

## Sexual Health Week

‘Playing it Safe’

11<sup>th</sup>-17<sup>th</sup> September 2023

Being safe means feeling empowered to access contraception, testing and treatment. It means understanding consent, healthy relationships, and pleasure.

It also means providing relationships and sex education (RSE) that gives young people the tools to navigate the world safely both online and offline; and delivering safe, accessible sexual health services wherever people need them ([www.brook.org.uk](http://www.brook.org.uk)).

### Useful Websites

[Turning Point | Local Service \(turning-point.co.uk\)](http://turning-point.co.uk)

Young Hounslow Sexual Health

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

[www.chelwest.nhs.uk/services/hiv-sexual-health/clinics/sexual-health-hounslow](http://www.chelwest.nhs.uk/services/hiv-sexual-health/clinics/sexual-health-hounslow)

[www.healthforteens.co.uk/sexual-health](http://www.healthforteens.co.uk/sexual-health)

[www.nhs.uk/service-search/sexual-health](http://www.nhs.uk/service-search/sexual-health)



Young people in Hounslow can text a school nurse for confidential advice and support:

**07507 333176**

Learn more at: [bit.ly/ChatHealthPrivacy](https://bit.ly/ChatHealthPrivacy)