

Your guide to **SEX** and relationships

Information for young people

introduction

Most people find it embarrassing to talk about sex, but knowing about sexual relationships, sexual health and your rights is important if you want to stay safe, look after yourself and be confident about your personal relationships.

We asked young people in Camden what they thought they needed to know about sex and relationships. This is what they said.

your rights

Young people wanted to know about how old you need to be to have sex, whether your parents or carers should be told if you are having sex, and whether you can get advice about contraceptives if you decide you want to start having sex.

- The law tries to protect young people from being pressured into having sex too early, so the age of consent (agreement) for having sex is 16. If a boy has sex with a girl who is under 16, he is breaking the law.
- 16 is the age of consent for both heterosexual and gay sex.
- By law, you can't get married until you are 16. If you are 16 or 17, you need your parent's consent to marry, but once you are 18, you can marry without their consent.
- Once you are 16, you can get confidential advice, contraceptives or treatment for sexually transmitted infections. You don't need your parent or carer's consent, and doctors and nurses aren't allowed to tell your parent or carer's anything unless you agree.

your rights

- If you are aged between 13-15, you can still get confidential advice, contraceptives and treatment without your parent or carer's consent if the doctor or nurse thinks it's in your best interests, for example to protect you from unwanted pregnancy or sexually transmitted infections.
- Generally, it's best to let your parents or your carer know what's going on and discuss things with them before getting advice or treatment from your doctor, as they can support you and help you to make a decision that's right for you.
- Sometimes, it may not be in your best interests for doctors or nurses to provide a confidential service. For example, if you are having sex with an adult, or if you are under 16, and in any kind of danger because of your sexual behaviour, professionals such as doctors and nurses have to tell your parents or carer and the police so that you can be protected.
- All young people are entitled to get information on sex and relationships as part of their education at school so that they can develop their own sexuality in a safe way.



how to stay safe

Young people wanted to know about how to protect themselves and not feel pressured into having sex or fitting in with sexual stereotypes. Young people from different cultures said they sometimes found it difficult to fit in with general attitudes to sex.

The media makes it seem that everyone's having sex all the time. There seems to be a lot of pressure on young people to have sex, even if they don't feel ready to handle it, but only you should choose the right time to start having sex.

when you give consent...

It means you are 16 and have agreed to have sex because you want to and no-one has put you under pressure to say yes.

when you haven't given consent...

Sometimes you may say yes to sex, but you don't really want to. It could be that someone's putting you under pressure. Drink and drugs can make you confused about whether or not you want to have sex, so you could end up doing something you don't want to.

Remember, the law says you have to consent to sex; **it should be your decision and no-one else's.**

grooming and sexual exploitation...

Grooming is where an adult gets friendly with a young person with the intention of having sex with them. They may try to get the young person's trust by giving them money or drink, or somewhere to stay.

Sexual exploitation is where a young person has sex with an adult in return for money, gifts, food, drugs or a place to stay.

These are both crimes. Although the young person may think they're consenting to sex, in fact they don't really have a choice.

There are adults out there who are only too happy to exploit young people for sex. Make sure you're not a victim. Tell your parents, carer or someone in authority if you feel that an adult is trying to exploit or groom you or someone else you know.



how to stay safe

Young people wanted advice on how to keep safe on the internet and when they were out and about.

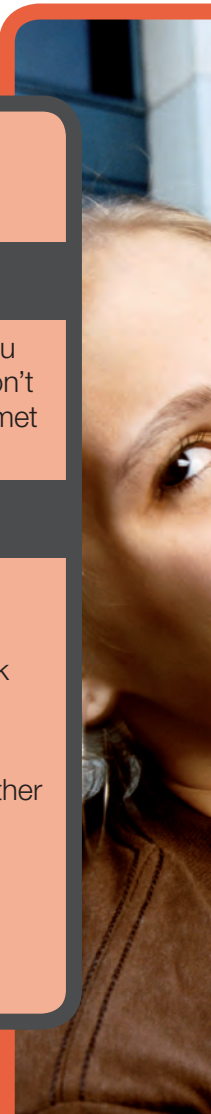
on the web...

They might say they're 17, but how do you know they aren't 47? You can't see who you're talking to in chat rooms, so make sure you don't give out any personal information or agree to meet anyone you've met on the web.

when you're out...

If you're going out to meet friends, and especially if you're travelling alone, there are ways of making sure you can stay safe.

- Let someone know where you're going and when you'll be back
- Try to stay with your friends and avoid going off on your own or with someone you don't know
- When you're travelling, stick to well-lit streets where there are other people around
- Avoid being spiked; watch your drink
- Don't use unlicensed mini-cabs
- Don't let drink or drugs make you an easy target.





staying healthy

Young people wanted advice on healthy sexual lifestyles, and how to avoid sexually transmitted infections and pregnancy.

sexually transmitted infections

Sexually transmitted infections like Chlamydia and Gonorrhoea are becoming more common, but it's impossible to tell who's got what. The only way to avoid infections is to use a condom.

Condoms can protect you from pregnancy and all sexually transmitted infections, including HIV and AIDS, and you can get them free from most health clinics.

If you think you may have caught an infection, or slept with someone who may be infected, you need to get yourself tested. Ask your GP or at a health clinic; most infections can be cleared up with antibiotics.





contraceptives

If you don't want to get pregnant, you need to use contraceptives. Ask your GP or at a health clinic about the best type of contraceptive for you. Emergency contraceptives (the morning after pill) can be taken up to 72 hours after you've had sex, and you can get this from your GP or at a health clinic.

pregnancy

If you think you may be pregnant, you need to do a test to find out as soon as you can; pregnancy tests are available from chemists. If you are pregnant, it's best to talk through what you want to do with people you trust, like your parents, your carer, your doctor, or a counsellor. This will help you to get the support you need to make the right decision for you.

confidentiality

Advice on sexually transmitted infections, contraceptives and pregnancy is usually available from your GP or a health clinic. If you are 16 or over, the service will be confidential. If you are aged between 13 and 15, you can still get confidential advice, prescriptions and treatment if the doctor or nurse thinks it is in your best interest.

Details of specialist sexual health clinics can be found at the end of this leaflet.

getting advice

Young people wanted to know where to go to get good advice on sex, relationships, contraceptives and health and staying safe.

general advice

There are lots of organisations that you can contact for advice on sex and relationships, but most people find talking to parents, carers, friends, or an adult they trust a good way of finding out about getting help.

The websites listed here offer some good advice on sex, relationships and lots of other important issues that affect young people.

The Site:	www.thesite.org.uk
Need2Know:	www.need2know.co.uk
Talk4Teens:	www.talk4teens.co.uk

advice on sex and relationships

These websites provide good information about sex and relationships especially for young people.

RU thinking:	www.ruthinking.co.uk
Avert:	www.avert.org.uk

web safety

For information on how to stay safe when using the web, check out **www.thinkuknow.co.uk**

helplines

You can call any of these numbers for advice on sexual health, pregnancy, contraceptives and sexually transmitted infections.

Brook Clinic: 0800 0185 023

FPA: 0845 122 8690

Archway young persons clinic: 020 7530 5804

For advice on relationship problems, you can call **Childline** on **0800 1111**.

For advice from other young people, call **Youth2Youth** on **020 8896 3675** or go on-line at **www.youth2youth.co.uk**

sexual health clinics

The following clinics can provide young people with confidential advice, contraceptives, pregnancy testing and screening for sexually transmitted infections.

Brook Clinic: 92-94 Chalton Street, London NW1 1HJ. 020 7387 8700

Brandon Centre:

26 Prince of Wales Road, London NW5 3LG. 020 7267 4792

Archway young person's sexual health clinic: Clerkenwell Building, Archway Road, London N19 3UF. 020 750 5804

safety from abuse, exploitation or grooming

If you are worried that an adult you know is trying to exploit, abuse or groom you or anyone you know, you should tell your parents or carer, or contact the police or **Safeguarding and Social Care** on **020 7974 6666**.

if you live outside of Camden

You can contact the **Brook helpline** on **0800 0185 023** for details of clinics in your area, or visit **www.brook.org.uk**

You can also contact the **FPA** on **0845 122 8690** or visit **www.fpa.org.uk** for details of their clinics.

If you would like the *Guide to Sex and Relationships* leaflet in large print or Braille, audiotape or in another language, please contact us on 020 7974 6649.

If you have a complaint about the service you get from the Council, please phone us on freephone 0800 893 561 and ask for a copy of the children's guide to making a complaint.

Camden Council Safeguarding and Social Care

Crowndale Centre
218 Eversholt Street
London NW1 1BD
Phone: 020 7974 6666

camden.gov.uk

Albanian

Nëse e dëshironi fletushkën Udhëzuesi për Seks e Marrdhënie në shtyp të madh, Braille, audiokasetë apo në gjuhë tjetër, ju lusim të na kontaktoni në 020 7974 6649.

Arabic

إذا أردت كتيب الدليل للجنس والعلاقات بالطبعة الكبيرة أو بلغة بريل أو على الشريط أو بلغة أخرى فالرجاء الاتصال بنا على رقم هاتف: 020 7974 6649.

Bengali

আপনি যদি 'গাইড টু সেক্স এন্ড রিলেশনশীপ' লিফলেটটি বড় অক্ষরে মুদ্রিত আকারে, ব্রেইল বা অঙ্কলিপিতে, অডিও টেপ বা বাজিয়ে শোনার কো অথবা অন্য কোন ভাষায় পেতে চান, তাহলে অনুগ্রহ করে 020 7974 6649 নাম্বারে ফোন করুন

French

Pour obtenir le dépliant *Guide to Sex and Relationships* (guide du sexe et des relations) en gros caractères, en braille, sur support audio ou dans une autre langue, veuillez nous contacter

Somali

Haddii aad jeclaan lahayd inaad warqadda daabacan ee Hagaha Galmada iyo Cilaaqaadyada ku hesho daabacaad weyn ama Farta ay dadka indhoolayaasha ah akhriyaan (Braille), cajalad maqal ahaan ama iyadoo ku qoran luuqad kale, fadlan nagala soo xidhiidh 020 7974 6649.

Spanish

En caso de que desee el folleto «Guía sobre el sexo y las relaciones» en tipo grande, Braille, audio casette o en otro idioma, contáctenos en el número 020 7974 6649.