



Health Scrutiny Committee  
9 January 2014

## Sexual Health Prevention in Schools, Colleges & Services for Young People in Surrey

**Purpose of the report:** To provide clarification, following a request made by members at the last Health Scrutiny Committee meeting, about sexual health prevention work currently taking place in schools, colleges and Services for Young People in Surrey.

### INTRODUCTION:

#### 1. Context

Having good sexual health is an important aspect of overall physical and emotional health and well-being. It is central to the development of some of the most important relationships in our lives. Any person who is sexually active could be negatively affected by their sexual health decisions and may need to take precautions or access sexual health services to maintain a positive and healthy sexual life.

Following publication of the Healthy Lives, Healthy People white paper<sup>1</sup> and changes introduced in the Health & Social Care Act 2012<sup>2</sup>, local authorities took on a new public health role from April 2013 including commissioning of sexual health services. To accompany these changes the Department of Health published a Public Health Outcomes Framework<sup>3</sup> document which sets out desired outcomes for public health and how they will be achieved. The importance of improving sexual health is acknowledged in this document by the inclusion of three indicators: under-18 conceptions; chlamydia (a sexually transmitted infection) diagnoses in 15–24-year-olds and people presenting with HIV at a late stage of infection.

Education and prevention is a key part of promoting good sexual health and relies on developing good, productive working relationships between key stakeholder agencies including: public health, schools, colleges, services for young people and sexual health services who will work together under the strategic leadership of the Health & Wellbeing Board, Children & Young People's Partnership and Surrey Safeguarding Children's Board.

#### 2. Sex & Relationship Education

Personal, Social, Health & Economic education (PSHE) includes Sex & Relationships Education (SRE). PSHE is not currently a compulsory part of the National Curriculum for schools in England.

The Office for Standards in Education (OFSTED) is the non-ministerial government department responsible for inspecting schools, colleges and local authority youth services. OFSTED state that Personal, Social, Health & Economic education: "...is an important and necessary part of all pupils' education." PSHE is assessed by OFSTED during their inspection process. In 2013, OFSTED published a report<sup>4</sup> on PSHE in which they stated that: "PSHE is not yet good enough in a sizeable proportion of schools in England."

### 3. Sexual Health of Young People in Surrey

One of the highest risk groups for sexually transmitted infections in Surrey continues to be young heterosexuals (15-24 years old) with continuing high levels of unsafe sexual behaviour contributing to the rises recorded<sup>5</sup>. Under 18 conception rates<sup>6</sup> in Surrey remain below the national rate, however, there are some notable 'hot spots' in the county. Of these under 18 conceptions, the percentage resulting in termination (abortion) during the 3<sup>rd</sup> quarter of 2012 (the most recent period for which data is available) was 56.3%, indicating the conception as unwanted thus an opportunity for prevention.

### 4. Preventing Child Sexual Exploitation (CSE)

Child Sexual Exploitation, and its prevention, is an emerging issue both nationally and in Surrey. In 2009 the Department for Education published a guidance document<sup>7</sup> with targets for implementation at a local level through the Surrey Safeguarding Children Board.

### 5. School Nursing Service

In Surrey, the school nursing service is provided for all school aged children and young people by Virgin Care, Central Surrey Health and First Community Health & Care. Since April 2013, local authority Public Health departments are responsible for commissioning school nursing services. This commissioning will be informed by the government document<sup>8</sup> on school nursing published in April 2013.

### 6. Sexual Health Clinics & Services for Young People

Detailed information about sexual health clinics and services in Surrey has been presented at a previous Health Scrutiny Committee. However, it should be noted that there are a number of sexual health services in Surrey specifically for young people including clinics, access to emergency contraception through community pharmacies and the Surrey Chlamydia Screening Programme. In addition, all mainstream sexual health services in Surrey are 'You're Welcome'<sup>9</sup> accredited. 'You're Welcome' is a government scheme to ensure that mainstream health services are accessible and welcoming to young people.

## NEEDS ANALYSIS

7. The Joint Strategic Needs Assessment analyses the needs of young people who engage in risky sexual behaviour and identifies three key areas of need.
  - **Teenage conceptions/pregnancy:** Surrey has witnessed an overall decrease in the number of teenage conceptions however most of Surrey's top 20 wards have more than twice the Surrey rate of 24 conceptions per 1000 females aged 15-17 for 2006-2008.

- **Terminations:** The percentage of young people aged 15-17 years who opted for an abortion in 2009 increased to 61%, considerably higher than in the rest of England and the South East.
  - **Sexually transmitted infections (STIs):** STIs are more common among young people than any other group. There is also a much higher proportion of women under the age of 20 experiencing new diagnoses of STIs than the same age group amongst men.
8. Surrey's One in Ten needs assessment identifies the following key risk factors:
    - Poor educational attainment
    - Poor attendance at school
    - Young people who are in care or have been looked after.
  9. Other risk factors include being a daughter of a teenage mother, having mental health problems, sexual abuse in childhood and early first intercourse. There is also an association between crime and teenage parenthood and the use of alcohol and drugs also increases the likelihood of under 18 conception (DCSF, 2010).
  10. A key area of emerging need has been identified by the Surrey Safeguarding Children Board (SSCB) and is included in the Services for Young People Participation Needs Assessment 2013. The SSCB Child Sexual Exploitation Strategy 2013 states how sexual exploitation can have a serious long term impact upon every aspect of a young person's life, health and education and we have come to better understand the greater prevalence of CSE in recent years. Girls aged 14-17 are highlighted as the main group who are at risk in Surrey, and their vulnerability is increased by: being in local authority care; using alcohol and/or drugs; family dysfunction with poor relationships with parents and a history of absconding.

## SCHOOLS & COLLEGES

### 11. Surrey Healthy Schools

- 11.1 Babcock 4S are commissioned to run the Surrey Healthy Schools programme in partnership with Surrey County Council (SCC). It provides a framework for schools to co-ordinate, develop and improve all areas of PSHE, including Sex & Relationships Education (SRE), in line with the national guidance and best practice.
- 11.2 99% of Surrey schools are participating in the Healthy Schools programme and 82% have achieved Healthy School status.

### 12. Sex & Relationships Education (SRE)

- 12.1 Babcock 4S are a key partner organisation for sexual health education and prevention work in Surrey schools. They offer improvement and consultancy services to schools and academies including Sex & Relationships Education (SRE). Schools are charged for this service and uptake relies on individual schools prioritising SRE and allocating funding for it. As a result many schools are not in a position to take up this service from Babcock as they are not able to allocate funding to it.
- 12.2 All Surrey secondary schools have been provided with a toolkit and accompanying interactive CD Rom on Sex & Relationships Education.

**12.3** Training for teachers on Sex & Relationships Education is provided by Babcock 4S as well as an accredited course for teachers, teaching assistants and youth workers undertaking PSHE. This training must be funded by individual schools.

### **13. School Nursing Service**

**13.1** Public Health commissioned a full review of school nursing in mainstream schools in Surrey which is due for publication in January 2014. SRE is one of the issues to be looked at.

**13.2** The review will give an overview of how much involvement the school nursing service has in school SRE, school nurse training needs, good practice as well as gaps and areas requiring further support.

### **14. Priority Schools**

**14.1** Priority schools were identified for a number of reasons e.g. high number of teenage pregnancies or drug/alcohol incidents. Opportunities need to be explored to make best use of the expertise available in the County to offer to offer this expertise to schools that need it.

### **15. Condom Distribution Scheme ('Get it On' & 'C-card')**

**15.1** Eleven colleges in Surrey operate as pick-up points for the 'C card' scheme. (For more detail see paragraph 17 below.)

## **SERVICES FOR YOUNG PEOPLE**

### **16. Relationships & Sex Education (RSE) in Youth Centres**

**16.1** Surrey Services for Young People are a key partner service for sexual health education and prevention work in Surrey. Surrey County Council has published a policy on Relationships & Sex Education in Youth Centres<sup>10</sup>. This policy is currently under review and is due for publication in early 2014.

**16.2** Planned and opportunistic programmes of Relationships & Sex Education which respond to the needs of young people take place in individual youth centres in line with this policy.

### **17. Condom Distribution Scheme ('Get it On' & 'C-card')**

**17.1** A scheme for 13-24 year olds living in Surrey to enable access to sexual health & relationship advice and free condoms from trained professionals.

**17.2** Young people are required to register to obtain a 'C Card' which is a plastic key fob with a unique card number used to obtain free condoms and lubricant at a number of pick-up points around the county.

**17.3** Twenty one youth centres in Surrey have trained staff and operate as pick-up points for the 'C card' scheme. Young people can also access the scheme through the Youth Support Service.

**17.4** The C-card is available in every borough and district in Surrey. Currently 65 members of staff in Services for Young People are trained to deliver the scheme. A further 60 members of staff will be trained in 2014.

## **18. Information, Advice and Guidance**

**18.1** The Youth Engagement Contract is commissioned by Surrey County Council Services for Young People to provide universal information, advice and guidance to all 13-19 year olds in Surrey. One of the key topics is Sexual Health. Since April 2012 over 65,000 young people have been informed about the C-card Scheme through the contract and over 42,000 have been informed about the Chlamydia Screening Service.

## **19. Looked After Children & Young People Leaving Care**

**19.1** All Surrey looked after children and care leavers have an entitlement to additional services and support. A personal advisor is provided for all young people leaving care until they are 21, under the provision of the Children Act.

**19.2** A Looked After Children Health Needs Assessment is currently being undertaken by Public Health and is due for publication in March 2014. Sexual health is a key element of this needs assessment.

## **20. Sexual Health Advisors for Young People**

**20.1** Surrey County Council commissions two part-time young people's sexual health advisors (one in Spelthorne, one in Elmbridge). Their role is to provide sexual health advice, information and support to young people in a variety of youth work settings. The support workers operate on an outreach basis with no fixed base. These roles are hosted by Surrey Services for Young People (the youth service) and were already in place when Public Health inherited their new sexual health commissioning role.

## **21. Care to Learn Grants**

**21.1** Care to Learn funding is crucial in allowing young parents to continue their education. The scheme provides financial support to teenage parents who want to continue their education, or return to learning, and need help with the cost of childcare and any associated travel.

<b>OTHER PROVISION</b>
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## **22. Preventing Child Sexual Exploitation (CSE)**

**22.1** Surrey Police lead a sub group of the Surrey Safeguarding Children Board tasked to implement the government CSE prevention guidance<sup>4</sup> in Surrey and formulate a local action plan based on the targets set out in the government document. This action plan and progress towards targets is reported to the Surrey Safeguarding Children Board.

**22.2** The Surrey Safeguarding Board sub-group action plan for prevention of child sexual exploitation in Surrey includes an awareness raising and prevention campaign involving a drama workshop. The drama workshop has been offered, free of charge, to all secondary schools & academies plus non-school provision and some high risk groups in Surrey during spring 2014. (To date 95% of secondary schools/academies offered have signed up to participate in this initiative.)

**22.3** All schools are required to have a trained Child Protection Liaison Officer. Babcock 4S are Surrey County Council's preferred provider for Child Protection Liaison Officer training. This training includes information on preventing Child Sexual Exploitation.

#### **24. Surrey Peer Education Project**

**24.1** The Surrey Peer Education Project is an independent project with charitable status. Young people aged 15-19 who are looked after or leaving care are offered the opportunity to attend residential workshops to learn more about a variety of issues in a supportive environment. Sexual health is frequently chosen by the young people as the workshop topic.

**24.2** This project will be involved in the LAC health needs assessment.

#### **25. Surrey Sexual Health Intervention & Promotion (SHIP) Team**

**25.1** The Sexual Health Intervention & Promotion Team are part of the Surrey Chlamydia Screening Programme (SCSP) and undertake opportunistic and targeted sexual health promotion work with young people in a variety of settings e.g. schools, colleges, youth centres, pupil referral units and young offenders units. They can also offer opportunistic Chlamydia screening at these venues.

#### **26. Sexual Health Clinics & Services for Young People**

**26.1** Detailed information about sexual health clinics and services in Surrey has been presented at a previous Health Scrutiny Committee. However, it should be noted that there are a number of sexual health services in Surrey specifically for young people including clinics, access to emergency contraception through community pharmacies and the Surrey Chlamydia Screening Programme. In addition, all mainstream sexual health services in Surrey are 'You're Welcome'<sup>11</sup> accredited. 'You're Welcome' is a government scheme to ensure that mainstream health services are accessible and welcoming to young people.

#### **CONCLUSIONS:**

**27.** While there are a good range of sexual health prevention services already available in Surrey, work is underway to take a more strategic approach to future commissioning. This will start with a full Surrey wide sexual health needs assessment to inform a new Sexual Health Strategy for Surrey and associated commissioning.

#### **FUTURE PLANS:**

#### **28. PSHE review**

**28.1** Babcock 4S have been commissioned by Public Health to undertake a full review of PSHE in Surrey secondary schools and academies. The review is due to begin in January 2014 and run until summer 2014. SRE will be a key issue to be looked at and the review should give an overview of how much SRE is taking place, staff training needs, areas of good practice, schools requiring further support and the level of involvement of school nurses and other outside agencies.

## 29. Surrey wide Sexual Health Needs Assessment

- 29.1 A full sexual health needs assessment will be undertaken by Public Health running from January – May 2014. It will involve all key partner agencies and services (including all the projects and services mentioned above) in order to gather information on the sexual health needs of the population of Surrey and inform commissioning intentions for 2015/16 and the Sexual Health Strategy for Surrey.

### RECOMMENDATIONS:

30. Sexual Health prevention work in Surrey should be reviewed again by the Committee in 18-24 months following the completion of the above mentioned Sexual Health Needs Assessment and resulting commissioning decisions.

### NEXT STEPS:

31. The first meeting of the Sexual Health Needs Assessment Steering Group to be arranged for January 2014 representatives from key partner agencies/services invited.

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**Lead Officers:** Helen Atkinson, Director for Public Health, Garath Symonds, Assistant Director for Young People.

**Contact Officers:** Susan Whitfield, Public Health Lead, Jenny Smith, Senior Development Manager, Services for Young People

**Contact details:** [susan\\_whitfield@surreycc.gov.uk](mailto:susan_whitfield@surreycc.gov.uk) 0208 541 7857,  
[jenny.smith@surreycc.gov.uk](mailto:jenny.smith@surreycc.gov.uk) 0208 541 7405

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**References:**

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- <sup>3</sup> Public Health Outcomes Framework, January 2012, Department of Health
- <sup>4</sup> Not yet good enough: personal, social, health and economic education in schools, 1 May 2013, Ofsted
- <sup>5</sup> Health Protection Agency, 2012
- <sup>6</sup> Office for National Statistics, November 2013
- <sup>7</sup> Safeguarding children and young people from sexual exploitation: supplementary guidance, August 2009, Department for Education
- <sup>8</sup> Getting it right for children, young people and families: Maximising the contribution of the school nursing team: Vision and Call to Action, April 2013, Department of Health
- <sup>9</sup> 'You're Welcome', the Department of Health's quality criteria for young people friendly health service, 19 May 2011, Department of Health
- <sup>10</sup> Youth Development Service, sex & relationships education policy, July 2005, Surrey County Council