



# Sexual and Reproductive (SRH) Health?

Youth Strategy  
2025-30



# Why should **you** read this?



**Talking about SRH keeps young people safe and healthy into adulthood.**

**This strategy, built by your Youth Councils aims to:**

- Provide information about what SRH is
- Highlight issues that are most important to young people
- Share key actions local authority and partners are taking to improve your SRH
- Link you to sources of information and support
- Show how we will hold organisations to account for delivering on their promises



# What is sexual and reproductive health? (SRH)



# Why is sexual and reproductive health important?



Young people aged 24 and under are at **higher risk of poor sexual health** than other ages



Rates of **teenage pregnancy** are starting to increase



**Sexually transmitted infections are increasing for young people.** Most are preventable or treatable

**Period poverty** (not being able to afford period products) is increasing



**Rates of abortion** by young women aged 25 and under are **increasing**



**More than a quarter of children reported having seen pornography by age 11**, with some reporting they have seen it 'aged six or younger'. Those exposed to pornography are more likely to have unhealthy relationship perceptions



# What **you** told us:

- Relationships and Sex Education (RSE) lessons taught you about consent, but less about contraception
- **Up to 45%** of you said you thought most young people start having sex before the age of 16. **Only 11%** said that they have had, or are currently in, a sexual relationship
- That you do not easily know where to get **free condoms**
- You lack information about **pelvic health**
- Young people with learning disabilities want to learn more about sex and relationships and **how to access services**
- Care experienced young people told us they need to be aware of the **full range of contraceptive options** and want assurance that **services are confidential**
- **Up to 8%** of you have been sexually harmed or harassed

*Information is taken from the respective Richmond and Wandsworth Sexual and Reproductive Health Needs Assessments (2024)*

# What the **councils** and **partners** are doing:



- RSE training for teachers, Foster Carers, Social Workers and those working with young people with learning disabilities
- Theatre workshops on sexual harassment and harm
- New guidance for teachers to help teach about uncomfortable subjects, including pornography



**Talk PANTS** to keep children aged 3-11 safe from sexual harm

- Developing promotional info about local services
- Encouraging sexual health services adapt youth friendly standards
- Reproductive health campaigns including pelvic health and 'period positivity'



**FREE condoms** from youth workers, school nurses and online from [www.getit.org.uk](http://www.getit.org.uk)

## The **Youth Councils** would like to:

- Have RSE delivered by teachers who are trained, confident and supported
- Learn the correct words to describe our bodies and sexual and reproductive health
- Access SRH information and services in school drop-ins
- Know that boys and young men's health and wellbeing is taken seriously and conversations about misogyny, and incel culture are balanced and don't stigmatise young men
- Share that the HPV vaccine prevents cervical cancer
- See services and strategies that are Accessible / Accountable / Inclusive / Supportive & Safe

# How can **you** help?

**It's OK to talk about sexual and reproductive health.**

You can encourage your friends to talk about it in a sensitive and non-judgmental way.

Follow these three simple steps:

## ASK

What do you know about sexual and reproductive health?

**What else do you want to know?**

## ADVISE

Conversations are **confidential** unless they or someone else is at risk of or experiencing harm. Help is always available

## ASSIST

Tell them about **online information** on sexual and reproductive health like [www.gettingiton.org.uk](http://www.gettingiton.org.uk)



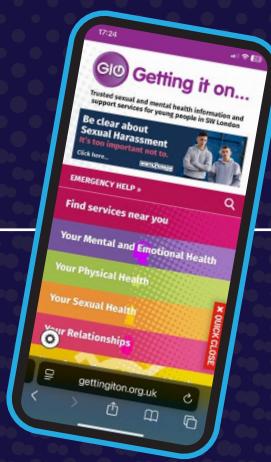


# To improve your SRH the **Youth Councils** will:

- Work with the councils to promote services
- Ensure services hear young people's voices
- Meet regularly with the councils to check progress
- Conduct surveys to check progress is visible to you



Find out more about sexual and reproductive health and local services from [www.gettingiton.org.uk](http://www.gettingiton.org.uk)



To find out more about the work of the Youth Councils follow us on Insta:

Wandsworth: **wbcyouthmayor**    Richmond: **afc\_kryouthcouncil**

