

Sexual Health: CLASH

Summary

CLASH courses enable young people to learn about sexual relationships, and the impact of drugs, alcohol and smoking on health in a safe, relaxed environment.

The course aims to build self confidence, esteem and increase knowledge about sexual health and relationships amongst 'at risk' groups of young people.

Our impact

Our course at a local Pupil Referral Unit gave young people living with confidence/anxiety issues who cannot access mainstream education or young person's health services the opportunity to gain knowledge, advice and information around relationship skills and sexual health in a safe environment.

Through working with a local production company to create a rap cd about relationships and qualities that are important within them, the young people had the opportunity to look at their own attitudes and behaviour resulting in 60% of participants answering that the course had created a positive change in their behaviour/attitude with regard to their relationships and sexual health.

HALE has regular contact with the PCT's sexual health team; BACS and the Youth Service. Staff attend meetings and update sessions as well as accessing specific training. Recent figures have shown a drop in teenage pregnancy/parenting rates in Bradford, which can be attributed to all sexual health work taking place with young people either by specific agencies or partnerships.

Comments from participants

"The work HALE does with these kids is amazing, these are the type of kids who just wouldn't have the confidence to access other services and you coming in has shown them they are worth something"

"It's fun learning about sex and health, understand how you need to have safe sex and respect girls"

"It's been great learning about drugs and stuff"

"I've enjoyed learning about drugs and alcohol and sexual health. I am more aware"

"Those STI's are horrible; if I have sex I'm going to make him use a condom"

"I didn't know Shipley had a health place for young people"

"I'm glad I've done the course and I'm sorry I was hard to talk to in the beginning"

- 80% of participants were more knowledgeable about alcohol
- 50% were more knowledgeable about smoking
- 80% were more aware of impact of drugs on health
- 95% felt more informed about types of contraception available
- 83% felt more informed about risks of STIs