



**Relationships  
and Sexual  
Health**

A white silhouette of a person stands below a blue speech bubble with a white border. The speech bubble contains the word "Introduction" in white, bold, sans-serif font. The background is a solid green color.

**Introduction**

## Introduction

**This is a booklet for young people. It gives information and facts on things to do with relationships, sex and sexual health. It also has information at the back on where you can go for more help and advice.**

The booklet aims to give you the information you need to talk about relationships and sex and to help you make the choices that are right for you.

We are all different. We all need to feel comfortable with our bodies and who we are, no matter who we are attracted to or whether we are single or in a relationship. Part of growing up means learning to enjoy different kinds of relationships and respecting and supporting each other.

We hope this information will help you and your friends look after each other and make decisions that you're happy with for the right reasons.

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**Feeling  
good about  
yourself**

# Feeling good about yourself

Your thoughts, feelings and how you behave are all connected. This means how you feel about yourself and your own body affects what you do.

## Tips for feeling good about yourself:

- Remember how brilliant you are – by focusing on the things you like about yourself you can build your self esteem.
- Healthy relationships should make you feel good about yourself. If there's a friend in your life making you feel bad, do you really need them around?
- Having a boyfriend or girlfriend can be great, but you don't need one to be happy. Being single is great fun too!
- If you're unhappy about your body remember you're still growing. Being active and eating healthily are great ways to feel good about yourself.

- You'll probably see images of models and celebrities in magazines, tv and films. These aren't very realistic – most normal bodies don't look this way. In fact, many of the pictures are airbrushed to make them look thinner, more muscular or younger.
- Remember, you're more than just a body – your personality and your actions are all part of what makes you great. Some of the most attractive people are not the most physically beautiful.



**Relationships**

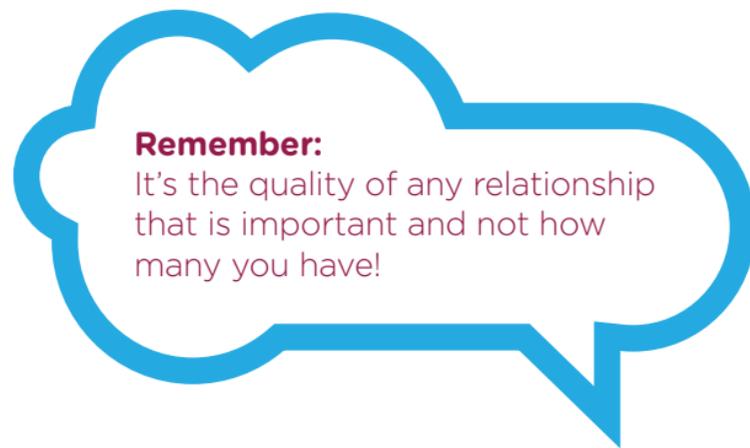
## Relationships

**As you get older you'll probably find you become more independent and do loads of new things. You'll meet new people all the time and will develop all kinds of new friendships and relationships. You might even fall in love.**

Healthy relationships are an important part of growing up and finding out about yourself. The relationships you have with your friends, your family, your carers, and other important people in your life can really help and support you.

### **Good relationships need:**

- ♥ trust
- ♥ being able to talk openly and listen to each other
- ♥ respect
- ♥ valuing each other
- ♥ doing stuff you both want to do



### **Remember:**

It's the quality of any relationship that is important and not how many you have!

At some point you might find someone really special and decide you want to have a closer relationship. This might be a close friendship or a relationship with a boyfriend or girlfriend – someone that really understands you and makes you feel good. It can often involve spending a lot of time together and might develop into a more intimate kind of relationship. Being able to talk to and trust that person is really important, especially if you decide to make your relationship more sexual.

**Sex is an important part of many people's relationships but it's also fine not to have sex. Lots of great relationships don't involve sex.**

There are also lots of things you can do that don't involve penetrative sex. These might include kissing, touching, or just hanging out together.

Having healthy and fun relationships is great. The best ones are based on respect, trust, support and good communication. When these are missing, a relationship can become damaging and abusive.

## **Unhealthy Relationships**

### **It's unhealthy if your boyfriend/girlfriend:**

- Won't let you talk to other men/women
- Constantly phones and texts to see where you are
- Doesn't like you spending time with friends and family
- Makes you feel like you need to watch what you do or say
- Puts you down or criticises you
- Is aggressive or violent
- Makes you feel scared to disagree or say no to things you don't want to do
- Says they will hurt you or themselves if you end the relationship

If you're worried that you or someone you know is in an unhealthy or abusive relationship, you should talk to someone you trust, or phone ChildLine (**0800 1111**) for support.

## When Relationships End

**Relationships aren't always easy.** They have their ups and downs and many just don't last the distance.

### If you feel it's time to end a relationship:

- Talk to the person and explain how you feel in a calm and sensitive way.
- Try to speak face to face. Ending things by text message or online can hurt a lot worse!
- Treat the person with respect. It's not always easy to stay friends with an ex, but being respectful is a good step towards this.

### And if someone ends things with you?

- Remember, it might hurt, but it shouldn't last too long.
- Find someone to talk to about how you feel.
- Spend time with good friends and family.
- Keep as busy as you can.



**Sexual  
relationships**

## Relationships

What you see in magazines and on TV and what you hear might make you think that most young people are having sex. But statistics show that this isn't actually true. Most young people choose to wait until they are ready to have penetrative sex.

### How will I know if I'm ready?

Deciding to have sex is a big decision and talking it over with someone you respect and trust can help.

#### **Remember**

If you're not sure you're ready to have sex, it probably means you're not. Why rush?

Sex can be really enjoyable for both men and women. If you have sex just to get it over with or when you're not ready there's a good chance it won't be. Make the choice because you're ready, you want to and because it makes you feel good, not because you feel you should.

#### **Remember:**

Talking to the person you're thinking of having sex with about how you feel is really important. If you don't feel able to talk about sex, or need to be drunk before having sex, you're probably not ready.

## Not ready to have sex?

Relationships don't have to involve sex – many great ones don't. If you're not ready for penetrative sex there are lots of fun things to do with your boyfriend/girlfriend to show how much you care for one another. This includes kissing, touching and exploring each other's bodies.

Just because you might have done other things doesn't mean you need to have penetrative sex. Spending time together doing things you enjoy, talking and listening to each other are also great ways to feel closer.

### Remember

You should only have sex when both of you are ready. You should never put pressure on yourself or others to have sex.

## Already had sex

If you have already had sex your experience might have been great or something you wish you hadn't done. Either way you don't need to have sex again until you're ready.

No-one should expect you to have sex with them just because you have had sex before. Also, you shouldn't expect a person to have sex with you just because they have had sex with someone else.

### Remember

Every relationship is unique. You can make different choices in different situations. You can learn from your experiences.

**Sexuality**



## Sexuality

**Sexuality is the word we use to describe our sexual feelings and desires. Everyone has different likes and dislikes, and everyone has their own individual sexuality.**

For some people this is about who they are sexually attracted to. Lesbian and gay people are attracted to people of the same sex. Some people are bisexual which means they like people of both sexes. Heterosexual people fancy people of the opposite sex. Whether people are gay or straight doesn't matter - when it comes to relationships, all that counts is that you respect and care for one another.

## Transgender and Transexual Issues

Someone who is transgender (trans) feels that they do not identify with the sex they are born with to some extent. For some people it may simply be that they like or prefer the clothes usually associated with the opposite sex. Other people may find that the difference between how they feel on the inside and how they physically look can be so strong they may feel the need to take further steps. Trans people may therefore choose with right support to change their physical appearance, their body and their whole identity to become that of the opposite sex to the one their body is. In some cases people can undergo medical treatment like hormone therapy or surgery so their body better matches how they feel.

If you feel you might be trans you might be worried about how people will react. Don't worry - there's lots of support out there. For more information and advice visit **[www.lgbtyouth.org.uk](http://www.lgbtyouth.org.uk)**

## Coming Out

People who are lesbian, gay, bisexual or transgender can choose if and when they want to tell their friends and family about their sexuality. This is sometimes called 'coming out'.

### If you're thinking of coming out:

- Start by telling someone who you really trust who can support you as you begin telling other people.
- Choose a place where you feel comfortable and have the time and space to talk things through.
- Remember there's no right or wrong way to come out – do whatever feels comfortable and right for you. It's your decision and you don't need to tell people if you don't want to.

Whatever you decide and whatever people's reactions having someone you can talk to is really important. Visit [www.lgbtyouth.org.uk](http://www.lgbtyouth.org.uk) for information and support.

### Sarah,17 - on supporting her friend to come out

"A close friend told me she was thinking of telling her parents she was lesbian. I think she really needed someone she could talk things over with and I was so pleased she felt she could confide in me. We spent lots of time together, sometimes talking about it and sometimes just doing the things we always did. When she finally told her mum and dad I was there with her. She said I made a huge difference."

### Did you know?

It's against the law to give someone a hard time because of their sexuality.



**Sex, the law  
and consent**

# Sex, the law and consent

## Sex and the Law

In Scotland the law says that you have to be 16 to consent to have penetrative sex or be involved in some sexual activities. Having penetrative sex under 16 is illegal.

### Important Facts:

- It is illegal to engage in any form of sexual activity with someone under 13.
- Penetrative (vaginal or anal) and oral sex are illegal if one or both people are aged 13-15.
- It is illegal for any adult or professional to engage in any form of sexual activity with someone under 18 who they look after or work with.
- In cases where the law has been broken and the person has been charged, they may have to go to court and could face prison or other penalties such as being put on the Sex Offenders Register.

## Consent (to have sex)

The law says that if you have sex you need to be 100% sure that the other person has freely agreed (given their consent). If you're not sure you have their consent, then you should not have sex. It's your right to choose to have sex or not, so never let anyone do anything without your consent.

There are times when a person is legally unable to consent to sex. This includes when they are heavily under the influence of alcohol or drugs, asleep or unconscious, if they are being threatened with violence, or if they are not fully aware of what they are agreeing to do.

A person has the right to withdraw their consent at any time, even once sex has already started, so if someone asks you to stop – stop.



**What you  
need to  
know about  
services**

## What you need to know about services

**There are lots of places you can go to for help and advice when it comes to relationships and sexual health. Talking about things always helps. Sexual health services can give advice on things like Sexually Transmitted Infections (STIs), contraception and pregnancy. They are really friendly, are used to seeing young people and are very easy to use.**

### **Katy, 16 – on visiting a sexual health clinic**

“Because I’d had unprotected sex I thought I’d better get checked at the sexual health clinic. The woman I saw was really nice. She asked me lots of questions and did some tests, but I felt really comfortable and she explained everything as we went along. She reassured me that my parents did not need to know, and gave me lots of advice and information about being safer in the future.”

## **Confidentiality**

Different services might have different rules about whether they can keep things private or whether they need to tell others (like the police, social work, parents or carers).

The decision to tell anyone else depends on what you tell them. If you tell a professional that you (or other children/young people) are at serious risk of harm, they will have to pass on what you tell them to someone like the police or social work. This is because they have a responsibility to keep children and young people safe.

### **Did you know?**

In the NHS you have the same right to confidentiality as adults have. The only time a health professional will pass on information about you is if you or another young person were at serious risk of harm.

### **What if I need medical treatment?**

Regardless of your age, if you need medical treatment such as contraception, emergency contraception, antibiotics for an STI or to talk about pregnancy choices, you can get this confidentially. This means your parents and carers don't need to know.

### **The person treating you needs to be sure that:**

- You understand the consequences – short and long term – of the treatment
- You're mature enough to make the decision

Although they will keep it private, they will encourage you to talk to your parents or carers. This is because they want you to have as much support as possible.

### **Remember**

You can ask about a service's confidentiality policy (including your own doctor) before you talk to them.



**Your sexual  
health**

## Your sexual health

Becoming sexually active brings with it lots of intense feelings and emotions. It also brings a number of responsibilities, including showing respect for yourself and others, and keeping each other healthy and safe. Looking after your sexual health is just as important as looking after your physical and mental health. They are all connected and make you who you are.

If you feel ready to have sex, make sure you know how to make sex safer.



A sexual health check up every 6 months or more often if you have had unprotected sex, is a good way to look after yourself.



**Sexually  
transmitted  
infections  
(STIs)**

# Sexually Transmitted Infections (STIs)

An STI is the name given to any infection passed through sexual contact.

## Facts

- STIs can be spread among people of all ages (though most commonly young people) who have unprotected sex i.e. sex without a condom. This includes vaginal, anal and oral sex.
- It's also possible to get some STIs – particularly genital warts and pubic lice – through close contact/touching.
- There are lots of STIs. Most are easily treated. However some, such as Chlamydia, can have no symptoms so it's a good idea if you're sexually active to get checked.
- Sexual health clinics can easily test for STIs through a urine sample, a swab or, in some cases, a blood test.

- Most STIs are easily treated. If you visit a sexual health clinic they'll be able to advise and help.

## Don't Panic

For some people having an STI might seem like the end of the world, but it's not. If you think you might have an STI don't panic – most are very easily treated. Visit a sexual health clinic for a check. They'll look after you and won't make you feel embarrassed.

### Fact:

The best way to prevent catching an STI is to avoid having sex. However if you choose to have sex, using a condom properly greatly reduces the risk.

## Common Symptoms

The most common STIs have no symptoms, so if you're sexually active it's a good idea to get tested for STIs before you have sex with someone new.

If you have any of the following symptoms you should get checked:

### Girls

- Itchy or red vagina/vulva
- Pain when peeing
- Thick, smelly or yellowing discharge
- Bleeding (outside usual period)
- Pain when having sex
- Warts, blisters or sores in genital area
- Anal discharge or itching

### Boys

- Itchy penis or red and sore looking tip of penis
- Discharge from penis
- Pain when peeing
- Inflamed or sore testicles
- Anal discharge or itching
- Warts, blisters or sores in the genital areas

For more detailed information on STIs, their symptoms and treatments visit **[www.getthelowdown.co.uk](http://www.getthelowdown.co.uk)**

### Remember:

If you have had unprotected sex there is a chance you could have an STI, even if you have no signs.



## HIV

**HIV (Human Immunodeficiency Virus) is a virus contained within bodily fluids like semen, vaginal fluid and breast milk. In Scotland the most common way that HIV is contracted is through unprotected penetrative sex (vaginal or anal). There is a very small risk from oral sex and it can also be passed on through shared injecting equipment and unsterile tattoo or piercing equipment.**

HIV affects the immune system which helps us stay well and fight illness and infections. If left undiagnosed and untreated some people who are HIV positive can become ill. When this happens they are less able to fight off some illnesses and infections and can become very ill and possibly even die.

There is no cure for HIV but it can be managed by drugs to keep a person healthy. If you have had unprotected penetrative sex it's a good idea to get a sexual health screen which includes an HIV test.



**Fact**

If properly used, condoms significantly reduce the chances of getting HIV.



Condoms

# Condoms

**Condoms are the most effective way of protecting against STIs.**

If you think you might have penetrative sex (or other types of sexual activity) carry condoms and know and practice how to use them. There's no need to be embarrassed to carry condoms or talk about them with the person you're going to have sex with. If this is the case, it's a sign that you're probably not ready.

It is important to use the right condom for size. They come in different sizes and textures so using a condom can be fun. There are also flavoured condoms which can be used for oral sex.

Everyone can get free condoms from a wide range of outlets including sexual health services, or you can buy condoms from most supermarkets or chemists.

## Instructions for condom use

It is important to follow the instructions carefully and to use a condom properly.

1. Using the perforated edge, carefully tear along one side of the foil. Do not use your teeth to open the package and avoid any damage from fingernails and jewellery as you squeeze the condom out.
2. Make sure you put the condom on the erect penis before contact with your partner. Fluid is often released in the early stages of an erection and this can contain sperm, bacteria or viruses.

3. Hold the 'teat' at the end of the condom between the thumb and forefinger. This stops any air getting inside which could cause the condom to burst. Make sure the condom is the right way round for unrolling.
4. Using your other hand, place the condom on the erect penis. Pull back the foreskin (unless you have been circumcised) and unroll the condom down the entire length of the penis while still holding the 'teat'.
5. Make sure the condom doesn't come off during sex. If it does, open a new one and put it on. After ejaculation make sure you hold the base of the condom in place as you withdraw to stop any leakage of semen. When the penis is completely withdrawn you can remove the condom. Keep the penis and used condom away from the vagina and anus.

6. Tie the used condom in a knot and put in a rubbish bin – never flush a condom down the toilet.

NHS Greater Glasgow & Clyde

**[www.freecondomsglasgowandclyde.org](http://www.freecondomsglasgowandclyde.org)**

Tel: **0141 232 8444**

NHS Lanarkshire

**[www.lanarkshiresexualhealth.org](http://www.lanarkshiresexualhealth.org)**

tel: **0845 177 0535**

NHS Highland

In Highland free condoms are available from most GPs, NHS Sexual Health Clinics, Highland Brook and Waverley Care (further details can be found in local organisation information pages 117-119).

A white silhouette of a person is positioned at the bottom center. Above the person's head is a large, rounded speech bubble with a white border and a magenta fill. The text inside the bubble is white and reads "Contraception (preventing pregnancy)".

**Contraception  
(preventing  
pregnancy)**

## Contraception (preventing pregnancy)

There are a range of ways that you can prevent pregnancy. There are lots of different types of contraception so there should be one that suits you.

If you're thinking about having penetrative sex, it's a good idea to visit a sexual health clinic to get all the facts on contraception. They'll be able to help you decide the contraception that is best for you.

It's also really important to discuss contraception with the person you're having sex with.



**Remember:**

Contraception won't protect you against STIs. Whatever method you choose, make sure you use condoms as well.

For more information about the types of contraception available visit:

**[www.getthelowdown.co.uk](http://www.getthelowdown.co.uk)**

**[www.fpa.org.uk](http://www.fpa.org.uk)**

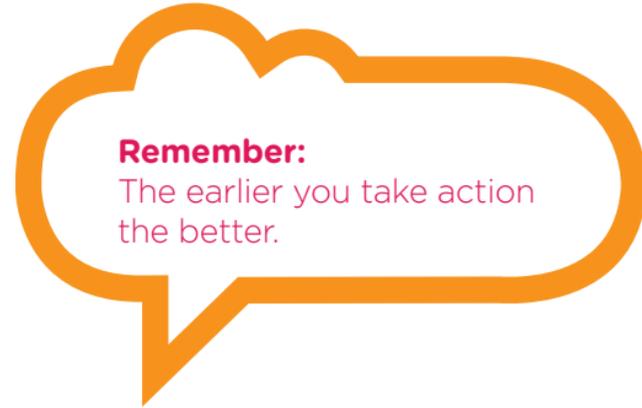
## Emergency Contraception

Sometimes condoms come off or split or you have penetrative sex when you didn't plan to and didn't use contraception. To reduce the chance of getting pregnant after unprotected sex, a woman can have Emergency Contraception.

Up to 5 days following unprotected penetrative sex you can go to a sexual health service or your doctor who can discuss a range of Emergency Contraception choices. Hormonal Contraception is also free for all women, including young women, from all chemists in Scotland. The earlier it's taken the better.

If you have had unprotected sex you should also get a sexual health check.

For more information visit [www.fpa.org.uk](http://www.fpa.org.uk)



### **Remember:**

The earlier you take action  
the better.



**Pregnancy**

# Pregnancy

## Myths about pregnancy

You might have heard some of the following, but the truth is that a woman can still get pregnant even if:

- A man pulls his penis out early
- You have sex during a woman's period
- You have sex under water
- You have sex standing up
- You have a shower after sex
- You have sex for the first time

There are lots of myths about when a woman can and can't get pregnant.

## The facts are:

- ✓ If a man's penis enters a woman's vagina, there is always a chance of pregnancy.
- ✓ If there is semen around a woman's genitals (vagina/vulva) there is a small risk of pregnancy.
- ✓ Even if a man doesn't ejaculate there is still a chance of pregnancy. This is because a small amount of fluid, which can contain sperm, is released from the erect penis.
- ✓ Condoms reduce this risk of pregnancy and protect against STIs.

## Signs of pregnancy may be...

- Missing a period after having sex
- Feeling sick
- Having sore or tender breasts

If you think you might be pregnant you need to take action immediately – don't do nothing. Start by taking a pregnancy test to find out for sure – you can get these free from your doctor or sexual health clinic or buy them in chemists and supermarkets.

**Remember:**

A woman can be pregnant but might not have any obvious signs – taking a pregnancy test is the only way to find out for sure.

## Choices if you are Pregnant

If the pregnancy test is positive, try to talk to someone as soon as possible to go through the options available. Sexual health services can help you work through your choices.

Whether you're in a relationship or not you need to talk to someone about the pregnancy and whether or not you're ready to have a baby.

It's a big decision. You need to work out what having a baby would mean for you – what effect it might have on your education, your ambitions and the things you had hoped for in life.

Many young people worry about what their parents or carers will say if they tell them but it's really important that you have some support.

If you really can't talk to them, think of another adult you trust and can speak to. This could be an older sister or brother, aunt or uncle or a family friend. Sexual health services can also provide confidential advice and support.

## Having a baby

The first thing you need to do is make sure you get proper maternity care. You can see your GP or your local sexual health service. Whether you're going to share the responsibility as a couple or try and manage as a single parent, you'll probably need some support.

### It will be important to work out:

- What help is available from family and friends?
- Where will the baby live and how will it be taken care of now and in the future?
- What local organisations are there to support people in your situation?

With the right support a young person can have and look after their baby successfully. They can also continue with their own future.

## Adoption

Adoption means legally giving up responsibility for your child. If you think this is the right option for you, talk to your nurse or doctor. They will be able to put you in touch with the service that deals with adoption. They will make preparations but nothing will be finalised until after the birth. You'll be completely free to change your mind up until about 6 weeks after the birth.

Make sure you talk to a family member or a friend. It is important to get support through the process.

## Abortion (termination of pregnancy)

Abortion involves a medical or surgical procedure that ends a pregnancy.

Decisions around pregnancy and the choices a person has are affected by many things. These can include whether the person is in a relationship, their hopes for the future, what support they have and their religious and moral views. A woman doesn't need her partner's permission to have an abortion. For some women the involvement and support of their partner will be helpful but for others this may not be the case or even an option.

For many women abortion is the right choice. If it is the right choice for you, it is really important that you have support and someone to talk to before and after.

This is available from a range of places. For information on sexual health clinics that can help see pages 114-119.

## Facts on termination

- In Scotland it is legal to have a termination up to the 24th week of pregnancy. However, in some areas if more than 16 weeks pregnant you may be referred to an English clinic.
- Termination procedures change depending on the stage of pregnancy. The earlier you seek help the more straightforward the procedures are.
- A girl under 16 can have a termination without her parents knowing. However, all health professionals will encourage them to tell a parent or another adult that they can trust.

### Remember:

Make sure you have all the facts to help make the right decision.



**Bullying**

# Bullying

**If you're being bullied remember that it's not your fault. You don't need to just put up with it. Talk to an adult you trust.**

Bullying can take place in many different ways such as – physical violence, gossiping, spreading nasty rumours, name calling etc. Some bullying is done face to face but it can also happen through emails, social networking sites and text messaging.

## It can include:

- Gossiping, spreading nasty rumours, name calling and writing negative things about someone.
- Forcing someone to do something that they don't want to do.
- Deliberately ignoring or leaving someone out.

## Bullying can also include sexual bullying, like:

- Making someone do something that they don't want to do.
- Using words to insult or physically attacking someone because they are gay or because people think they are. This is against the law.
- Unwanted sexual comments and physical contact.
- Sending private pictures of a person naked to others without their permission. If the person is under 18, this is illegal and treated as a serious offence.

## Dealing with bullying

People deal with bullying in lots of different ways. Everyone is different. Think about your situation, and what options might be best for you.

- Don't ignore bullying – it probably won't go away on its own.
- Tell someone you trust so that you can get some help – a teacher, parent or friend. Just talking can be a big relief.

- Don't try to fight back, you might make things worse, get hurt or get into trouble yourself.
- Keep a record – and save any nasty texts or emails that you have been sent.
- If it feels safe, you might try asking the person or people bullying to stop if you think they are not aware of how their behaviour is making you feel.
- If possible try to stay away from the bullies or stay with a group when you don't feel safe
- Ask your mates to look out for you.
- Check your school's anti-bullying policy. This will tell you what your school should do about bullying.



**Young  
people's  
rights**

## Young people's rights

All young people in Scotland have rights. These are protected in law by the UN Convention on the Rights of the Child. This covers all children and young people under the age of 18.

### Your rights include:

- To be safe from harm and violence.
- To be looked after properly.
- To be free from discrimination.
- To be as healthy as possible.
- To have an education.
- To play.
- To have your own beliefs and opinions.
- To privacy.
- Having an adequate standard of living. Your family should be given help to look after you if they need it.
- To live in a clean environment.

- To have your say when adults in your family or organisations like schools are making decisions about you.



### Remember:

With rights come responsibilities. This means others should respect you and you should respect them.



**Staying safer**

## Staying safer

As you get older you'll have lots more freedom – it can be a really exciting time. You'll probably be going out more, meeting new people, attending parties and starting to visit pubs and clubs. Whatever you get up to there are some easy things you can do to make sure you and your friends are safe.

### Alcohol, Drugs & Sex

Using drugs and alcohol can affect people's ability to make good judgements and this can lead to them making decisions and taking actions they wouldn't normally do. This can include hooking up with someone you don't even fancy or having sex when you didn't plan to.

Being wasted can also make you more vulnerable and more likely to end up in unsafe situations.

If a friend or person you know is drunk, look out for them.



#### Remember:

A person can't consent to have penetrative sex or any other type of sexual activity if they are drunk or out of it on drugs.

## Tips for staying safe when going out

- Make sure your mobile phone is charged and you have credit.
- Tell someone where you're going, who you're going with, and when you'll be back.
- Stick with your mates, especially if hanging around in the dark.
- Always carry a condom, even if you're not thinking about having penetrative sex. Lots of people have sex when they've not thought they would.
- It's not a good idea to go off with someone you've only just met.
- Alcohol or drugs can cause you to make decisions you might regret, so if you're worried about anything, talk to a mate and agree to look out for each other.
- Take it in turns on nights out to have one person in the group that doesn't take any alcohol or drugs

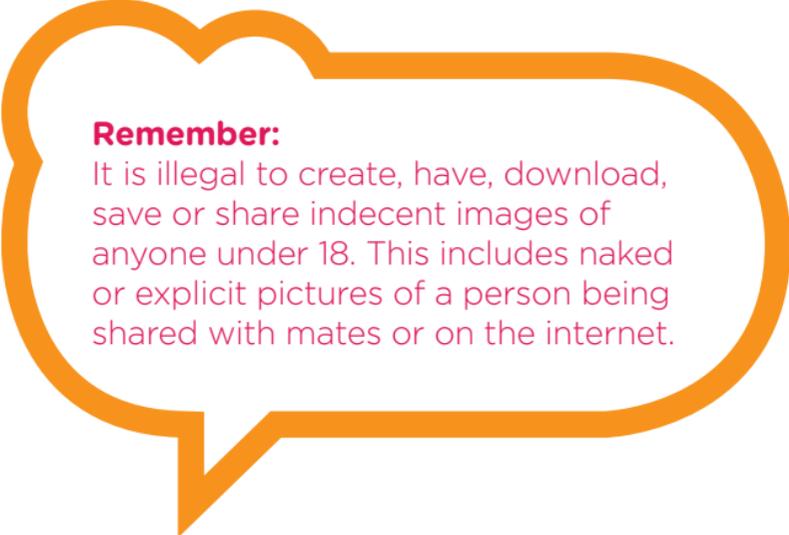
- Plan how you're getting home. Try to avoid walking around alone late at night. Put a local taxi number in your phone and keep some money back so you can afford a taxi home.
- Keep valuables out of sight, or better still leave them at home.
- If something does happen, call the police.

## Tips for staying safer online:

The internet is great for keeping up with friends and staying in touch. These simple dos and don'ts can help you stay safer online:

- Set up security so that only people who are your friends can see what you put online.
- Don't give out or discuss information which could let someone who doesn't know you find you.
- Don't have your mobile number online in any contacts or 'about you' section
- Don't talk about your school or places where you hang out.

- Don't put any photos or images online that you wouldn't show your parent, carer, teachers, future employers, etc. Remember that once a photo is up there it can stay around forever!
- Social networking sites will allow you to block someone and stop them from accessing your page – don't be afraid to use this if you need to.
- Keep abusive texts or emails and take screen shots of anything posted online so that you have proof of what's been happening.
- Get the police involved if things start to get out of hand or you're feeling/being threatened.



**Remember:**

It is illegal to create, have, download, save or share indecent images of anyone under 18. This includes naked or explicit pictures of a person being shared with mates or on the internet.

For more information on how to stay in control and report problems online visit **[www.thinkuknow.co.uk](http://www.thinkuknow.co.uk)**



**Rape and  
sexual assault**

## Rape and sexual assault

**It is always wrong to force or pressurise another person to have penetrative sex or any other sexual activity. This is true even if that person is a friend, boyfriend or girlfriend.**

Rape is when a man's penis enters another person's vagina, anus or mouth without their consent. Both males and females can be raped.

If someone has forced you to have penetrative sex, or take part in a sexual act with them, this is illegal.

If you have experienced rape or an unwanted sexual act, get support. You're not to blame, even if you had previously agreed to kissing or other sexual activity.



**Sexual abuse**

## Sexual abuse

If an adult or someone else in your life is making you feel uncomfortable or pressuring you into any sexual activity which you don't want to do, this is sexual abuse. This is always wrong and you should not put up with it.

### Examples of sexual abuse include:

- Being touched in a way that makes you feel uncomfortable and without your permission.
- Any sexual activity, including penetrative sex, which you have not consented to.
- Being forced to look at sexual images or films.
- Being made to do something sexual to someone else that you don't want to do.
- Someone using sexual language which makes you feel uncomfortable.

If this is happening to you, it's not your fault. Talk to an adult you trust and get help to make it stop. You can also call ChildLine on 0800 1111 or visit **[www.childline.org.uk](http://www.childline.org.uk)** for help and advice.

It is also illegal to create, have, download, save or share indecent photos of anyone under the age of 18. If you have experienced this and want it to stop, it is important to get support to report it. Visit **[www.thinkuknow.co.uk](http://www.thinkuknow.co.uk)** for more information.



**Prostitution/  
grooming**

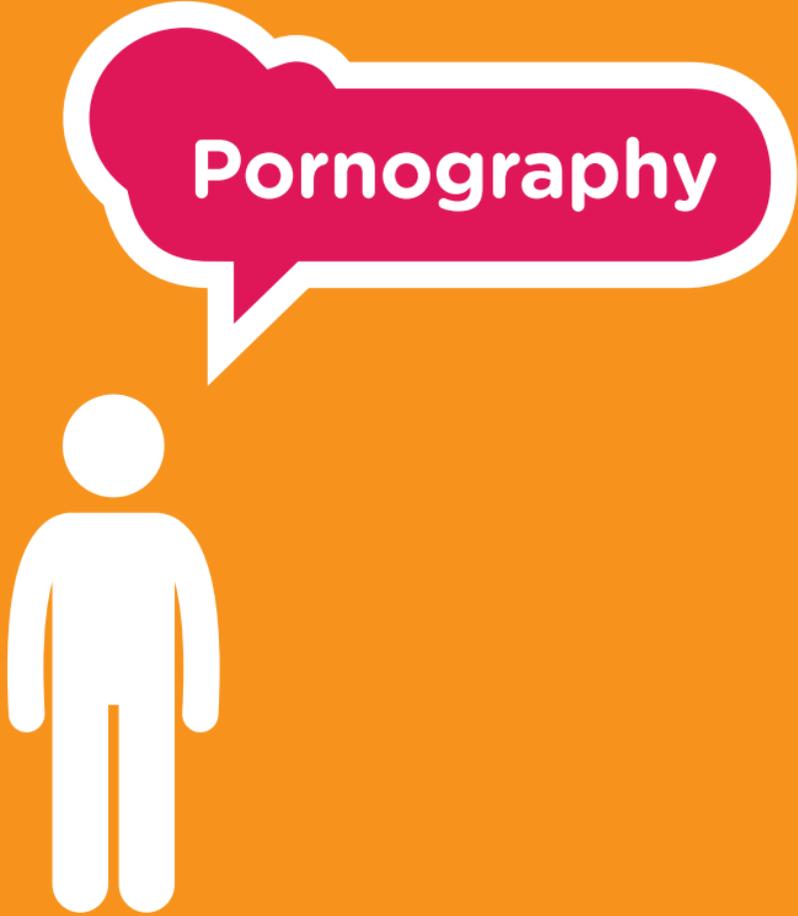
## Prostitution/grooming

**There are some young people and adults who may try and get a person to have sex with them or with other people by paying them or giving them gifts. Prostitution is when money or other goods are given in return for sexual acts.**

Grooming is when a person befriends a young person over a period of time with the intent of engaging them in sexual activity. Grooming can take place face to face or online and sometimes involves gifts being given.

Prostitution and grooming are forms of sexual abuse. People should not be doing it to you and you should not be doing it to other people. It is not ok to pay for sex or use trickery to force someone into sex.

If you think that someone is trying to get you involved in something that leaves you feeling confused or worried, it is really important you speak to someone you can trust.



**Pornography**

# Pornography

Pornography is printed or visual material such as films or websites which contain explicit sexual images. Many people find it offensive.

## What you need to know:

- Porn doesn't reflect real life. It shows a false picture of what sex is like. A lot of pornography is negative and violent towards women.
- You have to be 18 to rent or buy porn films or magazines. Some types of porn, such as images of anyone under 18 are illegal.
- It is wrong to pressure someone into watching or imitating porn if they don't want to.
- Never let anyone film or photograph you if you do not want them to. If you feel under pressure to do this or if someone is pressurising you to watch or imitate porn, talk to someone you trust about it.



### Remember:

Sex is different for everyone but should be a positive and pleasurable experience. The key to a positive sexual experience is to talk to, respect and trust the other person.



**Further help  
and information**

## Further help and information

Your sexual health isn't just about your physical health. You need to look after your head too! Whatever you might be worried about, it can really help to talk to someone. If you're unsure about anything covered in this booklet - talk it over with someone you feel comfortable with and can trust.

### This might be:

- A parent or someone you live with
- A teacher
- A youth or group leader
- An older brother or sister
- A good friend

### Other places you can go to ask questions or talk about how you feel are:

- ChildLine 0800 1111 or **[www.childline.org.uk](http://www.childline.org.uk)**
- **[www.thinkuknow.co.uk](http://www.thinkuknow.co.uk)** for more information on how to stay in control and report problems on the internet
- **[www.lgbtyouth.org.uk](http://www.lgbtyouth.org.uk)**
- **[www.getthelowdown.co.uk](http://www.getthelowdown.co.uk)**
- **[www.fpa.org.uk](http://www.fpa.org.uk)**
- **[www.brook.org.uk](http://www.brook.org.uk)**



**Local  
organisation  
information**

## Local organisation information

### Greater Glasgow and Clyde

Sexual health services are available across the area and are called Sandyford clinics. The main ones are listed below, although there are several others.

Check the Sandyford website **[www.sandyford.org](http://www.sandyford.org)** for opening times and details other Sandyford sites near you.

The Place is a dedicated clinic time at Sandyford which is just for young people up to age 18.

The place runs at all the Sandyford clinics below.

#### Sandyford Central

This is the main clinic based near Charing Cross in Glasgow | Tel: 0141 211 8130

#### Sandyford North

Springburn Health Centre | Tel: 0141 531 6703

#### Sandyford East

Parkhead Health Centre | Tel: 0141 232 7413

#### Sandyford South East

Govanhill Health Centre | Tel: 0141 531 8349

#### Sandyford South West

Pollok Health Centre | Tel: 0141 531 6807

#### Sandyford Renfrewshire

New Sneddon Street Clinic, Paisley  
Tel: 0141 314 0726

#### Sandyford Inverclyde

Inverclyde Royal Hospital | Tel: 01475 504 978

#### Sandyford West Dunbartonshire

Vale of Leven Hospital | Tel: 01389 818 511

### Sandyford East Dunbartonshire

Kirkintilloch Integrated Community Care Centre  
Tel: 0141 355 2367

### Sandyford East Renfrewshire

Barrhead Health and Care Centre | Tel: 0141 800 7125  
**www.sandyford.org**

### The Archway

The Archway is the service for both males and females who have experienced rape or sexual assault. To find out more about the Archway go to **www.sandyford.org**  
Tel: 0141 211 8175

Free condoms are available from a variety of locations. For more information on where to get them go to:

**www.freecondomsglasgowandclyde.org**  
Tel: 0141 232 8444 / Tel: 0141 232 8440

### Lanarkshire

**www.lanarkshiresexualhealth.org** – for information on Lanarkshire sexual health services, where to get free condoms and general sexual health information. Sexual health service number – **0845 189 1789** for – appointments and helpline.

**0845 177 0535** to find your nearest place to get free condoms.

### Highland

**Highland Sexual Health** provide specialist sexual health services throughout the Highland area.

They are based within Raigmore Hospital, Inverness and have outreach clinics in Invergordon, Fort William, Aviemore, Wick, Thurso, Mallaig and Skye. Information re clinic times, locations and how to make an appointment can be found by telephoning **01463 888300**.

**Brook Highland** provides **sexual health services for young people** under the age of 25. Services are available on a **drop-in** basis. Brook Highland is based in Inverness and is open four times a week. Clinic times are as follows:

Monday, Tuesday and Thursday: 4pm – 7pm  
Saturday: 12noon – 3pm

The contact details for Brook Highland are:

**Brook Highland**

77 Church Street  
Inverness IV1 1ES

Tel: (01463) 242434  
Fax: (01463) 232 777

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

**Waverley Care** provides HIV and Sexual Health Services in Highland and Argyll and Bute. Services include HIV prevention activities, outreach, training on HIV and sexual health matters, support for people living with HIV, advice and information and a Condoms by Post scheme. Contact details are as follows:

**Waverley Care Highland**

34 Waterloo Place  
Inverness IV1 1NB  
Tel: 01463 711 585

GP Practices throughout the Highlands provide sexual health provision (contraception and STI testing).

Advice can also be found at local community pharmacies throughout the area.



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