

# Sexual Health Enfield

## C-Card Service and Promotional Video

**pick up  
condoms  
as many times  
as you like**



Did you know, young people aged 13-24 can access free condoms in Enfield through the c-card scheme? Encouraging the use of condoms if a young person is sexually active is important as they are the only method of contraception that prevents pregnancy and sexually transmitted infections (STI's).

Watch our [promotional video](#) and share it with young people you speak to. This is a great tool to support conversations around the use of condoms.

If you or your team would like to be trained to provide condoms please email [sexualhealth@enfield.gov.uk](mailto:sexualhealth@enfield.gov.uk). For more information about the scheme and where you can signpost young people to get condoms, please visit the [Enfield Health and Wellbeing website](#).

## HPV Vaccine Promotional Video

HPV is the name of a very common group of viruses. For most people they do not cause any problems, however some types can cause genital warts (low risk strains) or abnormal changes in the cells that can sometimes turn into cancer (high risk strains).

To prevent the spread of HPV, the HPV vaccine is available, free to young people, from the age of 12 and is routinely offered in schools to both Girls and Boys.



To encourage young people to feel more confident about getting their vaccine, we have put together a [promotional video](#) in partnership with the Enfield Immunisation Team. Please share with your colleagues and young people.

## Relationship and Sex Education (RSE) online sessions



Having conversations with young people about their sexual health supports them to make safe and informed choices. Often these conversations can be tricky and/or uncomfortable. To support professionals working with young people, we are offering online sessions around Healthy Relationships, Contraception, STI's and Consent in addition to our one-day RSE training course. If your team would like to know more or arrange some online RSE sessions please contact [sexualhealth@enfield.gov.uk](mailto:sexualhealth@enfield.gov.uk).

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## Sex Education Forum Young People's RSE Poll 2021

In October 2021, a survey of 1,002 young people aged 16-17 in England was carried out to ask about their experiences of RSE at school and at home. The key findings include:



- Compared to a survey run by SEF in 2019, there has been no overall improvement in school RSE.
- For around 1 in 4 young people there has been no RSE from parents or carers.
- Only 1 in 6 had regular discussions with parents or carers about RSE.
- During Covid, almost half of young people received no RSE at school or at home during Covid lockdowns.

Asked about the topics covered in RSE:

- Close to 3 in 10 (28%) of young people had not learnt about 'how to tell if a relationship is healthy, including online', with a further 31% feeling they had not learnt enough about this topic.
- Almost 3 in 10 (29%) had learnt nothing about 'How to recognise when someone is being groomed for sexual exploitation'.
- More than a quarter (26%) had learnt nothing about the 'attitudes and behaviour of men and boys towards women and girls'
- Thirty-seven percent reported learning nothing about 'Power imbalances in relationships.'
- One in three (33%) didn't learn 'how to access local sexual health services', despite this being a basic, mandatory part of statutory RSE.

Read the full report [here](#).

Reference: Teenage Pregnancy Knowledge Exchange Email 02/02/2022

## Start Talking – a RSE guide for Foster Care



Together with The Fostering Network, the Sex Education Forum have launched a new digital resource to help Foster Carers navigate relationships and sex education conversations.

The guide aims to encourage foster carers to have confident conversations with children and young people and to access further sources of information and advice. It also conveys a 'can do' message from young people and is steeped in practical tips and advice from foster carers.

The resource is free to download [here](#) and is relevant for foster carers, parents, social workers, virtual school heads, school nurses and educators.

Reference: Sex Education Forum Email 31/03/2022

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## Vision for the Women's Health Strategy

The Department of Health and Social Care have published a Vision for Women's Health Strategy, after a Call for Evidence in March 2021. The new strategy takes a new approach to women's health by focussing on the life course and understanding the changing health and care needs of women and girls across their lives. The vision focuses on 5 key themes and several priority areas relating to specific conditions or areas of health where the Call for Evidence highlighted particular issues or opportunities.

Read the strategy [here](#).

