

## High impact tweaks

### 'High Impact Tweaks' to Improve the Sexual Health of Young People

**It is essential that we use our existing resources to maximum effect and to “tweak” them as necessary to get the best outcomes for our young people and to help achieve public health outcomes!**

At a time when cost effectiveness and efficiencies is more important than ever, the network has distilled some evidence based activities from across Cheshire and Merseyside and the North West in order to produce the “High Impact Tweaks to Improve the Sexual Health of Young People”. These case studies will generate ideas of how you can tweak what you have already got to achieve the public health outcomes at minimal cost. This will in turn achieve cost savings as well as health and wellbeing benefits.

To utilize the case studies effectively the following values and foundations need to be in place and the process below needs to be followed:

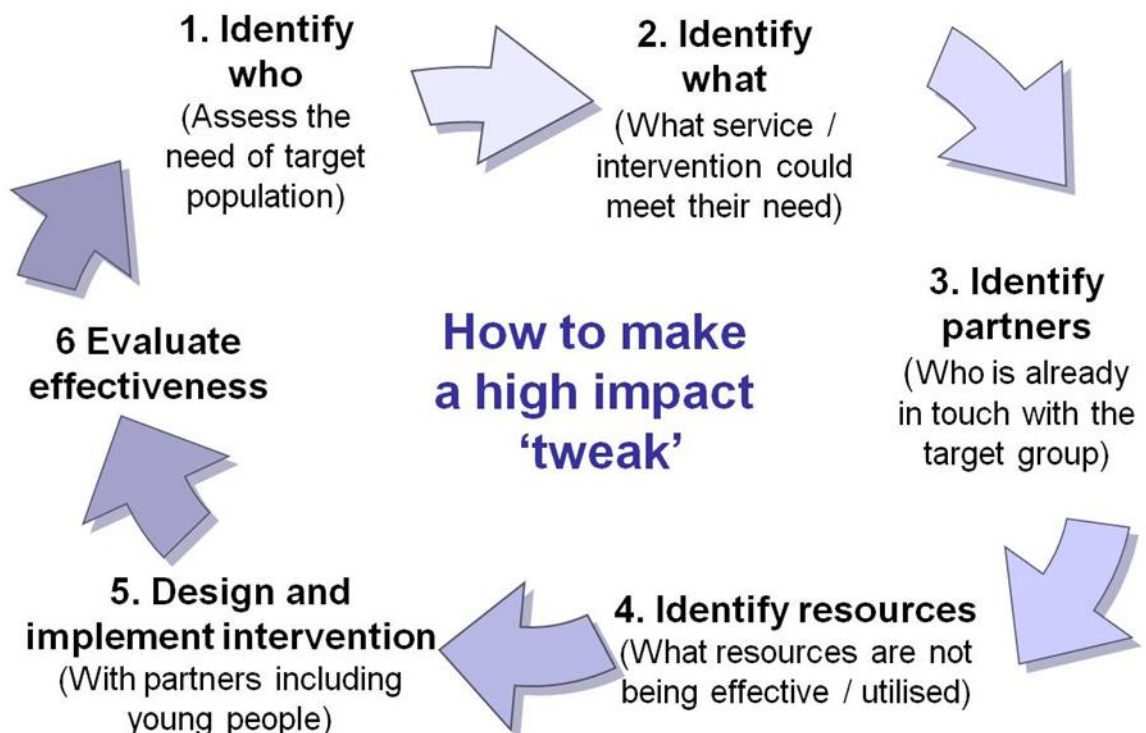
#### Values:

- The guidance is applicable to all young people service provision
- It is intended to be sustainable – helping young people prepare for their roles as adults and future parents
- Services need to be holistic, inclusive and person centred – so catering for the needs of the individuals that use them
- Prevention is better than cure – upstream working!

#### Foundations:

- Local leadership/ champions really can make the difference in spreading good practice
- Commissioners and providers need to be prepared to evaluate current activities and introduce change – wherever possible within existing budgets.
- Developing partnership arrangements with agencies already in contact with target population

**Process:** Click on the diagram below to view stage 1 'High Impact Tweaks'



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### Relationships and sex education

- [Bitesize brook \(RU1\)](#)
- [Sex and relationship education \(RU2\)](#)
- [Dangerous loverboy \(RU3\)](#)
- [Teenage relationship abuse/domestic violence \(TRU4\)](#)
- [Challenging early sexualisation, sexual exploitation and perceptions of risk \(RU5\)](#)

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### Communications and marketing

- [R U curious \(CU1\)](#)
- [Get it on \(CU2\)](#)
- [Get on top \(CT1\)](#)

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### Training

- [Sex drugs and risk control training programme \(TU1\)](#)
- [Tiered training programme \(TU3\)](#)
- [Teenage relationship abuse/domestic violence \(TRU4\)](#)
- [Domestic abuse and risks to teenagers training programme \(TRU4\)](#)

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### Settings and services

- [C-card/ R U ready? \(SU1\)](#)
  - [Outreach clinics \(SU2\)](#)
  - [Wirral's health services in schools programme \(HSIS\) \(SU3\)](#)
  - [Brook \(ST1\)](#)
  - [So to speak \(ST4\)](#)
  - [The risk indicator tool \(ST2\)](#)
  - [Healthy body, healthy mind programme \(ST3\)](#)
  - [One-to-one support \(ST5\)](#)
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### Relationships and sex education

- [Bitesize Brook \(RU1\)](#) is a way of providing relationship and sex education for young people where they rotate around a number of themed learning zones
- So To Speak provide [sex and relationship education \(RU2\)](#) in a developmental group work approach for young people along with training delivered to professionals who work with young people.
- ['Dangerous Loverboy' \(RU3\)](#) DVD and toolkit for key stage 4 pupils
- Twilight training session for school staff on [Teenage Relationship Abuse/Domestic Violence \(TRU4\)](#), including introducing 'Spiralling' DVD and resources/toolkit.
- Training workshop for children and young people's workforce ['Challenging early sexualisation, sexual exploitation and perceptions of risk' \(RU5\)](#) and 'Mixed Messages' resource including session plans and resources for young people.

### Communications and marketing

- Development of Sex and Relationship Education (SRE) Booklet for young people [R U Curious \(CU1\)](#)
- Development of a sexual health website ['Get it on \(CU2\)'](#) aimed at all ages

#### Targeted:

- [Get On Top \(CT1\)](#) is a peer led social media project which led to the development of a website aimed at 16-19 year olds not in employment, education or training (NEET)

### Training

- The [Sex, Drugs and Risk Control Training Programme \(TU1\)](#) will assist practitioners to develop skills, knowledge and confidence to address issues of risk with young people, deliver preventative intervention and enable early identification of potential problematic behavior.
- Development of a [tiered training programme \(TU3\)](#) for Wirral's Children and Young People workforce around relationships and sex education.
- Twilight training session for school staff on [Teenage Relationship Abuse/Domestic Violence \(TRU4\)](#), including introducing 'Spiralling' DVD and resources/toolkit.
- See how St Helens have 'Re-tweaked' this High impact 'tweak' to develop a similar and localised [Domestic abuse and Risks to Teenagers Training programme \(TRU4 Re-tweak\)](#) to Professionals

## Sexual health network

### Setting and services

- Liverpool [C-card/ R U Ready? \(SU1\)](#) is a condom distribution scheme that aims to support young people, including identified targeted groups to increase the availability, accessibility and acceptability of condoms and information on sexual health issues to young people.
- Brook has a number [outreach clinics \(SU2\)](#) throughout Liverpool including schools, further education colleges and various community settings e.g. Youth Offending Team, Children's/Semi-independent units and Hostels.
- [Wirral's Health Services in Schools programme \(HSIS\) \(SU3\)](#) aims to ensure young people in Wirral are able to make informed and positive life choices, including those related to sex, relationships and contraception.

### *Targeted:*

- There are a series of examples of how to provide targeted services for young people in Liverpool via [Brook \(ST1\)](#) and [So to Speak \(ST4\)](#), and TAZ Outreach Team (ST2&ST3) in St. Helens.
- [The risk indicator tool \(ST2\)](#) is to assist partner agencies and professionals to identify young people "at risk" of an unintended conception and enable an appropriate intervention is offered by the TAZ Outreach Team.
- The dedicated TAZ (Teenage Advice zone) outreach team has developed a bespoke [healthy body healthy mind programme \(ST3\)](#) that is based on delaying early sexual activity and equipping young people with the skills to make healthier sexual health choices.
- Train up and allocate dedicated outreach time for Nurses based in Mainstream sexual health services, providing [one to one support \(ST5\)](#) for vulnerable young people, encouraging them to access mainstream services.