

NOGRAB

NOFONDLE

NOGROPE

NOSQUEEZE

Any sexual  
activity without  
consent is a

**CRIME**

NOGREYZONE

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The Health Improvement  
Equality and Involvement  
Department (HIEI) of the  
Western Health & Social  
Care Trust are working  
with the Regional Sexual  
Health Network to  
support Northern Ireland's  
Sexual Health Week.

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## Sexual Health Week Objectives

- **To raise awareness with 16-28yrs olds about the NO Grey Zone Initiative that provides information around Sexual Consent and Sexual Assault.**
- **To provide information about looking after your sexual health and promote Trust Services.**

The NO Grey Zone campaign was launched in recent months and led by PSNI, supported by sexual violence charities, prosecutors, students unions at Ulster University and Queens University Belfast.

The No Grey Zone includes development of a website providing excellent information and sign posting to local support services.

 [www.nogreyzone.com](http://www.nogreyzone.com)

The HIEI Department in partnership with the Public Health Agency have been working this year to train practitioners who work with young people around sexual consent. This successful work has now been developed into a train the trainer course and will be delivered in 2019-20. This approach compliments key messages from the No Grey Zone initiative as well as echoing messages provided by the Community Relationships and Sexuality (RSE) Education Workers who provide sessions about Consent directly to young people in the community.

Health Improvement Officer for Sexual Health has been working with FE Colleges and Ulster University Students Union and Health and Wellbeing reps to promote key Sexual Health Week in campuses across the Trust area. This work builds on previous initiatives relating to Consent in the Colleges and Magee run earlier in the year.

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## Enthusiastic Consent

It's important to think about a person's capacity to consent for example if they are drunk or high, asleep or unconscious or even if they have the freedom to consent for example they may feel afraid or even forced to engage in a sexual activity. Another situation may include coercion where someone may feel pressurised into doing something they do not want to do.

Many Sexual Health Practitioners talk '**Enthusiastic Consent**'. Sexual Health charity Brook state 'Sex should be enjoyable and must always be agreed to by everyone involved. One way to make sure this is always the case for you is to ask for and give enthusiastic consent. This means saying 'yes', freely and without being forced and by using body language which shows the other person that you are enjoying yourself and happy.

If you say 'no', or if someone else says 'no', through words or through body language, you must always respect their wishes. Respecting a 'no' is a bare minimum. Getting enthusiastic consent is important as it makes sure that everyone involved wants to engage in the sexual act and are free and happy to do so. If you're not sure that the other person is consenting, just pause and ask them – it's a good habit to get into.'

 [www.brook.org.uk](http://www.brook.org.uk)

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## Sexual Health Week WHSCT Area

1. **Development of Social Media messaging to support the NoGreyZone initiative.**
2. **Sexually Transmitted Infection Testing by GUM Team at Ulster University, Magee Campus.**
3. **The annual Big Fat Sexy Quiz run by Students Union at Magee.**
4. **Sexual Health Promotion Stands across FE Campuses and Magee.**
5. **Focus Groups with Students at Magee, NWRC and Young People in Communities.**
6. **Awareness Sessions with class reps at NWRC.**
7. **Awareness work with Sexual Health Trainers who provide programmes for young people across the Trust area.**
8. **Sexual Health Awareness session with a community group of men aged 50+.**
9. **Sharing of information via Twist West for Trust Staff.**
10. **Provision of resources across communities via existing networks.**
11. **Disseminate of information and resources to Workplace Health Champions in partnership with Derry Healthy Cities.**
12. **Promotional drive at South West College Enniskillen campus informing students about the onsite Sexual Health Clinic.**

# NOGROPE

## Other Useful Information

**Remember Looking after your Sexual Health is as important as any other aspect of your health.**

If you choose to be sexually active, there are ways you can help protect your sexual health.

Key ways include:

- **talking to your partner about your sexual relationships;**
- **contraception;**
- **using condoms and dental dams;**
- **being aware of how alcohol and drugs alcohol lower inhibitions and affect decision making;**
- **getting tested for sexually transmitted infections if you think you may have put yourself at risk;**
- **limiting your number of sexual partners;**
- **avoid overlapping sexual relationships;**
- **Know how to give and get consent;**
- **Remember not all sexually transmitted infections have symptoms. No symptoms does not mean no STI.**

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## Sexual Health Services in the WHSCT Area

### **Contraception and Sexual Health Service (CASH)**

Brae Waterside Derry/Londonderry **028 7132 1758**

Limavady Health Centre **028 7776 1121**

Strabane Health Centre **028 7138 4114**

Omagh Health Centre **028 8283 5536**

Enniskillen South West Acute Hospital **028 6638 2693**

South West College Enniskillen Campus (drop in clinic) for more information or ring Brae Clinic **028 7132 1758** or Enniskillen Campus **0845 603 1881**

### **Genito-Urinary Medicine Service (GUM)**

Altnagelvin Hospital Anderson House Derry/Londonderry

Appoint only clinic on Wednesday's New Omagh Hospital and Primary Care Complex **028 7161 1269** (Tel number for both services)

### **New Pilot Express Sexual Health Clinic Anderson House Altnagelvin**

The GUM clinic at Altnagelvin are currently piloting an Express Sexual Health Clinic aimed at testing individuals over 18 yrs who do not have any symptoms but who would like a check up. Results available the next day by 12noon. For more details about the service please ring the GUM Clinic number above as services not suitable for certain groups.

# NOSQUEEZE

## How you can Become Involved

Contact Ann Linstrom [ann.linstrom@westerntrust.hscni.net](mailto:ann.linstrom@westerntrust.hscni.net) for further information about workshops/accessing resources and campaign materials. Please note even if you work with those over 28yrs please do get in touch. Sexual Health Week is a great opportunity to get information across to many target audiences.

## Useful Contacts

 [www.sexualhealthni.info](http://www.sexualhealthni.info)

Contains general sexual health information including clinics across N.Ireland.

 [www.nogreyzone.com](http://www.nogreyzone.com)

Provides information about Sexual Assault and Consent as well as sign posting to support organisations.

 [www.westerntrust.hscni.net](http://www.westerntrust.hscni.net)

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