

PROFESSIONAL PATHWAY

I think I might be PREGNANT

I think my partner might be PREGNANT

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1 SEXUAL HEALTH & CONTRACEPTIVE SERVICES

More information, contact details, websites and addresses can be found overleaf.

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GUIDANCE FOR PRACTITIONERS

Assessment of **RISK**

- It is important to find out about a young person's lifestyle and circumstances, therefore questions to establish a more detailed picture are important as part of any intervention.
- Ask young people about issues and satisfaction with school, home life, friendships, leisure activities/alcohol use etc. to gauge risk and safety. This will help to inform the advice and support you offer.

Give the young person a reason to return

- It is always beneficial to arrange some kind of follow-up with a young person (especially if this is their first visit).

This could be achieved via the following:

- Asking them to let you know the outcome of a situation.
- Suggesting that they call you or you call them a few days later to see how they are.
- Issue only a few condoms so that they have a need to return. Promote delay / Are you ready for sex?
- Young people who have sex earlier are more likely to have unsafe sex and regret their sexual experience.

Questions to ask to support young people with delaying early sex:

*Who do you talk to if you have a question or concern?
For example family, friends, youth worker.*

Are you ready to have sex?

Do you trust, feel comfortable with, and feel respected by this person?

Are you worried or anxious about any aspect of sex?

Young people's right to **CONFIDENTIALITY**

- Assurances of confidentiality encourage young people to access services which promote their safety and well being and which encourage them to develop safe and responsible relationships.
- NB: In considering disclosures of information to other agencies, practitioners should balance the young person's right to privacy and confidentiality and the degree of current/likely harm against what any such disclosure is likely to achieve and the potential benefits to the young person's well-being (Best Practice Guidance 2004).
- Except in the most exceptional circumstances, disclosures should only follow consultation with the young person which includes offering to support them with a voluntary disclosure.

Some IDEAS of things to say:

(As practitioners) We are here to listen, not to tell.

Confidentiality means that we will not tell any of your friends, family, doctor, teachers or other agencies that work with you, without your permission.

However, please be aware that in very extreme circumstances we may have to tell someone if your (or somebody else's) health and/or well-being would otherwise be at serious risk.

If you have any worries or questions about confidentiality, please don't hesitate to ask us.

Sex and the **LAW**

Children aged 13-15

- In England, Wales and Scotland, young people must be 16 before they can legally consent to sexual activity.
- **HOWEVER**, it is not intended that the Law should be used to prosecute mutually agreed teenage sexual activity between two young people of a similar age unless it involves abuse or exploitation. The Sexual Offences Act 2003 and the Dept of Health Guidance 2004 supports confidential services for under 16s in accordance with the principles of the Fraser Guidelines.

Children under the age of 13

- Intentional sexual touching of a young person under the age of 13 is an absolute offence with no defence.
- Penetrative sex with a child under 13 is automatically classed as rape, regardless of the rapist's age.
- All concerns about sexual activity with under 13s must be discussed with your agency's child protection lead. Where the allegation concerns penetrative sex or other intimate sexual activity, there is always reasonable cause to suspect that a child is suffering or is likely to suffer harm and there is a presumption that the case will be reported to Children's Social Care.
- All cases involving under 13s should be fully documented and include detailed reasons where a decision is taken not to share information (Working Together to Safeguard Children 2006).

General Points to remember

- The Sexual Offences Act 2003 is designed to protect the safety and rights of young people and to make it easier to prosecute people who pressure or force others to have sex they don't want.
- Practitioners who act with the purpose of preserving the physical safety of young people and protecting them from pregnancy and sexually transmitted infection are not liable to prosecution.
- In England & Wales the same laws apply to heterosexual and homosexual activity. Offences can be committed by anyone, male or female, over the age of 10 (the age of criminal responsibility).



Leicestershire & Leicester City

Teenage Pregnancy Partnerships

1 SEXUAL HEALTH & CONTRACEPTIVE SERVICES

POP

is a confidential text service for young people in Leicestershire who are under 19. It covers relationships, sexual health, puberty and information about local services. 7 days a week. Text your questions to 07814 877 859

HEY-BABE WEBSITE

for information on relationships, contraception, pregnancy and STIs and much more check out www.hey-babe.co.uk

SEXUAL HEALTH AND CONTRACEPTION CLINIC (SHACC)

You can request an appointment by ringing 0800 75 66 277 between 10.00am – 4.00pm weekdays
Website: www.shacc.co.uk

CHOICES – YOUNG PEOPLE'S SEXUAL HEALTH SERVICE

0116 289 8969 – 24 hour confidential answerphone. Website: www.choices-leics.org.uk
Email help@choices-leics.org.uk

CONTRACEPTIVE SERVICES

St Peter's Health Centre Sparkenhoe St.
0116 295 1212 (Central booking line for all clinics)
Under 25s Youth Clinics held Mon 2.00pm – 5.30pm & Thurs 1.30pm – 4.00pm.
General Clinics held Mon 9.00am – 5.30pm, Tues 9.00am – 6.30pm, Weds 9.00am – 4.30pm, Thurs 9.00am – 4.00pm & Fri 9.00am – 1.00pm, 1.00pm – 4.30pm (supplies only)

Beaumont Leys Health Centre Clinic,

1 Littlewood Close - 0116 295 8700
Under-25s Youth Clinic held Thursday 3.00 - 5.00pm

The below numbers will be answered when the clinics are running - at other times use the central booking number 0116 295 1212

Coalville Clinic -01530 467442

Tues 6.15pm – 8.00pm (Appointments only) and Thurs 6.15pm – 8.00pm (Walk-in)

Hinckley Clinic - 01455 441857

Monday 6.00pm – 8.00pm (Young person walk-in and all age appointments)

Loughborough – 01509 564495

Monday 3.00pm – 5.00pm (Under 25s walk-in) 6.00pm – 8.00pm clinic (appointments only)

Market Harborough –01858 410 240

Tues 7.00pm – 8.30pm (Young person walk-in and all age appointments)

Melton Mowbray –01664 854819

Weds 5.30pm – 7.30pm (Appointments only)

Oakham – Rutland Memorial Hospital -

01572 772070 Tues 6.00pm – 8.00pm (All age walk-in) Temporarily closed - contact central number for information on re-opening

LEICESTER ROYAL INFIRMARY SEXUAL HEALTH CLINIC/GUM

Provides a free, friendly, confidential service and check for all sexually transmitted infections (STIs) 0116 258 5208

Monday

9:00am – 12:00noon - Walk in
2:00pm – 4:00pm - Walk in
5:00pm – 7:00pm - Walk in

Tuesday

9:00am – 12:00noon - Walk in
2:00pm – 5:00pm - Appointments

Wednesday

9:00am – 12:00noon - Walk in
2:00pm – 5:00pm - Walk in

Thursday

9:00am – 12:00noon - Walk in
2:00pm – 5:00pm - Appointments

Friday - 9:00am – 12:00noon - Walk in

Saturday - 9:00am – 12:00noon - Walk in

LOUGHBOROUGH GUM

01509 568 888 - call for appointments

Appointments available at the following times:
Tues 8.30am - 12noon, Weds 4.00pm - 7.00pm
Thurs 2.00pm - 5.00pm, Fri 8.30am - 11.30am

SCHOOL NURSE

Contact your school for details of your school nurse

FAMILY PLANNING ASSOCIATION

Website: www.fpa.org.uk

CITY COMMUNITY SAFER SEX PROJECT

Various city locations for local service details

Email: safesexproject@leicester.gov.uk

Website: www.hey-babe.co.uk

Office: 01162 294393

Mobile: 07971463474

WORTH TALKING ABOUT'

help-line 0800 28 29 30, 2pm - 10pm every day

for advice on contraception, sexual health and relationships.

LEICESTERSHIRE AND RUTLAND COMMUNITY SAFER SEX PROJECT

Various county locations 01509 265 197 / 07814 877859 for local service details

2 EMERGENCY CONTRACEPTION

CONTRACEPTIVE SERVICES

(See Section 1.)

SEXUAL HEALTH AND CONTRACEPTION CLINIC (SHACC)

(See section 1)

PHARMACIES

Offer contraceptive advice and information. Visit your local pharmacist to enquire about free/purchased Emergency Hormonal Contraceptive (EHC) pill.

CHOICES

(See Section 1.)

YOUR LOCAL GP

MINOR INJURY UNITS

Countywide locations

3 PREGNANCY TESTING

SEXUAL HEALTH AND CONTRACEPTION CLINIC (SHACC)

(see section 1)

CITY COMMUNITY SAFER SEX PROJECT

(See Section 1.)

LEICESTERSHIRE AND RUTLAND COMMUNITY SAFER SEX PROJECT

(See Section 1.)

CHOICES

(See Section 1.)

CONTRACEPTIVE SERVICES

(See Section 1.)

MIDWIFERY

Teenage Pregnancy Midwives
07867 536 624 or 07973 860 213
Community Midwives office city & county
0116 258 4834

CONNEXIONS LEICESTER SHIRE

Leicester City - Halford House 0116 262 7254

South Wigston 0116 277 8090

Hinckley 01455 632719

Coalville 01530 812231

Loughborough 01509 214002

E-mail leicester@connexions-leics.org

Website: www.connexions-leics.org

4 DISCUSS OPTIONS

SEXUAL HEALTH AND CONTRACEPTION CLINIC (SHACC)

(see section 1)

CONNEXIONS LEICESTER SHIRE

(See Section 3.)

CONTRACEPTIVE SERVICES

(See Section 1.)

CHOICES

(See Section 1.)

OPEN DOOR COUNSELLING SERVICE

0116 223 2397

5 COUNSELLING

OPEN DOOR COUNSELLING SERVICE

(See Section 4.)

RELATE 2 U

Is a counselling service for young people who are unhappy, unsettled or worried because of conflict within the family or family issues - 0116 222 0012
Website: www.relateleicestershire.org.uk

SAMARITANS

08457 90 90 90

MISCARRIAGE

Website: www.miscarriageassociation.org.uk

SANDS (Stillbirth And Neonatal Death Society)

020 7436 5881

Website: www.uk-sands.org

BEREAVEMENT COUNSELLING

Laura Centre - 0116 254 4341

6 ADOPTION

LEICESTER ADOPTION SERVICE

0116 299 5899

LEICESTERSHIRE ADOPTION AND FOSTERING SERVICE

0116 305 0505

0800 587 7767

www.spaceforachild.com or www.leics.gov.uk/adoption

7 TERMINATION OF PREGNANCY

CONTRACEPTIVE SERVICES HELPLINE

0116 295 1212

SEXUAL HEALTH AND CONTRACEPTION CLINIC

(See section 1)

YOUR LOCAL GP

BPAS

08457 30 40 30

www.bpas.org

Choices

(See section 1)

OPEN DOOR COUNSELLING SERVICE

(See Section 4.)

8 PREGNANCY SUPPORT

TEENAGE PREGNANT MIDWIFERY CLINICS

Leicester Royal Infirmary

Mon 10.00am - 2.00pm appointments

Leicester City Connexions

Tues 1.00pm - 3.30pm appointments

Coalville Children's Centre

Thurs 1.00pm - 4.00pm appointments/drop-in

Leicester City Connexions

Thurs 1.00pm – 3.30pm appointments

Loughborough Connexions

Friday 1.00pm - 3.30pm appointments

Community Midwives Office 0116 258 4834 – please phone this number with new referrals

YOUR LOCAL GP & COMMUNITY MIDWIFE

CONNEXIONS LEICESTER SHIRE

(See Section 3.)

SMOKING AND PREGNANCY

0116 295 4141 City

0800 022 4332 County

www.nhs.uk/gosmokefree

9 PARENTING SUPPORT

CONNEXIONS LEICESTER SHIRE

(See Section 3.)

THE YOUNG PARENT OUTREACH WORKER TEAM

The Young Parent Outreach Worker Team can offer accredited learning opportunities to support pregnant teenagers and young parents across the city and county. The learning offer will support young people as they prepare to become parents or to manage the changes in their lives that come with becoming parents.

ypow@connexions-leics.org

COUNTY YOUTH SERVICE

Contact for information about county young parent groups

Tel: 0116 305 6306

Tel: 0116 305 5797

CITY YOUTH SERVICE

To find your local city youth service and find out what's on visit:

Website <http://www.leicester.gov.uk/your-council-services/education-lifelong-learning/young-people/youth-services/>

Tel: 0116 229 4362/3

HOMESTART

0800 0686368 - Information Line

Website: www.home-start.org.uk

FUN AND FAMILIES

Local parenting support groups delivered in the city and county - 0116 223 4254

FAMILY LIVES

Information and advice for parents

0808 800 2222

Website: www.familylives.org.uk

CONTACT YOUR LOCAL COMMUNITY MIDWIFE OR GP FOR DETAILS OF YOUR HEALTH VISITOR

The FATHERHOOD INSTITUTE

Support and information for fathers
Website: www.fatherhoodinstitute.org

LEICESTERSHIRE FAMILY INFORMATION SERVICE

(For information on childcare provision education, health information, leisure activities, family support and other useful information)

Tel: 0116 305 6545

Web: www.leics.gov.uk/family

LEICESTER FAMILY INFORMATION SERVICE

Email Family@leicester.gov.uk

Website <http://families.leicester.gov.uk>

Freephone 0800 952 5678

Local rate 0116 225 4890

The family information directory is an online service where you can find all of the family services available in Leicester. Check out: <http://families.leicester.gov.uk/welcome/welcome/family-information-directory>

10 EDUCATION & TRAINING ADVICE

CONNEXIONS LEICESTER SHIRE

(See Section 3.)

THE YOUNG PARENT OUTREACH WORKER TEAM

(See Section 9)

SCHOOL AGE FAMILY SUPPORT (SAFS)

For school age parents to be (County)

0116 305 6347

07966 111 019

EDUCATION WELFARE SERVICE LEICESTER CITY

Support for young people around school attendance

Education.welfare@leicester.gov.uk

0116 221 1260

FURTHER EDUCATION COLLEGES:

Leicester College

0116 224 2240

Email: info@leicestercollege.ac.uk

Gateway Sixth Form College

0116 274 4500

Email: admin@gateway.ac.uk

Regent College

0116 255 4629

Email: admin@regent-college.ac.uk

Wyggeston and Queen Elizabeth College

0116 223 1900

Email enquiries@wqeic.ac.uk

Brooksby and Melton College

01664 850850

Email course.enquiries@brooksbymelton.ac.uk

Loughborough College

0845 166 2950

Email: info@loucoll.ac.uk

South Leicestershire College

0116 264 3555

Email: iag@slcollege.ac.uk

Stephenson College

01530 836 136