Sexualhealthfife

caring about blood borne viruses, sexual health and wellbeing

NHS Fife

FREE CONDOMS FIFE

PRACTICAL INFORMATION & GOOD PRACTICE GUIDANCE FOR ISSUING CONDOMS



VERSION CONTROL TABLE

VERSION DATE	VERSION NUMBER	AUTHOR/ REVIEWER	COMMENTS	DATE OF NEXT REVIEW
01.11.2016	1	EMMA LITTLE		01.11.2017
01.11.2017	2	EMMA LITTLE	Updating contact numbers and links	01.11.2018
01.08.2019	3	EMMA LITTLE	Deleting of HUB information, updating of Sexual Health Fife contact information, updating of dental dam information, update of training, amendments to order form	01.08.2020
03.03.2020	4	EMMA LITTLE	Update on condom ordering process	03.03.20
01.07.21	5	EMMA LITTLE	Update of provision of under 16s, update email addresses and inclusion of postal condom scheme information	01.07.22

INTRODUCTION

This document sets out guidance highlighting effective practice when issuing free condoms through Sexual Health Fife's condom distribution scheme 'Free Condoms Fife'. This guidance is relevant to primary care, youth services, voluntary organisations, sexual health services and any other service where condom distribution may be taking place.

It is important to note that there are no laws governing who can and cannot acquire condoms and there are no age restrictions for purchasing them. To encourage good practice, it is hoped practitioners and volunteers within organisations in Fife will work within these guidelines when distributing free condoms. Condom distribution also allows opportunities for discussion around safer sexual practice and creates the opportunity to promote general health and wellbeing with individuals.

The guidelines have been informed by Government and local policies such as the Sexual Health and Blood Borne Virus Framework 2015-2020 and include information clarifying areas of concern around young people under 16, including those under 13.

The Sexual Health and Blood Borne Virus Framework 2015 – 2020 Update re-iterates the main points from the original Framework published in 2011. The Framework set out five high level Outcomes that were relevant across the topic areas. These Outcomes are as follows:

OUTCOME 1: Fewer newly acquired blood borne virus and sexually-transmitted infections; fewer unintended pregnancies

OUTCOME 2: A reduction in the health inequalities gap in sexual health and blood-borne viruses

OUTCOME 3: People affected by blood-borne viruses lead longer, healthier lives, with a good quality of life

OUTCOME 4: Sexual relationships are free from coercion and harm

OUTCOME 5: A society where the attitudes of individuals, the public, Professionals and the media in Scotland towards sexual health and blood-borne viruses are positive, non-stigmatising and supportive.

The document also highlights the importance of a multi-agency approach, the involvement of third sector agencies and working closely with the most vulnerable individuals in society.

'Free Condoms Fife' as a resource is contributing to Outcomes 1 & 2 of the Framework and also helps to promote multi-agency working. The work of third sector agencies is key in reaching our most vulnerable groups in Fife.

To read the full Sexual Health and Blood Borne Virus Framework 2015 – 2020 Update please follow the link below:

http://www.gov.scot/Publications/2015/09/5740

AIMS OF ‘FREE CONDOMS FIFE’

- To promote the use of the condom as a means of protecting and maintaining sexual health
- To contribute to a reduction in the incidence of HIV infection, sexually-transmitted infections (STIs) and unintended pregnancy
- To contribute to a reduction in the health inequalities gap in sexual health and blood-borne viruses

OBJECTIVES

- To issue free condoms effectively, with the opportunity to discuss the concept and practice of safer sex
- To promote the use of specialised sexual health services to patients and service users
- To create opportunities for conversations about sexual health promotion and health improvement
- To establish positive working relationships with all agencies involved in distributing condoms to ensure a consistent level of best practice
- To reduce health inequalities
- To create a greater level of engagement with patients and service users

RATIONALE FOR THE CONDOM SCHEME

- It demonstrates to patients and service users that staff regard sexual health as an important area of health and wellbeing and are willing to discuss health issues and/or concerns the individual may have
- Issuing free condoms acts as a means of promoting positive sexual health through reducing: STIs; incidence of HIV infection; and unintended pregnancies

TARGET GROUPS FOR ‘FREE CONDOMS FIFE’

Free Condoms Fife does not exclude anyone from accessing condoms and distributors should not refuse anyone a supply of condoms, however evidence suggests that a targeted approach impacts greatest on those at most risk. Nationally recognised priority groups include the following:

- Ethnic minority groups
- Homeless people
- Individuals affected by substance misuse
- Individuals experiencing, or at risk of, domestic and sexual abuse
- Individuals living with or at risk of HIV or other Blood-Borne Virus (BBV)
- Individuals travelling abroad with the scope or intention of having sex
- Individuals who offend
- Individuals with a learning disability
- Injecting and non-injecting drug users
- LGBT communities

- Looked after or accommodated children
- Men who have sex with men (MSM)
- Sex industry workers
- Sexually active young people aged 13 – 15
- Those affected by poverty/welfare reform
- Young people aged 16 – 24

FEATURES OF 'FREE CONDOMS FIFE'

- Free condoms can be accessed across a range of sites in Fife
- There is no requirement for any service user/patient registration to provide any personal details in order to obtain condoms
- Distributors do not have to undertake any onerous monitoring
- Condoms can be accessed on limitless occasions
- A range of products are available

JOINING THE SCHEME

Any organisation in Fife can become a member of 'Free Condoms Fife' particularly those working with our target and priority groups. There is a requirement to undertake training in order to distribute condoms and in order to establish links between Sexual Health Fife and the distributors a lead contact person must be nominated from each organisation in order to receive updates and information about the scheme.

For information on eligibility, joining the scheme, training or any other query contact:

Emma Little (Free Condoms Fife Co-ordinator),

BBV & Sexual Health Development Officer,

Sexual Health Fife,

Whyteman's Brae Hospital,

Whyteman's Brae,

Kirkcaldy,

KY1 2ND

Email – emma.little3@nhs.scot

Phone - 01592 729285

Alternatively Email – fife.condomdistribution@nhs.scot

ORDERING THROUGH THE SCHEME & PRODUCTS AVAILABLE

Condom orders should be placed online via the Health Promotion Access Catalogue (HPAC). Please click the following link to access the catalogue:
http://hpac.fife.scot.nhs.uk

The catalogue is web-based and can be accessed using any PC, tablet, mobile phone with internet access. The system is easy to use and will ensure that orders are processed efficiently and in a timely manner.

All you need to do is register online for a username and password. To get started just click on the "**Login/Register**" button in the top right hand corner on the HPAC website and follow the on-screen instructions.

Once you have registered and been given your username, you will be able to place orders for condoms and other resources.

If you have any queries regarding registering on the catalogue please email:

fife.infocentre@nhs.scot

Telephone: 01592 226494

Please note: once orders are received it will take **7-10 working days for delivery**. Please ensure you have enough stock and your order is placed in time, particularly around holiday periods - for example over the Christmas period.

STORAGE AND SHELF LIFE

Condoms should be stored in a cool, dry place and stock should be rotated on a regular basis to minimise waste through out-of-date stock. Out-of-date stock should be returned to the 'Free Condoms Fife' co-ordinator. Please note: out-of-date stock should not be used for demonstration purposes and should be disposed of appropriately.

CONDOM DEMONSTRATION

A condom demonstration should be available to all individuals accessing condoms through Free Condoms Fife, if they require one. Any young person under the age of 16 who is accessing condoms should be offered a condom demonstration during their first consultation and on subsequent visits, if required. Points to cover when issuing or demonstrating condoms to patients and service users can be found at the end of this document. See Appendix 5.

Click on the following link to access a condom demonstration video:
https://youtu.be/Rr2bahvJuOo

GET RUBBERED!

Get Rubbered is run by Terrence Higgins Trust Scotland (THT) and works in conjunction with Free Condoms Fife to supply free condoms and lube by post to men who have sex with men (MSM) who live in rural and remote areas. THT will send individuals 24 condoms and lube for free and in a plain envelope. To access this service please follow the following link: http://www.tht.org.uk/our-charity/Our-work/Scotland/Condoms-by-post

PREGNANCY TESTING

Free Condoms Fife can support pregnancy testing in community settings by providing organisations access to free pregnancy tests. For further information please contact Emma Little: emma.little3@nhs.scot

FREE CONDOMS FIFE POSTAL SCHEME

Sexual Health Fife has extended their Free Condoms Fife service to include a condom postal service. This is a free and confidential service. Anyone living in Fife, over the age of 13 can be sent condoms direct by post to their home.

The pack will contain 12 condoms and some water-based lubricant. It will arrive within 10 days in a plain, unmarked envelope.

Anyone requiring condoms by post should email the following address:

Email – fife.condomdistribution@nhs.scot

They should let us know their name, address including postcode and whether or not they have a latex allergy.

MONITORING AND EVALUATION

Sexual Health Fife will monitor the number of condoms distributed to organisations throughout Fife. Organisations will not be asked to provide data about condoms they have distributed, or to whom.

Participating organisations may be asked to feedback from time-to-time on the progress of the scheme within their agency, and to take advantage of relevant training and development opportunities available.

TRAINING

Condom distribution training is essential for any individual or organisation wanting to become a member of 'Free Condoms Fife' and distribute condoms. A two-hour training session is available through the Health Improvement Training Programme. Further information is available from Karen Stirling: karen.stirling@nhs.scot

Alternatively, in-house training can be delivered to organisations. For further information on in-house training, please contact Emma Little: emma.little3@nhs.scot

LEAFLETS AND POSTERS

To access a wide range of leaflets and posters to support sexual health promotion within your organisation, please send your requests to: emma.little3@nhs.scot

ADDITIONAL INFORMATION

The following information may be of use when giving advice to those individuals using the 'Free Condoms Fife' service. A full condom issue checklist is available in Appendix 1.

LATEX ALLERGY

If your organisation has a policy regarding the use and/or distribution of latex products, you should apply this policy each time you issue condoms to your service users/patients/students etc. However, if your agency or organisation does not have such a policy in place, then using the questions below should identify any possible issues and concerns.

Latex questionnaire

Have you ever:

- Had an allergic reaction during an operation?
- Suffered from a raised, reddish, itchy rash when in contact with rubber items such as balloons, condoms, rubber bands, etc.?
- Suffered skin or mucosal irritation (eyes, throat, nose, genitals, etc.) during, or shortly after, an examination by a health professional wearing rubber gloves?
- Suffered from sneezing or a runny nose in any situation where you've either had direct contact with rubber or you've been close to rubber products? If so, was there any skin rash linked to this?
- Experienced a rash after eating fruit such as: avocado, banana or kiwi?
- Collapsed as the result of a reaction?

If the person answers **yes** to any of the questions above, you should:

- **Advise the person to visit their GP to check for latex allergy**
- **Only issue non-latex condoms**
- **Advise the person to avoid sex until they have seen their GP**

SAFER SEX WITH BODY PIERCINGS, GENITAL PIERCINGS & BRACES

Male genital piercings and condoms - genital piercings and condoms **just don't mix**. In order to stay safe and protected, all jewellery should be removed from a healed piercing before putting on a condom. If the piercing is not yet healed, or is infected in any way, it is advisable to refrain from sex until these issues are resolved.

Female genital piercings and condoms - much like male genital piercings, female genital piercings can cause condoms to rip, tear and break. Like men, women are strongly advised to remove their jewellery from healed genital piercings prior to sex with a condom.

Oral sex with mouth piercings or dental work - If an individual has a mouth piercing or is thinking of getting one, having an open wound in their mouth leaves them more susceptible to the transmission of bodily fluids into the bloodstream. The same principles and philosophies apply to braces, retainers, bridgework or any kind of oral surgery. Basically, if there is an open wound, it is much easier to spread or catch bacteria.

DENTAL DAMS

Dental Dams are no longer manufactured by providers of safer sex products to the NHS in the UK, due to their reclassification as a medical device. Therefore, dental dams are no longer able to be provided by NHS services. The risks of acquiring STIs through oral sex routes are thought to be very low. The British Association for Sexual Health and HIV which developed the UK Safer Sex Guidance (2012) used in all sexual health services, could find no research evidence for effectiveness of dental dams in relation to STI acquisition.

LUBRICANT

The addition of lubricant to the inside of a condom or to the penis before putting on the condom is not recommended. Most male condoms come pre-lubricated to make them easier to use, nevertheless some individuals like to use additional lubrication. If a male latex condom is being used, oil- based products such as body oils, creams and lotions or petroleum jelly should not be used as lubricants as they can damage the latex and make the condom more likely to split. Some ointments can also damage latex. If an individual is using medication such as creams, pessaries or suppositories in the genital area, advice should be sought from a medical professional as to whether or not they can damage latex. Female condoms come pre-lubricated to make them easier to use. Lubricant is always advised for anal sex.

UNPROTECTED SEX

An individual disclosing an episode of unprotected sex should be encouraged to seek emergency contraception as soon as possible.

Upostelle is available 0-72 hours (3 days) after unprotected sex

EllaOne is available 72-120 hours (5 days) after unprotected sex

The Emergency Copper Intra-Uterine Device (IUD) is another method of emergency contraception and can be used up to 120 hours after a single episode of unprotected sex, or up to 5 days after the earliest calculated day of ovulation. This service is available from Sexual Health Services and some GPs (an appointment is generally required).

When contacting either a GP or sexual health service, the service user should ask for an **emergency appointment**.

Emergency Hormonal Contraception (EHC) is available free from:

- Local community pharmacists
- Sexual health services (www.sexualhealthfife.scot.nhs.uk)
- General Practitioners (GPs) may also be able to provide this service to their registered patients
- A & E
- Gynaecology Department

For links to pharmacies supplying Emergency Contraception see Appendix 7.

The Emergency Copper Intra-uterine Device (IUD) is available free from:

- Sexual Health Services (www.sexualhealthfife.scot.nhs.uk)
- Some General Practitioners (GPs) may also be able to provide this service to their registered patients
- The Gynaecology Department may possibly also be available to provide this service out-of-hours

STI TESTING

STIs are spread through unprotected sex with an infected person, or through the sharing of sex toys. Testing for STIs is quick, free and non-intrusive and can be carried out at any of our clinics. Only a urine sample or swab(s) from the pertinent anatomical area(s) are needed for most tests. A blood sample is required for Syphilis and HIV tests. To make an appointment for STI testing call the appointments line on **01592 647979**.

AGE OF CONSENT

Under the Sexual Offences (Scotland) Act 2009 the age of consent in Scotland is equal at 16 years of age whether a person is heterosexual, homosexual or bisexual.

CONDOM PROVISION FOR UNDER-16s

The Free Condoms Fife scheme will make free condoms and lube available to sexually active young people between the ages of 13-15. There is no legislation which makes it unlawful to provide condoms to those under 16. Young people aged 13-15 may have

sex without protection if condoms are not available to them. Therefore, it is important that this cohort are able to access sexual health services, including free condoms, in order to prevent sexually transmitted infections and unintended pregnancy.

The Free Condoms service in Fife strives to remove significant barriers such as access, cost or embarrassment by making free condoms available both in person and for online ordering by those aged 13-15.

Throughout the Condom Distribution Scheme we offer all 13-15 year olds the option of speaking to a healthcare professional **if they wish to**. We also display 'delay' messages which encourage young people to delay sexual activity which can support young people to make informed choices that are right for them.

CONFIDENTIALITY AND YOUNG PEOPLE UNDER THE AGE OF 16

The duty of confidentiality owed to a person under 16, in any setting, is the same as that owed to any other individual; however there are points to remember when working with young people:

- If the child or young person is under the age of 13 and has been involved in any kind of sexual activity, then you must report this through the usual child protection routes. Contact details of child protection in Fife can be found at the back of this guidance.
- If the young person is 13, 14 or 15 and you are satisfied they are not at risk of harm, their confidentiality must be maintained and they should receive products or services as requested: for example, condoms, STI testing, pregnancy testing, contraception advice, access to termination information, counselling, etc.

If the child or young person is 13, 14 or 15 and you have concerns that they, or someone else, may be at risk, no matter how small that concern is, you have a duty to discuss your concerns with the designated person for Child Protection within your organisation.

See Appendix 3 for some frequently asked questions regarding young people and confidentiality and condom problem-solving solutions.

CHILD SEXUAL EXPLOITATION

Practitioners should take account of the potential for the child to be a victim of, or at risk of, child sexual exploitation. The National Guidance for Child Protection (2014) states: “the sexual exploitation of children and young people is often a hidden form of child sexual abuse, with distinctive elements of exploitation and exchange”.

In practice, practitioners need to be aware that the sexual exploitation of children and young people under the age of 18 might involve young people being coerced, manipulated, forced or deceived into performing and/or others performing on them, sexual activities in exchange for receiving some form of material goods or entity (for example: food, accommodation, drugs, alcohol, cigarettes, gifts and affection). If a practitioner feels that a young person is a victim of sexual exploitation then high quality

recording and documentation should be undertaken according to individual agency requirements.

GETTING IT RIGHT FOR EVERY CHILD (GIRFEC)

GIRFEC should underpin all practice with children and young people, it:

- Places children's and young people's needs first
- Ensures they are listened to and involved in decisions that affect them
- Ensures they get the co-ordinated help required for their wellbeing, health and development

When practitioners who work with young people become aware of situations where underage sexual activity has taken place, they have a duty to consider the impact that this has had on the young person and if this behaviour is indicative of a wider child protection concern. Practitioners should make a judgement about: what information is needed to make an assessment based on the GIRFEC principles, decide which professional is best-placed to carry this out, and consult with professionals to ensure that co-ordinated support is put in place.

CHILDREN AND YOUNG PEOPLE (SCOTLAND) ACT 2014

The Children and Young People (Scotland Act) 2014 (CYPA) enshrines elements of the Getting it Right for Every Child (GIRFEC) approach in law, ensuring there is a single planning approach for children who need additional support from services, providing a single point of contact for every child and providing a holistic understanding of wellbeing.

The Children and Young People (Scotland) Act 2014 (CYPA) embeds children's rights within Scottish public services; it is focused on prevention and early intervention.

In relation to information sharing the following United Nations Convention on the Rights of the Child (UNCRC) articles are particularly relevant. These also demonstrate the role of professional judgment in reaching a decision regarding what information to share and when.

- Article 3 – the best interest of the child must be the primary consideration in all actions concerning children
- Article 12 – every child who is capable of forming their own views has the right to say what they think in all matters affecting them, and to have their view given due weight in accordance with their age and maturity
- Article 16 – Every child has the right to privacy. The law should protect the child's private, family and home life
- Article 19 - You have a right to be protected from being hurt or badly treated"

For more information on the Children and Young Peoples Act please follow the link below:

http://www.legislation.gov.uk/asp/2014/8/contents

‘ARE YOU READY’? - DELAY MESSAGES

Young people under the age of 16 should be actively encouraged to delay sex until they are physically and emotionally ready to handle the implications of a sexual relationship in a positive way. Sexual experimentation is part of development and it is not within a professional’s role to condone active or passive choices by young people to be sexually active. It is important that young people under the age of 16 are able to access sexual health services, including condoms, to prevent unintended pregnancies and STIs.

SEXUAL OFFENCES (SCOTLAND) ACT 2009

The current legal framework Sexual Offences (Scotland) Act 2009, allows professionals working with young people, including those under 16, to provide information about the use of condoms and to provide information, advice and support about sexual health. This means no criminal offence will incur when people are acting solely to protect someone from sexually transmitted infection or pregnancy, to protect their physical safety or emotional wellbeing or to provide appropriate sexual education. For further information on the Sexual Offences (Scotland) Act 2009 please see: http://www.legislation.gov.uk/asp/2009/9/contents

LEARNING DISABILITY

The ‘Adults with incapacity (Scotland) Act 2000’ is now the most significant piece of legislation in protecting vulnerable adults.

The purpose of this act is not only to protect the individuals but also to allow them as much autonomy in their life as possible. It is concerned with identifying incapable adults, who are defined as being ‘incapable of: acting, making decisions, communicating decisions, understanding decisions, by reason of mental disorder or physical disability’. Individuals should be able to understand what is being asked of them. Most people with learning difficulties can make their own decisions, including whether to engage in sexual activity. There will be some people, however, who will not have a level of understanding which enables a particular decision to be made – they may lack capacity.

In assessing capacity, the individual should be able to understand the following:

- Understand what is being asked of them
- Be aware that they have the right to refuse sex
- Not to be afraid to refuse sex
- Be aware that sex is not meant to be painful or uncomfortable
- Be aware that some relationships are illegal, such as those within families or between workers and clients
- That they are being exploited if they are given rewards/incentives or being paid for sex

Please follow the link below for more information on the Adults with Incapacity (Scotland) Act 2000: http://www.legislation.gov.uk/asp/2000/4/contents

Organisations who work with individuals with a learning disability in Fife may wish to access: ‘Making Choices Keeping Safe Best Practice Guidance’ for staff who Support Adults with a Learning Difficulty.

APPENDIX 1

CONDOM ISSUE CHECKLIST – POINTS TO COVER WHEN ISSUING OR DEMONSTRATING CONDOMS TO PATIENTS AND SERVICE USERS

- Keep condoms in a cool, dry place (avoid wallets or purses where other items can cause damage).
- Check all outer packaging for damage.
- Check packaging for the British Standard Kite-mark, the European EN600 or International ISO 4074. Some condoms may only carry safety/reliability marks on the outer packaging and not the individual condom packet. NB: CE 0086 is a safety mark and not a quality or reliability mark. Non-latex condoms/female condoms don't carry a kite-mark, but if you have a latex allergy, it's better than nothing.
- Check the expiry date – out-of-date condoms are more likely to break
- Ask about latex allergies.
- Before any genital contact, push the condom to one side and open the foil wrapper, take the condom out – taking care not to damage it with jewellery, nails, etc. Be aware of the way it rolls down.
- Squeeze the teat to exclude air and roll down the erect penis until fully unrolled to the base.
- Check the condom is rolled down properly and it's not inside out.
- If it is inside out, start again with a new condom. Do not re-use condoms.
- Never use two condoms together – it increases the likelihood of splitting. It is not double protection!
- Only use water-based lubricants with latex condoms as oil-based products damage the latex.
- For anal sex, using plenty of water-based lubricant is more important than using extra thick condoms. A good quality CE or kite-marked condom will do the job.
- Only put lubricant on the outside of the condom and/or around the anus or vagina. Putting lube inside the condom could cause the condom to slip off during penetration.
- Check any ointments, topical medicines, pessaries, creams, massage oils, cosmetics and foodstuffs for oil content before using them with condoms.
- Withdraw carefully, but immediately after ejaculation, holding the condom in place at the base of the penis to avoid leakage.
- Check the condom is intact.
- Remove the condom from the penis whilst still erect, making sure there's no genital contact.
- Tie a knot in the condom; wrap it up in tissue and dispose in a bin. Never put condoms down the toilet.
- Never re-use condoms, but get a new one every time for further sexual contact.

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APPENDIX 2

GOOD PRACTICE WHEN ISSUING CONDOMS TO UNDER 16s

It is considered good practice for professionals to consider the following points when issuing condoms or providing advice to young people under the age of 16:

- Professionals should establish a rapport with the young person and give them time to think through the issues, not just about the condoms, but also whether the young person feels happy about the sex they are planning to have.
- A discussion should be had around the emotional, physical and legal implications of early sex, including the risk of pregnancy, sexually-transmitted infections and the idea of regret – a significant number of young people feel regret in having engaged in early sex.
- Is the relationship between the young people mutually agreeable?
- Is there any sign of coercion or abuse? What age is the person/partner they are having sex with/ planning to have sex with?
- The young person should be encouraged to inform their GP and advised of the benefits of discussing the issues with their parent or carer. Any refusal should be noted but respected.
- Practitioners should signpost to, or facilitate, additional counselling or support services.
- Practitioners should always ‘leave the door open’ so that the young person feels they can come back, especially if things go wrong.

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APPENDIX 3

FREQUENTLY ASKED QUESTIONS

Q. Are adults and children entitled to the same level of confidentiality?
A. Yes, the Human Rights Act 1998 and the UN Convention on the Rights of the Child both make it clear that children and young people have exactly the same entitlement to confidentiality as adults.

Q. Can I ever breach a child or young person's confidentiality?
A. Yes, you can breach a child or young person's confidentiality but only if you believe they/someone else is at risk of harm and where breaching their confidentiality is a proportionate way of addressing that risk. Inform the young person about the need to speak to other practitioners and seek their consent if possible. Where appropriate, speak with the young person prior to passing on the child protection concern – every reasonable effort should be made to seek their agreement.

Q. If I give a young person advice or support or (for instance) provide them with condoms knowing that they intend to have sex, could I be prosecuted for helping them to have sex (which is illegal)?
A. Not so long as you are providing support to try to: stop them getting pregnant or getting an STI; to keep them safe; support their emotional wellbeing or provide appropriate sex education. You could only be prosecuted if you were supporting them for your own sexual gratification, if you were trying to humiliate them, or if you were trying to actively encourage them to have sex. Health staff should continue to follow the Fraser Guidelines.

Q. But sexual intercourse is illegal under the age of 16. That means I have to report it to the police, doesn't it?
A. No, it doesn't. There is no requirement for you to report underage sex to the police. If you are concerned that a young person may be at risk of harm, you should discuss this with the designated person for Child Protection within your organisation.

Different responses may be required depending on the age of the young person, but sexual activity that involves a child under the age of 13 should be managed in accordance with the Fife Multi-Agency Underage Sexual Activity Protocol. For children aged 13 or over a range of issues should be considered. What remains important is that young people are offered a consistent, joined-up approach from every service involved with them.

Q. If I know a young person's having sex, should I tell their parents?
No. Children and young people are legally entitled to confidentiality, even from their parents. If you are satisfied the child or young person is not at risk of harm, you should maintain their confidentiality while ensuring they receive the services they need. You should discuss with them the potential benefits of speaking to a family member. If you are concerned that a young person may be at risk of harm you should discuss this with the designated person for Child Protection within your organisation. Back to Confidentiality and Young People

APPENDIX 4

CONDOM PROBLEM-SOLVING

Burst condom

Most condom failures are due to user failure. Offer a condom demonstration to encourage the correct application and removal of condoms. Enquire as to any lubricants being used – oil-based lubricant will damage condoms. Offer Pasante water-based lubricant. Discuss sexually-transmitted infection risk, emergency contraception options and time limits, including local emergency contraception scheme at participating pharmacies and encourage to access local sexual health services as appropriate.

Condom too tight

Discuss the range of condoms available, offer Pasante large condoms and reinforce the use of lubricant and give a supply.

Condom slipping off

Recap the condom demonstration and emphasise the penis must be withdrawn before the erection is completely lost. Review the range of condoms available and offer Pasante Trim.

Condoms retained within the vagina

Encourage attendance at a GP or sexual health service for removal of the condom by a health care professional. Revise the condom demonstration and emphasise the penis must be withdrawn before the erection is completely lost. Discuss emergency contraception including availability through local pharmacies.

Irritated genital skin

Discuss risk factors for sexually-transmitted infections and encourage referral to local sexual health service for advice and testing. Offer latex-free condoms and lubricant.

Back to Confidentiality and Young People

APPENDIX 5

USEFUL CONTACTS

Emma Little
'Free Condoms Fife' Co-ordinator
BBV & Sexual Health Development Officer,
Sexual Health Fife,
Whyteman's Brae Hospital,
Whyteman's Brae,
Kirkcaldy,
KY1 2ND
Email – emma.little3@nhs.scot
Telephone – 01592 729285

Louise Hutton
Information and Resources Officer
Health Promotion Service
Fife Health and Social Care Partnership
Cameron Hospital
Haig House
Windygates
KY8 5RG
Email – louise.hutton@nhs.scot
Telephone - 01592-226494

Sexual Health Fife
www.sexualhealthfife.scot.nhs.uk
Appointments Line: 01592 647979

Child Protection Team
If you are worried about a child or young person, speak to someone as soon as possible and tell them about your concerns. If you consider a child or young person to be in **IMMEDIATE** danger then call Police Scotland on 999. For non-emergency calls you can call Police Scotland on 101 or the Social Work Contact Centre on 03451 551503. For more information, follow the link below:
http://www.fifechildprotection.org.uk/minisites/index.cfm?fuseaction=page.display&pageid=5C8A3FA2-F091-A0B3-6CA6A35C4DCE744F&siteid=AA73CD9C-E7FE-C7EA-06436BFC786E1C8E

Fife Rape and Sexual Assault Centre
Fife Rape and Sexual Assault Centre (FRASAC) is an independent voluntary organisation which offers a range of free and confidential support services to anyone, regardless of gender, who has been raped or sexually assaulted at some point in their lives.

Telephone: 01592 642336
E-Mail: info@frasac.org.uk

Fife Women's Aid
Fife Women's Aid supports women, young people and children who have experience of domestic abuse.

Telephone: 0808 8025555

Pharmacies supplying EHC
Pharmacies across Fife can supply Emergency Contraception. For a list of pharmacies in Fife, please follow the link: http://www.nhsfife.org/nhs/index.cfm?fuseaction=nhs.pagedisplay&p2sid=8602F65E-A6EA-7256-6CB81080D543C7A5&themeid=3B984BF2-65BF-00F7-D42941481355468F

Further training
To access a wide range of courses available through the 2017-2018 Health Improvement Catalogue, please follow the link: http://www.healthyfife.net/health-promotion-training-programme

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