



**Essex Sexual
Health Service**

Relationships and Sexual Health Education offer available to Young People in Essex

**Delivered by the Essex Sexual Health Service
Outreach and Education Team**

 provide.eshsoutreachtteam@nhs.net



Healthy Relationships

This session explores different types of relationships that young people may have. It gives young people an opportunity to think about what qualities are important to them in friendships and relationships, as well as providing an opportunity to identify 'red flags' that may indicate signs of an unhealthy relationship.

The session also looks at what support is available to them locally within Essex.

SESSION LENGTH:

45 minutes - 1 hour

SESSION TYPE:

Face-to-face

FURTHER INFORMATION:

provide.eshsoutreachteam@nhs.net

AVAILABLE TO:

KS 3 (Year 9), KS 4, KS5

Consent

This session helps young people to gain a good understanding of the meaning of consent, exploring both verbal and non-verbal queues for granting consent.

It highlights the importance of consent at every stage of a relationship, including consent for sexual activity as well as a range of other scenarios young people may face in their day-to-day life. This session also touches on topics such as coercion, “leaking” intimate photos, power dynamics, consent under the influence and public sexual harassment.

The session also covers the law relating to consent, and provides signposting to where people can access advice and support.

SESSION LENGTH:

45 minutes - 1 hour

SESSION TYPE:

Face-to-face

FURTHER INFORMATION:

provide.eshsoutreachteam@nhs.net

AVAILABLE TO:

KS 3 (Year 9), KS 4, KS5

Relationships and Safety in an Online World

This session explores measures a young person can take to stay safe when navigating various aspects of an online world including; intimate photo sharing, online gaming, online dating and pornography.

Students are given the opportunity to share their own opinions and explore the opinions of others through debates on a variation of topics they may face during their lives online.

This workshop is also adaptable for a range of age groups to ensure the content is appropriate and relatable for the young people within the session.

SESSION LENGTH:

45 minutes - 1 hour

SESSION TYPE:

Face-to-face

FURTHER INFORMATION:

provide.eshsoutreachteam@nhs.net

AVAILABLE TO:

KS 3 (Year 9), KS 4, KS5

Exploring the difference between Pornography and real-life intimate relationships

This workshop provides a safe space for young people to develop an understanding of explicit content they may come across online and its potential impact.

Young people are given the opportunity to differentiate between pornography and real life intimate relationships and exploring ethical implications surrounding this content.

This session aims to support young people in developing their own values and boundaries in intimate relationships.

SESSION LENGTH:

45 minutes - 1 hour

SESSION TYPE:

Face-to-face

FURTHER INFORMATION:

provide.eshsoutreachteam@nhs.net

AVAILABLE TO:

KS5 (may also be available to KS4 on request)

Sexually Transmitted Infections (STIs)

This session covers what a sexually transmitted infection is, along with their symptoms and treatment.

The session explores how young people can access a variety of testing options for STIs, and provides a walkthrough of accessing a sexual health clinic as well as how to access services online (16+).

There will also be information on how to prevent STIs, including exploring the benefits of barrier methods of contraception, and how to access these locally.

SESSION LENGTH:

45 minutes - 1 hour

SESSION TYPE:

Face-to-face

FURTHER INFORMATION:

provide.eshsoutreachteam@nhs.net

AVAILABLE TO:

KS3 (Year 9), KS4, KS5

Contraception

This session provides a basic introduction to young people about different types of contraceptive methods available, including barrier methods of contraception.

Young people will be provided with information regarding how to access support if contraception has failed, or has not been used, including information regarding emergency contraception.

The session also explores how to access support locally through Essex Sexual Health Service.

SESSION LENGTH:

45 minutes - 1 hour

SESSION TYPE:

Face-to-face

FURTHER INFORMATION:

provide.eshsoutreachteam@nhs.net

AVAILABLE TO:

KS3 (Year 9), KS4, KS5

Introduction to your Sexual Health Service

'This session is available in assembly format for older age groups with 2 versions to fit different time allowances'

This session provides a basic overview of the Essex Sexual Health Service including how to book appointments, order STI Test kits and access free condoms and other contraception.

SESSION LENGTH:

20 minutes or 1 hour

SESSION TYPE:

Face-to-face

FURTHER INFORMATION:

provide.eshsoutreachteam@nhs.net

AVAILABLE TO:

KS4, KS5

Exploring the effects of sexist language and stereotyping

This session explores the use of harmful language and its wider implications in a young persons day-to-day life.

Within the session young people are given the opportunity to explore common stereotypes within society and how these can negatively impact everyone. This session also touches on public sexual harassment and male suicide rates.

This session also signposts to relevant support networks available in Essex and Nationwide.

SESSION LENGTH:

1 hour

SESSION TYPE:

Face-to-face

FURTHER INFORMATION:

provide.eshsoutreachteam@nhs.net

AVAILABLE TO:

KS4, KS5

How to Book

To enquire about or book an 'In House' session please contact us directly at:  provide.eshsoutreachtteam@nhs.net

