




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
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This document is produced through a collaboration between Wandsworth and Richmond Youth Councils and Public Health Richmond and Wandsworth

What is sexual and reproductive health? (SRH)



Sexuality

Condoms

Being Respectful

Contraception



Reproduction

Sexually Transmitted
Infections (STIs)

Pelvic Health

Freedom to decide

Sexual Harassment

HPV
vaccine

Pleasure

Cervical
Screening

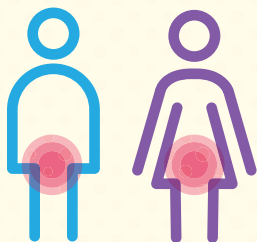
Safe

Endometriosis

Periods



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

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





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



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

Wandsworth: **wbcyouthmayor**

Richmond: **afc_kryouthcouncil**

