



Sexpression:UK is a student-led charity that empowers young people to make informed decisions about sex and relationships. We deliver informal, near-peer lead, sex and relationship education (SRE) sessions, which cover a range of subjects. Our core offer includes sessions on bodily changes and puberty; safe sex, STIs and contraception; sex and consent; relationships and abuse; sexual orientation and gender and sex and the media. We currently have 26 branches throughout the UK including Glasgow, Edinburgh, Aberdeen and St Andrews and we have over 700 registered student volunteers.

Our sessions aim to create opportunities for young people to discuss topics on sex and relationships in an open, non-judgmental environment. We feel this encourages pupils to participate and engage in sessions, as well as promoting individual self-esteem and keeping autonomy in matters relating to sex and relationships. It also provides young people with the knowledge and skills to access confidential and up-to-date information.

Sexpression:UK believe that inclusive, comprehensive SRE should give young people access to reliable up-to-date information about relationships, sex, sexual orientation and gender, and empower them to make their own decisions regarding their own relationships and sex.