

Minutes, CPG/AGM Meeting

Date: 4 December 2019

Venue: Committee Room 5

AGM:

- Election of co-Chairs:
 - o Tom Arthur MSP. Proposed by Dylan Morris, seconded by Alastair Rose
 - o Patrick Harvie MSP. Proposed by Tom Arthur MSP, seconded by Nicky Coia
 - o Alex Cole-Hamilton MSP. Proposed by Dylan Morris, seconded by Tom Arthur MSP
- Election of Secretariat
 - o HIV Scotland. Proposed by Tom Arthur MSP, seconded by Patrick Harvie MSP
- Agreed to approach Labour and Conservative group and try and get another co-Chair. PH notes gender imbalance which Secretariat will aim to address when approaching both Labour and the Conservatives – update to be given at next meeting.

Main Meeting:

- Introductions, welcomes, apologies
 - o Apologies: Alison Scott
- Correction to previous minutes: Alison Scott had sent apologies
- Meeting Topic: Sexual Health and Young People
 - o Nicky Coia
 - Overview of key issues affecting young people in relation to sexual health
 - In the life of young people, it's the adults in their life that provide the 'scaffolding' for the sexual health
 - "Priority young people" – population groups that we are most concerned about
 - There's an assumption that young people are more sexually active, but we're realising that that may not be the case
 - Between 2010 and 2014 the percentage of both boys and girls that reported themselves as sexually active decreased
 - Over the last 25 years, teenage conception rates have also decreased. However, we still have the highest rates of teenage of conception in Western Europe
 - o PH: Is this because we've not reduced to their rate, or because their rates have also decreased?
 - o NC: Both
 - In richer areas, there are far fewer pregnancies and far fewer terminations, and the tendency to terminate is far lower is far higher in richer areas
 - Sexually transmitted infections continue to increase
 - Chlamydia and gonorrhoea rates are both worrying, but the latter is far more worrying due to the severity of the infection
 - In both chlamydia and gonorrhoea, it's within the age groups of 20-24, but also the under 20s, where this is a main issue

- Use of condoms are also decreasing. They remain the most preferred method of protection, but between 2010-2014, both in boys and girls, condom use has fallen
- Over the last five years, the number of young people vLARC has fallen, where the number of adults accessing the service has increased
- We are a lot more alive now than we were ten years ago when it comes to young people's relationships
 - Intimate partner violence is now on par with adult relationships
 - There's a considerable influence of pornography on young people's relationships, including a poor understanding of consent and an increase in anal sex
 - 1/5 young people are experiencing abusive relationships to a certain degree
 - Median age at most recent occurrence of non-volitional sex were 16 for boys, and 18 for girls
 - In terms of anal sex, 1 in 5 young people are now participating in anal sex. This isn't necessarily a welcome development in the relationships from the perspective of young women
- We can't get away from or ignore the sexualisation of our culture
 - Toys, clothing, and pop culture all contributed to a heavily sexualised society, which is, at some level, impacting upon how they choose to present and how they choose to participate in society
 - Further to this, the impact of social media cannot be ignored
- Child sexual abuse
 - An estimated 1 in 20 children in the UK have been sexually abused
 - This seems to be an underpinning factor in a whole host of issues
- Young people's attendance at sexual health clinics
 - Across Scotland, there is a varied picture. In some boards (such as GGC) there has been a fall in attendance, but for others (such as Lothian) there has been a year on year increase
- Abortion before 9 weeks gestation
 - 9 weeks is the optimal time for the procedure to take place if the woman is to go ahead with an abortion
 - Under 16s and 19s are far less likely to meet this < 9-week gestation period target
 - Level of knowledge around abortion in this age group was shockingly poor, and this doubtlessly contributed to the low number of people meeting that < 9-week target
- Alastair Rose
 - Wave Highland is an interactive sexual health education for schools aimed at vulnerable young people under the age of 25
 - It was developed from a service that was awarded to Waverley Care in the Highland, and young people underpin every aspect of the service
 - Allowing young people to be included to ensure that the information is relevant and meaningful

- Some of the areas covered in the Highlands are very densely populated and others are extremely rural – which is why there needs to be a diverse set of information
- Participation in the work is key to that. We aren't here to lecture young people, but also to engage with them in some of the activities
- It needed to be accessible too, including access on mobile phones, and it needed to direct them to services
- Many of the young people cannot get into their nearest service, so it also involves pinpointing young people to services that were mobile or could be accessed
- Topics that are covered include: STIs, sex and the body, sex and the law, contraception and condoms
- Wavelength is targeted directly at secondary schools, and it's about growing up into adulthood
 - Diversity and inclusion
 - Healthy relationships
 - Sex positivity and pleasure
 - Locality-specific information
 - Encouraging access to other relevant support and clinic services
- A lot of the task is to take the fear and embarrassment out of sexual health, and ensure that young people could deal with the issue
- Dedicated staff work for Wave Highland, and there are some sessions that can be delivered at local secondary schools and give young people the support they need
- Service is looking to be expanded across Scotland
- Report into Wave will be circulated around attendees and Cross-Party Group
- Colin Morrison
 - RSHP.Scot
 - Delivery of that part of the curriculum has been relatively patchy, and the successful ones were sparsely spread throughout Scotland and were dating
 - RSHP is organised into physical changes, sexual health and sexuality, role of parent/carer, and positive relationships
 - This resource maps by seven themes, and is organised by level (early level through to senior phase, P1 to college)
 - Organisation by level allows anyone to see what is taught and at what age it is delivered
 - This streamlining allows the resource to be used in a more practically applicable way, guiding educators from P1 all the way through to college, so nobody is being rushed at the end of P7
 - At least 20% of young people in every school will have an additional need, whether that's autism, bereavement
 - Feedback is generally positive, but there are occasional gaps, however these are being filled during the early days of the resource
 - There are opportunities at every level for parents to be involved. Things can be sent home to the parents, so learning can be backed up at home
 - Education is not just a right, but it's preventative and it's responsive
- Yvonne Kerr

- CONUNDRUM: CONdom, CONtraception, and UNDerstandings: Researching, Uptake, and Motivations
- This study has only just begun, it's about questions not answers at this stage
- Background for this is around declining use of free condom services by young people, decrease in proportion of young women under 20 accessing LARC, a decreasing proportion of sexually active young people in Scotland reporting using a condom at last intercourse, and a large minority of sexually active young people stating that they've never used a condom. Marrying these facts with the increasing STI rates seems like a public health emergency
- The aim of the of study was to understand the multilevel factors influencing young people's acquisition and use of condoms and contraception for penetrative sex. This includes looking at the factors at the individual level, the interpersonal level, the institutional level, the community level, and the social/structural level
- The study is designed across three phases: engagement events, data collection, and co-production of recommendations. Researchers are going to areas at which young people already feel comfortable and asking these questions
- Any input that could be given by members of the CPG – Secretariat will circulate with minutes of this meeting
- Enthusiastic Consent
 - Why was this needed?
 - Young people felt great pressure to become sexually active, and when they spoke about their expectations they were very low – no expectation of pleasure whatsoever, and the idea of discussing it was distinctly embarrassing, so it was easier to just go with it rather than question it
 - Even with new resources, we felt that there was still a missing piece of the puzzle. Despite sexualised society, we weren't actually seeing it talking about the realities of sex or something replicable
 - Results
 - Key research question was around the barriers to discussion around sexual consent. How do we know it's going well? How should it feel?
 - Young people, both in groups and individually, worked with the study
 - The term "enthusiastic sexual consent" was not recognisable to young people
 - Even the word "consent" was discussed in its absence – it was often discussed in a negative aspect [being harassed in a club, for example]
 - Discomfort and embarrassment in talking about sex was a clear barrier
 - Lots of the young people were critical of what they'd received in schools – with denominational schools being highlighted as an area of weakness

- Young people felt that consent was important, but they had various understandings and experiences
- One of the most important things that emerged was the normalisation of conversations about sex with both family and peers
- Some people preferred to be much more verbal, whereas others preferred non-verbal consent
- Gender stereotypes emerged very strongly – the idea that it would be the male asking for consent and the female either acceding or refusing
- Relationships and one-night stands were a recurring theme. Some felt that relationships brought trust, whereas one-night stands were a lot easier as you wouldn't see the person again
- There were some surprising omissions
 - Drug and alcohol use
 - Pornography
 - Online consent
- In terms of the creation of the resource, there were some important things from young people:
 - Grabbing their attention
 - Nothing too long, nothing that looks like an advert
 - Attention paid to stereotypes, diversity and accessibility
 - Young women were very open to seeing different types of relationships, whereas young heterosexual men would rather see heterosexual relationships
- Next steps:
 - Taking these findings and working with young people to produce a brief for film production. Probably a series of short films rather than one long film
 - Next year's festive period to be when the campaign is properly launched
- Q&A
 - PH: What are the next challenges that we may encounter? Are there challenges that we might face in terms of online presences?
 - PH: Are we moving in the right direction when it comes to RSHP?
 - NC: It feels like we've turned a corner on RSHP with the resource. There has been a tacit endorsement by denominational schools, which we never thought we'd see. We just need to ensure that teachers have adequate encouragement.
 - ??: I left Catholic school three years ago, and we were told that you have two relationships; your relationship with God and your relationship with who you're going to marry. We had reading activities around if your daughter came and asked you for the pill, and what you'd tell her: you'd tell her no, and you'd tell her why.
 - EC: I've worked in Catholic school, and this sounds like individual attitudes of the teacher.
 - YK: Updating of the SG RSHP Guidance for schools. Denominational schools were raised at recent meeting, and there are some

examples of really good practice. You can have a great resource but if you've not got the support behind you and the encouragement then it'll remain a resource sitting on the shelf.

- PH: Is there wider best practice that we can draw upon?
 - CM: We've drawn on something in the USA called the Maze, and we even have permissions to dub it in Scottish voices
 - NC: There's a sense that this is a global issue, but there were some envious eyes on Scottish practice