

Sexual Health & Young People in Cardiff : a Public Health approach

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Overview

- Definition & evidence of need
- Policy context
- Effective approaches
- Evidence, action & outcomes
- Research, conference & media dissemination



Definition

Sexual health is a state of physical, emotional, mental and social well-being, and not merely the absence of disease or infirmity

World Health Organisation, 1994



Evidence of need

Under 16 conception rate in 2006 in Cardiff was 8.4 per 1,000

STI rates in Wales in 2006
Chlamydia 968 per 100,000 16-19 year old female and 827 per 1000,000 20-24 year old males
Gonorrhoea 17 per 100,000 under 25 year olds

Weekly drinking in Cardiff in 2009
15% male, 19% female pupils aged 14-15 years reported drinking alcohol every week
52% female, 64% male reported that they were first drunk age 13 or younger



Policy Context : Wales

	<ul style="list-style-type: none"> Reduce number of teenage pregnancies Reduce rates of STIs and HIV Improve access to good quality sexual health services Strengthen monitoring, surveillance & research into sexual health
	<ul style="list-style-type: none"> Guidance for schools on delivering Sex & Relationships Education and on developing SRE policies
	<ul style="list-style-type: none"> Recognition that teenage pregnancies and spread of STIs linked to increase in alcohol use amongst young people Aim to increase skills and positive choices for young people
	<ul style="list-style-type: none"> Recognition that teenage pregnancy is closely linked to child poverty
	<ul style="list-style-type: none"> Ensuring young people have best possible opportunities, access to services and are listened to

Policy Context : Cardiff

	<ul style="list-style-type: none"> Cardiff Children & Young Peoples Plan 2008-11
	<ul style="list-style-type: none"> Cardiff Health, Social Care & Wellbeing Strategy 2008-11
	<ul style="list-style-type: none"> Cardiff Designated as a World Health Organisation Healthy City 2009



Effective approaches: Reducing teenage pregnancy rates

Active involvement of key partners

Strong senior champion

Young-people centred contraceptive & sexual health advice services

High priority given to PSE/SRE in schools

Targeted interventions with vulnerable young people

Dept for Education & Skills, 2006



Effective approaches: Preventing STI transmission

Partner notification

Services to meet population need

One to one sexual health advice

Provide information and advice to vulnerable young women aged 18 and under

NICE, 2007

Development of negotiation skills

Educational interventions

Targeted interventions for specific populations

NPHS, 2005



Evidence, Action & Outcomes

Evidence	Action	Outcomes	Resources
Active engagement of partners	Cardiff Sexual Health Task Group & action plan Delivery of sexual health awareness campaigns	Co-ordination of multi-agency group Campaigns supported e.g World Aids Day	Cymorthfunding Partnership support
Young people centred services	Condom-Card Scheme Young people's clinics Activities targeting students	1,279 c-card members Information & advice for young people provided at student & community events	Cymorthfunding Cardiff & Vale UHB Cardiff Council
Strong PSE/SRE	Support to schools through links with Healthy Schools Involvement of parents	SENSE resource Sexual Health Educator providing SRE lessons SRE Toolkit - quality approach	WAG Cardiff Healthy Schools Team Cardiff & Vale UHB
Targeted interventions with vulnerable young people	C-Card scheme Staff training	C-card in Youth Offending Service, Children's Services, Hostels, voluntary organisations Sex workers Project	Cymorth Cardiff Council
SRE training	Sexual health training programme developed for practitioners	•Delaying sex •C-Card •Sexual Health Awareness	Cymorth NPHS

Multi-agency Young Peoples Sexual Health Action Plan: objectives

Raise awareness of sexual health issues via national & local campaigns

Support the provision of sexual health information to young people
Support the provision of quality SRE in Schools

Support the development of provision of sexual health services for young people, particularly targeting vulnerable young people

Provide support, advice and information for parents and carers on sex and relationships

Develop multi -agency sexual health training

Work in partnership to reduce inequalities for the lesbian, gay, bisexual and transgender community

Disseminate the work and progress of the Young Peoples Sexual Health Task Group



Research, conferences & media dissemination

Research Publications

Selwyn, N, Powell, E (2007) Sex and relationships education in schools: the views and experiences of young people, *Journal of Health Education*, Vol 107, No. 2
Powell, E (2008) Young people's use of friends and family for sex and relationships information and advice", *Journal of Sex Education*. Vol. 8, No. 3, 289-302

Conference presentations

Joselyne, C (2009) 'The Cardiff approach to supporting SRE in Schools'-poster, SRE International Conference, Birmingham
Jocelyne, C (2008) 'An evaluation of young peoples Sexual Health Services in Cardiff using a mystery shopper approach', UKPHA, April 2008, Liverpool
Powell, E, Selwyn, N (2007) 'Exploring young people's use of family and friends to access sexual health information and advice' paper presented to the Place -Based Sex/Sexuality and Relationship Education Conference, Institute of Education, University of London, May 23rd
Selwyn, N, Powell, E (2006) Young peoples use of ICTs to access sex and relationships information and advice a study of young people in Cardiff, Research Report, Cardiff, Cardiff School of Social Sciences
Powell, E, Kinghorn, F (2005) Innovative approaches to sexual health promotion and young people, Third Bi-annual Sexual Health & HIV Conference, Cardiff

Media dissemination

Capital Times Cardiff (2009) Partnership brings health benefits' October 2009, p.6
Intersexion (2009) Partnership Working in Integrated Sexual Health, Oct, 2009
South Wales Echo (2006) 'Youngsters get sex advice from friends' 23rd May, p.19
Western Mail (2006) 'Youngsters opt for sex chats' 20th May, p.16
Cardiff Post (2006) 'Sex advice from pals' 25th May, p.20
InterSEXion (2005) 'Involving young people in sexual health promotion work, p.3

Next Steps

Application of Results Based Accountability to Young Peoples Sexual Health action Plan

Secure funding to support Young Peoples Sexual Health work

Work with partners to address young people's aspirations

Sustain condom-card scheme

Further partnership work to address needs of vulnerable young people

Continue to strengthen SRE in schools

Develop further work with parents



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Thank you for listening

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Any questions?

