







School Nursing service-Sexual Health Offer

Leanne Upton Nav Mahil



The School Nursing service.

What we do:

- The school nurse team supports young people in a variety of ways; emotional wellbeing, healthy lifestyles, physical health and continence.
- We find that within the subject of emotional health; the themes of relationships, sexuality, puberty and self-image are also raised by young people. This also links with sexual health.
- Weekly health shops and drop-ins
- Triage appointments
- Baseline health assessments
- Review assessments



Sexual health agreement in schools

Sexual health delivery is only provided in negotiation with the school and its governors.

What do we offer?

- The C-Card scheme.
- Pregnancy testing.
- Education.

Safety is our top priority

- Young people can only access the C card scheme by speaking with a professional.
- We do not promote sex. As a service we provide education regarding consent, delay and healthy relationships.
- Without the sexual health agreement in place, this health need could be identified in an assessment (as we ask all young people if they are sexually active/in a relationship), but the health need would remain unmet by us and would rely on the young person to access.

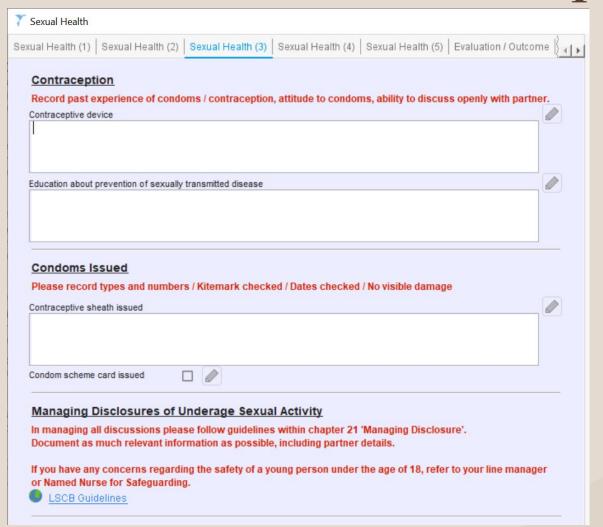


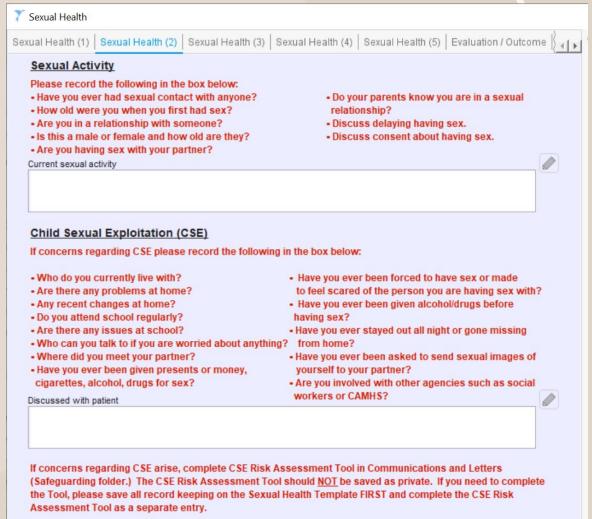
How is the sexual health service delivered?

- We do not run sexual health clinics or drop ins.
- If a sexual health need is identified during an assessment, then the sexual health risk assessment would also be completed. A C-Card and condom pack will be distributed as indicated.
- Pregnancy testing will be conducted if deemed to be required through discussion with the young person.
- If there are safeguarding concerns, then appropriate action will be taken.
- We welcome referrals from school for sexual health advice/assessment.
- Young people can self-refer by the drop in or Chat health.
- We have devised a short video for year 10 and year 11 students to inform of the school nurse sexual health offer.



Sexual health template







Statistics 2023-2024

Health and well-being questionnaires re sexual health/relationships

	Year 7 YES	Year 7 NO	Year 9 YES	Year 9 NO	Year 11 YES	Year 11 NO
Have you been in or are you	X	X	2.86%	97.14%	6.09%	93.91%
currently in a sexual						
relationship?						
Are you worried that Child	X	X	0.95%	99.05%	0.52%	99.48%
Exploitation (CE) is happening						
to you or someone you						
know?						
Do you know that forced	69.98%	30.02%	81.25%	18.75%	87.82%	12.18%
marriage is illegal in the UK?						
Do you know that Female	50.57%	49.43%	70.44%	29.56%	79.51%	20.49%
Genital Mutilation (FGM) is						
illegal in the UK?						
Do you have any worries	X	X	2.73%	97.27%	1.26%	98.74%
about your sexuality?						
Have you got any worries	7.10%	92.90%	6.10%	93.9%	3.79%	96.21%
relating to body						
changes/puberty?						



Statistics cont...

- New STIs are more common in young people aged 15-24.
- Young people are also more likely to become re-infected with STIs.
- Young people aged 15-24 in Leicester have the highest rate of chlamydia accounting for 65% of all new chlamydia diagnoses.
- Teenage pregnancy is a health inequality in Leicester.

(Leicester Joint Strategic Needs Assessment, 2024) sexual-health-adults-jsna-2024.pdf

• Either young people are not honest in the health and well-being questionnaire (this is suspected), or the small percentage that are engaging in sexual activity are possibly not having safe sex.





Introducing



Sexual health support and advice



Who's on board...

- So far, a total of 15 out of 29 secondary schools are in agreement with the delivery of sexual health.
- Some of the schools that have rejected the sexual health offer are faith schools.
- Some schools are allowing the sexual health team to attend health fayres.
- C card distribution was a success at New College health fayre 2024 with year 11 pupils.



Positive steps

We aim to get all Band 4's trained to deliver sexual health within schools.

Plan to attend governor meetings to discuss sexual health.

Plan to rephrase the wording of the sexual health question in the digital health and well-being questionnaire.

We work closely with Leicester Sexual Health.

Crib sheet and sexual health resources available to all staff.



Thank you for listening





