

Let's Talk about tp

LEICESTERSHIRE SEES BIGGEST REDUCTION IN TP RATES IN THE EAST MIDLANDS

The latest teenage pregnancy figures show the biggest fall in 10 years from 33.1 per 1,000 girls in 2008 to 27.6 per 1,000 girls in 2009. Since the baseline year, Leicestershire's under 18 conception rate has reduced by 27%.

Leicestershire also achieved a 47.4% Education, Employment and Training (EET) Participation rate for young parents – this put us 5th nationally with 18 percentage points above the national average.

Leicestershire's Teenage Pregnancy Strategy is now working towards the following targets. The first is to reduce the number of teenage pregnancies to 307 - 16 fewer than 2009. The second target is to enable 60% of young parents to be participating in Education, Employment and Training (EET) and for 80% of young parents to be engaging with services.

To find out more about the 2011-2012 TP Plan visit www.letstalktp.org.uk

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WHAT'S RIGHT FOR ME?

A new campaign to promote the wide range of contraceptive methods available for young people has been launched across the city and county.

'What's Right for Me?' promotes the contraceptive implant (one of a number of long acting contraceptive (LARC) methods available). The implant lasts three years and has a failure rate of less than one in 1,000.

The focus for this campaign is on communicating with young women attending further education colleges and targets young women who are:

- Sexually active or considering becoming sexually active
- Aware of the need to use contraception to avoid unplanned pregnancy
- Express an intention to practice safe sex but do not always follow through, for a wide range of reasons

The newly created resources include:

- A dvd of the short implant advert (available on you tube; www.WhatsRightForMe.co.uk) and a voxpop film showing interviews with local young people about contraceptive methods.
- Campaign posters advertising the youtube video
- A copy of a teaching pack which accompanies the dvd and which can be used to support SRE work about relationships, sex and contraception.



If you have any questions in relation to the resources or the campaign contact:
Katie Phillips (County Lead) katie.phillips@leics.gov.uk 0116 305 9246

New 'Blast' directory supports young people

The new 'Blast Directory' was launched in May with over 3,500 copies being sent to secondary schools, colleges and support services like Connexions and the Youth Service, to ensure that young people across Leicestershire have up to date contact information for a range of advice and support helping them stay healthy and happy.



The credit card sized booklet contains contact details and information about a range of topics including;

- Relationships, Sex and Sexual Health
- Sexually Transmitted Infections
- Contraceptive methods
- Advice for Young Parents
- Drugs and Alcohol
- Support services across Leicestershire

Young people were asked for feedback on the last directory. This has been used to give it a new vibrant look and make sure it contains all of the information young people need.

Young people can download the directory from the Jitty website at www.thejitty.com/uploads/blast-final.pdf or request a copy from their school nurse, Connexions PA or youth worker.

A4 reference copies are available for practitioners on request.

Leicestershire's Young Parent's Forum – DO YOU MAKE A DIFFERENCE?

On a windy June afternoon, the young parent's forum came together in Abbey Park for a picnic and to work on the 'Do you make a difference?' project. In the Autumn a postcard campaign will be launched which features members of the forum describing the support they have had from practitioners which has made a difference for them. The aim of this campaign is to promote

good practice to practitioners and to offer training to those who might not feel confident when working to engage harder to reach parents.



Let's talk about text

The community safer sex project strives to improve health outcomes for young people across the County and Rutland so their approach is informed by their attitudes, concerns and recommendations. Some young people have anxieties about accessing services, others are concerned about confidentiality and many more have questions and concerns about contraception, unplanned pregnancy and relationship issues. Whilst a face to face intervention is often needed to address concerns, many can be addressed via a text conversation.

The POP Text service is now receiving more than 70 texts per month – topics cover a range of issues and young people respond positively to this alternative service; *'I was really nervous about going to the clinic but you put my mind at rest and it was fine. Thank'*.

The number for young people to call or text is 07814 877859.



FORTHCOMING DATES

A Celebration of Young Parents Exhibition

Building on the success of last years young parents awards, planning for an exhibition to celebrate young parents is now underway. We aim for the exhibition to take place in November and then to tour around the county. This will be an opportunity to share the work developed by young parents through the learning programmes being delivered across the City and County. It will also be a platform to challenge the myths and misconceptions about teenage parenthood. Watch this space for further information and to book your place!

The Teenage Pregnancy Training Calendar

Session Name	Date	Time
Safer Sex Awareness	4 Oct	9.30am - 2.30pm
Delay	20 Oct	9.30am - 1.00pm
Sexual Health Overview	25 Oct	10.00am - 1.00pm
Red Box	16 Nov	9.30am - 1.00pm
LARC	7 Dec	10.00am - 12.30pm

For more information on these courses and/or to book a place visit www.letstalktp.org.uk where you can read about the courses and download a booking form.



BRINGING UP BRITAIN; Advice from the frontline of parenthood

This dvd resource can be used by any practitioner working with Young Parents or Young people at risk of becoming pregnant. The young parents experiences are captured via clips structured into two sections; section one covers young parent's, aged between 16 -18 years, personal accounts and experiences of pregnancy and the birth and section two 'What does it mean to be a parent' covers their struggles and joys of being a young parent.

The dvd can be used as part of a planned session or used as a 'dip-in dip-out' resource on selected topics e.g.

- Clip 4 - A 16 year old young father's experience of finding out he's going to be a dad titled 'stay calm'

- Clip 9 - covers body changes during pregnancy, media pressure on weight gain during pregnancy and some easy tips from parents about how they lost weight post pregnancy.
- Clip 15 - The personal account of an 18 year old young mum's experience of post natal emotions titled 'not coping tell someone'

Overall the resource is a strong account of young parent's very personal journeys; how they cope with pregnancy, the birth of their babies and as their child grows up.

To borrow the dvd contact **Toni Burnett** on **0116 305 9238**.



SMART GIRLS CARRY CONDOMS - CHANGING ATTITUDES

A safe sex campaign from Leicester City and Leicestershire County Teenage Pregnancy Partnerships has challenged stereotypes and changed attitudes about condom use.

The results showed that the campaign led to a 47% increase in students who think it's positive for girls to carry condoms.

The 'Smart Girls Carry Condoms' video was developed in response to research that showed many young women were worried about being judged and seen as promiscuous if they were seen to be carrying condoms. The campaign challenged this by showing that sexually active young women who carry condoms are confident, mature and responsible, and they should encourage their friends to do the same.

To watch the YouTube video visit: www.girlscarrycondoms.co.uk.

Have fun. Stay safe.
**Smart
GIRLS
Carry
Condoms**



IMPROVING YOUNG PEOPLE'S ACCESS OF CONTRACEPTIVE SERVICES

In November 2010 Leicestershire had a visit from the (National Support Team) NST which led to recommendations about improving access of Leicestershire's Contraceptive Services for young people. Visits to all of the clinics were undertaken and an improvement plan is being implemented.

There are 5 contraceptive clinics which run sessions across the county in Loughborough, Hinckley, Melton, Market Harborough and Coalville. These services offer confidential advice and support on:

- Contraception
- Pregnancy
- Emergency contraception
- Abortion
- Relationships
- Implant fitting
- Safer Sex

The plan to improve access by young people includes focus groups with young people to find out about access issues, better promotion of services and training for practitioners re what these specialist services offer.

Another key part of the plan is to ensure that young people can gain access to better information about the services – young people from the jitty are filming 'virtual visits' so that young people will be able to go on line and actually see before they go where to go and how to get to the clinics.

More information on the launch of these visits and the new promotional materials will be available soon.

It's Time to Talk

After national research found that over a quarter of teenagers feel confused, worried and even scared about relationships and sex, and that most teenagers would appreciate more opportunities to talk to their parent or carer about it, the Teenage Pregnancy Partnership has spearheaded a campaign - 'It's Time To Talk'.

The campaign encourages parents and carers to take time out to talk to their sons and daughters about relationships and sex.

Leaflets and pop up posters offering advice to parents on what to speak to their children about and how to initiate the conversations have been distributed to schools, GP practices and libraries.

Parents and carers can also access support on talking to their sons and daughters about relationships and sexual health from national charity Family Lives by calling **0808 800 22 22**, or by visiting www.gotateenager.org.uk