

Sexual Health

Mark Hedley

Sexual Health Promotion Specialist and
C-Card Co-ordinator

Mark.hedley@nuth.nhs.uk

Harriet Yudkin

Health Improvement Practitioner

Harriet.yudkin@nuth.nhs.uk

(After 1st August Harriet.yudkin@newcastle.gov.uk)

Sexy Pub Quiz

Answers

Sex and the law

Which of the following is against the law? (1 point for each correct answer)

Q.1 a) A 12-year-old buying condoms from a pharmacy

A. Legal. There are no laws about the age at which condoms can be purchased.

However, young people need to be 13+ to register for a C-Card to access free condoms and to access free condoms from any sexual health service. Those under 13 would always be subject to safeguarding procedures.

All young people would have an in-depth assessment to ensure they are not at risk from harm or putting others at risk.

Sex and the law

Which of the following is against the law? (1 point for each correct answer)

Q.1 b) A 17-year-old male having a sexual relationship with a 16-year-old male

A. Legal (provided there is mutual consent). The age of consent for sex between men is 16 years old in the UK. The age was reduced to 16 from 18 years old in October 2001, having been reduced from 21 in 1994. Prior to 1967, any sexual activity between men was illegal and punishable by imprisonment, possibly also including chemical castration and/ or electroconvulsive shock therapy.

Sex and the law

Which of the following is against the law? (1 point for each correct answer)

Q.1 c) A man having sex with a 15-year-old girl

A. Illegal (regardless of consent). The 'age of consent' is 16 years old in the UK. It is lower in some other European countries. Many young people break this law but few are prosecuted. The Sexual Offences Act became law on 1st May 2004, which made the offence of 'sexual activity with a child' apply to either men or women, whereas previously the law would have prosecuted the man. The Act also makes it illegal for professionals (such as teachers, youth workers and social workers) to have sex with young people aged under 18 who they work with.

Sex and the law

Which of the following is against the law? (1 point for each correct answer)

Q.1 d) Two 15-year-old girls having a sexual relationship together

A. Illegal (regardless of consent). Under the Sexual Offences Act (2003) the age of consent is 16 for everyone, whether they are heterosexual, gay, lesbian or bisexual. Previously, there were no laws governing lesbian relationships. However, two young people of a similar age in a consenting sexual relationship would be unlikely to be prosecuted.

Sex and the law

Which of the following is against the law? (1 point for each correct answer)

Q.1 e) Having an abortion beyond 20 weeks of pregnancy

A. Legal (subject to agreement of 2 doctors). The 'upper limit' for legal abortions is 24 weeks into pregnancy. Whilst most abortions take place early on in pregnancy (92% before 13 weeks, 80% before 10 weeks), abortion can take place beyond even 24 weeks in exceptional circumstances, such as a risk to the mother's life of continuing the pregnancy.

Sex and the law

1 point

Q.2 If a 14-year-old girl goes to a doctor or sexual health clinic for contraception her parents have to be informed.

True/False

A. False. Doctors and other health professionals can give sexual health advice and any contraception (including emergency contraception) to under-16s without parental / carer consent as long as they act in the best interests of the young person and are sure that the s/he is mature enough and has capacity to understand the consequences and make her/his own decisions. Professionals will usually encourage young people to talk to their parents / carer if at all possible.

Sex and the law

1 point for each correct answer (max 3)

Q.3 What is the age of consent for:

a) Sex between a man and a woman?

16

b) Sex between a man and a man?

16

c) Sex between a woman and a woman?

16

Access to services

1 point for each correct answer. Bonus points for giving the location too.

Q.4 What are the names of the three main sexual health services North of Tyne?

- * Newcastle New Croft Centre, Market Street, Newcastle City Centre
- * North Tyneside One to One Centre, Brenkley Avenue, Shiremoor
- * Northumberland Morpeth Clinic, Gas House Lane, Morpeth

Access to services

2 points – one for each end of the range

Q.5 What age range is the Chlamydia Screening Programme for?

A. 15-25

In Newcastle, North Tyneside and Northumberland, the programme also offers screening for gonorrhoea.

Access to services

1 point

Q.6 What is the C-Card Scheme?

A. A condom distribution scheme for young people aged 13-25. Offered in a range of venues across Newcastle, North Tyneside and Northumberland, as well as most areas across the country.

Access to services

1 point for each correct answer (max 5)

Q.7 Which groups of people are entitled to free contraception and sexual health services?:

- * young people aged 13-17 ✓
- * people aged 18-30 ✓
- * anyone entitled to NHS services ✓
- * people who receive benefits ✓
- * people who have a salary greater than £50,000 ✓

Safer sex

1 point per correct answer (max 2)

Q.8 What type of sexual activities would you use a dental dam for?

A. Oral sex on a woman or oral stimulation of the anus ('rimming')

Safer sex

1 point per correct answer (max 10)

Q.9 Which of these is safe to use with condoms?

- * Vaseline X
- * Baby oil X
- * Water-based lubricant ✓
- * Mayonnaise X
- * Butter X
- * Massage oil X
- * Silicone-based lubricant ✓
- * Flavoured lubricant ✓
- * Saliva ✓
- * Vegetable oil X

Safer sex

1 point per correct answer (max 3)

Q.10 What three things do you need to check condom foils for before opening to make sure they are safe to use?

A. Expiry date, BS kite mark or CE mark, no tears or holes in foil

HIV

1 point per correct answer (max 10)

Q.11 Say whether each of these activities is **High risk**, **Low risk** or **No risk**.

- * Oral sex with someone who is HIV+ **L**
- * Unprotected vaginal sex with someone who is HIV+ **H**
- * Unprotected anal sex with someone who is HIV+ **H**
- * Kissing with tongues with someone who is HIV+ **N**
- * A woman giving birth who is HIV positive but doesn't know **H**
- * A woman giving birth who is HIV+ who knows her status and is on a successful treatment regime **L**
- * Getting a mosquito bite in an area with high prevalence of HIV **N**
- * Sharing cutlery with someone who is HIV+ **N**
- * Sharing needles with someone who is HIV+ **H**
- * Sitting on a toilet seat after someone who is HIV+ has sat on it **N**

HIV

1 point

Q.12 Approximately how many people are living with HIV in the UK?

- a) 107
- b) 1,078
- c) 10,780
- d) 107,800 ✓
- e) 1,078,000

HIV

1 point

Q.13 Approximately what percentage of people in the UK who are HIV+ are unaware that they have the virus?

- a) 7%
- b) 11%
- c) 24% ✓
- d) 39%
- e) 56%

HIV

1 point

Q.14 How many people in the North East are diagnosed HIV positive?

- a) 1,850 ✓
- b) 260
- c) 3,250
- d) 80
- e) 10,570

HIV

1 point

Q.15 How many days do you have to take post-exposure prophylaxis (PEP) for, in order for it to be successful in preventing HIV being contracted?

A. 28 days

Post-exposure prophylaxis (PEP) is a month-long course of HIV drugs that someone takes very soon after sex which had a risk of HIV transmission. The drugs are the same ones taken by people with HIV. The sooner PEP is started, the more likely it is to work; within 24 hours is best, but no later than 72 hours (three days). After 72 hours PEP is unlikely to work.

HIV

1 point

Q.16 What date is World AIDS Day?

A. 1st December – every year

Contraception

1 point per correct answer (max 15)

Q.17 Name as many methods of contraception as you can.

1. Male condoms
2. Female condoms
3. Combined pill
4. Progestogen-only pill
5. Implant
6. Contraceptive injection
7. Contraceptive patch
8. Contraceptive vaginal ring
9. IUD (Intrauterine device)
10. IUS (Intrauterine system)
11. Diaphragm/ cap with spermicide
12. Emergency hormonal contraception (Levonelle or Ella-One)
13. Male sterilisation (vasectomy)
14. Female sterilisation (tubal occlusion)
15. Natural family planning (e.g. Persona)

Contraception

max 2 points

Q.18 How long has a woman got after unprotected sex/ contraceptive failure to access emergency contraception?

A. Up to 3 days (72 hours) for Levonelle

Up to 5 days for ellaOne or IUD

Levonelle is available to buy over the counter in pharmacies, or free through Plan B, or at sexual health clinics, most NHS walk-in centres, A&E departments, some GPs

ellaOne is available only with a prescription

An IUD can be fitted at sexual health and contraception/ 'family planning' clinics or by specially trained doctors/ nurses in GP practices

Contraception

1 point

Q.19 Where can you access 'Plan B'?

A. Participating pharmacies with a Plan B-trained pharmacist

Plan B is a scheme offering free emergency hormonal contraception – Levonelle – to all women, through participating pharmacies. It is not available in all areas of the country, but there are free schemes – often for young women aged under 18 – in other areas.

Contraception

1 point

Q.20 What does 'LARC' stand for?

A. Long-acting reversible contraception

Includes implants, injections, IUD and IUS

Sexually transmitted infections (STIs)

1 point

Q.21 Which STI is Newcastle in the top 3 cities in Europe for?

A. Genital warts

Sexually transmitted infections (STIs)

1 point

Q.22 Which STI lives by sucking blood?

A. Pubic lice

Sexually transmitted infections (STIs)

1 point

Q.23 Which STI is the most common STI amongst young people (aged 15-24)?

A. Chlamydia

Sexually transmitted infections (STIs)

1 point

Q.24 Which STI are young women now routinely immunised against?

A. Genital warts – caused by the Human Papilloma Virus

The current vaccination programme is offered to girls at 12 years of age. The vaccine, Gardasil, protects against the 2 strains of HPV that cause 70% of cervical cancers and the 2 strains which cause about 90% of all cases of genital warts.

Sexually transmitted infections (STIs)

1 point

Q.25

a) What percentage of women with chlamydia don't have symptoms?

70-80%

b) What percentage of men with chlamydia don't have symptoms?

50%

Key campaigns

- * PRIDE – Newcastle, 17th, 18th and 19th July

- * Sexual health week - 14-20 September 2015

This year the focus will be on sexual pleasure and wellbeing.

www.fpa.org.uk/campaigns/sexual-health-week

- * HIV testing week 21-28 November 2015

- * World AIDS Day – 1st December

- * IDAHOT – International Day Against Homophobia and Transphobia – 17th May

Useful contacts

Newcastle

Mark Hedley, Sexual Health Promotion Specialist and C-Card Co-ordinator,
Mark.hedley@nuth.nhs.uk 0191 229 2951

Harriet Yudkin, Health Improvement Practitioner, Harriet.yudkin@nuth.nhs.uk
0191 229 2903 (After 1st August Harriet.yudkin@newcastle.gov.uk 0191 211
5527) (Mon, Tues, Wed and alternate Thursdays)

North Tyneside

Jane Cook, Health Promotion Specialist Sexual Health and C-Card Coordinator
Jane.cook@northumbria-healthcare.nhs.uk 0191 297 9838 (Tuesday, Wednesday
and Thursday only)

Northumberland

Jane Telfer, Health Improvement Specialist (Teenage Pregnancy & Sexual
Health) jane.telfer@nhct.nhs.uk 01670 532006 / 819049

Useful websites

Newcastle Sexual Health Training Programme

www.newcastle-hospitals.org.uk/sexualhealthtraining

Wide range of courses available on many different sexual health issues. Contact Harriet Yudkin for more information.

www.fpa.org.uk – reliable, up-to-date information on methods of contraception, STIs and sexual health campaigns

www.nat.org.uk – excellent source of information and resources about HIV

www.lesbisexyandhealthy.co.uk Sexual health information for lesbian and bisexual women

www.mesmacnortheast.com Gay/bisexual men's health project- advice and information and support **0191 233 1333**