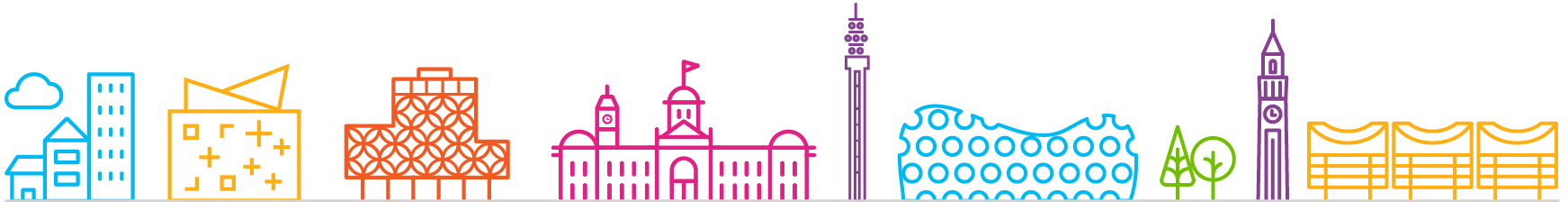


Bolder Healthier Community Champions

Sexual Health Webinar

Birmingham Public Health 2023



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What is sexual health?

Sexual health is important for the overall health and wellbeing of individuals, couples, families, and communities.

Good sexual health includes:



Staying well

Having positive and respectful experiences

Being free from coercion

Respecting everyone's sexual rights

Who is affected?

Looking after your sexual health is important whatever age you are.

- In 2021, there were 4 million consultations at a sexual health services in England
- In 2021, there were 300,000 diagnoses of new STIs among England residents.
- There were 485 new STI diagnoses (excluding chlamydia)/100k of those aged under 25 in Birmingham compared to the national rate of 619.
- A report found that over 80% of those aged 50-90 were sexually active and there has been a rise in STI's in England amongst older adults.

Who is most at risk of poor sexual health?

Poor sexual health refers to higher rates of STIs and unplanned pregnancies.

- Factors such as access to education, to services, and societal and economic aspects can increase risk of poor sexual health.
- Some groups of people are more likely to get STIs such as, young people (ages 15-24), those who are gay, bisexual and MSM. People from ethnic minority groups are also more likely to contract STIs, such as
- UKHSA states that everyone who has condomless sex (including Femdoms, Dental Dams and other forms of barrier protection techniques) with new or casual partners is at risk of catching an STI.

Why is my sexual health important to look after?

Sexual health can affect your mental health, as well as your emotional and social wellbeing.

Looking after your sexual health will also help to prevent:

- STIs
- Unplanned pregnancy
- Future health complications

Relationships



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Healthy relationships

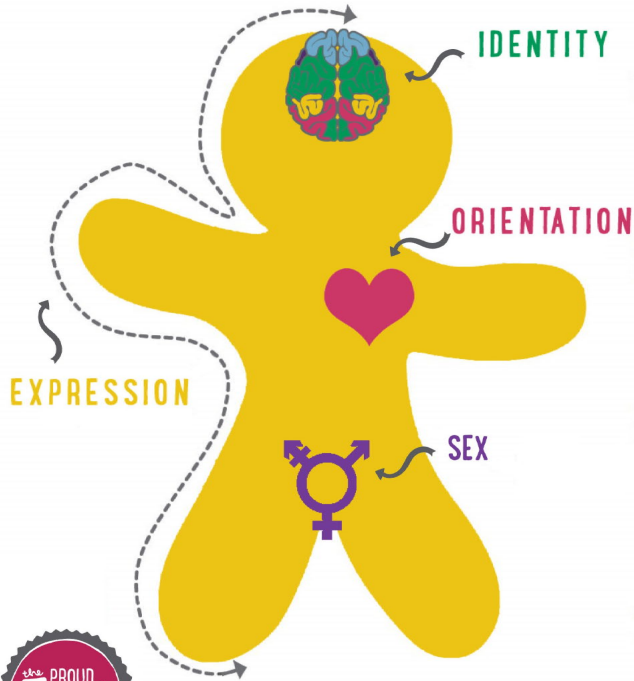
A healthy relationship, whether that is with a sexual or non-sexual partner, is important to emotional and physical wellbeing.

Having a healthy relationship with a partner means that an individual will feel respected and supported when they make decisions regarding their sexual health and /or emotional health.

A healthy relationship is built on trust, understanding and open communication.

THE GENDERBREAD PERSON

Original concept by
itspronouncedmetrosexual.com



GENDER IDENTITY

WOMAN

NON-BINARY

MAN

Your gender identity is how you think about yourself, the gender that you identify with and/or feel that you are. Some people feel as though they do not have a gender at all, and may refer to themselves as agender or non-gendered.

GENDER EXPRESSION

FEMININE

ANDROGYNOUS

MASCULINE

This is how you display your gender and is demonstrated through the ways that you act, dress, behave and interact in the world, in relation to the gender expectations of your society.

BIOLOGICAL SEX

FEMALE

INTERSEX

MALE

This is usually determined at birth, based on observation of your genitals. However, your chromosomes, hormones, genes and internal sex organs also contribute to the make-up of your biological sex.

SEXUAL ORIENTATION

ATTRACTED TO WOMEN

BI/PANSEXUAL

ATTRACTED TO MEN

The types of people, (often based on gender,) that you find yourself attracted to, can help you determine your sexual orientation. Attraction can be emotional, sexual, physical and/or spiritual. Some people experience little or no sexual attraction, and may refer to themselves as asexual.

What is consent?

The Sexual Offences Act 2003 (England and Wales) defines consent as when a person 'agrees by choice and has the capacity to make that choice.

Consent is an on going agreement between partners to engage in sexual activity and it should be communicated clearly.

Individuals can change their mind at any time and withdraw consent.

What does consent look like?

Consent looks like:

- Enthusiastically saying “yes”.
- Talking to the other person about what you do and don't want, and listening to them in return.
- Checking in with the other person – for example, asking “is this still ok?”, “are you comfortable?” or “do you want to stop?”.
- Non-verbal cues can be used but these cues alone do not necessarily mean consent.
- Respecting someone’s choice if they say ‘no’ at an point.

What consent does *not* look like?

- Behaviour such as dressing a certain way, flirting, or accepting a gift or drink is not consent or an invite for anything more.
- Someone being under the legal age to consent.
- Someone being incapacitated because of drugs, alcohol or health reasons.
- Assuming you have permission to engage in sexual activity because you have done it in the past.

Can everyone consent?

Not everyone can consent. Consent cannot be given by individuals who are:

- Underage (13 years old and under)
- Intoxicated or incapacitated by drugs or alcohol
- Asleep or unconscious
- Those with a mental age of 13 years and below

Sexual violence and abuse

Sexual abuse can happen to anyone and can include any unwanted sexual activity from touching without consent to rape.

If you think you might have been raped, sexually abused or sexually assaulted, even if you're not sure, support is available.

- [Birmingham and Solihull Women's Aid](#) offer practical and emotional support through professionally trained female workers. For more call 0808 800 0028.
- [Anawim Birmingham's Centre for Women](#) offers help and support for women. You can call their free helpline on 0800 019 8818.
- [Birmingham LGBT](#) is the cities leading charity supporting the LGBTQIA+ community. They offer a wide range of support and advice. For more contact the sexual health team on 0121 643 082.
- [Survivors UK](#) offers support for men and boys who have been subjected to sexual abuse. They offer a helpline, a SMS/WhatsApp service, online resources and group work.
- [West Midlands Children and Young Persons Service](#) Is a one-stop service open to anyone up to the age of 17 who has been the victim of rape, sexual violence and/or sexual abuse.

Reporting Safeguarding Issues

Call **999** if you think a child, young person or adult is at risk of **immediate harm**

Any case should be referred to Children's Advice & Support Service (CASS) or Adult and Communities Access Point (ACAP):

- CASS provides a single point of contact for anyone who wants to access support or raise concerns about a child. Available: Mon-Thurs (8:45am-5:15pm) & Fri (8:45am-4.15pm) on 0121 303 1888 or via secure email: CASS@birninghamchildrenstrust.co.uk. Out of hours call 0121 675 4806
- ACAP are available Mon-Fri (9am-5pm) on 0121 303 1234 or via email: CSAdultSocialCare@birningham.gov.uk. Out of hours call 0121 464 9001 or 0121 675 4806 or email AMHPoutofhours@birningham.gov.uk.

Reporting Safeguarding Issues cont.

Responding to concerns & allegations in respect of people in positions of trust

Of trust with children or young people: contact Local Authority Designated Officer (LADO) - call 0121 675 1669 or email Ladoteam@birminghamchildrenstrust.co.uk

Of trust with adults with care and support needs: contact the Adult Social Care Contact Centre - call 0121 303 1234 or email CSAdultSocialCare@birmingham.gov.uk

Sexually transmitted infections



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What are STIs and who can get them?

A sexually transmitted infection is any sort of infection that can be passed from person to person through sexual contact.

There are different types of STIs, such as:

- Chlamydia
- Gonorrhoea
- HIV
- Genital herpes
- HPV and/or human papillomavirus
- Syphilis

Anyone can get an STI, but most infections are easily treated and [testing](#) is free and confidential.

How are STIs spread?

STIs can spread in many different ways, such as through:

- Vaginal, oral or anal sex.
- Other sexual contact involving the penis, vagina, mouth or anus.
- Mother-to-child during pregnancy, childbirth and breastfeeding.
- Some STI's can be spread through non sexual means via blood and blood products.
- Cuts, injecting unclean needles/ needle sharing.

For more information visit [NHS sex activities and risk](#).

Why should I get tested for STIs?

It's important that you remind individuals to get tested because:

- Testing looks after their health and the health of others
- Most STIs don't have symptoms
- Treatment will reduce the chance of future health complications
- It will give them peace of mind

When should I take an STI test?

As a general rule you should get tested:

- If you want to have sex with new sexual partner.
- Every time you have sex with someone new.
- You have unprotected sex with someone new.
- Ever year, if you are in an exclusive relationship.

Sexual health service

Getting tested can feel nerve-racking but local sexual health clinics offer services that are:

- Free
- Non-judgemental
- Confidential
- Anonymous
- Discreet

If you access a clinic, your information will not be passed on to your GP.

How do I get a test?

Getting tested is quick and easy.

You can get a test by:

- Visiting a walk-in clinic.
- Visiting an Umbrella pharmacy.
- Booking an appointment at your local clinic, [find your local clinic or pharmacy here](#).
- [Ordering an STI test to your home](#) or collect from an [Umbrella pharmacy](#).

Treatment for STIs

If your test comes back positive, don't panic! Most STIs can be easily treated and for those that can't, they can be managed.

It is important to make sure STIs are treated as early as possible to prevent them from being passed on to sexual partners and causing long term health complications.

→ Getting tested as soon as you can will prevent this.

Informing your partner(s) of an STI

During your treatment, Umbrella have a service to support you in informing your sexual partners of an STI. They can help you by contacting your partner(s) and informing them that they may be at risk of the STI you have been diagnosed with, without naming you.

→ Find out more about the Umbrella service [here](#).

Don't pass it on!
You should avoid having sex until you have been given the all clear, to prevent passing the infection on.

Can I prevent STIs?

STIs can be prevented by taking precautions such as:

- Getting tested before having sex with someone new.
- Talking honestly with potential partners.
- Using some physical barrier contraceptive methods, e.g., condoms, femdoms, dental dams, gloves.

Contraception



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Contraception: condoms

Condoms are the only type of contraception that can prevent pregnancy and protect against STIs.

It's important to talk to sexual partners about using condoms so you can look after your sexual health, and the health of others. But these conversations can feel tricky. Here are some points to consider that may make having the conversation easier:

- Timing
- How to have the conversation
- Take responsibility

What are the other types of contraception?

Long term reversible contraception

The implant
IUD and IUS

Short acting reversible contraception

Male and female
condoms
Combined pill
Injection
Patches
Rings

Emergency contraception

The morning after
pill
The intrauterine
device (IUD or IUS)

For more information visit the [NHS contraception guide](#)

Emergency contraception

Emergency contraception can prevent pregnancy after unprotected sex or if the contraception you have used has failed – for example, a condom has split or you have missed a pill.

Use of emergency contraception will not prevent an STI.

→ [Find your nearest umbrella pharmacy here](#)

→ [Find your local Clinic or GP here](#)

Bolder Healthier Community Champions



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How Can You Help?

Talk about the importance of sexual health

Connect people in your community with support through web pages and services

Feedback to us where more help is needed so we can continue to improve the support for citizens

Talk to people in your community

Bolder Healthier Champions **should not:**

- Provide anything other than approved information
- Receive personal information from people



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How do I talk to someone about sexual health?

Talking about sexual health should be like having any normal conversation, yet it can feel uncomfortable. So to help make things easier here are some things to consider:

- Plan to have the discussion in a private space where everyone feels comfortable and when no one is in a rush.
- Having an open and honest conversation will allow people to understand expectations, boundaries and consent. It also allows you to identify potential risks and ensure that we are practicing safe sex.
- The more people know about sexual health the less avoidant they will be in initiating the conversation.
- Having the conversation in a non judgemental way improves mental health and allows people to be comfortable with discussing sexual health.

Talk to members of your community

Do you know about the different types of contraception available?

Do you know what contraception prevents pregnancy?

Do you and your partner have good open communication?

Do you know what consent looks like?

How do you feel about getting tested for STIs together before we have sex?

Do you know why your sexual health is important to look after?

Do you know where you can order an STI testing kit from?

Do you know where to get support if you are experiencing sexual abuse?

Do you know when you should take an STI test?

How can you provide brief support in everyday interactions?

- Use open questions with the [Ask](#), [Advise](#), [Act](#) model

Ask

Can I talk with you about relationships and sexual health? Do you know how to take care of your sexual health?
What do you already know about contraception and STIs? Is there more you'd like to know about?
Do you know how to protect yourself against STIs?

Advise

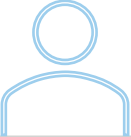
You can speak to your GP/SH clinic about sexual health. You can be provided with information/test kits and condoms. As well as having questions answered.

Act

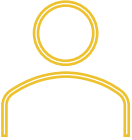
Find out more about contraception [here](#)
You can [order an STI kit here](#).
You can also pick up free condoms from Umbrella clinics and pharmacies, and from some GPs.
Find your nearest [Umbrella clinic or pharmacy here](#).

Case Study 1 - part 1

Suky is a Bolder Healthier Community Champion and frequently goes to a gym class with her friend who has recently met a new partner.



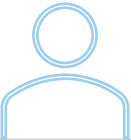
Hi Suky, how are you?
I have recently met a
new partner and things
seem to be going very
well and I'm very happy.




I'm really glad you're
happy in your new
relationship. Did you know
that you should get an STI
test before having sex with
a new partner?

Case Study 1 - part 2

Suky is a Bolder Healthier Community Champion and frequently goes to a gym class with her friend who has recently met a new partner.



No I didn't know that, thank you for letting me know. But I'm too nervous to go to a walk in clinic as I'm afraid that I might bump into someone I know there.



All umbrella clinics are free, confidential and your GP won't be contacted. It's so easy to do, if you don't want to attend a [walk in clinic](#), you can [order an STI testing kit to your home](#) or you can pick it up at your local pharmacy!

Connect community members to support



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Umbrella

[Umbrella](#) is a service that provides, free, accessible and confidential sexual health services in Birmingham and Solihull. This includes all types of contraception and STI testing and treatment.

The service is non-judgmental and for people of all ages, genders and orientations. Everyone is welcome, and you don't need to see a GP first.

Resources for your community

Relationships	Sexually transmitted infections	Contraception
<p><u>Informing a partner of an STI:</u> Umbrella's health advisors help individuals to contact partners to inform of STI confidentially.</p>	<p><u>Umbrella types of STIs:</u> Umbrella provide a breakdown of the types of STIs. Providing information on what to look out for</p>	<p><u>Umbrella contraception guide:</u> The guide helps to navigate between the different forms of contraception and there is a frequently asked questions link too.</p>
<p><u>Umbrella consent:</u> Information on what consent looks like, age of consent and further information.</p>	<p><u>NHS types of STI's:</u> NHS provide a guide to breakdown types, symptoms and must know information.</p>	<p><u>NHS contraception guide:</u> This guide helps you navigate all contraception options.</p>
	<p><u>Umbrella testing services:</u> Free test kits, free condoms, and pharmacy services.</p>	

Feedback to us where more help is needed so we can continue to improve the support for citizens

Email the Bolder Healthier team on:
BolderHealthierChampions@birmingham.gov.uk



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Thank you for being a Bolder Healthier Champion!



We look forward to working together to improve the wellbeing of everyone in Birmingham.

By volunteering to receive the latest health information, you can use these messages to help you support yourself, your family, your friends and your wider community with:

- **Monthly themed webinars**
- **Tailored resource packs**
- **Health awareness training**

If you know someone else who might like to get involved, they can read more about the Programme at [Bolder Healthier Champions](#)



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Thank you for your time!



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