

# 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

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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

Sexual Health

Sexual Health (1) | Sexual Health (2) | **Sexual Health (3)** | Sexual Health (4) | Sexual Health (5) | Evaluation / Outcome

### Contraception

Record past experience of condoms / contraception, attitude to condoms, ability to discuss openly with partner.

Contraceptive device

Education about prevention of sexually transmitted disease

### Condoms Issued

Please record types and numbers / Kitemark checked / Dates checked / No visible damage

Contraceptive sheath issued

Condom scheme card issued

### Managing Disclosures of Underage Sexual Activity

In managing all discussions please follow guidelines within chapter 21 'Managing Disclosure'. Document as much relevant information as possible, including partner details.

If you have any concerns regarding the safety of a young person under the age of 18, refer to your line manager or Named Nurse for Safeguarding.

[LSCB Guidelines](#)

Sexual Health

Sexual Health (1) | **Sexual Health (2)** | Sexual Health (3) | Sexual Health (4) | Sexual Health (5) | Evaluation / Outcome

### Sexual Activity

Please record the following in the box below:

- Have you ever had sexual contact with anyone?
- How old were you when you first had sex?
- Are you in a relationship with someone?
- Is this a male or female and how old are they?
- Are you having sex with your partner?
- Do your parents know you are in a sexual relationship?
- Discuss delaying having sex.
- Discuss consent about having sex.

Current sexual activity

### Child Sexual Exploitation (CSE)

If concerns regarding CSE please record the following in the box below:

- Who do you currently live with?
- Are there any problems at home?
- Any recent changes at home?
- Do you attend school regularly?
- Are there any issues at school?
- Who can you talk to if you are worried about anything?
- Where did you meet your partner?
- Have you ever been given presents or money, cigarettes, alcohol, drugs for sex?
- Have you ever been forced to have sex or made to feel scared of the person you are having sex with?
- Have you ever been given alcohol/drugs before having sex?
- Have you ever stayed out all night or gone missing from home?
- Have you ever been asked to send sexual images of yourself to your partner?
- Are you involved with other agencies such as social workers or CAMHS?

Discussed with patient

If concerns regarding CSE arise, complete CSE Risk Assessment Tool in Communications and Letters (Safeguarding folder.) The CSE Risk Assessment Tool should NOT be saved as private. If you need to complete the Tool, please save all record keeping on the Sexual Health Template FIRST and complete the CSE Risk Assessment Tool as a separate entry.

# 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 currently in a sexual relationship?	X	X	2.86%	97.14%	6.09%	93.91%
Are you worried that Child Exploitation (CE) is happening to you or someone you know?	X	X	0.95%	99.05%	0.52%	99.48%
Do you know that forced marriage is illegal in the UK?	69.98%	30.02%	81.25%	18.75%	87.82%	12.18%
Do you know that Female Genital Mutilation (FGM) is illegal in the UK?	50.57%	49.43%	70.44%	29.56%	79.51%	20.49%
Do you have any worries about your sexuality?	X	X	2.73%	97.27%	1.26%	98.74%
Have you got any worries relating to body changes/puberty?	7.10%	92.90%	6.10%	93.9%	3.79%	96.21%

# 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.

We work closely with Leicester Sexual Health.

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.

Crib sheet and sexual health resources available to all staff.



Leicestershire Partnership

NHS Trust

Thank you for listening

**HEALTH FOR TEENS**

