

Are You Ready for Sex?

A new leaflet for young people

Health Opportunities Team has been working with young people in Edinburgh to produce a new resource. This visually striking leaflet is written in a supportive and friendly tone and is intended to help redress some of the pressures and concerns young people and professionals share:

- Many young people are describing sexual activity that they are not completely happy with (without it being a Child Protection issue)
- Many young people report regretting the first time they have sex
- There is increasing concern about the pressure (driven by the media and perpetuated by peers) on young people to be having sex
- Young people are often misinformed about sexual health information and about the levels of sexual activity amongst their peer groups



Who is the leaflet for?

All young people aged 13 to 16 years old who are contemplating having sex for the first time.

It will also be a valuable resource for parents, carers, peers and anyone working with this age group.

The leaflet includes sections on:

- Challenging myths relating to early sexual activity
- Assisting young people to decide if they are ready to have sex
- Enabling young people to consider reasons for having sex and for delaying sex
- Young people's rights and responsibilities
- Drugs and alcohol
- Internet Safety
- What to do if things do wrong
- Services that can support young people

Costs

Free within Lothian. 40p per copy outwith Lothian.

Orders

This resource will be available from February 2007. To order copies please contact Darina at Health Opportunities Team – 0131 468 4600.



Produced by
SUPPORTING YOUNG PEOPLE IN MAKING INFORMED CHOICES
HEALTH OPPORTUNITIES TEAM

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