

2nd Edition

# Shh...!

**an open and honest guide to  
sexual health for young people**

[www.youthspace.haringey.gov.uk](http://www.youthspace.haringey.gov.uk)



**Haringey** Council

# CONTENTS

- 03** What is this book? • [Shharingey.co.uk](http://Shharingey.co.uk)
- 04** Sex worth talking about
- 05** Ready for sex?
- 06-07** Safe relationships
- 08** Sex & the law • Exploitation
- 09** Alcohol & drugs
- 10** Getting married
- 11** Come Correct C-Card • Using condoms
- 12-16** Contraception
- 16-17** Poet & Skepta say...
- 18-19** Reproductive anatomy • Pornography
- 20-32** Sexual health & STIs
- 33** Young + healthy app
- 34-35** Emergency contraception • Abortion care



## WHAT IS THIS BOOK?

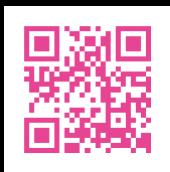
Growing up as a teenager is difficult, and no issue seems to cause more anxiety than the subject of sex. Everyone seems to be talking about it. Everyone seems to be doing it. Everyone seems to be enjoying it... but you.

The fact is a lot of what you hear from other young people is myth and legend. It's quite common for your mates to tell tales in order to sound sexually experienced; you've probably done it as well. It's normal, but not helpful, and generally creates more tension and confusion.

This is a definitive booklet of information designed to ensure that you have the knowledge you need to enjoy a safe and enjoyable sex life when you're ready to.

## SHARINGEY.CO.UK

You will see the [www.sharingey.co.uk](http://www.sharingey.co.uk) website being mentioned throughout this booklet. Visit the site to find out everything you need to know about sexual health in Haringey. Read about the different types of contraception available to you, and how to get them. Also discover everything there is to know about sexually transmitted infections (STIs), and how to get free condoms. You can also find out about clinics and all services that 4YP offer.



If you would prefer to talk to someone, or want to book an appointment at a clinic, call Haringey's sexual health helpline on **020 8442 6536** Monday to Friday, 9:30am to 4:30pm.



For more about LARC, C-Card, free condoms and sexual health, call the Sharingey helpline on 020 8442 6536 Monday to Friday 9:30am - 4:30pm or visit:

[Sharingey.co.uk](http://Sharingey.co.uk)

## SEX WORTH TALKING ABOUT

Talking about sex doesn't have to be embarrassing or awkward. It doesn't have to be *that* dreaded conversation with mum or dad. It's a good thing to understand and talk openly about different types of contraception, or how STIs are contracted, or understanding the way your body works, or how much fun safe sex can be.

No one knows everything about sex, despite what some of your friends may claim. In fact, a lot of 'facts' come about from people retelling stories they have been told by someone else. And that's how myths about sex start and spread; like the one where you can't get pregnant the first time you have sex or when you're standing up. Neither is true, and both are potentially dangerous bits of information.

**It's good that young people talk about sex, but it's better if you know what you're talking about.**

Visit [www.shhharingey.co.uk](http://www.shhharingey.co.uk) or call **020 8442 6536** Monday to Friday, 9:30am to 4:30pm for frank and up front information that makes it easier to talk about sex. You can also call 'Worth Talking About' on **0800 282 930**.



## READY FOR SEX?

Sex can be a stressful and sometimes scary thing, and it's difficult to know when you are ready. There is no right and wrong way to feel, and it is always okay to wait for the right time.

**It's difficult to know if you're ready to have sex. You may be if:**

- Having sex is for you, and not because your partner or friends say you should
- You know how to use contraception correctly
- You understand the options available to you if you or your partner gets pregnant
- You can openly discuss sex without embarrassment

**Remember, you never have to do any sexual act, even kissing, if you don't feel ready.**

Even if you do feel ready remember that you can have fun with someone without going all the way. Kissing, cuddling and fondling can often be just as enjoyable and intimate as penetrative sex.

It really helps if you get to know your own body first. Then you can guide your partner towards your favourite bits, and show them what to do when they get there! The more you know about your body, the more you can look after it and use it healthily.

Also remember that your body is not perfect, and it can react in strange and surprising ways. Lots of young people hype sex up, and you might find yourself getting anxious before you do it. Stress and sex don't mix well, so try not to put pressure on yourself. If sex doesn't go as planned (and it often doesn't) try and see the funny side of it. Don't torture yourself and obsess on the negatives. People can spend their whole lives trying to get sex right!

Visit [www.shhharingey.co.uk](http://www.shhharingey.co.uk) or call 020 8442 6536 Monday to Friday, 9:30am to 4:30pm for more advice and guidance.

## SAFE RELATIONSHIPS

Relationships are an essential part of everyone's life. We all need someone to talk to, someone to hold, and someone to love. However this need can make it difficult to see if your relationship is healthy.

A healthy relationship is when a partner listens to you, encourages you to do things you enjoy. They trust and believe you, and tell you the truth. They are fair in an argument and never become aggressive towards you when angry.

An unhealthy relationship is typically one that involves abuse. No one has the right to subject you to any kind of harm, or expect you to do something that you don't want to do. There are different types of abuse, so it is not always easy to tell if you, or someone you know, is being subjected to abusive behaviour.

**Verbal abuse** is when someone says something to hurt you. This may be calling you names, or saying something that they know is painful for you to hear, or makes you feel bad.

**Emotional abuse** is when someone uses their position in your relationship to gain power over you. This may include persistent calling and checking up, or stopping you from doing something that you want to do.

**Physical abuse** is when someone intentionally hurts you with physical contact; even a pinch could be considered physical abuse.

**Financial abuse** is when someone prevents their partner from having any say or control over their money and victims can become trapped.

**Sexual abuse** is being forced or pressured to take part in sexual activity including unwanted touching, 'sexting' (texting sexual images), being forced to watch or be involved in pornography or sexual bullying.

**Rape** is an act of sexual violence and domination and is when someone is forced to have any kind of sex - vaginal, anal or oral - without consent. Rape carries a maximum of a life sentence in prison.

## Get help

Abuse is never right. There is no justification for it. Talking about abuse can be very difficult. You may be worried about what will happen to you if you speak out, or you may feel that you won't be believed if you tell someone. It is important that these fears don't stop you from getting the help you need. If you don't have someone close by that you can trust, there are organisations like Hearthstone and the NIA project that are set up to help you and will listen to what you have to say.

Hearthstone: **020 8888 5362**

NIA project: (emergency line) **0808 2000 247** [www.niaproject.info](http://www.niaproject.info)

Did you know? One in four girls and nearly one in five boys reported some form of physical violence from a partner.

**If you are in immediate danger you should call the police on 999.**

# ABUSE



## EXPLOITATION

You are being sexually exploited if someone promises you something in return for a sexual act – money, a gift, or a warm place to stay. If someone does this they are making you into a prostitute. Even if this person seems 'nice', they are committing a serious crime that carries a prison sentence. You may think that the person treats you well, but someone who pays you for sex does not have your best interests at heart.

Sexual exploitation can happen to any young person, boy or girl. If you feel like you are being sexually exploited, or you know someone who might be a victim, call Brook on **0808 802 1234**, Childline on **0800 1111**, or the NSPCC on **0808 800 5000** for confidential advice.

## SEX AND THE LAW

In England and Wales the age of consent, whether you're gay or straight, is 16. The law is there to protect young people from being exploited or sexually abused by older people. You won't be arrested if you have sex before you're 16 with someone of a similar age to you.

The law says that under 13s cannot legally give consent to any form of sexual activity. Sex with a minor carries a maximum sentence of life imprisonment.

For more information visit [www.fpa.org.uk](http://www.fpa.org.uk)





## ALCOHOL

There is a strong link between alcohol and sex. Alcohol can make you less shy, cloud your judgement, and make you less likely to use contraception, which increases the risk of an unplanned pregnancy or becoming infected with an STI.

- One in seven 16-24 year olds has had unprotected sex
- One in five has had sex that they regret
- One in 10 has been unable to remember if they had sex the night before
- 60 per cent of young women who are infected with an STI say they were under the influence of alcohol when they had sex with the infected person

Alcohol can also affect your body in other ways. Your response times are reduced and you are more likely to take risks, men may have trouble getting, or keeping, an erection and both men and women can find it more difficult to reach orgasm.

## DRUGS

Like alcohol, drugs can massively reduce your ability to make safe decisions as they make you less aware of dangerous situations. If you take drugs you're more likely to:

- Have sex that you have not consented to
- Fail to use protection, which risks pregnancy, and exposes you to STIs
- Have sex that causes you physical harm

For more information on drugs and alcohol visit [www.talktofrank.com](http://www.talktofrank.com) or call 0800 77 6600.

Or visit [www.insightharingey.co.uk](http://www.insightharingey.co.uk) or call 020 8493 8525.

## GETTING MARRIED

In England, Wales, and Northern Ireland you can get married at 16, but you must have your parent's consent. Once you are 18 you no longer need permission.

You can get married in Scotland at 16 without your parent's consent.

Civil partnerships give same-sex couples the same rights and responsibilities as a civil marriage.




## COME CORRECT (C-CARD)

Young people under 25 can get free condoms in Haringey and across London. Register for the Come Correct (C-Card) scheme and get an ID card unique to you. Use it at Come Correct (C-Card) outlets in Haringey and across London to get condoms and the advice you need to have safe sex. You will also be told when to see a health professional, like a 4YP worker or make an appointment at a clinic. Look out for the Come Correct logo.



To join or find your local outlet visit [www.comecorrect.org.uk](http://www.comecorrect.org.uk) or call the 4YP Haringey team on **07852 947 880**

## USING CONDOMS

Condoms are the best protection against STIs and 98% effective in preventing pregnancy if used correctly. Carefully read instructions on how to use a condom correctly before having sex. Make sure the packet features either the BSI or CE kitemark. 

Practice makes perfect. Don't wait until you start having sex to work out how to be an expert at putting on a condom.

Young women can wear condoms too. Female condoms go inside the vagina and protect you against STIs, and are 95% effective in preventing pregnancy if used correctly.

For double protection against pregnancy, young women will want to use a condom with another method of contraception like the pill, injection or the implant.

For more information visit [www.shharingey.co.uk](http://www.shharingey.co.uk)



# CONTRACEPTION

There are lots of different types of contraception available. Different things suit different people. A doctor or a nurse can advise which is best for you:

Remember that while there are plenty of contraceptives to prevent pregnancy, only a condom will protect you from STIs.

You can get all methods of contraception free from your local sexual health clinic.

You can also get free contraception and sexual health advice from your GP or a clinic anywhere in London or the rest of the country. For appointments and clinics in Haringey visit [www.shhharingey.co.uk](http://www.shhharingey.co.uk) or call **020 8442 6536** Monday to Friday, 9:30am to 4:30pm. You can get all methods of contraception free from your local sexual health clinic.

Methods with no user failure (**LARC – Longer Acting Reversible Contraception**). The most hassle free type of contraception, as you don't have to remember or think about preventing pregnancy while they are active.

## Contraceptive injection

**What is it?** An injection of progestogen

**Effectiveness:** Over 99%

**Advantage:** Lasts for eight or 12 weeks – you don't have to think about contraception during this time.

**Disadvantage:** Can't be removed from the body so side effects may continue while it works and for some time afterwards.



## Implant

**What is it?** A small, flexible rod put under the skin of the upper arm releases progestogen.

**Effectiveness:** Over 99%

**Advantage:** Works for three years but can be taken out sooner

**Disadvantage:** It requires a small procedure to fit and remove it.



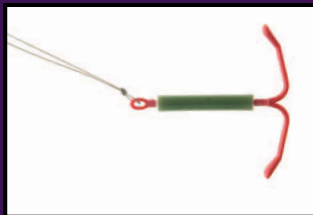
## Intrauterine system (IUS)

What is it? A small T-shaped, progestogen-releasing, plastic device put into the uterus.

Effectiveness: Over 99%

Advantage: Works for five years but can be taken out sooner. Periods usually become lighter, shorter and less painful.

Disadvantage: Irregular bleeding or spotting is common in the first six months.



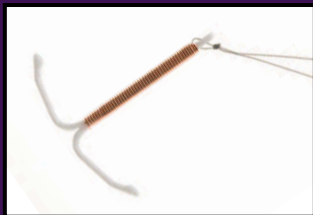
## Intrauterine device (IUD)

What is it? A small plastic and copper device put into the uterus.

Effectiveness Over 99%

Advantage: Can stay in 5-10 years depending on type but can be taken out sooner.

Disadvantage: Periods may be heavier, longer or more painful.



Methods with user failure – more hassle as you have to use and think about them regularly or each time you have sex, which means the contraception only works as long as you use them correctly.

## Contraceptive patch

What is it? A small patch stuck to the skin releases estrogen and progestogen.

Effectiveness only if used according to instructions: Over 99%

Advantage: Can make periods regular, lighter and less painful.

Disadvantage: May be seen and can cause skin irritation.



## Combined pill (COC)

**What is it?** A pill containing estrogen and progestogen taken orally.

**Effectiveness** only if used according to instructions: Over 99%

**Advantage:** Often reduces bleeding, period pain and premenstrual symptoms.

**Disadvantage:** Missing pills, vomiting or severe diarrhoea can make it less effective.



## Progestogen-only pill (POP)

**What is it?** A pill containing progestogen, taken orally.

**Effectiveness** only if used according to instructions: Over 99%

**Advantage:** Can be used by women who smoke and are over 35, or those who are breastfeeding.

**Disadvantage:** Late pills, vomiting or severe diarrhoea can make it less effective.



## Contraceptive vaginal ring

**What is it?** A small, flexible, plastic ring put into the vagina releases estrogen and progestogen.

**Effectiveness** only if used according to instructions: Over 99%

**Advantage:** One ring stays in for three weeks – you don't have to think about contraception every day.

**Disadvantage:** You must be comfortable with inserting and removing it.



## Male condom

**What is it?** A very thin latex (rubber) or polyurethane (plastic) sheath that is put over the erect penis.

**Effectiveness** only if used according to instructions: 98%

**Advantage:** Condoms are the best way to help protect yourself against sexually transmitted infections.

**Disadvantage:** May slip off or split if not used correctly or if wrong size or shape.



## Female condom

**What is it?** Soft, thin polyurethane sheath that loosely lines the vagina and cover the area just outside.

**Effectiveness** only if used according to instructions: 95%

**Advantage:** Condoms are the best way to help protect yourself against sexually transmitted infections.

**Disadvantage:** Not as widely available as male condoms.



## Diaphragm / Cap with spermicide.

**What is it?** A flexible latex (rubber) or silicone device, used with spermicide, is put into the vagina to cover the cervix.

**Effectiveness** only if used according to instructions: Latex types are 92 – 96% effective. Silicone caps are less effective.

**Advantage:** Can be put in any time before sex.

**Disadvantage:** Putting it in can interrupt sex. If you have sex again extra spermicide is needed.



# CONTRACEPTION CONTINUED

## Natural family planning

What is it? Fertile and infertile times of the menstrual cycle are identified by noting different fertility indicators.

Effectiveness only if used according to instructions: If used according to reaching up to 99% effective.

Advantage: No chemicals or physical products means no physical side effects.

Disadvantage: Need to avoid sex or use a condom at fertile times of the cycle.

## Female and male sterilisation

The fallopian tubes in women or the tubes carrying sperm in men (vas deferens) are cut, sealed or blocked.

The failure rate of female sterilisation is one in 200, and one in 2,000 for male sterilisation.

Sterilisation is permanent with no long or short-term serious side effects.

Should not be chosen if in any doubt about having children in the future.

## POET SAYS:

There are so many reasons why you should have safe sex, but one of the main ones is chlamydia. Because sometimes there are no symptoms, so you don't even know if you have got it. Imagine waking up in the morning and you see something you don't like, or you go to the doctor and find out later on down the line that you have chlamydia.

All you need to do is put on a condom, boys. Once you put the 'dom on, you can do as you please. Without it, not only can you get chlamydia, but you can have a child, and you're 16! And how you gonna raise a child and you're a child yourself! It doesn't make sense. So strap up.

Apparently, 1 in 10 young people have chlamydia.

Go to [www.shharingey.co.uk](http://www.shharingey.co.uk). That will give you a better insight into what chlamydia is and how to get yourself tested, and treated.



## 4YP CLINICS

4YP Haringey hosts regular local young people's sexual health clinics in Haringey that offer sexual health check-ups and contraception services specially designed for young people under 25. There is no need to make an appointment.

## SKEPTA SAYS:

I would advise the youth of today to get regularly tested. Chlamydia is one of them STIs that sometimes doesn't have symptoms, so you can have it and you don't even know. And if you are infected for a long time it can make you infertile.

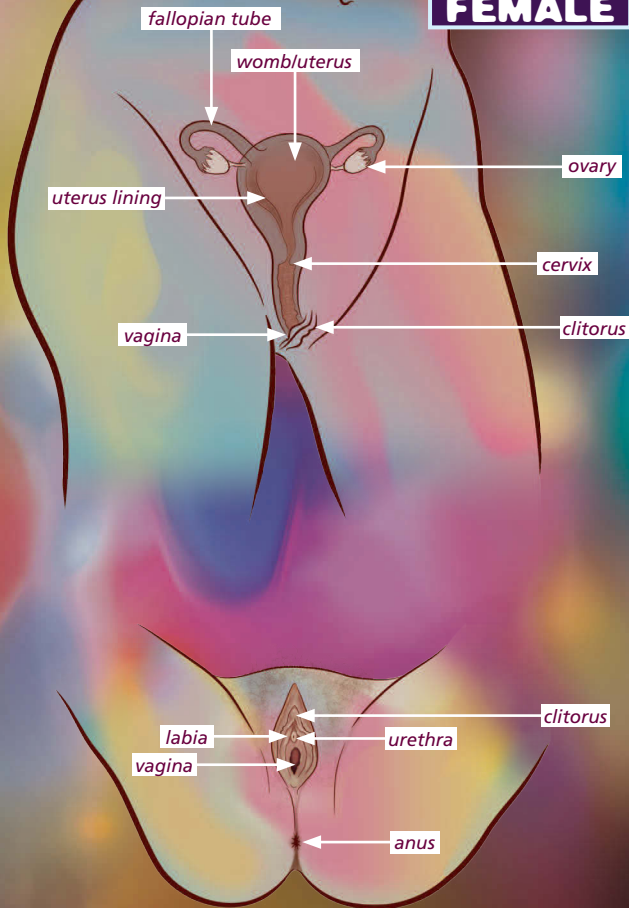
Because chlamydia is easily cured the youth of today just think, 'I'm just gonna get antibiotics for it.' But no STIs are a joke; they are not something that you play about with. [If you're infected] it's not just you that is affected; you can spread it to other people just because you didn't want to go to the clinic.

My advice to the youth is to always use protection, look after yourself, and treat yourself with respect. It's not about the embarrassment of going to the clinic, don't worry about anything else, just respect yourself and wear a condom. This is Skepta and I'm telling you to get on to [www.shharingey.co.uk](http://www.shharingey.co.uk) and get tested.

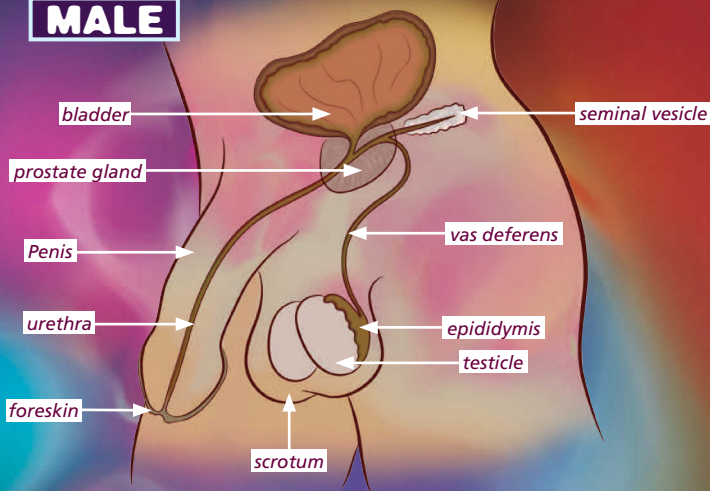


# REPRODUCTIVE ANATOMY

**FEMALE**



## MALE



## BODY IMAGE & PORNOGRAPHY

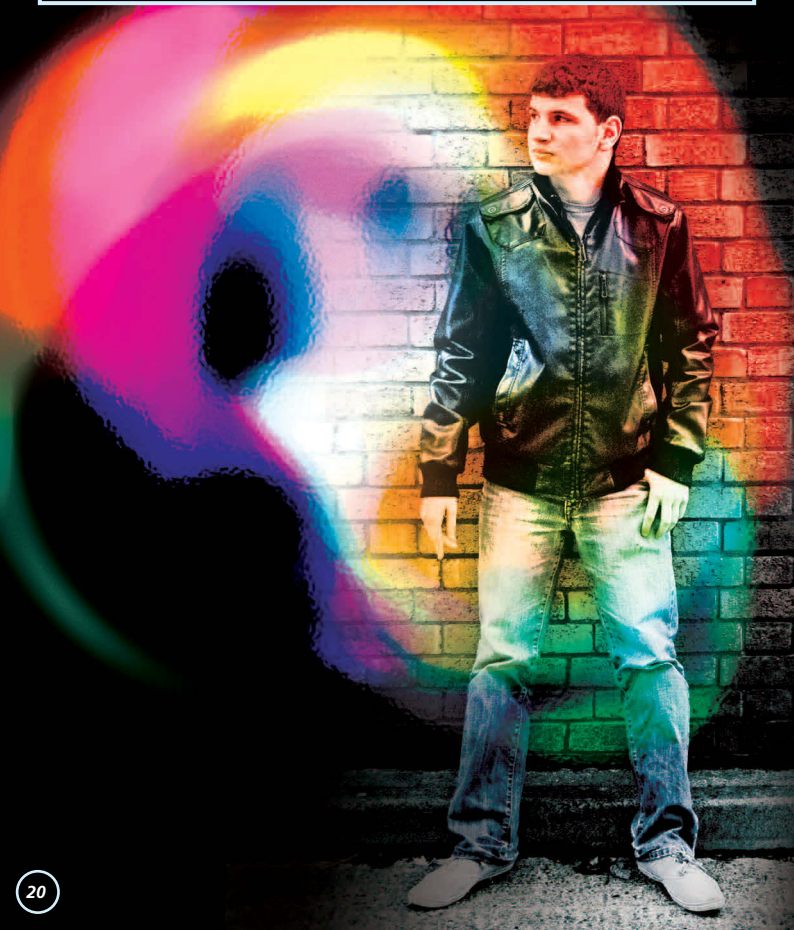
Young people can get a false sense of what sex is like from porn movies. It's easy to feel insecure when watching porn. That isn't what sex is like. Normal people do not look like the actors in pornos. Most women don't have large boobs and a flat stomach. And men can't keep an erection for hours.

You're all different sizes and shapes, and pornography in no way represents typical body shapes, nor what sex will be like for you.

Don't use porn as a way to gauge what sex will be like for you. Pornography can never recreate the intimacy two people can feel when they are together. Also porn can often show aggressive acts, usually towards the female, which doesn't necessarily reflect a healthy sexual relationship.

## SEXUAL HEALTH AND STIs

Anyone who has unprotected sex can get a STI. You don't need to have had lots of partners. Many STIs can be easily treated, but you should still get them checked out and treated quickly. To avoid STIs and to protect you and your partner **ALWAYS USE A CONDOM.**



**Some STIs have no symptoms but if you experience any of the following you should definitely seek advice:**

- Unusual discharge from the vagina
- Unusual discharge from the penis
- Pain or burning when you pass urine
- Itches, rashes, lumps or blisters around the genitals or anus
- Pain and/or bleeding during sex
- Bleeding between periods
- Bleeding after sex
- Pain in the testicles or lower abdomen

**If you have any of these symptoms or if you have had unprotected sex and want to make sure you haven't got an STI, you can visit:**

- A 4YP Haringey clinic
  - Any NHS sexual health/genitourinary medicine (GUM) clinic/sexual health clinic
  - Your GP
  - A contraception/family planning clinic
- (All advice and information is free and confidential)

# STIs

**What is a sexual health check up?**

You will talk to a doctor, nurse or health advisor. They will need to ask you questions about your sex life and any concerns that you may have. You may feel embarrassed, but remember everything is confidential and you won't be judged, plus they've seen more private parts on more young people than you can imagine!

### CHLAMYDIA

Chlamydia is the most common STI amongst young people. It's particularly dangerous because it often has no symptoms, so you don't always know you have it. If it is not treated it can lead to infertility – (not being able to have babies). The good news is that it can easily be treated.

#### Symptoms and warning signs

There often aren't any symptoms, but if there are they could include:

#### Girls

- Increase vaginal discharge
- Pain/burning sensation when you urinate
- Pain during sex
- Irregular periods

#### Boys

- Discharge from the penis
- Pain/burning sensation when you urinate
- Chlamydia can even cause painful swelling and irritation in the eyes, in both males and females

#### How do you get it?

- Unprotected penetrative sex
- Oral sex
- Mother to baby during birth
- Occasionally by touching the eyes after touching the genitals

#### How do you treat it?

The treatment for Chlamydia is a simple course of antibiotics

#### Long-term effects

Chlamydia can cause serious fertility problems

## GONORRHOEA

Gonorrhoea is a common STI, also known as 'the clap'. It's serious because if not treated early it can lead to some serious health problems.

### Symptoms and warning signs

There are often none but if there are, boys are far more likely to notice symptoms than girls.

#### Girls

- A change in normal vaginal discharge. This may increase, change to yellow or greenish colour and develop a strong smell
- A pain or burning sensation when urinating
- Irritation and/or discharge from the anus

#### Boys

- A yellow or white discharge from the penis. Irritation and/or discharge from the anus
- Inflammation of the testicles and prostate gland
- Pain or burning sensation when urinating

### How do you get it?

- Unprotected penetrative sex
- Oral sex
- Rimming (where a person uses their mouth and tongue to stimulate another person's anus)
- Inserting your fingers into an affected vagina, anus or mouth and then putting them into your own without washing your hands in between
- Mother to child transmission at birth

### How do you treat it?

A course of antibiotics can be taken to treat gonorrhoea.

### Long-term effects

If left untreated in girls, gonorrhoea can lead to pelvic inflammatory disease. In boys, it can mean a serious infection in the testicles. In rare cases it can get into the bloodstream and cause heart, skin and joint infections.

## GENITAL HERPES

Herpes on the face is called a cold sore but you can get it on the genitals or anywhere else. There is no known cure for herpes though there are treatments available that will help some people.

### Symptoms and warning signs – Girls & Boys

- Itching or tingling sensation in the genital or anal area
- Small fluid-filled blisters (which burst, leaving small painful sores that dry out, scab over and take 2-4 weeks to heal)
- Pain when urinating
- A flu-like illness, backache, headache

### How do you get it?

- Kissing
- Penetrative sex
- Oral sex
- You can still get it even if you use a condom

### How do you treat it?

A course of tablets taken early may make the sores less painful and heal quicker. The symptoms can be cured, however the virus stays in the body and symptoms may reoccur.

### Long-term effects

There is no known cure for herpes but it's not something that's there all the time. The first attack of sores is always the worst. Most people never get any more after that.

## LIL SIMZ SAYS:

Make sure you wear a condom at all times. Don't feel pressured to do anything that you don't want to do; women take control - be safe. Lil Simz, peace.



## GENITAL WARTS

Genital warts are quite common. They look like the warts you get on your hands but you get them in your genital area. They are easily treated, but once you have the wart virus it can take months or years to clear it from your system in which time the warts can come back.

### Symptoms and warning signs – Girls & Boys

- Small pink/white lumps or large cauliflower-shaped lumps can appear on the vulva, penis, scrotum or anus, in the vagina and on the cervix. It usually takes 1-3 months from infection for warts to appear, but can take much longer. They may itch but are usually painless. Not everyone who comes into contact with the virus will develop warts.

### How do you get it?

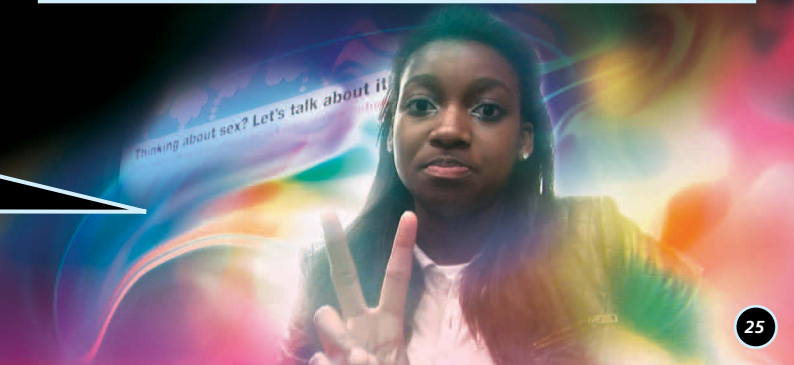
- Skin-to skin contact and during vaginal or anal sex;
- You can still get it even if you use a condom.

### How do you treat it?

Commonly a clinic will prescribe an anti-wart liquid or cream which can be used at home. Another common treatment is freezing or laser treatment. Treatment may be uncomfortable but should not be painful. Never try to treat genital warts by your self – always seek medical advice.

### Long-term effects

Some people find the warts come back at some point in the future.



## HIV

HIV stands for Human Immunodeficiency Virus. It damages the body's defence system, making it hard to fight off infections

### Symptoms and warning signs – Girls & Boys

It's estimated that about 80,000 people have HIV in Britain. About a third don't know they have it, and years can pass before symptoms begin to show. By this time, the immune system may already be badly damaged. Regular testing for HIV and early diagnosis means that many people live long, healthy lives.

### How do you get it?

There are four main ways in which HIV can be passed on;

- By having vaginal, anal or oral sex without a condom with someone who has HIV
- By sharing needles, syringes or other drug-injecting equipment that is infected with HIV
- From a woman with HIV breastfeeding to her baby and during pregnancy and birth
- By receiving infected blood, blood products or donated organs as part of medical treatment. In the UK all blood products and donated organs are screened for HIV and infected materials are destroyed. This may not be the case in some developing countries and in Eastern Europe

### How do you get tested for HIV?

HIV can be tested for through a blood test or 'finger prick' test (result in 1 minute). It is best to have a test 12 weeks (3months) after the risk had taken place, as there is an incubation period, often called a 'window period'. You cannot tell by looking at someone if they have HIV or not.

### How do you treat it?

There is still no cure for HIV although drugs have been developed which mean that some people can stay well for longer.

## PUBIC LICE

Pubic lice are tiny insects that live on the skin and are often referred to as "crabs". They tend to infest hairy parts of the body, such as the pubic area or under the arms.

### Symptoms and warning signs – Girls & Boys

- The most common symptom is itching in the infected areas and it may be possible to see droppings from the lice in underwear (black powder) as well as eggs on pubic or other hair. It is sometimes possible to see lice on the hair

### How do you get it?

Pubic lice are usually sexually transmitted but can occasionally be transferred by close physical contact or by sharing sheets or towels. A condom will not protect you.

### How do you treat it?

You can get rid of them by using a special shampoo or lotion.

TREATMENT



## HEPATITIS B

Hepatitis B (HBV) is an infection of the liver caused by a virus, it can cause permanent liver disease and cancer. Most people have no obvious symptoms, and there is no known cure.

### Symptoms and warning signs – Girls & Boys

There often aren't any symptoms but if there are they may include:

- A short, flu-like illness, fatigue, nausea and vomiting, diarrhoea
- Loss of appetite, weight loss, jaundice, itchy skin

### How do you get it?

- By unprotected penetrative sex or sex which draws blood
- By oral sex. By sharing needles or other drug using equipment contaminated with blood. By using equipment for tattooing, acupuncture or body piercing contaminated with blood
- From an infected mother to her baby
- Through a blood transfusion in a country where blood is not tested – all blood for transfusion is tested in the UK

### How do you treat it?

Most people who acquire Hepatitis B as adults will clear the infection and become immune. Those who remain infected can get treatment though it is not always successful. A vaccine is also available to help protect against Hepatitis B.

### Long-term effects

You are at risk of chronic liver disease. Always wear a condom and avoid sharing toothbrushes or razors as Hepatitis B can be passed on this way.

## HEPATITIS C

Hepatitis C (HCV) is an infection of the liver caused by a virus. It can cause permanent liver disease and cancer. Most people have no obvious symptoms, and there is no known cure.

### Symptoms and warning signs – Girls & Boys

There may be no symptoms at all, but if there are they may include:

- A short, flu-like illness, fatigue, nausea and vomiting, diarrhoea
- Loss of appetite, weight loss, jaundice, itchy skin

### How do you get it?

- By sharing contaminated needles or other equipment for injecting drugs. By using unsterilized equipment for tattooing, acupuncture or body piercing
- By unprotected penetrative sex or sex which draws blood – this is relatively rare but possible. By unprotected oral sex
- Between 1-5% of infected mothers may pass it on to their child during pregnancy or at birth
- Through blood transfusion in a country where blood is not tested for HCV – all blood for transfusion in the UK is tested

### How do you treat it?

About 1 in 5 people manage to clear the virus from their blood. The others remain infected and after a number of years they could develop serious liver disease. In the last couple of years a treatment has become available but it is often not successful.



## SCABIES

Scabies appears in the form of an itchy rash. The rash is caused by a female mite laying her eggs beneath the skin's surface.

### Symptoms and warning signs – Girls & Boys

The main symptom of scabies is an itchy rash on hands, wrist, elbows, underneath arms, abdomen, breasts, genitals and bum.

### How do you get it?

Any close physical contact can spread the infection. A condom will not protect you.

### How do you get it?

A doctor can tell by looking at the rash whether or not you have got scabies. It is easily treatable with a special shampoo or lotion.



## SYPHILIS

Syphilis is an infection that can spread without either partner knowing. The first signs are often painless sores or rashes followed by flu-like symptoms. Left untreated it can lead to heart disease or brain damage.

### Symptoms and warning signs – Girls & Boys

Syphilis has three stages:

- Primary stage symptoms – sores can develop where bacteria entered the body
- Secondary stage symptoms – sore in the mouth, a rash can develop; warty growths on genitals, and a flu-like illness may develop
- Latent stage symptoms – if left untreated for a long time, syphilis can lead to heart, joints and nervous system damage

### How do you get it?

- Unprotected oral, vaginal or anal sex
- Skin contact with any sores or rashes
- From a mother to unborn child

### How do you treat it?

Treatment for syphilis is often given as a course of penicillin injection, or in some cases antibiotic tablets or capsules.

### Long-term effects

In pregnancy syphilis can cause miscarriage or stillbirth and can be passed from mother to unborn child in the womb.

# INFECTIONS

# STIs CONTINUED

## The examination.

A doctor or senior nurse usually conducts examinations. You can request to be examined by either a male or female doctor or nurse.

### If you have symptoms:

#### Girls

- The doctor will examine your vagina, vulva (outside of the vagina) and cervix (neck of the womb) to look for any sign of infection
- He or she will then conduct an internal examination, similar to smear test so that swabs (a bit like cotton but smaller and rounded) can be taken from the vagina and cervix. They will also check for internal lumps
- Swabs will also be taken from the urethra (tube where you urinate)
- You will be also asked to give a urine sample and blood test if you are being tested for syphilis, HIV and hepatitis B and C

#### Boys

- The doctor will examine your penis to look for any obvious sign of infection
- If you show symptoms of an STI it may be necessary to insert a small loop into the tip of the penis to take samples from the urethra (tube where you urinate)
- You will be also asked to give a urine sample and blood test if you are being tested for syphilis, HIV and hepatitis B and C

### What happens next?

You may be given some of your test results straight away along with any necessary treatment. All samples have to be sent off to lab so the results may take longer to come back. The clinic will arrange a confidential way to get these to you.



# YOUNG + HEALTHY APP

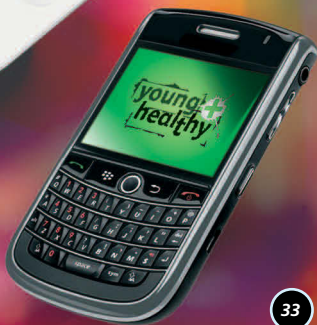
For iPhone, Android and Blackberry smartphones

Download the free Young+healthy app for your Smartphone. Learn about staying healthy by playing games like Smoke-Free Ninja and The Sex Lottery. Complete health related quizzes, watch YouTube videos and read information on smoking, drugs, alcohol, sexual health, relationships, mental health, healthy eating, and exercise. Also get quick and easy access to websites and helplines if you need support.



I'm loving the fact that there is a huge mixture of features and support in the app and that there is important information about lots of health related subjects.

Ali, 15



## Other important contact details

### Brook

General and confidential sexual health advice for under 25s

[www.brook.org.uk](http://www.brook.org.uk)  
020 8802 1234

### Pace

Promoting lesbian, gay, bisexual & transgender health & wellbeing

[www.pacehealth.org.uk](http://www.pacehealth.org.uk)  
020 7700 1323

### Open Door

Mental health support for young people aged 12-24 years

[www.opendooronline.org](http://www.opendooronline.org)  
020 8348 5947

### Markfield Project

Support for young people with disabilities

[www.markfieldproject.co.uk](http://www.markfieldproject.co.uk)  
020 8800 4134

### YPT Midwives

Whittington Hospital  
Parenthood & maternity services  
0778 532 6444

### Midwives

North Middlesex Hospital

020 8887 4055

Tell a GP, clinic or midwife as soon as you're pregnant it's better for you and your baby

## EMERGENCY CONTRACEPTION

If you've had sex without using contraception, or think your contraception hasn't worked, emergency hormonal contraception (the 'morning after pill' or 'EHC') can usually prevent pregnancy if taken within 72 hours (3 days) of having sex. **It is more effective if started within the first 24 hours.**

EHC is free to under 25s and is available at all clinics and many pharmacies across Haringey, including the Morrisons pharmacy in Wood Green on Sundays. Visit [www.sharingey.co.uk](http://www.sharingey.co.uk) for details of a 4YP friendly pharmacy near you.



### Went too far?

Things needn't go further...

- Free to women under 25
- Strictly confidential service
- Can prevent pregnancy up to 72 hours after sex

### Emergency Hormonal Contraception (EHC)

Available from contraception & SH clinics, GPs, most A & E departments, NHS walk-in centres, and the pharmacies



To find out more visit:

[www.brook.org.uk](http://www.brook.org.uk)  
[www.sharingey.co.uk](http://www.sharingey.co.uk)  
[www.youthpace.haringey.gov.uk](http://www.youthpace.haringey.gov.uk)

EHC is more effective if started within 24 hours of having sex

NHS  
Haringey

4YP



# ABORTION CARE IN HARINGEY

You can get help if you have an unplanned pregnancy, or a pregnancy you choose not to continue. You'll find staff that are caring, non-judgemental and experienced in providing this very specialised, sensitive care to all women.

Abortion advice and treatment is free and confidential in Haringey. You can make an appointment yourself by calling the number below. Alternatively your doctor or contraception service can make an appointment for you. You will also be offered advice on contraception to help you avoid future unplanned pregnancies.

Call **08457 30 40 30** to arrange an appointment. Phone lines are open 7 days a week, 24 hours a day.

You can also get more information from [www.bpas.org](http://www.bpas.org)



created by **exposure** the youth media organisation. Teenagers after fun and experience in the media can do with Exposure. [www.exposure.org.uk](http://www.exposure.org.uk)



Whittington Health **NHS**



**Haringey Council**

# Shharingey.co.uk



**Haringey** Council