

ABOUT THE SEXUAL HEALTH DEPARTMENT:

FRIENDLY

FREE

CONFIDENTIAL

Why might you come to a clinic?

- > Contraception – including emergency contraception and condoms.
- > Testing and treatment for sexually transmitted infections (STIs).
- > Pregnancy testing and counselling.
- > Counselling and referral for termination of pregnancy.
- > HIV information and testing.
- > Hepatitis B vaccination.
- > Support with sexual problems.
- > Information, support and advice on sexual health issues
- > Cervical screening tests.

It's important that young women who have had the HPV vaccination still go along to have a cervical screening test when they are invited at age 20.

All medication, contraception and treatments are free at our clinics.

All clinics give you confidential advice on any problems, worries or concerns that you may have about sexual health matters.

Our service is confidential. This means that even if you are under 16 we don't tell your parents or doctor about your visit.

The only time we would share information is if someone was hurting you or forcing you to have sex that you don't want.

You can also get help and advice from your family doctor (GP), Practice Nurse or School Nurse ...or visit www.shayr.com

Our main office is at:

The Gatehouse
Ayrshire Central Hospital, Kilwinning Road, Irvine KA12 8SS

For appointments, advice and information about the clinics please phone 01294 323226 between 9am to 5pm, Monday to Friday.

If you need to talk, please call us. We may have someone available to talk to you immediately. If not, we can arrange to call you back or suggest a suitable time for you to call again.

Your results

Our results line is automated and if there is a positive result you will be asked to speak to a member of staff.

The results line is 01294 323226.

YOUNG PEOPLE'S CLINICS

Address:	Health Centre, Central Ave	Every Thurs	Afternoon
Ayr:	Gatehouse Ayr @ North Ayr Health Centre Glenmuir Place Whitletts	Every Thurs	Afternoon
Irvine:	Gatehouse, Ayrshire Central	Every Mon	Afternoon
Kilmarnock:	Old Irvine Road	Every Tues	Afternoon
Cumnock:	YIP World 16 Barhill	Every Wed	Evening
Girvan	Z1 Youth Café 88 Dalrymple St	Every Thurs	Evening

We have lots of clinics – you are welcome to any of them. Look up the times on www.shayr.com or give us a call.

You can ring and make an appointment for yourself.

When you phone us, please tell us if you think you should be seen urgently so that we can arrange to see you as soon as possible.

Urgent problems include

- > Having symptoms of infection
- > Having had sex with a person known to have a infection such as Chlamydia, gonorrhoea, HIV or Hepatitis B
- > If you have been the victim of sexual assault
- > If you have run out of contraception such as pills or are late for your contraceptive injection
- > If you need emergency contraception or are considering a termination

> YOUNG PEOPLE'S
INFORMATION ON
SEXUAL HEALTH

WHAT IS SEXUAL HEALTH?

Sexual health is the freedom to express and enjoy the sexual activity of your choice without suffering or causing physical, mental or emotional harm.

In your teens there is a lot of pressure to pair off and have a boyfriend or girlfriend. The problem is people often find themselves in a sexual relationship and they don't know how it started. You should only have sex when you are ready to have it and with a person that you trust and respect.

Although some people you know may be having sex, the majority of young people under the age of 17 are not sexually active. You should never be pressurised into having sex. Be sure about what you want.

Sex should be a positive part of relationships but too many young people discover the down side - emotional distress, unplanned pregnancy and sexually transmitted infections.

> Every year in Ayrshire about 70 girls under 16 and 250 16-18 year olds get pregnant when they didn't plan to.

> One in ten young people who have sex catch Chlamydia.

> More than one in three young people aged 20 - 24 have an HPV infection (the virus that can lead to genital warts).

Use contraception so you don't get pregnant until you are ready for the responsibility of being a parent.

HOW EFFECTIVE IS CONTRACEPTION?

Method	How effective is it?	Does it protect against STIs?
No sex	100% effective	Yes
Implant	Almost 100% effective, once fitted you can forget all about it	No
IUS	Almost 100% effective, once fitted you can forget all about it	No
Injection (jag)	Almost 100% effective, you have to remember to come back for the injection every 12 weeks.	No
Pill	Over 99% if you remember to take it!	No
Condom	98% effective <u>ONLY</u> if used correctly	Yes
Emergency contraceptive pill	More than 99% effective if taken within 24 hours, needs to be taken within 72 hours (3days)	No

EMERGENCY CONTRACEPTION

Have you had sex without using a condom, think its burst or think your method of contraception has not worked? Please get help and advice as soon as possible. Don't worry in silence.

The usual emergency contraceptive pills (morning after pill) must be taken within 72 hours (three days) of unprotected sex. The sooner you take it the better.

You can get this emergency contraception free from:

> GPs practices

> Most pharmacies (if you are over 13 years)

> Out of hours emergency doctor services – NHS Ayrshire Doctors on Call (ADOC) by calling 08454 242424

The sexual health department and GPs can provide an emergency contraceptive pill that is effective at preventing pregnancies up to 120 hours (five days) after unprotected sex. Or an intrauterine device (coil) can be fitted.

The Sexual Health Department aim to see anyone needing emergency contraception as soon as possible. It's ok to drop in at a clinic for this, although you may need to wait to be seen.

During office hours (9am to 5pm) you can telephone **01294 323226** to find out where to get emergency contraception.

SEXUALLY TRANSMITTED INFECTIONS (STIs)

Sexually transmitted infections are very common, especially warts and chlamydia.

You can catch sexually transmitted infections by having sex without a condom with someone who has an infection. This includes vaginal, oral and anal sex.

Many infections don't show any symptoms so you may not know if you are infected.

Sexual health check ups are quick and easy and with the latest tests for gonorrhoea and chlamydia you don't even have to be examined - men give a urine specimen and women do a self - taken swab.

If you are having sex you should always use a condom. This will protect you against infections and unplanned pregnancy.

You can get free condoms from our clinics or through the Ccard scheme.



www.shayr.com

