



# YH SH

Young Hounslow  
Sexual Health

Guide to Sexual Health

**TURNING  
POINT**  
Inspired by possibility



## Who are we?

Young Hounslow Sexual Health is a sexual health service for young people up to age 24. We provide non-judgemental support and help you to feel confident in yourself, sexual health, and relationships.

Relationships and  
Sex Education  
Workshops and  
1-to-1 sessions

Help in  
accessing  
sexual health  
clinics

Access to free  
Chlamydia testing,  
and C-Card Scheme  
for free condoms



We deliver workshops in places such as schools, colleges and youth clubs. You may also see us in a communal area for a drop in - if you do, come and say hello!

### We educate and support on a range of topics such as:

- consent and boundaries
- safer sex, contraception and STIs
- sex and pleasure
- healthy, respectful relationships
- staying safe online
- reproductive health
- emotional wellbeing



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Twitter



@YHSexualHealth

Instagram



@YHSHealth

Facebook

### Did you know YHSH is an outlet for Come Correct's C-Card?

That means you can get free condoms directly from us if you're registered for the scheme. If you aren't registered, you can register in person with us.



Contact us to speak to a member of our friendly team

 [younghounslowrse@turning-point.co.uk](mailto:younghounslowrse@turning-point.co.uk)

 [www.turning-point.co.uk/services/young-hounslow-sexual-health](http://www.turning-point.co.uk/services/young-hounslow-sexual-health)



# Your questions



"How do I have sex?"



"Am I normal?"

"I'm feeling anxious about having sex"

"I'm struggling with my identity"

"Is my relationship healthy?"



"Will I regret sending this photo of myself?"

"Where do I get the morning after pill?"

"Am I watching too much porn?"

**Amazing sex and healthy sexual relationships**  
= CONSENT, SAFETY, RESPECT, & PLEASURE!

**AUTONOMY OVER YOUR BODY**

**REPRODUCTIVE HEALTH CARE RIGHTS & LGBTQ+ RIGHTS ARE HUMAN RIGHTS**

**YOUR BODY, YOUR LIFESTYLE, YOUR BELIEFS, YOUR PREFERENCE**



# Sexual Health Clinics

## Where can I get free condoms, STI testing and contraception?

Condoms are free at all sexual health clinics and most GPs. If you are registered for Come Correct's C-Card, you can get free condoms directly from us, or from any of the other outlets on the Come Correct website in the borough.

Sexual health clinics are free and can be accessed by everybody, regardless of how you identify or your resident status.



Register for the Come Correct C-Card scheme to get free condoms from us!

It is normal to feel a bit anxious or embarrassed before your first visit to a sexual health clinic. Staff are really used to this, and will do their best to make you feel comfortable. Clinics are discreet and respect your confidentiality. Sometimes you don't even need to book an appointment and can just walk in, but be prepared to wait!

PEP is a medication taken to prevent the transmission of HIV after unprotected oral or penetrative sex. PEP must be taken within 72 hours of exposure to HIV. If you think you could be at risk of HIV transmission, go to A&E or a sexual health clinic.

PEP

## Sexual health check-ups

Regular STI testing is basic health care that ensures you and your partners are safe. It's always good practice to get tested after you have had unprotected sex and also in between partners.

You need to wait at least two weeks after unprotected sex before you can be tested, otherwise your test results may not be accurate.



Anyone can catch an STI regardless of how you identify, meaning everyone should use protection!

## Free Clinics

Find your nearest clinic for free emergency contraception or a sexual health appointment:

[www.chelwest.nhs.uk/services/hiv-sexual-health/clinics/sexual-health-hounslow](http://www.chelwest.nhs.uk/services/hiv-sexual-health/clinics/sexual-health-hounslow)

Can't go to a clinic? You can get home STI testing kits, EHC and some contraception methods online for free at:

[hounslow.shl.uk](http://hounslow.shl.uk) 

## Trans and non-binary services?

Visit the 56 Dean Street website [dean.st](http://dean.st)



# Contraception and EHC

## Where can I get Emergency Hormonal Contraception (EHC)?

You can get EHC (also known as the 'morning after pill') for free at all sexual health clinics, your GP and most NHS services. You can also get EHC at some pharmacies for free, however we recommend calling them in advance to confirm, otherwise most pharmacies sell EHC for between £25 and £35.

Two main types of EHC:

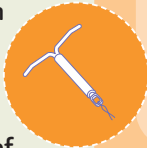
**Levonelle** can be taken up to 3 days (72 hours) after a pregnancy risk, though it is more effective the earlier it is taken.

**EllaOne** can be taken up to 5 days (120 hours) after a pregnancy risk.

## Contraceptive Coils

An **IUD (aka copper coil)** can be fitted into your uterus up to 5 days (120 hours) for emergency contraception after unprotected sex.

An **IUS (hormonal coil)** is similar to an IUD, but releases copper instead of progesterone into the womb. An IUS can be fitted at any time during your monthly menstrual cycle, as long as you're not pregnant.



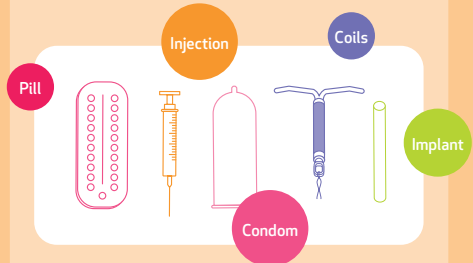
Split the price between you and your partner.

Using EHC isn't having an abortion.

Always protect yourself.

Using EHC has no long term effect on your fertility.

Preventing pregnancy is not just the responsibility of women and people with uteruses- it is a shared responsibility and everyone should learn about the contraceptive options available.



Physical barrier methods like condoms are the only way to protect yourself and your partner against STIs. Condoms, internal condoms (femi-doms) and dental dams can be picked up from sexual health clinics for free.

Condoms come in different sizes and also can be non-latex for people who have a latex allergy, as well as vegan.

Pulling out is not safe protection against pregnancy as live sperm can be found in pre-cum.



# Sexual Assault

Where can I get help if I or someone I know has been sexually assaulted?

It is very important you tell an adult who you trust. This could be your teacher, youth worker or nurse.

Sexual activity without your consent is considered rape or sexual assault.

Self-care and getting emotional support in the aftermath of an incident of this nature is very important, even though it can be very difficult to talk about.

**What if someone tells me they have been assaulted?**

**Listen and be patient**  
...it can take time for someone to open up

**Keep it private**  
...but tell an adult if you feel the person could be in danger

**Take care of yourself**  
...supporting someone you care about through something traumatic can be hard for you as well

**Always believe them**  
...many people are scared of telling someone because they fear they won't be believed

**Never blame them**  
...it is never ever someone's fault if this has happened to them

**You can also contact...**



**The Police**

call **999** (emergency) or  
call **101** (non emergency)

**The Havens** –

confidential and specialist clinic for sexual assault victims  
call **020 3299 6900**  
[www.thehavens.org.uk](http://www.thehavens.org.uk)

**Rape Crisis (women & girls)**

call **0808 802 9999**  
[www.rapecrisis.org.uk](http://www.rapecrisis.org.uk)

**SurvivorsUK (men & boys)**

call **020 3598 3898** or  
text **020 3322 1860**  
[www.survivorsuk.org](http://www.survivorsuk.org)

**Childline** – if you are under 18  
young person call **0800 11 11**  
[www.childline.org.uk](http://www.childline.org.uk)

**Victim Support**

**0808 1689 111**  
[www.victimsupport.org.uk](http://www.victimsupport.org.uk)

**Galop** – confidential support and advice for LGBT people  
call **0207 704 2040**  
[www.galop.org.uk](http://www.galop.org.uk)

**NHS call 111**



# Let's talk about Chlamydia



## What is Chlamydia?

Chlamydia is a sexually transmitted infection (STI). It is a bacterial infection that is contracted through sexual activity. Chlamydia can be passed on through:

- unprotected vaginal, anal or oral sex
- sharing unwashed, used sex toys
- touching genitals with someone else's genitals
- infected semen or vaginal fluid getting into your eye

Chlamydia is the most common STI in the UK

Chlamydia can't be passed through hugging, sharing baths, towels, food or drink items.

Chlamydia is most common in sexually active young people.



## Some symptoms of chlamydia:

- Pain when peeing
- Unusual discharge from the vagina, penis or bottom
- Swollen testicles
- Bleeding between periods

Chlamydia can also be asymptomatic, so you might not have any symptoms, and won't know you have it. The only way to know for sure is by getting tested for STIs. Chlamydia is easily treated with antibiotics, but if left untreated it can cause pelvic inflammatory disease and infertility for people with uteruses.

## When do I need to get tested?

You can get tested 2 weeks after unprotected sex (this is when the bacteria can be detected). This could be in the form of a urine sample or swab sample.



## Where can I get a chlamydia testing kit?

From us (Young Hounslow Sexual Health) we can even post them for you!

## Your local sexual health clinic

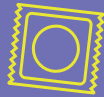
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**CHECK YOURSELF**

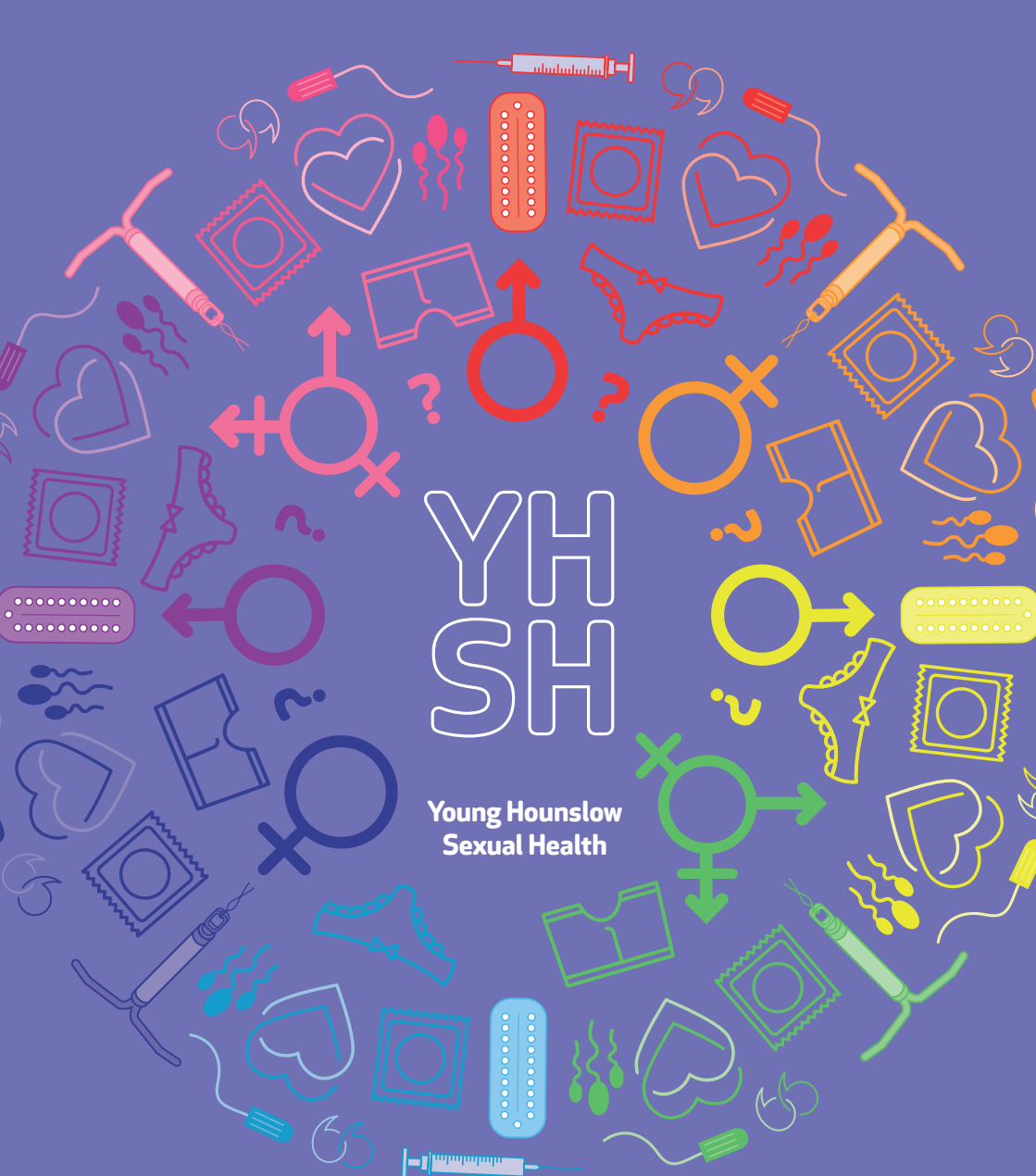
Online at [www.checkyourself.org.uk](http://www.checkyourself.org.uk)

For a full **sexual health screening test kit** (including Gonorrhoea, Syphilis and HIV), you can **order online** at [hounslow.shl.uk](http://hounslow.shl.uk)

## How can I protect myself against STI's?



- ✓ Using condoms (only physical barrier contraceptive method that can prevent both STI transmission and pregnancy)
- ✓ Getting tested regularly (we recommend getting tested for STIs once a year, and whenever you have sex with a new or different partner).
- ✓ Talk honestly with sexual partners about both of your sexual histories.



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Sexual Health



SCAN ME

For referrals, bookings and queries, visit Young Hounslow Sexual Health

 [www.turning-point.co.uk/services/young-hounslow-sexual-health](http://www.turning-point.co.uk/services/young-hounslow-sexual-health)

 [younghounslowrse@turning-point.co.uk](mailto:younghounslowrse@turning-point.co.uk)

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