



YOUR GUIDE TO

SEX AND

RELATIONSHIPS



WHAT MAKES A HEALTHY RELATIONSHIP?

A healthy relationship is a relationship where you feel safe, valued and able to be yourself.

Honesty

Letting someone know how you feel, what you would like and if something is bothering you is important for a healthy relationship.

Communication

There are lots of different ways to communicate, like talking, body language and actions. Take time to listen to each other.

Compromise

It's okay not to agree on everything. Compromise means finding something that works for you both.

Being Equals

Nobody should be "in charge" in a healthy relationship. Being equals means making decisions together and respecting each other's thoughts and feelings.

Respect

Everyone has different opinions but you should never be treated badly for your thoughts, feelings or the things you like.

Trust and Support

Trust feels different to everyone, but being able to talk openly, to ask for help if you need it and to feel physically safe when you are together are all signs of a healthy relationship.

DID YOU KNOW?

Controlling behaviour within relationships is illegal. This could include someone saying who you can/can't see, what you can or can't wear or behaviour which makes you feel frightened.

If you experience this you can speak to the Police (Non-emergency: 101 or in an emergency: 999) or any of the services listed in the back of this booklet.



You are entitled to a relationship free from abuse

You should never feel pressured into having sex



You have the right to change your mind

All sexual contact must be consensual



You are entitled to a happy and healthy relationship regardless of your sexuality or gender identity



There are people you can talk to for support

CONSENT AND THE LAW

When we talk about consent to sex, this means someone agreeing to sexual activity. Consent needs to be given for each sexual act. You should never be pressured to consent if you don't feel comfortable.

SIGNS SOMEONE IS CONSENTING

- They are saying 'yes' enthusiastically
- They show positive body language
(i.e. happy to touch you, smiling, kissing you back, moving closer to you)



SIGNS SOMEONE MIGHT NOT BE CONSENTING

- Their body freezes up
- They go quiet
- They're saying "maybe" or "I'm not sure"

JUST BECAUSE SOMEONE IS NOT SAYING 'NO' DOESN'T MEAN THEY ARE CONSENTING. OUR BODY LANGUAGE CAN SAY 'NO' IN MANY WAYS.



A PERSON CANNOT CONSENT IF:

- They are too drunk or high (from alcohol or drugs) to understand what is happening
- They feel pressured or threatened into saying yes
- They don't understand what they're agreeing to



**NEVER ASSUME THAT
SOMEONE WANTS SEX
BASED ON...**

WHAT THEY'RE WEARING

**IF YOU THINK THEY'RE
BEING FRIENDLY WITH YOU**



**IF SOMEONE SAYS
'NO' OR 'STOP',
YOU MUST STOP
IMMEDIATELY**



THE POLICE MAY CONSIDER IT TO BE A CRIMINAL OFFENCE IF YOU...

- Have sex with someone who is too drunk or high to understand what is happening
- Make someone have sex if they don't want to, even if you're in a relationship
- Send sexual messages to someone under 16
- Take, share or keep sexual images of someone under 18 (even if they are of you)
- Have sex with someone under 18 if you're in a position of trust (e.g. teacher, sports coach, carer)

16

In the UK, the legal age of consent for sexual activity is 16.

The law is designed to protect young people from abuse by adults. It is not meant to criminalise people under 16 who are having sex, who are both a similar age. You can talk to our sexual health team in confidence.

Sexual activity with a child under 13 is considered a very serious offence.

SEXUAL EXPLOITATION is a form of sexual abuse. It is when a person is pressured or tricked into having sexual contact in return for something they need or want. It can be difficult to spot because often the people it's happening to feel like they are in a loving relationship. Exploitation can affect anybody of any age or gender.

CRIMINAL OFFENCES **RAPE** - When someone puts their penis into your vagina, bottom, or mouth without your consent.

SEXUAL ASSAULT BY PENETRATION - When someone puts another body part (anything that is not a penis) or an object into your vagina or bottom without your consent.

SEXUAL ASSAULT - When someone touches you in a sexual way with a body part or object without your consent. This includes kissing.

NHS SEXUAL HEALTH SERVICES

SEXUAL HEALTH TESTING

Free and confidential testing for sexually transmitted infections (STIs) is available at our sexual health clinics. If you are over 16, you may be able to order a free at-home STI testing kit.



CONTRACEPTION

A range of contraception options are available at our clinics to prevent unintended pregnancy.



C-CARD

The C-Card is a card that gives teenagers and adults access to free condoms. You can register for a C-Card at sexual health clinics, some pharmacies, online (ages 18+ only) or when you see the Sexual Health Team out and about.



INFORMATION AND ADVICE

We can give you confidential information and advice on sexual health, contraception and signpost you to local support services.



VISIT [LEICESTERSEXUALHEALTH.NHS.UK](https://www.leicestersexualhealth.nhs.uk) FOR MORE INFORMATION

OUR PROMISE TO YOU

- We will listen to your needs
- We will treat you with dignity and respect
- We will not judge you
- We will not discuss your personal matters with anyone but you, unless there is a risk of harm



OTHER USEFUL SERVICES

BPAS

Abortion care, advice and support for people in Leicester.

WWW.BPAS.ORG / 0345 730 4030

BROOK

National charity which offers information and advice for young people about sexual health and relationships.

WWW.BROOK.ORG.UK

HEALTH FOR TEENS

Bite-sized information on a comprehensive range of physical and emotional health topics for teenagers.

WWW.HEALTHFORTEENS.CO.UK

JUNIPER LODGE

A centre which provides support services for people in Leicester who have been sexually assaulted or raped.

WWW.JUNIPERLODGE.ORG.UK

SEXUAL HEALTH SERVICES

Sexual health services in Leicester. You can access STI testing, contraception, information/advice and more.

WWW.LEICESTERSEXUALHEALTH.NHS.UK / 0300 124 0102

TERRENCE HIGGINS TRUST

The UK's leading HIV and sexual health charity.

WWW.THT.ORG.UK / 0808 802 1221

TRADE

Free, confidential sexual health services & support for the local LGBTQ+ community and people who have arrived in the UK within the last two years.

WWW.WEARETRADEHEALTH.CO.UK / 0116 254 1747

TURNING POINT

A substance use service, offering support for alcohol and drug use for anyone affected by it.

WWW.TURNING-POINT.CO.UK / 0330 303 6000

BROUGHT TO YOU BY YOUR LOCAL NHS SEXUAL HEALTH TEAM



For more information on any of our services,
contact us on the details below.

-  0300 124 0102
-  leicestersexualhealth.nhs.uk
-  Leicester Sexual Health
-  @leicester_sexual_health



If you would require this document to be translated into another language or in a different format (such as easy read or large print, audio) please contact us on the details above.



Leicester Sexual Health is provided by Inclusion, part of Midlands Partnership University Foundation NHS Trust. Commissioned by Leicester City Council. To find out more visit www.inclusion.org