

# YOU SAID, WE DID



## **Progress update for young people in school years 10 and 11**

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 age-appropriate questions to young people in years 10 and 11 about their RSHE lessons and awareness of local services.

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.**



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

Find advice and answers at [www.askingforafriend.org.uk](http://www.askingforafriend.org.uk) or follow our social channels for tips, myth-busting, and real talk on relationships and health.

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



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

**Most of you told us that the RSHE you've had in school has been inclusive of all sexualities and gender identities.**

Continuing to support teachers with inclusive training and resources. We'll ensure RSHE teaching respects all identities and work with schools to listen to feedback and keep improving.

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**Most young people in years 10 and 11 said they're most aware of condoms and the contraceptive pill as methods of contraception.**



We've made contraception easier to access:

- ESHS website now features an interactive map of local pharmacies offering emergency 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

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



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

**For those of you who had felt uncomfortable online, family was the most common source of support.**

Essex Safeguarding Children Board is developing a resource to help parents, carers, and trusted adults have open conversations about online safety helping keep you and your friends safe



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

[askingforafriend.org.uk](https://www.askingforafriend.org.uk)

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

 [ESHS.Essex](https://www.facebook.com/ESHS.Essex)

 [essex\\_shs](https://www.instagram.com/essex_shs)

 [@E\\_SHS](https://www.youtube.com/@E_SHS)

 [@essex\\_shs](https://www.tiktok.com/@essex_shs)

This information is issued by:  
Essex Public Health and Essex Youth Service

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[www.essex.gov.uk/youressex](http://www.essex.gov.uk/youressex)

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