



- Sorted on Sex provides sexual health services for young people under 20 and it is part of NHS Forth Valley Central Sexual Health.

## Contraception & Sexual Health Services for Young People under 20



**Area 1 Stirling Community  
Hospital**  
Tuesday 3.30pm – 5.30pm

## Contraception & Sexual Health Services for Young People under 20



**Clackmannan Community  
Healthcare Centre  
Hallpark Road, Sauchie  
Wednesday 3.30pm – 5.30pm**

No appointment necessary, just drop into the clinic

## Contraception & Sexual Health Services for Young People under 20



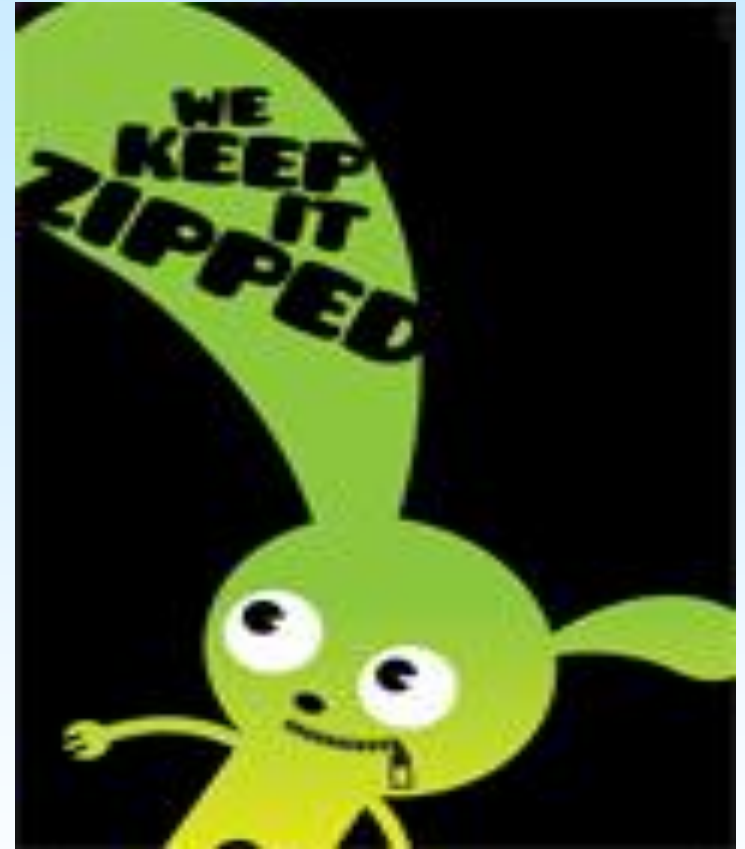
**Central Sexual Health Department  
Falkirk Community Hospital  
Majors Loan, Falkirk**

**Thursday 3.30pm – 5.30pm**

No appointment necessary, just drop into the clinic

[www.centalsexualhealth.org](http://www.centalsexualhealth.org)

confidentiality



# Who can come to SOS?

- Everyone is welcome. We see anyone under 20. Male or Female #LGBTQI+



You can bring a friend along for support.  
Or your boyfriend or girlfriend.  
Or a parent.  
Anyone you like.  
Or just come by yourself.



- We provide advice on relationships, sexual health, safer sex and contraception
- You don't have to be in a relationship to come to Sorted On Sex
- You can just come for a chat and ask any questions you like





# We do free pregnancy testing



- Pregnancy advice and support
- Termination of pregnancy services

# Contraception

- If you are having sex but you don't want to get pregnant, you should use Contraception.
- You can get all different types of Contraception at Sorted On Sex clinics



“How many different forms of Contraception  
can you think of?”

# Contraception- there's a lot to choose from!

- **Contraceptive pill**                      Emergency contraception
- Injection or jag                              **Implant**
- **IUD or IUS commonly referred to as a coil**
- Diaphragm                                      Contraceptive patch
- **Male Condom**                                **Female condom**

# Most popular Contraception for girls and young women

## Pill



## Patch



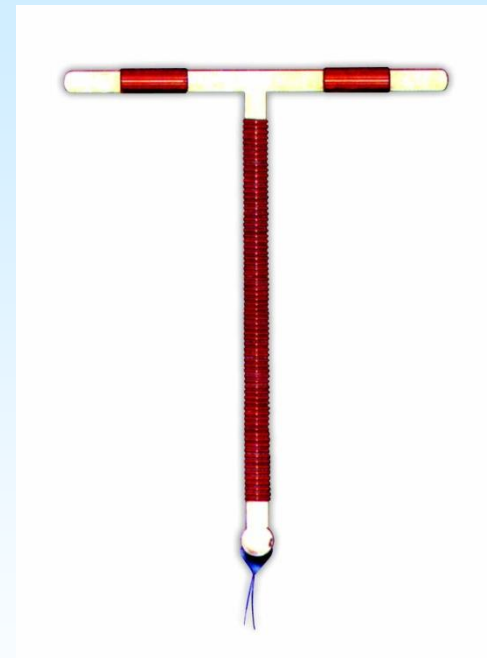
## Injection



## Implant



# Emergency Contraception for girls and young women



# Protection for All



Condoms and  
lubricant

Female Condoms  
Safe, Thin & Discreet





“What do condoms protect you from?”





# What do condoms protect you from?

Pregnancy



Sexually transmitted infections



- If you do not use a condom when you are having sex, you could catch a Sexually Transmitted Infection (STI).



“How many Sexually Transmitted Infections do you know?”

# How many sexually transmitted infections do you know?

- Warts
- Chlamydia
- Gonorrhoea
- Genital Herpes
- Syphilis
- HIV
- Hepatitis B

# How would you know if you had a sexually transmitted infection?

Some of the symptoms might be:

- Pain on passing urine
- Discharge
- Lumps & bumps
- Pain
- Itching
- Rash
- No symptoms



“Where can you get condoms from?”

- You can buy condoms from chemist shops and supermarkets.
- You can sometimes find them in vending machines in toilets. You have to pay for these too.
- ❖ You do not have to be 16 or over to buy condoms. There is no 'legal' age.



# You can get **free** condoms from

- By post from our website if you live in Forth Valley.

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

[www.centralsexualhealth.org](http://www.centralsexualhealth.org)

You can also download the App to make ordering easier.

- Any of our Sorted On Sex clinics.

<https://centralsexualhealth.org/forth-valleys-free-sexual-health-care-services/young-peoples-services/>



## Remember:

- Everyone is welcome.
- You don't need to be over 16 to come to our Sorted On Sex clinic.
- Don't be nervous about coming to a clinic. All staff are experienced in dealing with sensitive issues and are always here to help.



# We can provide

- Free information & advice.
- Free contraception.
- Free condoms and dams.
- Free testing and treatment for sexually transmitted infections.
- Free pregnancy testing and support.
- Free confidential service for all young people.



# Where to find us

- You will find details of our clinics on our website

[www.centrasexualhealth.org](http://www.centrasexualhealth.org)

#BeSafe #UseaCondom #GetTested

#CentralSexualHealth #YourSexualHealth

