



**Living Well**  
North Tyneside  
Supporting Health and Wellbeing

### **Sexual health and young people**

If you're thinking about having sex for the first time it's really important that you feel ready, you don't feel pressured into it by someone else and that you feel comfortable with your decision.

Even though it might seem as if everyone around you is having sex, remember the average age for first-time sex in the UK is still 17 and above. Most people feel both excited and worried at the thought of having sex for the first time – this is normal, the main thing is that you feel absolutely ready.

You can find lots of helpful information on the NHS website <https://www.nhs.uk/live-well/sexual-health/>

### **Sexual health and adults**

Sex is a natural part of life but it can also carry risks, such as sexually transmitted infections (STIs) and unwanted pregnancy. STIs are diseases passed on from one person to another through unprotected sex (sex without a condom) or sometimes through genital contact.

For an overview of the different STIs and advice on a range of issues to do with sex visit the NHS website <https://www.nhs.uk/conditions/sexually-transmitted-infections-stis/>

### **Local information and support**

Sexual health services in North Tyneside are free and available to everyone regardless of sex, age, ethnic origin and sexual orientation. We aim to make sure that people are given the information and skills they need to make informed choices about their sexual and reproductive health.

North Tyneside sexual health services provide:

- advice on sexual health, relationships and family planning
- free contraception
- free testing and treatment for sexually transmitted infections (STIs)
- free HIV testing
- free emergency hormonal contraception (the morning-after pill) for young people
- Services might be delivered by nurses, specialist doctors, your local/regular doctor, pharmacists or outreach workers. Not all service providers offer the full range of sexual health services as outlined above, and it's always best to check what's on offer in advance.

If you need to have an examination, you should be offered a chaperone. This means that someone else can be with you when you have the examination if you want them to be.

**You can find out about sexual health services across North Tyneside at a number of clinics here**



sexual health | family planning | contraception



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<http://www.nhs.uk/Livewell/Sexualhealthtopics/Pages/Sexual-health-hub.aspx>



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