's capacity to consent
- Sexual health services are confidential

## Under 16s

- Fraser assessment  
*(Young person understands what they're accessing, risks and legalities around sex under 16 and professional feels distribution of condoms is in the young person's best interest)*
- Risk assessment  
*(If you are concerned, follow internal safeguarding procedures)*
- Condom demonstration

## Important information

Please return paperwork monthly to [mpftprevention@nhs.net](mailto:mpftprevention@nhs.net), ensuring C-Card number, date & visit number are clearly recorded

Contact details for the Sexual Health Prevention Team:

✉ [mpftprevention@nhs.net](mailto:mpftprevention@nhs.net)

☎ 0300 124 5022 (option 4)

