

CU1: Development of Sex and Relationship Education (SRE) Booklet for young people “R U Curious”

Area: Liverpool

Lead: So to Speak Team

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Brief Overview: A booklet that covers the broader areas of sexual health and relationships such as self-esteem, love and body image as well as contraception and Sexually Transmitted Infections (STIs).

The contents and layout of the booklet was based on consultations with young people and put together by a team who had over eight years experience of delivering Sex and Relationships Education (SRE) to young people in Liverpool.

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The creation of this booklet provided an opportunity to work alongside young people to produce a tailor made resource and service directory that would meet the sexual health needs of local young people – and at the same time save money by eliminating the need to buy in several different resources.

The resource would also prove to be an integrative part of the Liverpool C-card RU Ready? Scheme and accompaniment to the ‘www.ru-curious.co.uk’ website which was to follow.

Target Group:

- The target age group is 14-19 with the understanding that younger and older could also benefit from the resource.
- Agencies who work with young people including schools, colleges, hostels and youth settings.
- Professionals who work with young people.
- Parents.

Outcomes:

- Involved young people in the development of an educational resource.
- Appealed to and was accessible to young people and met their needs.
- Offered a service directory and educational tool for young people in Liverpool.
- Replaced a range of leaflets previously used in deliveries and reduced costs.
- Increased generic worker’s confidence in introducing sexual health education to young people that they work with.
- Produced an accompanying resource to support the Liverpool C-card R U Ready? Scheme.

Sustainability: Most of the information in the booklet will be relevant long term. If the service directory was removed, the booklet would be relevant to all regions and would stay in date for much longer. The Service Directory can be updated periodically when the resource is reprinted.

What made it work?

- main, relevant topics are all in one booklet.
- External agencies trusted the booklet due to the trust they have in So To Speak.
- It became an integral part of C-Card/RU ready scheme.
- It incorporates the R U Ready message as well as giving information on contraception and sexual health services.
- Young people were involved in the design.
- Young people and adults who work with young people were consulted on the design, content and layout of the booklet.
- The team that pulled it together had a wealth of experience in working with vulnerable young people, and therefore had an understanding of the topics that young people wanted information on and how it could be presented.
- Cost was cheaper than buying in resources from FPA, Brook and the Sheffield Centre for HIV and Sexual Health.
- Obtaining direct feedback from young people in sessions has enabled us to add to and improve the contents when producing new editions.

What could make it work better?

- A more comprehensive and financially supported translation service.
- Posters made from topics in the booklet.
- Posters and short leaflets in different languages – specifically, we have been asked for Sex and the Law in Polish.
- Support for the staff that created it in resource development such as design, writing and editing.
- Funding for future editions and print runs.

Further information: Liverpool PCT sponsored the booklet and paid for 20,000 copies to be produced for distribution in Liverpool. A website has now been developed based on the booklet and we have been able to expand on the topics due to increased space available on the website 'ru-curious.co.uk'.

The booklet has been discussed at regional Sexual Health meetings and there has been interest expressed to make it available across the region.

We have had feedback from agencies involved in the Liverpool C-Card/RU Ready scheme that workers have been able to use the booklet as a tool for discussing relationships and sexual health and also that having the booklet has increased their confidence in discussing these issues.