

# C-Card Reminder Sheet

## How to register

1. Service user needs to fill in the white section of the form with their information
2. Professional checks all fields are filled and legible
3. Professional works through checklist on the form with service user
4. Professional fills in venue, staff member, date issued, C-Card number and circles appropriate registration type
5. Issue C-Card and C-Card pack to service user, tick off first box on back of card

## How to distribute

*Distribution form only needs to be filled in from the 2nd box onwards*

1. Fill in the date, C-Card number and visit number on the distribution form
2. Issue C-Card pack and tick off the visit number box on the back of the C-Card
3. If last visit, offer to register for a new C-Card or signpost to the nearest registration venue

## Points to cover

- Rights in a relationship
- Sexual health services and contraception are still available if you're under 16
- Legal age for sexual activity is 16
- Nobody under 13 can consent to sex
- Alcohol and drugs affect a person's capacity to consent
- Sexual health services are confidential

## Under 16s

- Fraser assessment  
*(Young person understands what they're accessing, risks and legalities around sex under 16 and professional feels distribution of condoms is in the young person's best interest)*
- Risk assessment  
*(If you are concerned, follow internal safeguarding procedures)*
- Condom demonstration

## Condom Packs

### Variety Pack

For over 16s

- Regular condoms
- Textured condom
- Air Thin condom
- Flavoured condom
- Plain lube

### Standard Pack

For under 16s

- Regular condoms
- Plain lube

