

**TELL ME ABOUT..**

# Sexual Health

**the facts**

## Contraception, C-Cards, STI's and Pregnancy Advice

No matter how old you are; whether you're gay or straight, in a long or short term relationship, some things should look the same if the relationship is a healthy and happy one.

All relationships have ups and downs, but they should be based on respect, trust, and communication. If you are feeling scared, unhappy or your partner tries to control what you wear, who you see, or what happens in your relationship it may be time to think about whether that relationship is right for you.

Staying safe in a sexual relationship is not just about not getting pregnant. Between two and three girls in every 100 get pregnant between the ages of 15-17, and the chance of getting an STI is even higher. Recent figures show that in 2014, 85,513 young people aged 15 to 19 were diagnosed with a sexually transmitted infection and a further 1,121 were under 14.

Complaints like gonorrhoea, chlamydia and genital herpes, can cause long-term harm and fertility problems in women.

It is important that you and your partner get advice on how to stay safe and protect yourselves before you take the next step in a relationship. Visit your local icash clinic where you can get free advice, and free condoms if you sign up for a c-card and are between 13-24 years old.

IF YOU NEED  
**HELP NOW!**

If you need help **NOW** speak to a trusted adult: parent, carer, teacher, friend of family, doctor, school counsellor, school nurse or any member of staff. Ask a friend to help you if you need to.

If you cannot tell someone you know, or want to hurt yourself in anyway, speak to someone at **ChildLine** on **0800 1111**, **Samaritans** on **116 123** or **HopeLine UK** on **0800 068 41 41**.

If you want to end your life call **999** immediately to get help.

**useful contacts**

**Cambs, Norfolk, Peterborough & Suffolk**

**Integrated Contraception and Sexual Health Services (icash)**

Tel: 0300 300 3030

<http://www.icash.nhs.uk>

**NHS Choices**

<http://www.nhs.uk/Livewell/Sexandyoungpeople/Pages/STIs.aspx>

**National Sexual Health Helpline**

Tel: 0300 123 7123

[www.nhs.uk/oneyou/sexual-health](http://www.nhs.uk/oneyou/sexual-health)

**Young People's Sexual Health**

[www.brook.org.uk](http://www.brook.org.uk)

**other contacts**

Help on any other issues that affect young people can be found at:

**CAMBS**

<http://www.youthoria.org>

**LINCS**

<https://www.lincolnshire.gov.uk/teeninfo/lincs/>

**NORFOLK**

<https://www.whatsthedealwith.co.uk>

**NATIONAL**

[www.youngminds.org.uk](http://www.youngminds.org.uk)