

## SOS Presentation – Slide notes

### Slide -

**1** Prior to starting the lesson, check the website to make sure the link is working and that the link to the clinic video is also accessible.

Our website is [www.centralexualhealth.org](http://www.centralexualhealth.org) SOS services are open to all young people, **including those under the age of 16** Also mention that there are adults clinics at the same locations for over 21s.

**2** Check that students know where the hospital is. Highlight that this is a drop in service, no appointment is required. Check our website to make sure that the clinic times are up to date. People are not restricted to the SOS clinic within their local area, and can alternate between SOS clinics if they wish.

**3** See slide 2

**4** See slide 2

**5** Does everyone know what 'confidentiality' means?

SOS is a free and confidential service for young people. Information will not be passed on without your consent.

In exceptional circumstances a person under 16 and considered to be at serious risk would be referred to social work. This is called Child Protection. This would not be done without the person first knowing.

**6** Make sure that the class know what the terms lesbian, gay, bisexual and transgender mean.(see definitions below) Sometimes people assume that the SOS clinics are only for heterosexual people. Reassure the class that the clinics are for everyone, whatever their sexual orientation or gender identity.

**Lesbian** – a woman who is emotionally and physically attracted to other women

**Gay** – a man who is emotionally and physically attracted to other men  
(Lesbian women may also refer to themselves as gay rather than Lesbian)

**Bisexual** – a man or woman who is emotionally and physically attracted to both men and women

**Transgender** is an umbrella term describing a wide range of people whose gender identity or expression differ in some way from the gender assumptions made about them when they were born. Some transgender people identify as transsexual, which means that they self identify as the 'opposite' gender from the gender 'assigned' to them at birth.

**7** Make students aware that they can come to the clinic if they want to talk about growing up, body changes, or if they are just thinking about starting a relationship. If possible come and see us before they start having a relationship or are having sex.

**8** Ask students where else they can get a pregnancy test? (chemist, most supermarkets etc) How much does it cost- as little as £1 !  
Ask the class why it might be better to come to a clinic for a pregnancy test?  
(At SOS it is free and we can offer you advice and support when you get your result.  
We also offer contraception options if negative)  
If a young woman thinks she may not want to continue with the pregnancy we can arrange a referral for her to speak to someone about having a termination of pregnancy.

- 9** Ask students to name as many forms of contraception as they can, e.g.
- Contraceptive pill
  - Emergency contraception
  - Injection or jag
  - Implant
  - IUD or IUS commonly referred to as a coil
  - Diaphragm
  - Contraceptive patch
  - Condom
  - Female condom
  - Male sterilisation
  - Female sterilisation

**10** Emergency contraception is sometimes called the morning after pill, however we prefer to use the term emergency contraception as it can actually be taken up to **5** days after unprotected sex. (It used to be 72 hours/3 days but has recently changed as a new pill is now available.)

The emergency contraception pill should be accessed as quickly as possible after unprotected sex as it is more effective if taken promptly. It is available from our SOS clinics and pharmacists. A list of chemists providing free emergency contraception is available on our website [www.centalsexualhealth.org](http://www.centalsexualhealth.org) or from the NHS Forth Valley site <http://nhsforthvalley.com/health-services/know-who-to-turn-to-when-you-are-ill/community-pharmacy/>

If more than 72 hrs has passed since unprotected sex, a coil can be fitted and can remain in the uterus as contraception. The coil is effective as emergency contraception for up to 5 days after unprotected sex, depending on where a girl/woman is in her menstrual cycle.

**11** Ask students if they recognise the above methods of contraception?  
The pill is usually taken every day, but this may vary. There are lots of different types of pill to suit different people, your doctor will help you decide which is likely to suit you best.. The pill is very effective as long as it is taken properly. Missing a pill can leave a woman vulnerable to becoming pregnant. There are a number of things which can prevent the pill from working, such as vomiting, diarrhoea and certain medications.

The patch works the same way as the pill- it releases a hormone in to your body. The patch can be put almost anywhere on the body apart from near or on the breasts. Most people put it on their arm or bottom. The patch must be changed weekly

**12** The injection and the implant are also forms of hormonal contraception. The injection can be given in the arm or bottom and lasts for 12 weeks. The implant is long lasting and is placed under the skin in the arm. The implant is effective for 3 years, however it can be removed earlier.

**13** Condoms come in different flavours and sizes. We also have non-latex condoms if someone is allergic to latex. Lubricant does not need to be used routinely for vaginal sex as it does not make sex safer and increases the chance that the condom will slip off. Lubricant may be used if it makes vaginal sex more comfortable. However lubricant IS recommended to be used during anal sex. Free condoms, lubricant and Femidoms can be ordered via NHS Forth Valley at [www.freeconsomscentral.co.uk](http://www.freeconsomscentral.co.uk) or [www.centralexualhealth.org](http://www.centralexualhealth.org)  
*Note to staff: Posters advertising the scheme are available from the Health Promotion Service or by contacting us via the website.*

**14** Condoms are the only method of contraception that protect against pregnancy and sexually transmitted infections

**15** See next slide

**16** Nil

**17** What would you do if you thought you had a sexually transmitted infection? If you think you have any of these symptoms or that something doesn't feel normal to you, then go along to a clinic and ask to be tested. If you have unprotected sex, i.e. sex without a condom you are putting yourself at risk of contracting sexually transmitted infections. If you have unprotected sex you should always get yourself checked out at a sexual health clinic. You might not experience any of these symptoms but could still have an infection e.g. Chlamydia which if untreated means you can pass the infection on to anyone you have unprotected sex with and may go in to cause you further health issues in the future.

**18** Testing for most STIs involves a simple swab or urine test. A blood test is done for syphilis and HIV as these are viruses which are carried within a person's blood (blood borne viruses).

**19** The staff at the clinic ask quite a lot of questions! Please don't be put off by this. The doctor or nurse has to ask questions in order to decide how best to help you. Emphasise to the class that SOS services are confidential, even for those who are under 16. Information will only be passed on if staff feel that a young person is at

risk of harm, and a young person will be made aware that this is going to happen. Information would be passed to social services and **not to a young person's parents or carers.**

Some people may be worried about going along to the clinic because for a range of reasons:

- Not knowing what to expect at the clinic
- Feeling embarrassed or angry
- Fear of disapproval or being judged
- Concerns about Confidentiality
- Having a genital examination (not always necessary)
- Self diagnosing from looking on line - Internet doesn't always help
- Worried about transmission to others e.g. partner, baby
- How to explain time off school / work – what to tell them

Some people may be overwhelmed by their concerns, enough to stop them accessing services for advice/treatment

Remember staff at the clinic are used to talking to people about their bodies and sexual activity. Try not to be embarrassed, the staff are friendly and non- judgmental.

**20** It is important that you tell your partner(s) if you test positive so that they can also be treated and stop the infection from spreading further. We can help you do this without compromising your confidentiality.

You may feel you are the best person to tell your partner or your ex partner, and if so we are here to support and assist you. We can do this by rehearsing the discussion so that you feel more comfortable talking to your partner or your ex partner.

**21** Nil

**22** Nil

**23** Nil