



**Contraception refers to the methods that are used to prevent pregnancy.**

**Some methods of contraception (condoms) can also be used to prevent some sexually transmitted infections (STIs).**

There is also a type of contraception called emergency contraception that can be used *after* unprotected sex, to protect you from pregnancy. There are two methods of emergency contraception:

- A pill - (often called 'the morning after pill'): this name is a bit misleading as you can actually take some types up to five days after unprotected sex.
- The intrauterine device (IUD): the IUD is designed to stop an egg from implanting in your uterus (womb) and can be fitted by a specially trained doctor or nurse within five days of unprotected sex.

Remember that if you have unprotected sex, this puts you at risk of sexually transmitted infections (STIs).

Contraception is free on the NHS for all ages so you won't have to pay anything. You can get it from a range of places including Brook services, other young people's services, GP surgeries, GUM or sexual health clinics and family planning services.

**An STI, or sexually transmitted infection, is basically any kind of bacterial or viral infection that can be passed on through unprotected sexual contact.**

It doesn't matter how many times you've had sex or how many partners you've had; anyone can get an STI.

**Signs and symptoms:** STIs don't always have noticeable symptoms so after having unprotected sex, it can be easy to be in denial and just hope you'll be ok. But you should always get yourself tested as soon as possible so that you don't pass anything on or cause yourself long-term harm. You may also need to consider emergency contraception to protect yourself from pregnancy.

**To protect yourself from STIs** you need to use a condom or female condom every time you have sex. Condoms are the only method of contraception that protect against both pregnancy and STIs. Even if you're using another method of contraception, like the pill, to protect against pregnancy, you should still use a condom as well.

**Nervous or embarrassed about getting tested?**

It's really common to feel nervous at the thought of getting tested but don't worry, most infections are easily treated.

**Remember!**

All relationships regardless of sexuality and gender should be built on respect, trust and communication. It's usual to want to spend lots of time together but remember to keep your friends and family close. Have fun but be safe. What ever type of sex you have and whoever it is with you need to protect yourself from STIs and unwanted pregnancy.

**Who can help?**

Health Services in Schools Youth Workers

School Nurses

Brook.org.uk

Sexualhealthwirral.nhs.uk

You can also get further advice on where to go from:

Kooth.com

Wirral Youth Hubs and Clubs

nhs.uk

**Look out for this logo in Wirral**

**Pharmacies to see where you**

**can access free emergency contraception**





HEALTH  
SERVICES IN  
SCHOOLS

# GUIDE TO HEALTHY RELATIONSHIPS & SEXUAL HEALTH



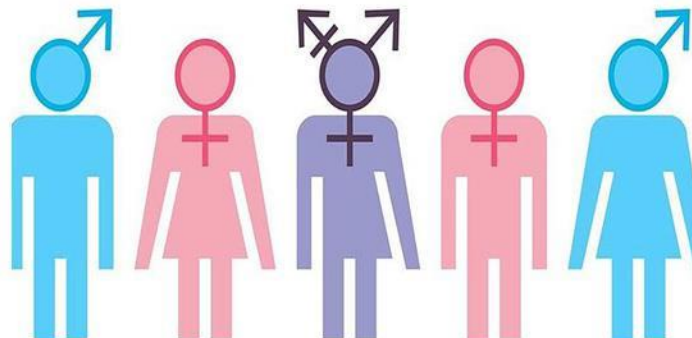
## Healthy Relationships

All good relationships are based on respect, trust and communication. It doesn't matter who the relationship is with.

Most people have more than one romantic relationship during their life and going out with different people helps you find what you want from a relationship.

The most important thing, if you choose to be in a relationship is that it should be a positive experience. It won't always be perfect every day as everyone's relationships go through ups and downs - so long as you are in a relationship built on respect, trust, communication, and they help you to feel good about yourself then you are good to go.

It's also important to remember that it is ok to end a relationship at any time for any reason.



## What about consent?



**Consent means agreeing to do something. When it comes to sex, this means agreeing to have sex or engage in sexual activity.**

If someone does not give consent, feels pressured, scared or is drunk or high, and a person still engages in sex or a sexual activity with them, this is sexual assault or rape.

Any sort of sexual activity without consent is illegal whatever the age of the people involved and whatever their relationship.

If someone forces you to do something you do not want to do and it is of a sexual nature, it is **never** your fault and it is **not** OK. If this has happened to you, you should speak to someone you trust to get help and support.

### Let's be clear!

- If someone is asleep or unconscious they are unable to give their consent
- If they are threatened or forced, they do not have freedom to consent
- If they are drunk or under the influence of any other substance they do not have capacity to consent this includes any kind of sexual activity, like kissing or fondling