



# 'REAL TALK'



# ESHS

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

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

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- ✓ 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
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### What to expect

➤ **1 hour interactive group session**

Learn about RSHE topics in a fun and engaging way

+ **Optional 1 hour confidential drop-in**

A private space to ask questions and speak to a member of our team

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## Get rewarded for taking part!

If you're aged 13+, you'll receive an ESHS Stamp Card when you take part in Real Talk sessions.

Collect stamps each week you attend.



### Get 4 out of 5 stamps?



Your youth centre will be entered into a prize draw to win vouchers for your service (to spend on things such as pizza night).

## 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](mailto:provide.eshsoutreachteam@nhs.net)** or visit:

 **[eshs.org.uk/youth-outreach-sexual-health-education-series](https://eshs.org.uk/youth-outreach-sexual-health-education-series)**

