

'REAL TALK'

ESHHS

Learn more about **sexual health and relationships** at your youth group

Join 'Real Talk' - a fun and interactive 4-6 week programme

- ✓ Learn about **real-life topics** that matter to you
- ✓ Explore **relationships** and **sexual health**
- ✓ Ask **questions** in a relaxed, safe space
- ✓ Get **honest answers** to all of your questions

Interested?



If you are aged 13-25, ask your youth worker today about booking 'Real Talk' sessions through the Essex Sexual Health Service.

For youth or community services interested in booking 'Real Talk', please contact:  provide.eshsoutreachteam@nhs.net or visit:

 eshs.org.uk/youth-outreach-sexual-health-education-series

 eshs.org.uk

 0300 003 1212

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