

The Children's Rights Service



Right about
Sexual Health



promoting children's human **rights**

RIGHT *ABOUT* SEXUAL HEALTH

Making Choices Keeping Safe

Being healthy is about feeling good physically, mentally and emotionally.

For many people sex is an important and healthy part of life. Sex can be fun, exciting, wonderful and loving.

Being sexually healthy means making positive choices and healthy decisions about your sex life. Every person has a right to engage in sexual activities that are lawful, wanted and understood, without being exposed to exploitation or sexual violence.

So, sexual health is about much more than having sex. It's about understanding how your body works and relationships where there is equality and mutual respect.

You should never feel
pressured into doing
anything that you
don't want to do.



Sexual health means that we protect others and ourselves from sexually transmitted infections (STIs: infections passed from one person to another during sex) and unintended pregnancy. Sexual health and well-being also affects emotional and mental health.

You should never feel pressured into doing anything that you don't want to do. This goes for the kind of sex that you want to enjoy as well. Remember it is an offence in Scotland to have sex if you are under 16.

The important thing is that in order to have a healthy sense of positive sexuality, you need to take care of yourself, be sure that what you're doing is what you really want to do.

Make sure you've got someone to talk to who will take you seriously and listen to you if you need help to work things out.

3 out of 10 young people regret having sex at a young age.

Remember it's OK to say 'No' until you're ready.

Talking about relationships and sex is difficult for everyone but sexuality is a natural and healthy part of being human.

People are entitled to express their sexuality in different ways, showing respect for self and others.

Different sexualities such as homosexuality, lesbianism, bi-sexuality and transgender need to be acknowledged without discrimination, prejudice or judgement.

Some people have a hard time understanding and dealing with their own and other people's feelings. Don't worry, this is normal too! If you find you are having difficulties or feeling confused, you can go to one of the services listed to talk over what you are feeling. These services are confidential.

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The bottom line is that as long as you and your partner are both over 16 and have both agreed that what you do is what you both want, it is fine and it is normal! All you have to do is use the Sexual Safety Kit:

Respect yourself and others.

Enjoy healthy relationships

Support one another to make the best choices

Pressure isn't good – Say 'no' when you want to

Education and information are very important

Condoms! Use them every time you have sex

Trust each other

You could speak to an adult you trust like: Parent, Carer, Keyworker, Social Worker, Looked After Children Nurse.

Confidential Info at :

Caledonia Youth

31 Reform Street, 2nd Floor,
Dundee DD1 1SG

Tel: 01382 229613

www.caledoniayouth.org

The Corner

Drop-in, 13 Shore Terrace,
Dundee DD1 3NP

Tel: 01382 206060

www.thecorner.co.uk

The WEB Project

South East Pavillion, Baxter
Park, Arbroath Road, Dundee
DD4 7HD

Tel: 01382 458128

The Children's Rights Officer

11 Castle Street, Dundee
DD1 3AA

Mobile: 07946 32145

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