

YOUR GUIDE TO SEX AND RELATIONSHIPS



WHAT MAKES A HEALTHY RELATIONSHIP?

A healthy relationship is a relationship where you feel safe and able to be yourself.

Honesty

Letting someone know how you feel, what you want and if something is bothering you is important for a healthy relationship.

Communication

There are lots of different ways to communicate, like talking, body language and actions. Take time to listen to each other.

Compromise

It's okay not to agree on everything, compromise means finding something that works for you both.

Being equals

Nobody should be in charge in a healthy relationship. Being equals means making decisions together and respecting each other's thoughts and feelings.

Respect

Everyone has different opinions but you should never be treated badly for your thoughts, feelings or the things you like.

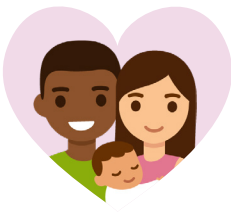
Trust and support

Trust feels different to everyone, but being able to talk openly, ask for help if you need it and feeling physically safe when you are together are all signs of a healthy relationship.

DID YOU KNOW?

Controlling behaviour within relationships is illegal. This could include someone saying who you can/can't see, what you can wear or making you feel frightened.

If you experience this you can speak to the Police (Non-emergency: 101 or in an emergency: 999) or any of the services listed in the back of this booklet.



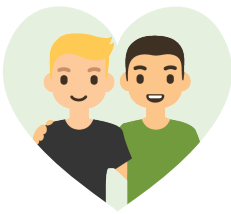
You are entitled to a relationship free from abuse

You should never feel pressured into having sex

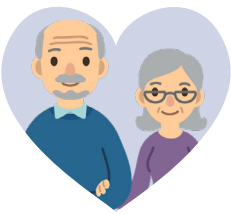


You have the right to change your mind

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

When we talk about consent to sex, this means someone agreeing to take part in sex or sexual activity. Consent needs to be given for each sexual act. You should never be pressured to consent if you don't feel comfortable.

SIGNS SOMEONE IS CONSENTING

- They look happy and are saying yes
- They are happy to touch you



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
BASED ON...**

WHAT THEY'RE WEARING

**IF YOU THINK THEY'RE
FLIRTING WITH YOU**



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

IN THE UK, IT IS ILLEGAL TO...

- Have sex with someone who is 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
- Make sexual contact with someone under 18, if you're over 18

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 often the people it's happening to feel like they are in a loving relationship. Exploitation can affect anybody of any age or gender.

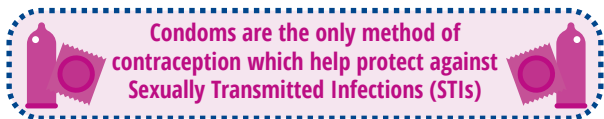
RAPE is penetration with a penis without consent.

SEXUAL ASSAULT is sexual touching without consent.

Rape and sexual assault are both illegal and carry prison sentences.

CONTRACEPTION

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



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

Releases the hormone progestogen into bloodstream

- Over 99% effective (*if you get repeat injections on time, as advised*)
- 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 an erect penis or object

- 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 progesterone 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 for free from some pharmacies, or from a sexual health clinic.

SEXUALLY TRANSMITTED INFECTIONS

Sexually transmitted infections (STIs) are infections that are spread by sex or sexual contact.

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 antibiotic 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 antibiotic injection

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 you can take tablets to manage the virus. A specialist clinician will help you stay safe and healthy.

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

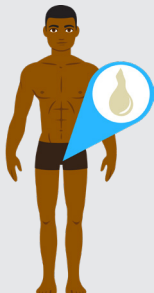
Test: Doctor/nurse will look at affected area and run a swab over any sores

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

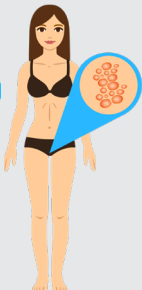
SOME COMMON STI SYMPTOMS INCLUDE...



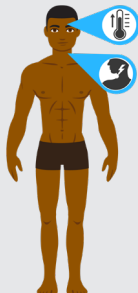
Burning
when
weeing



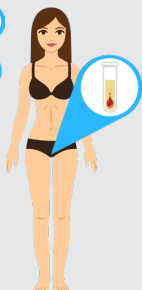
Discharge
from tip of penis
OR
Unusual discharge
from vagina



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 (STIs) is available at our sexual health clinics. If you are over 16, you may be able to order a free at-home STI testing kit.



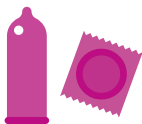
CONTRACEPTION

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



C-CARD

The C-Card is a card that gives people aged 13-24 quick and easy access to free condoms across Shropshire. You can register for a C-Card at sexual health clinics and some pharmacies.



INFORMATION AND ADVICE

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



VISIT [OPENCLINIC.ORG.UK](https://openclinic.org.uk) FOR MORE INFORMATION ON 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 USEFUL SERVICES

BROOK

National charity which offers information and advice for young people about sexual health and relationships.

WWW.BROOK.ORG.UK

GALOP

Galop provides confidential and independent advice and support for LGBT+ people who have experienced sexual assault, abuse or violence.

WWW.GALOP.ORG.UK

THE GLADE

A centre which provides support services for people living in Shropshire who have been sexually assaulted or raped.

WWW.THEGLADE.ORG.UK

0800 970 0377

SEXUAL HEALTH SERVICES

Sexual health services in Shropshire are based at Severnfields Health Village. You can access STI testing, contraception, information and advice and more.

WWW.OPENCLINIC.ORG.UK

0300 404 2996

SHROPSHIRE SCHOOL NURSES

Local school nurses who can provide sexual health and other health advice,

WWW.SHROPSCOMMUNITYHEALTH.NHS.UK/SCHOOL-NURSING-SERVICES

0333 358 3654

SHROPSHIRE RECOVERY PARTNERSHIP

Supporting those affected by drugs and alcohol in Shropshire.

01743 294700

SHROPSHIREINFO@ADDACTION.ORG (EMAIL)

**BROUGHT TO YOU BY YOUR
LOCAL NHS SEXUAL HEALTH TEAM**

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



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If you would require this document to be translated into another language or in a different format (such as easy read or large print, audio) please contact us on the details above.

Content in this booklet was developed by Sexual Health Prevention Team in Stoke-on-Trent and North Staffordshire