

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 the form with service user
4. Professional fills in venue, staff member, date issued, C-Card number and ticks appropriate registration type
5. Issue C-Card and C-Card pack(s) to service user, tick off first box(es) 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(s) and tick off visit number box(es) on back of C-Card
3. If last visit, offer to register for new C-Card or signpost to nearest registration venue or online registration at www.openclinic.org.uk (ages 16+)

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

Contact details & paperwork

☎ Stoke-on-Trent, Staffordshire and Telford & Wrekin: **0808 178 0955 (option 2)**

☎ Shropshire: **0300 404 2996**

Please return paperwork monthly, ensuring C-Card number, date & visit number are clearly recorded, to:

Stoke-on-Trent and North Staffordshire:
sexualhealthorders@mpft.nhs.uk

South Staffordshire:
sexualhealthprevention@mpft.nhs.uk

Shropshire:
sexualhealth.shropshire@mpft.nhs.uk

Telford & Wrekin
telford.prevention@mpft.nhs.uk

Under 16s

Fraser assessment

To be deemed "Fraser competent" a young person must be capable of making a reasonable assessment of the advantages and disadvantages of the treatment proposed, so consent, if given, can be properly and fairly described as true consent. Fraser Guidelines apply specifically to the provision of sexual health and contraception services to those under 16, the five principles of a Fraser assessment are:

1. *The young person understands the advice being given.*
2. *The young person does not want to involve parents/carers or allow the professional to do so on their behalf.*
3. *It is likely that the young person will begin or continue having sex with or without treatment/contraception.*
4. *Unless they receive treatment/contraception their physical or mental health (or both) is likely to suffer.*
5. *It is in the young person's best interests to give contraceptive advice, treatment or supplies without parental consent.*

If safeguarding concerns are identified escalation and referral should be made in accordance with the safeguarding policy of the registering professional's organisation.

Risk assessment

(If you are concerned, follow internal safeguarding procedures)

Condom demonstration

