

YOU SAID, WE DID



Progress update for young people aged 16 to 25 years

Thank you to everyone who completed the Essex Relationships Sex and Health Education (RSHE) 2025 survey. The survey, delivered by Essex Public Health and Essex Youth Service, asked questions to young people aged 16 to 25 about RSHE topics, awareness of local services and sexual health support.

Since getting the results, we've been working hard to improve services. Our goal is to make sure young people in Essex have good access to support and information so you can build healthy relationships.

YOU SAID,

WE DID

You are most likely to look to educational settings, online and social media for information and support on RSHE topics.



You would like to know more about steps to take after unprotected sex, healthy and respectful relationships and information on choices around pregnancy.



Continuing RSHE training for teachers so the information you receive is clear, relevant, and supportive.

Find advice and answers at www.askingforafriend.org.uk or follow our social channels for tips, myth-busting, and real talk on relationships and health.

Essex Sexual Health Service has added information on the following topics onto their asking for a friend website:

- Pharmacy services available and interactive map to access contraception and emergency contraception
- LGBTQ+ sexual health and healthy relationships for all
- STI prevention methods
- Video on sexual pleasure

YOU SAID,

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Most young people in years 16 to 25 said they're most aware of condoms and the contraceptive pill as methods of contraception.



You told us that you feel most comfortable accessing contraception from a pharmacy, shop/supermarket or GP



We've taken action to make contraception more accessible by:

- Adding an interactive map on the ESHS website showing local pharmacies offering Emergency Hormonal Contraception
- Training 30 youth service workers as eC-Card assessors and enabling detached youth work teams to become condom outlets for easier access to free condoms

We're making it easier for you to get help by:

- Exploring youth-friendly pharmacies with Essex Sexual Health Service and community pharmacists
- Adding an interactive map to the Essex Sexual Health Service website showing where to access Emergency Hormonal Contraception

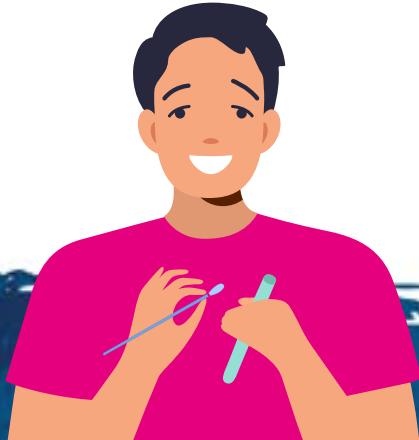
YOU SAID,

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55% of you said that you feel very or fairly confident accessing emergency contraception.



Young people aged 16 to 25 said they feel most comfortable using a test-at-home service to access STI tests and advice.



We're improving access to support by:

- Adding an interactive map on the ESHS website showing pharmacies offering Emergency Hormonal Contraception
- Sharing information in youth-friendly ways via **askingforafriend.org.uk** and Instagram
- Training more staff across Essex to provide advice and access
- Exploring youth-friendly pharmacy pilots for safe, respectful support
- Making Emergency Hormonal Contraception available in all pharmacies from November 2025

We're making STI testing private, easy, and accessible by:

- Offering free home STI testing kits through Essex Sexual Health Service
- Providing clear guidance on ordering and using kits at **askingforafriend.org.uk**
- Sharing advice and reminders on Instagram so you know where to go and what to expect

YOU SAID,

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Many of you who experience periods also deal with problematic symptoms — but most of you don't seek support. When you do, you told us that you are more likely to go to your GP.



We're making support easier to access and more youth-friendly by:

- Sharing period and menstrual health info on: **askingforafriend.org.uk** and Instagram
- Exploring ways to make GPs and pharmacies more approachable for young people seeking help with period symptoms

For more information on Essex Sexual Health Service and to access the resource hub on a range of topics please visit:

askingforafriend.org.uk

You can follow Essex Sexual Health Service on the following social media channels:



ESHS.Essex



essex_shs



@E_SHS



@essex_shs

This information is issued by:
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