

Sexual Health Provision

Commissioned research into young people's experiences of and knowledge of sexual health services in Cumbria

Research carried out by Journey of Youth assisted by staff from Cumbria Youth Alliance



Table of Contents

- 1 Introduction**1
 - 1.1 Brief1
 - 1.2 Aims.....2
 - 1.3 Scope2
 - 1.4 Acknowledgements.....3

- 2 Questionnaire**.....4
 - 2.1 Methodology4
 - 2.2 Data collection4
 - 2.3 Results and key findings.....5

- 3 Focus Groups**31
 - 3.1 Methodology31
 - 3.2 Results and key findings31

- 4 Key Findings**33

- 5 Evaluation**.....35

- 6 Appendices**36
 - 6.1 Questionnaire sample.....36
 - 6.2 Questionnaire data.....38



1. Introduction

1.1 Brief

This research has been commissioned with regard to Countywide Sexual Health Provision for young people, specifically detailed to inform future provision.

The project comprises an across county sexual health survey covering 6 locality areas, to include one school, an alternative education provider and a youth club, covering ages 11 – 23+.

The key aim of this research is addressing the importance of young people's involvement in service development, monitoring and evaluation. This research is designed to engage young people and provide an opportunity for them to give feedback and responses through survey questionnaires and managed focus groups with the goal of developing monitoring feedback.

The research will address a number of key areas:

- **Access:** Asking young people what problems they have with access at the moment, ensuring future services are accessible to young people.
- **Awareness:** Identify levels of awareness of the services available and how linked publicity explains the service etc. Research used as a recommendation for how to raise awareness of services available.
- **Confidentiality and consent:** Addresses confidentiality, consent and safeguarding and how these are implemented by staff and understood by service users. This theme supports and is supported by local safeguarding arrangements.
- **Environment:** Addresses service provision, environment and atmosphere, with the aim of ensuring that they are young-people friendly (at the same time as being welcoming to all service users, regardless of age). The 'environment' is taken to include the atmosphere created by physical arrangements as well as staff attitude and actions. The environment can contribute to ensuring confidentiality for service users. Looking at days, times, venues that are used.
- **Staff training, skills, attitudes and values:** Addresses the training, skills, attitudes and values that staff need to deliver young-people friendly services and ensure the needs of young people are met. What have young people experienced regards attitudes – what would they like to see, experiences they have had and what values do they put on the staff that they have been involved with.
- **Targeted and specialist CAMHS:** This theme covers targeted services (such as counselling) and specialist services (such as multidisciplinary teams or inpatient services). Asking young people what support they need apart from the sexual health service. For example, talking through options and offering guidance around sexual health.



1.2 Aims

Key aim is to use the information gleaned from the young people to shape services around the needs of young people in Cumbria. In terms of provision the Dept of Health 'You're Welcome' quality criteria/framework for adolescent health services identifies that we need to be:

- Involving young people in service improvement
- Enhancing young people's experience of service
- Increasing young people's opportunity to share in decisions about their health

Evidence is increasing that these criteria have the potential to greatly improve patient experience, leading to better health outcomes for young people and increasing socially responsible life-long use of services.

By involving young people in the service construction it will provide a service that is more accessible to young people and be in a format that young people can identify with and be more comfortable with using, therefore, increasing service use and reducing health related issues. This research will ensure young people's needs are fundamental to future commissioning processes for service provision and thus have positive impact on their health and wellbeing.

The project also meets the Children and Young People's Plan Priorities 4 and 5; Young people choose not to engage in risky activities and behaviours, children and young people believe in themselves, value and respect others and understand the consequences and effects of their actions.

This research is being conducted through youth organisations and trusted partners including schools, Alternative education providers and youth clubs with the goal of producing high quality feedback with honest responses. The age range of 11-23+ and breadth of the study across six regions of Cumbria will accommodate a wide cross section of young people, helping to deliver a robust picture of their perspective on current provision and views on how sexual health services across the county can be improved. It also provides the opportunity for young people to have involvement in the development of services and influence on the decisions taken about provision for their health.

1.3 Scope

To gather this information Cumbria Youth Alliance worked with organisations across Cumbria incorporating six main locality areas of Barrow, South Lakes, Copeland, Allerdale, Carlisle and Eden. In each locality, research was targeted on schools, alternative education providers and youth clubs, covering ages 11 – 23+ through distributed questionnaires and managed focus groups.

The organisations targeted in each area work with young people in a variety of settings, the aim being to include a wide a selection of young people. Comments and findings are not attributed to individuals or to focus groups within the report as a condition of contributing to the report was the confidentiality of the responses from the young people.

The questionnaires were designed to provide a combination of quantitative and qualitative feedback to give young people an opportunity to express their own individual views and ideas. Further analysis and exploration of views and ideas was conducted through managed focus groups giving young people the opportunity to share opinion and make a contribution to future service developments and decisions about their future health provision.

Thanks to all of the contributors to this research

Cumbria Youth Alliance would like to thank all the Young People, Schools, Youth Clubs and alternative education providers for taking part in this research. Thanks to all of you who attended focus groups, completed questionnaires or helped with the distribution and collection of research.

Your opinions are valuable and have helped to deliver on the key aims of this project...

"To address the importance of young people's involvement in service development, monitoring and evaluation."

"To engage young people and provide an opportunity for them to give feedback and responses through survey questionnaires and managed focus groups."

2. Questionnaire

2.1 Methodology

The data gathered for the study was collected using a printed questionnaire (appendix 1). It was designed to identify young people's knowledge and opinion of current sexual health services and provide the opportunity for young people to describe the improvements they would like to see.

The questions have been designed to address the main points identified in the brief for this research. Giving young people the opportunity to provide quantitative and qualitative feedback on the key areas of Access, Awareness, Confidentiality, Environment and Staff attitudes.

The survey comprises 24 questions, a mixture of qualitative and quantitative but designed to give each respondent the opportunity to qualify their answers and provide the facility for young people to respond to questions in their own words.

2.2 Data collection

The distribution of the surveys to identified schools, youth clubs and alternative education providers via the trusted and recognised source of the Cumbria Youth Alliance meant that tight control on the survey groups could be maintained, and the integrity and honesty of responses enhanced.

This approach should ensure that each of the completed questionnaires received can be viewed with a high degree of validity and from sources and locations adhering to the requirement of this study.

The use of intermediary agencies such as schools and youth clubs assists with the distribution and collection of questionnaires and increases the efficiency of the questionnaire method of opinion gathering. Their involvement should ensure that questionnaires are well targeted and delivered to appropriate young people with a minimum of spoiled responses or replies from young people outside of the specified project criteria.

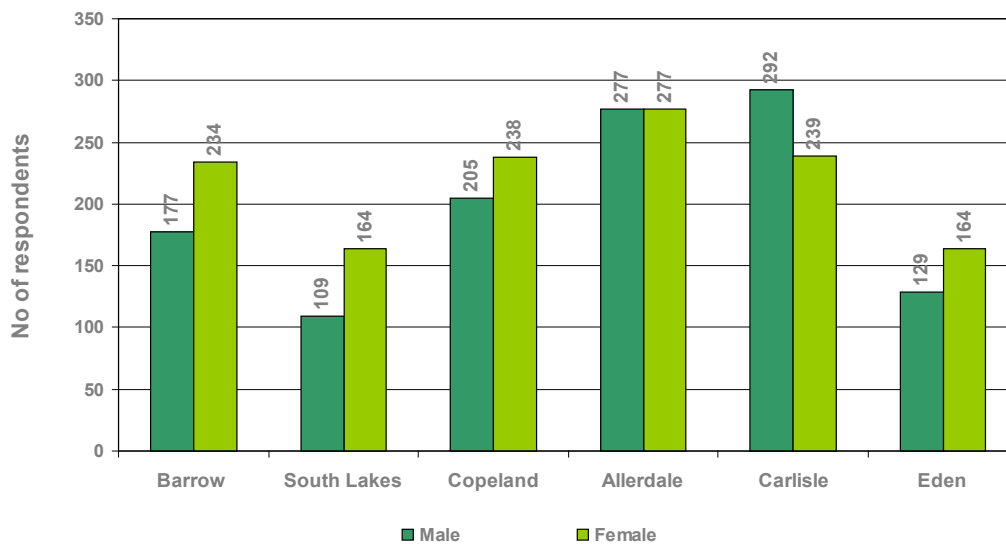
Completed returns are compiled into spreadsheets and charting generated for quantitative feedback with demographic data for gender and locality employed in reporting of outcomes.

Qualitative responses are summarised in table form with common themes highlighted and sorted by number of similar responses and discussed further in the key findings section of this report.

The source of questionnaires has not been disclosed and each organisation returning responses has anonymity. This was important in order to elicit honest and open responses from the young people taking part.

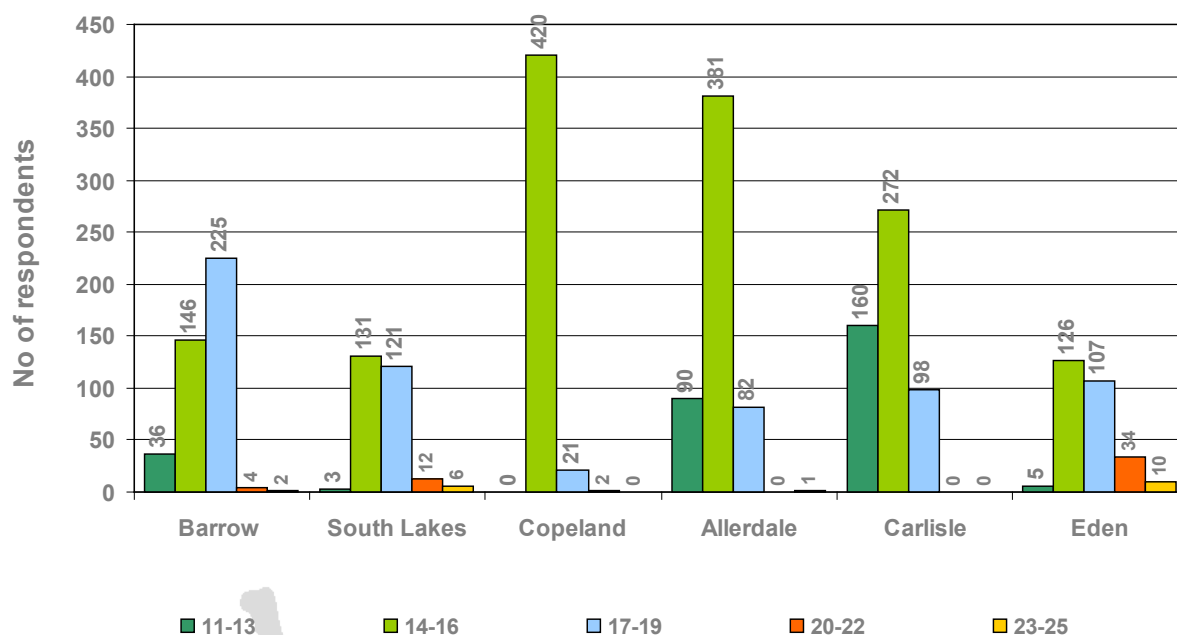
2.3 Results and key findings

Question 1 & 3 - Gender. Breakdown by area



In total, 2506 completed questionnaires were received. The distribution was evenly spread over the six target locations and on analysis of gender information it is clear that the research has achieved a good distribution between male and female respondents. This data has been used to breakdown subsequent questions where gender provided any substantial differentiation of results.

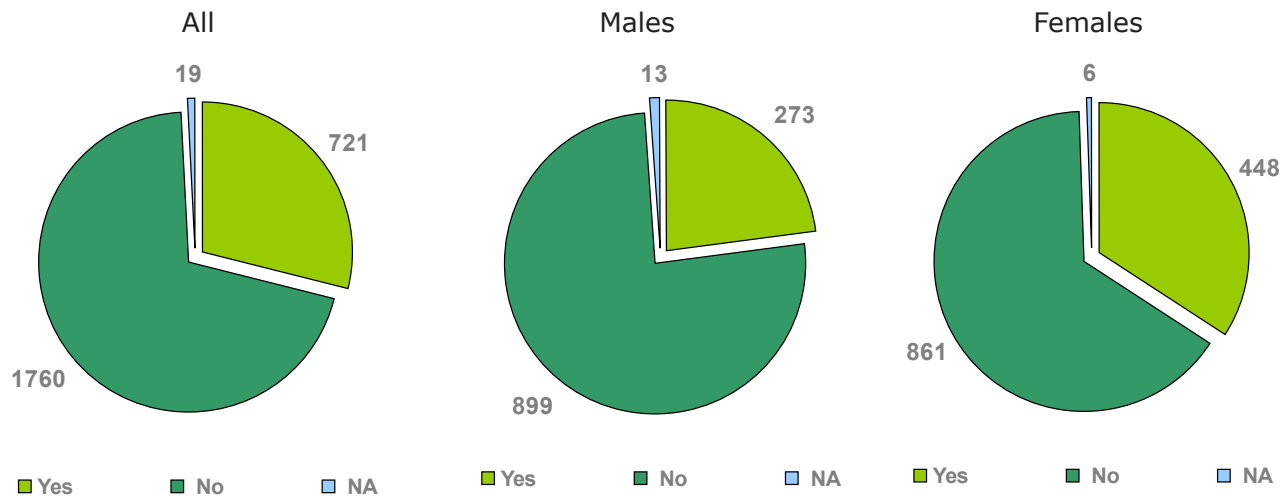
Question 2 - Age. Breakdown by area



The chart demonstrates that the age distribution favoured the 14-16 year old age groups. The focus on schools, youth clubs and alternative education providers did dictate the audience for the questionnaires.

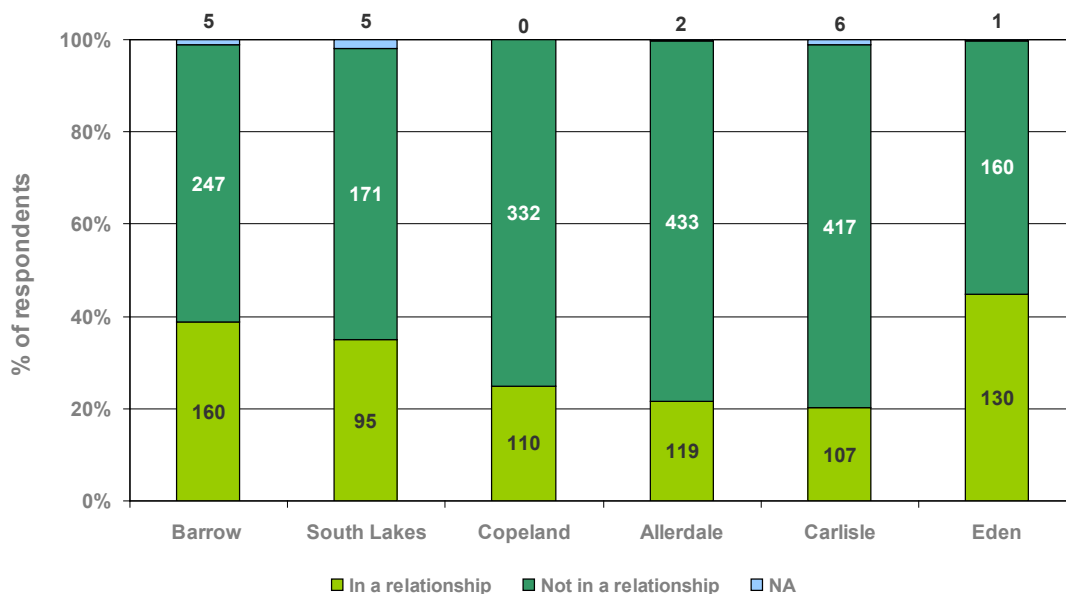
2.3 Results and key findings

Question 4 - Are you in a relationship? Breakdown by gender



Split by gender did not show any marked differences in response with the majority indicating that they are not currently in a relationship. Overall 29% of those answering the question indicated that they were in a relationship. The following chart does highlight some more significant variation by area.

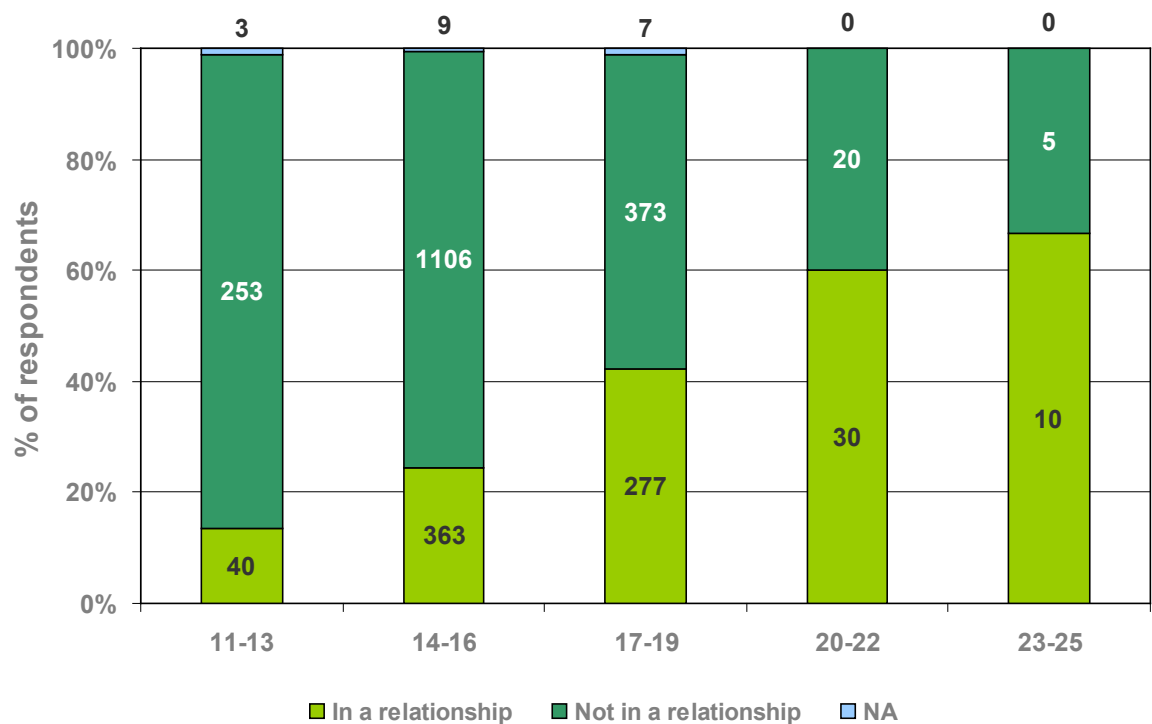
Question 4 - Are you in a relationship? Breakdown by area



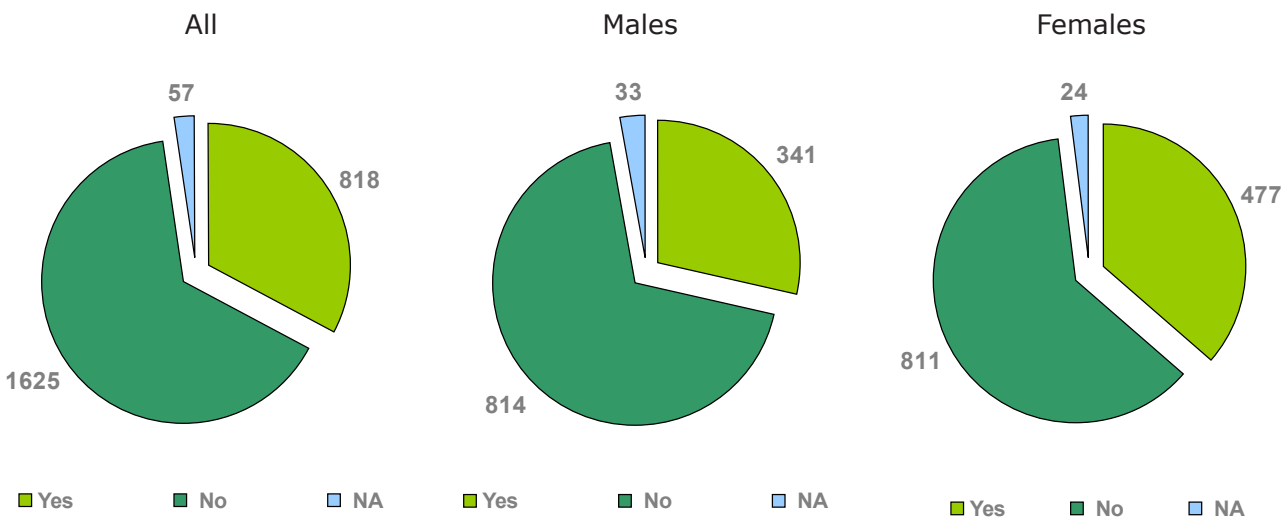
The results by area were similar for both genders. Male and female respondents in the Barrow, Eden and South Lakes areas with raised figures (38%,44%,34%), Allerdale, Carlisle and Copeland with lower numbers (21%,20%,24%) indicating that they are in a relationship.

2.3 Results and key findings

Question 4 - Are you in a relationship? Breakdown by age



Question 5 - Are you sexually active? Breakdown by gender

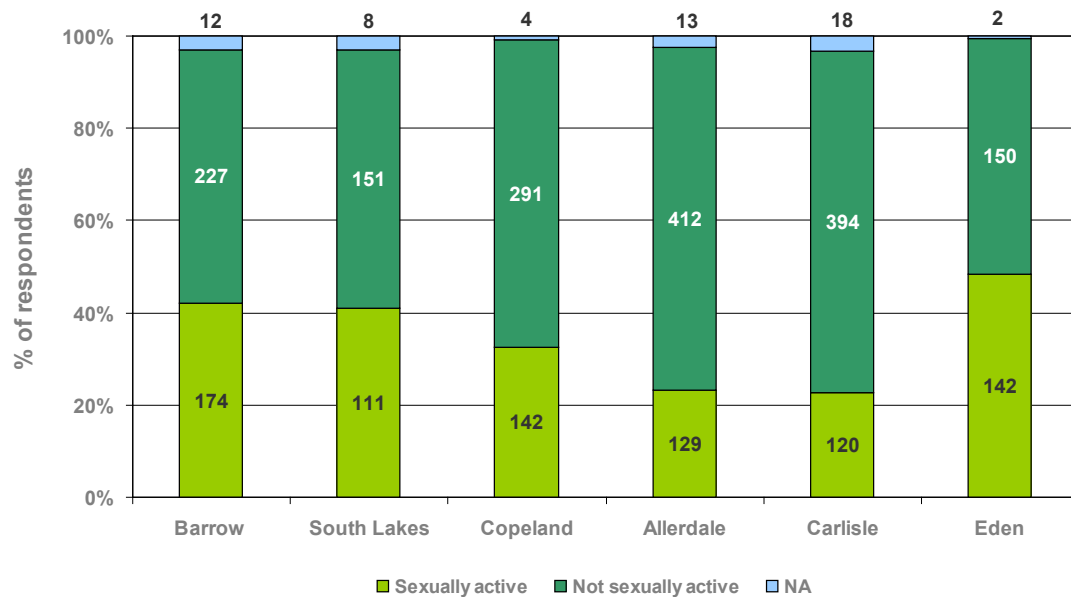


Responses to this question do indicate that a higher proportion of females are sexually active with 37% of females indicating yes, the figure only 29% for males.



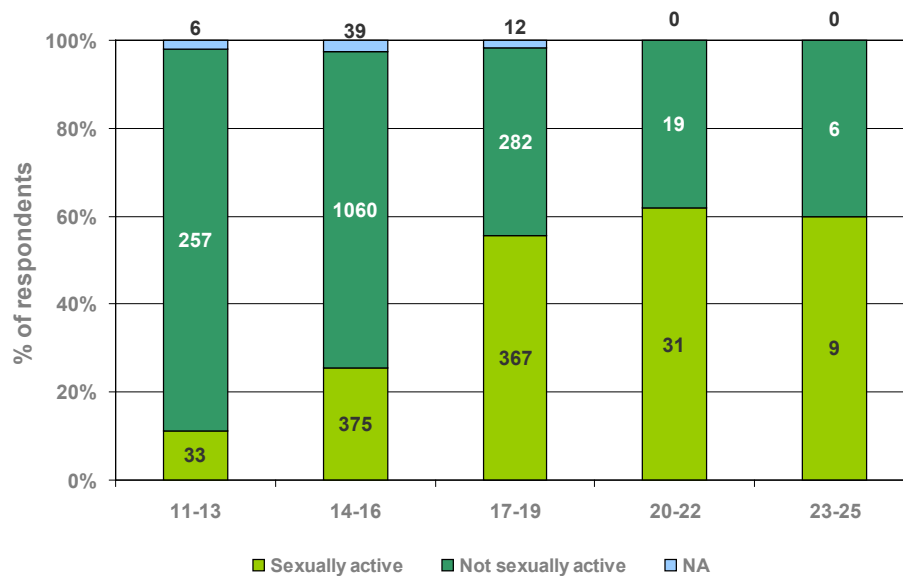
2.3 Results and key findings

Question 5 - Are you sexually active? Breakdown by area



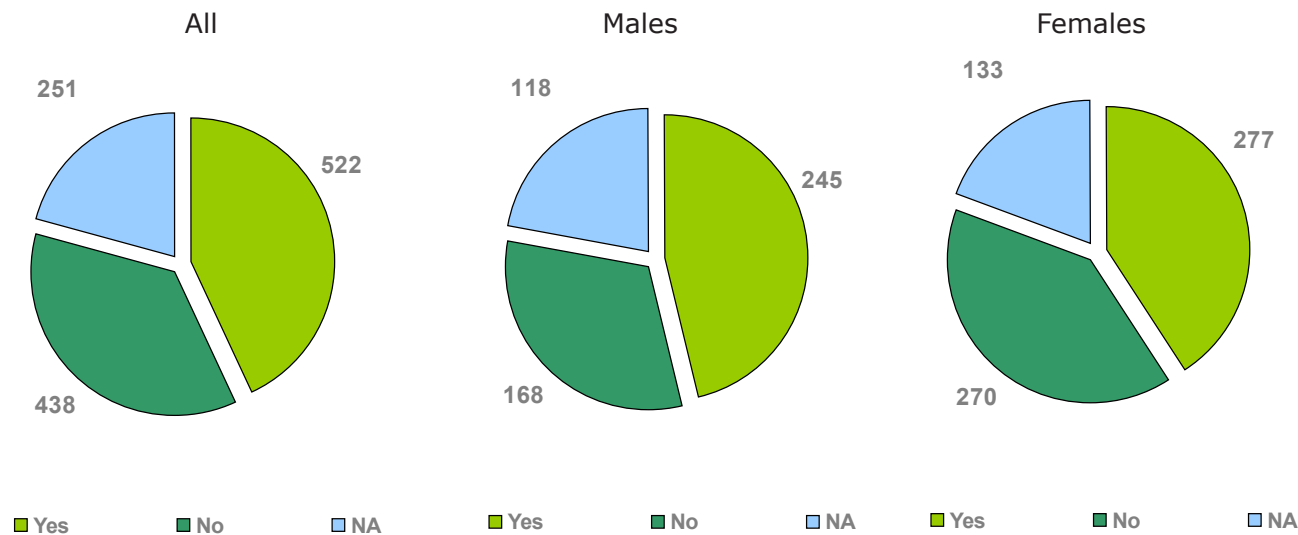
The area breakdown indicates a low figure for both genders in the Allerdale and Carlisle areas at just over 20%. The gender variation also throws up some significant variations by area. When broken down by gender, Barrow displays the largest deviation between gender with female responses indicating 50% sexually active with a male figures of 32%.

Question 5 - Are you sexually active? Breakdown by age



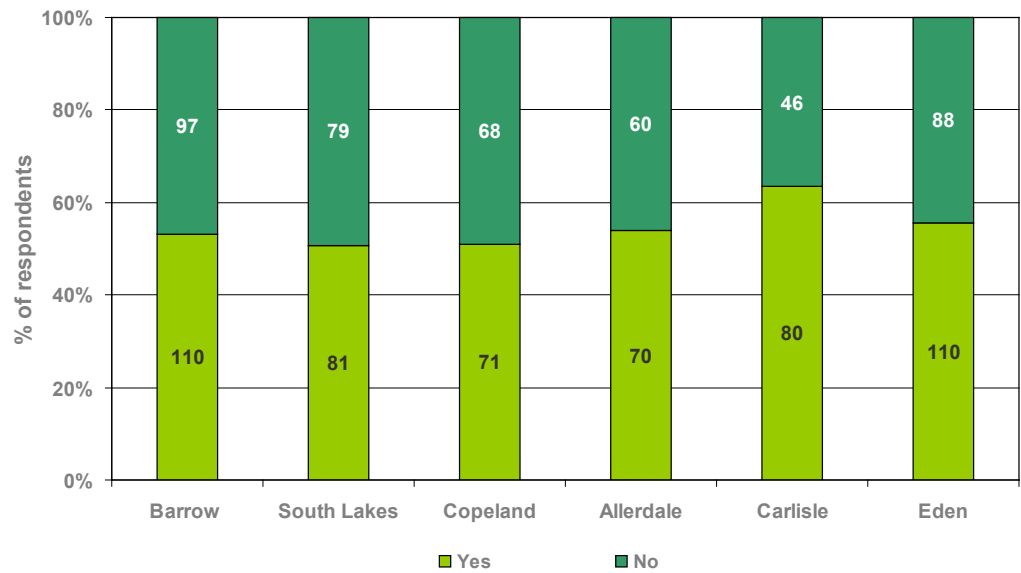
2.3 Results and key findings

Question 6 - If you are sexually active, do you use condoms? Breakdown by gender



Responses to this question do indicate a similar response from both genders with just over 40% answering yes to using condoms. A small sample size as this question restricted to those answering yes to being sexually active.

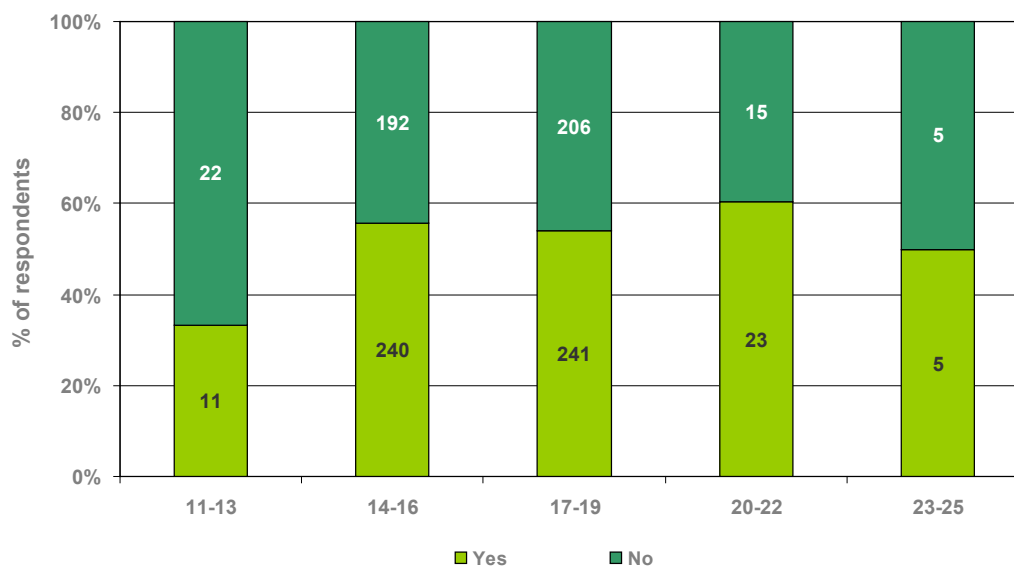
Question 6 - If you are sexually active, do you use condoms? Breakdown by area



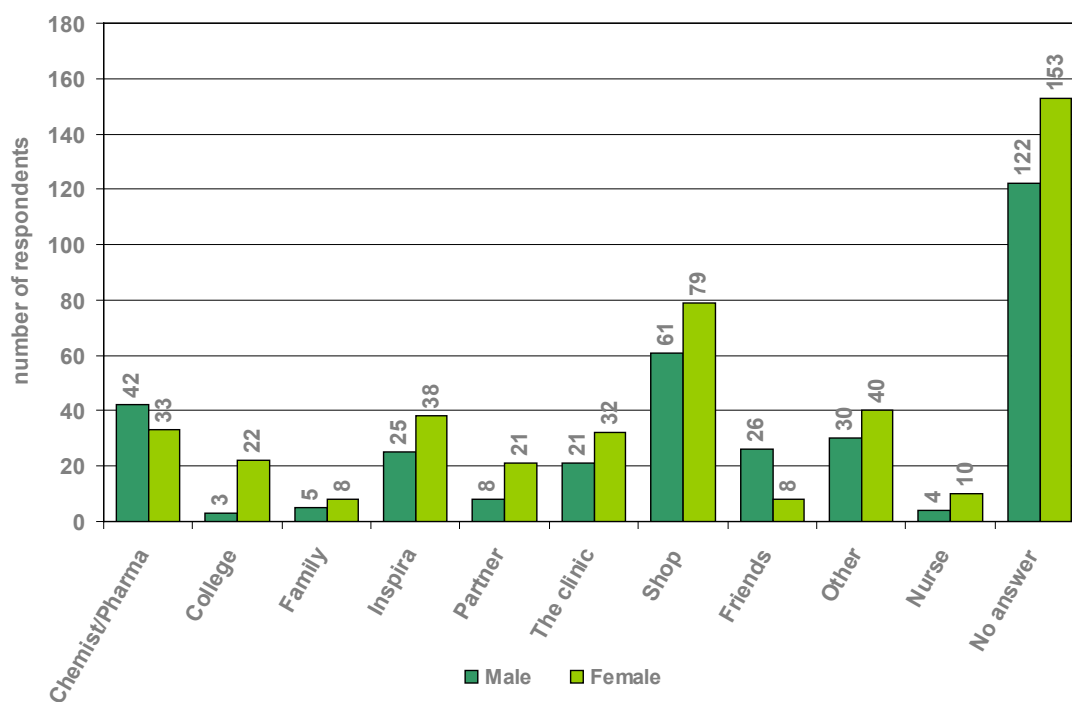
Responses to this question do indicate a similar response from both genders with slightly raised figures from male respondents across the six areas but nothing of significance. By area, figures denote that Carlisle registers highest percentage of condom use amongst those sexually active.

2.3 Results and key findings

Question 6 - If you are sexually active, do you use condoms? Breakdown by age



Question 7 - If you do, where do you get them from? Breakdown by gender



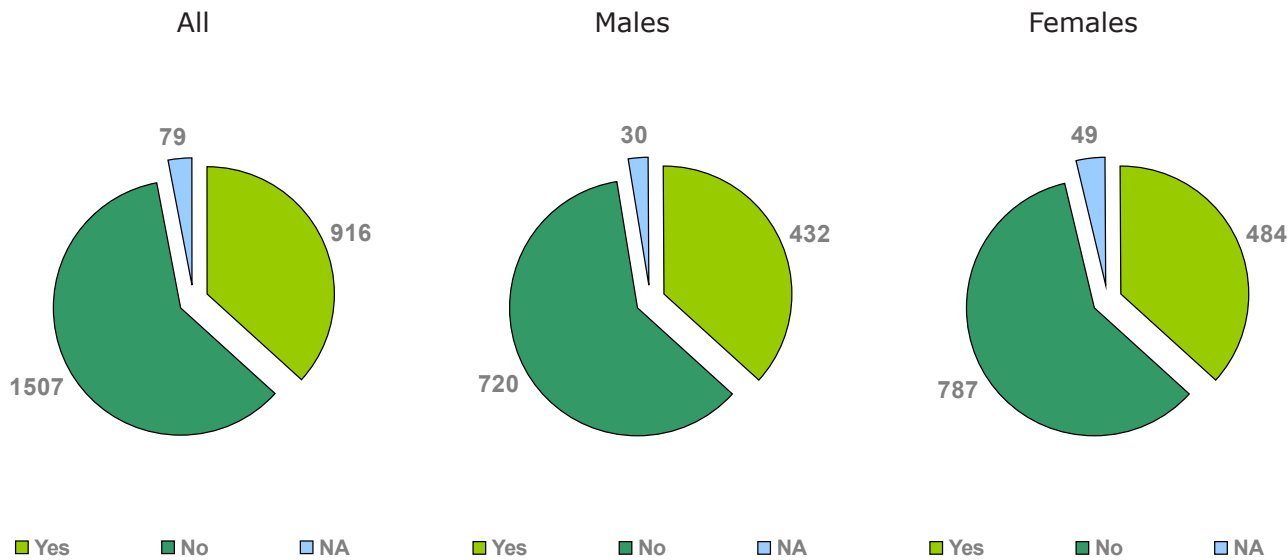
Responses to this question indicate a similar response from both genders. Chart is displaying the most popular choices with additional responses listed below with a breakdown of the remaining answers given. Shop, Inspira and Chemist scoring highly among both male and female responses. 'Other' combines remaining answers and broken down in the following table where respondents provided details of a specific source.

2.3 Results and key findings

Question 7 - If you do, where do you get them from? Breakdown of 'Other' responses

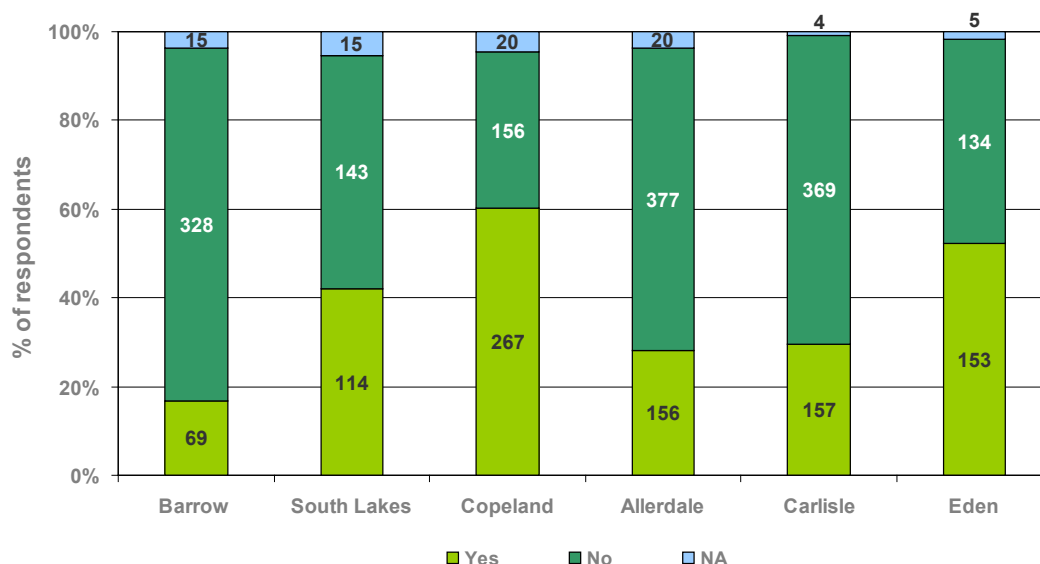
Source	Males	Females
Hospital	5	1
NHS	5	0
Shop	0	4
Doctor	5	3
Parents	2	1
The Ferry	1	2
Youth Project	2	1
Friends	2	0
Sexual Health Clinic	2	0
Other (Single responses only) included: Youth club, CondomHippo, Atkinsons Health, Machine, Youth Zone, Internet, Pub, Family Planning, Toilets,		

Question 8 - Have you heard of the C-CARD free condom scheme? Breakdown by gender

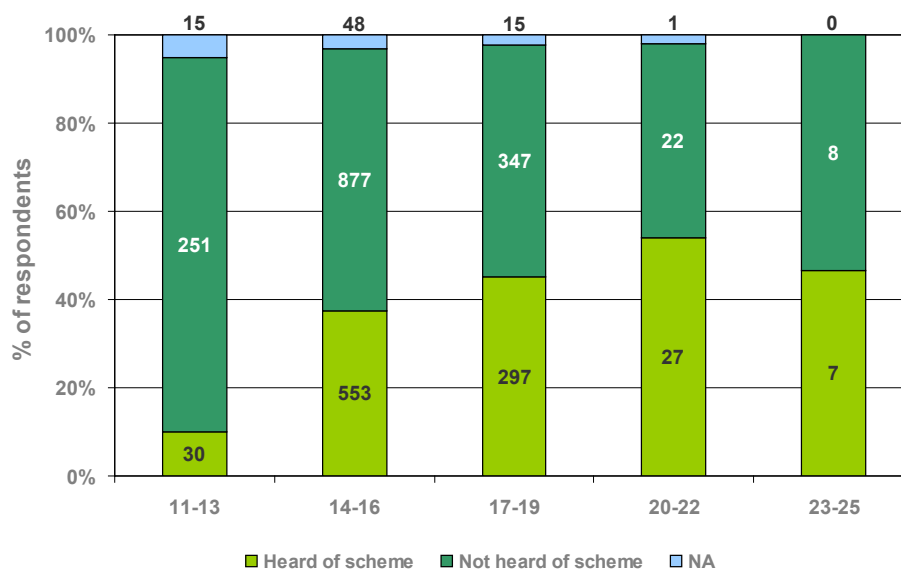


2.3 Results and key findings

Question 8 - Have you heard of the C-CARD free condom scheme? Breakdown by area



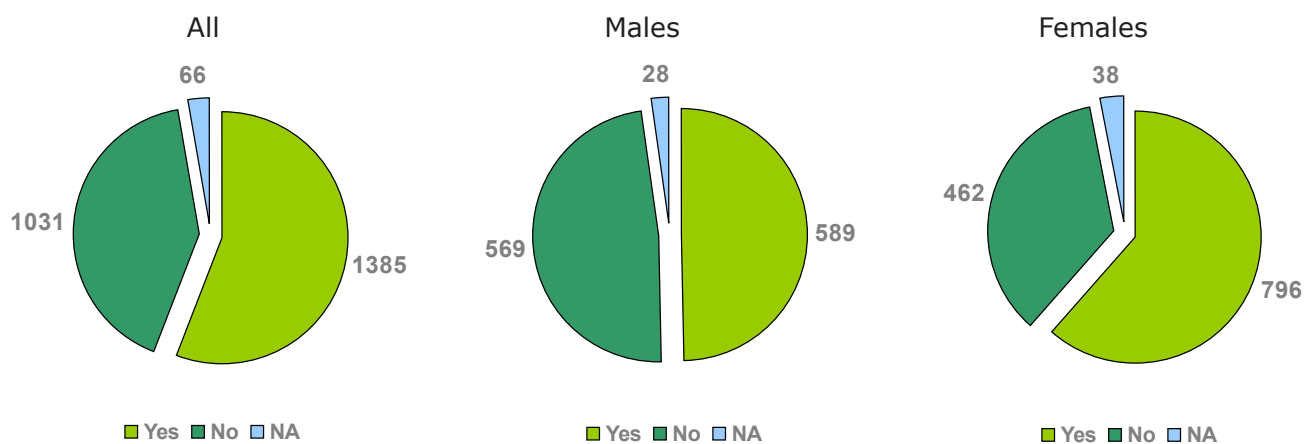
Question 8 - Have you heard of the C-CARD free condom scheme? Breakdown by age



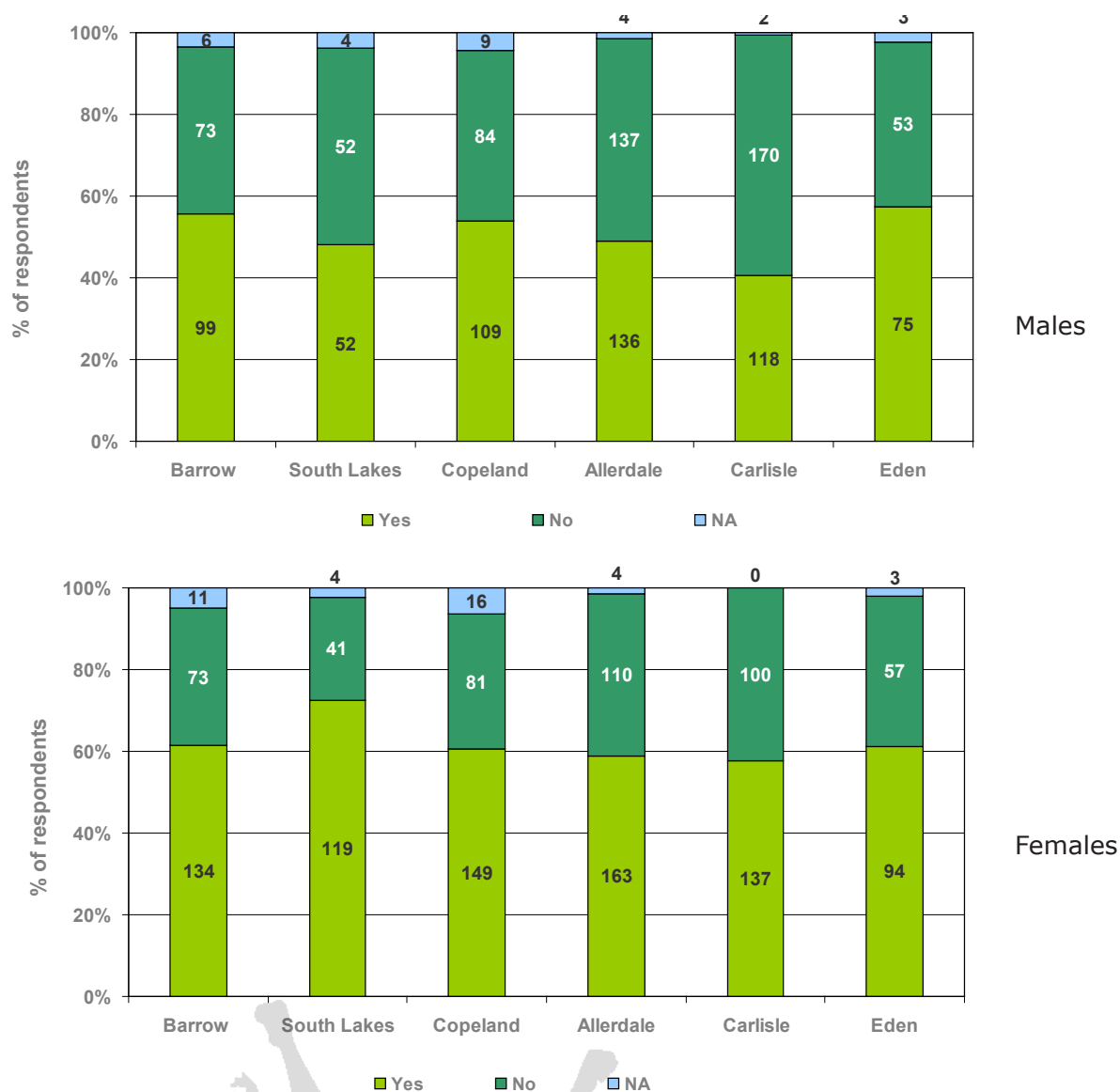
No significant discrepancy by gender but the knowledge of the C-Card scheme did have significant variance across the different areas. Over 60% of respondents having heard of the scheme in Copeland it can be assumed that marketing of the scheme and general awareness among young people is higher in this region. The area breakdown also highlighting low recognition in the Barrow region.

2.3 Results and key findings

Question 9 - Do you know where you can get free condoms from? Breakdown by gender



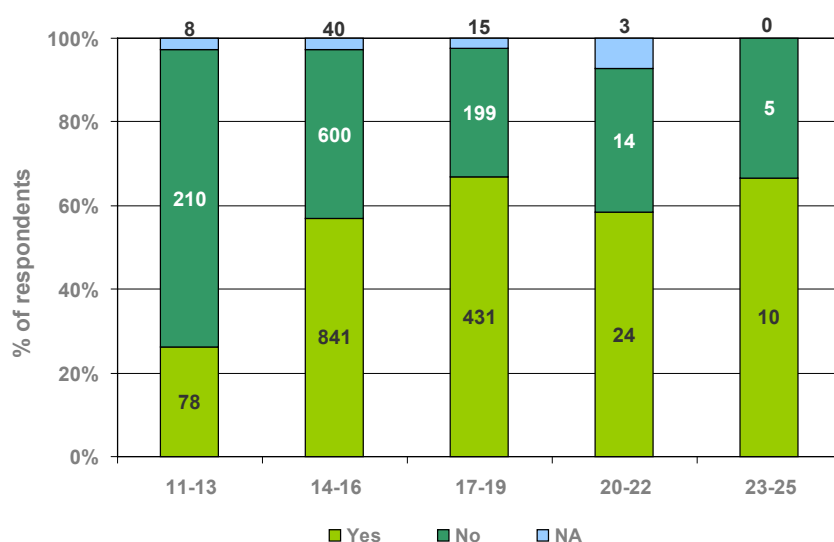
Question 9 - Do you know where you can get free condoms from? Breakdown by area and gender



Figures show a raised awareness of where free condoms are available amongst female respondents. Mirrored in figures by area which have been broken down by gender. Female responses higher across all regions with Carlisle showing marked variation from 58% female response down to 40% for male awareness of free condom access.

2.3 Results and key findings

Question 9 - Do you know where you can get free condoms from? Breakdown by age



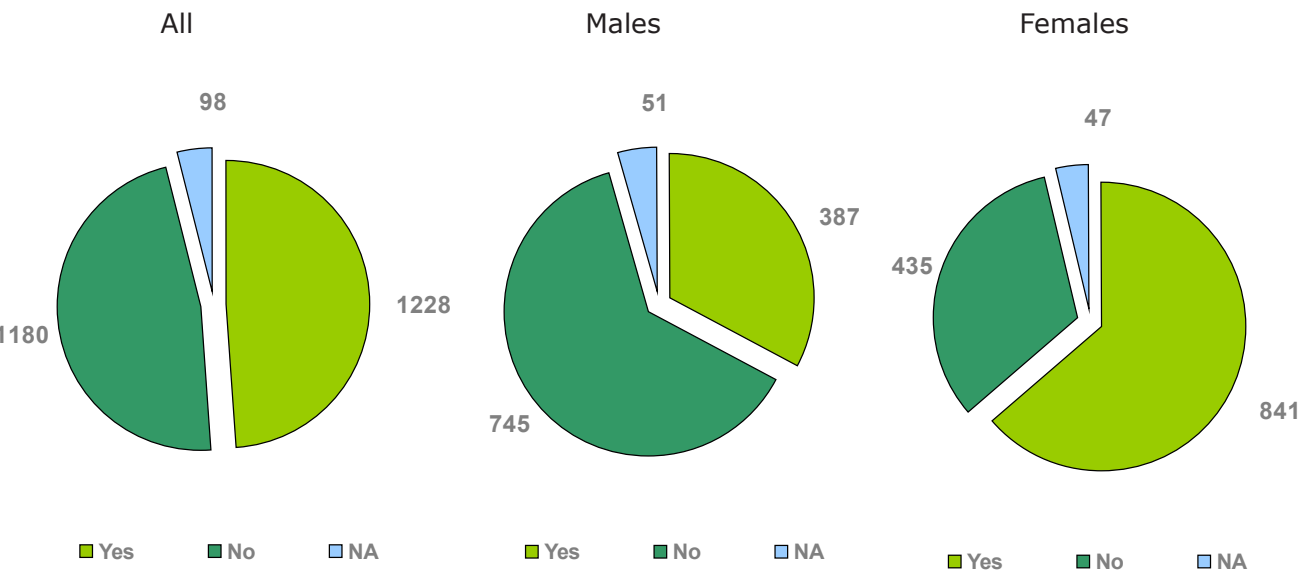
Question 9 - If yes, where do you get your free condoms from?

Source	Males	Females
Inspira	126	214
No answer	84	76
Hospital	71	74
Clinic	53	102
Doctor	47	107
Nurse	87	61
College	48	67
Chemist / Pharmacy	32	38
Birchwood	1	22
Youth Club	6	10
Family	13	0
NHS	10	6
Shop	8	4
Family Planning	3	4
School	8	3
Washrooms	4	0
Youth Club / Project	5	0
School Office	0	3
Friends	1	2
GUM Clinic	2	0
Young Cumbria	0	2
Other (Single responses only) included: Project John, Student Health, Guidance Room, Red Shed		

A wide variety of responses from those who knew where to get free condoms from. Table sorted based on total numbers for each option. Significantly raised figures amongst females for recognition of Clinic, Doctor and Inspira as sources of free condoms. Raised figures for Nurse amongst male respondents versus females. Single responses listed separately under Other.

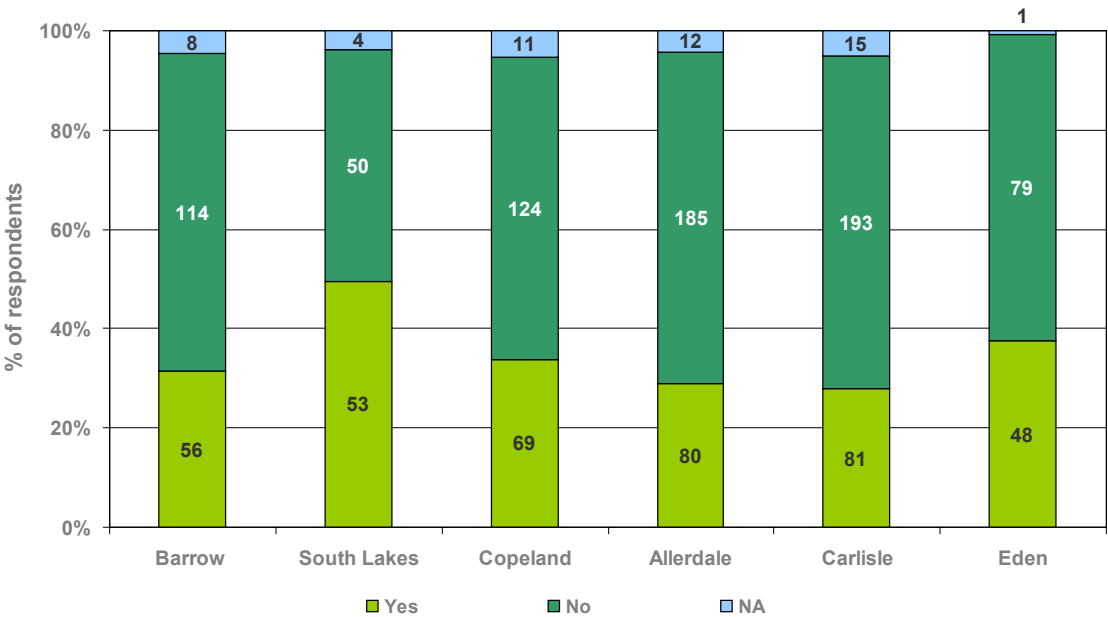
2.3 Results and key findings

Question 10 - Do you know where to get emergency contraception (pill that can be taken up to 72 hours after intercourse)? Breakdown by gender



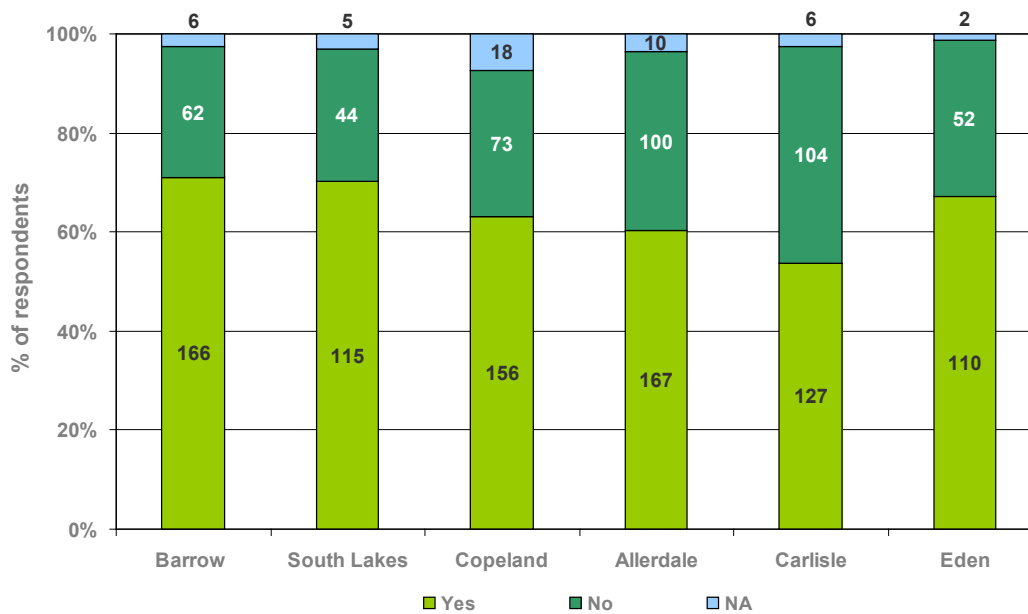
Question 10 - Do you know where to get emergency contraception (pill that can be taken up to 72 hours after intercourse)? Breakdown by area and gender

Males

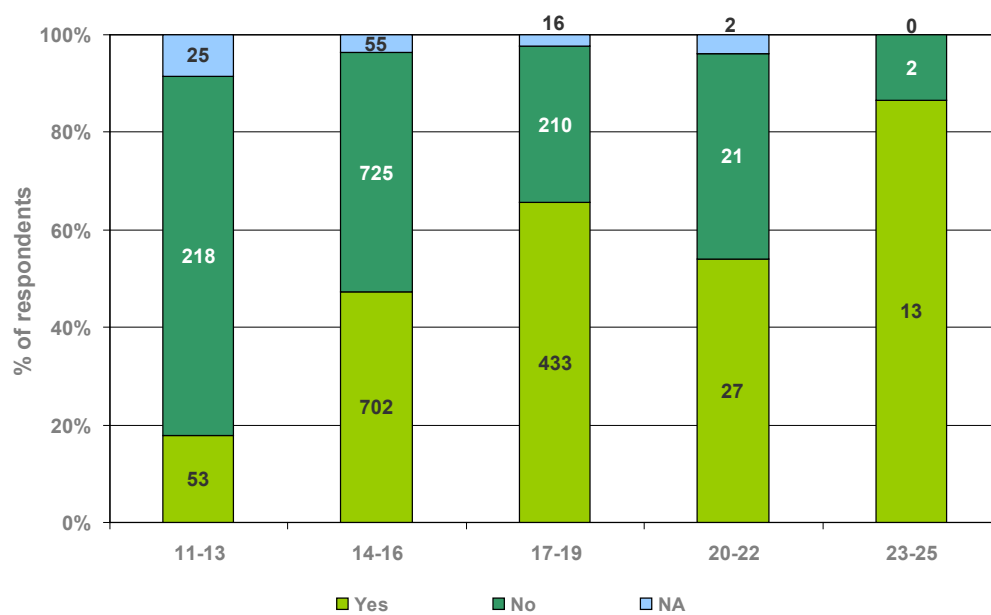


2.3 Results and key findings

Females



Question 10 - Do you know where to get emergency contraception (pill that can be taken up to 72 hours after intercourse)? Breakdown by age



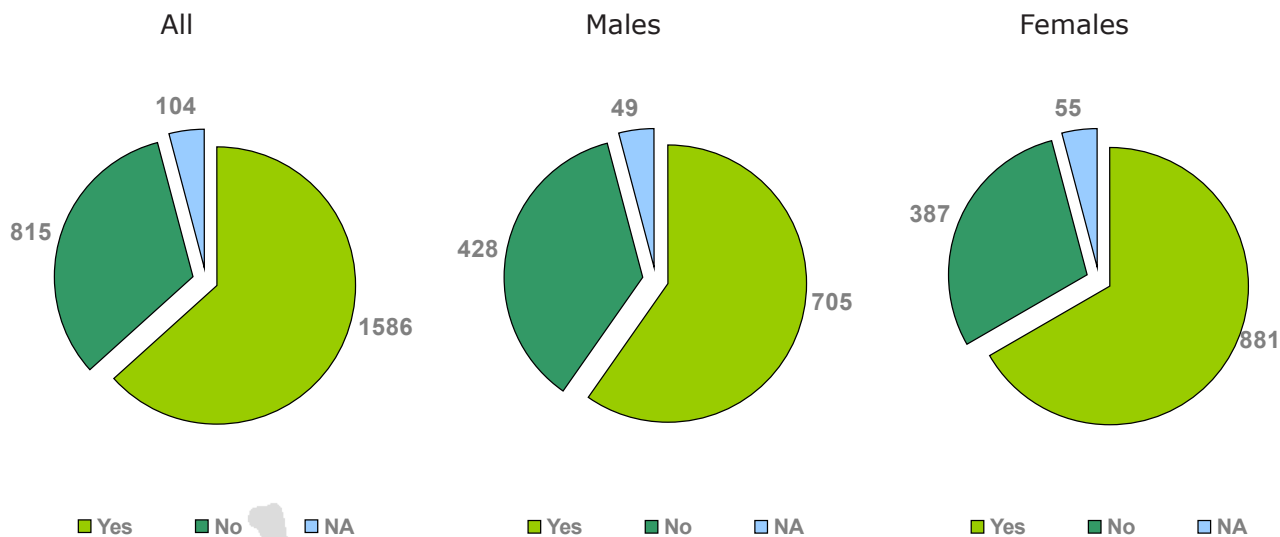
2.3 Results and key findings

Question 10 - If yes, where?

Source	Males	Females
Doctors	114	312
Chemist / Pharmacy	103	327
Clinic	65	99
No answer	98	84
Hospital	44	43
Inspira	14	33
Nurse	17	27
Birchwood	2	18
College	1	11
Shop	7	0
School	2	3
Other (Single responses only) included: Family Planning, Sexual Health		

Females showed a significantly higher recognition of where to get emergency contraception. 65% versus 32% of males overall. This was reflected across all areas with similar level of awareness indicated in each location. Qualitative feedback reinforced this with responses from females dominating figures and demonstrating a greater knowledge of the range of options available for the access of emergency contraception.

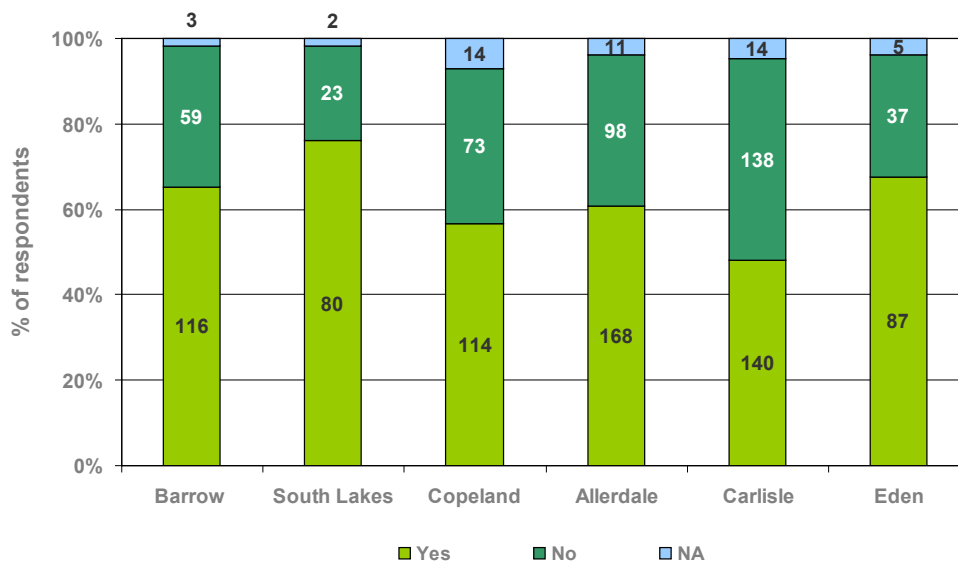
Question 11 - Do you know where to get checked for a Sexually Transmitted Infection (STI)? Breakdown by gender



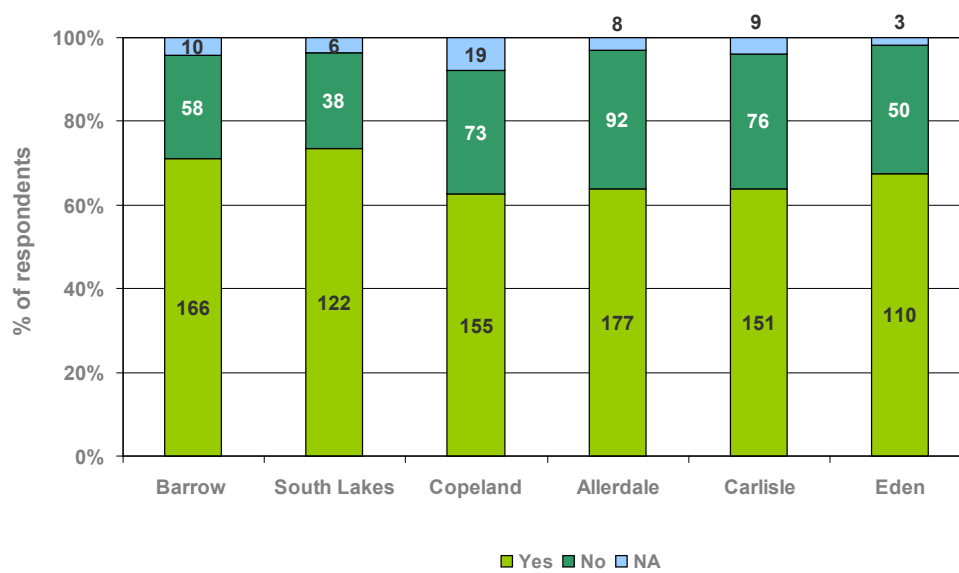
2.3 Results and key findings

Question 11 - Do you know where to get checked for a Sexually Transmitted Infection (STI)? Breakdown by area and gender

Males

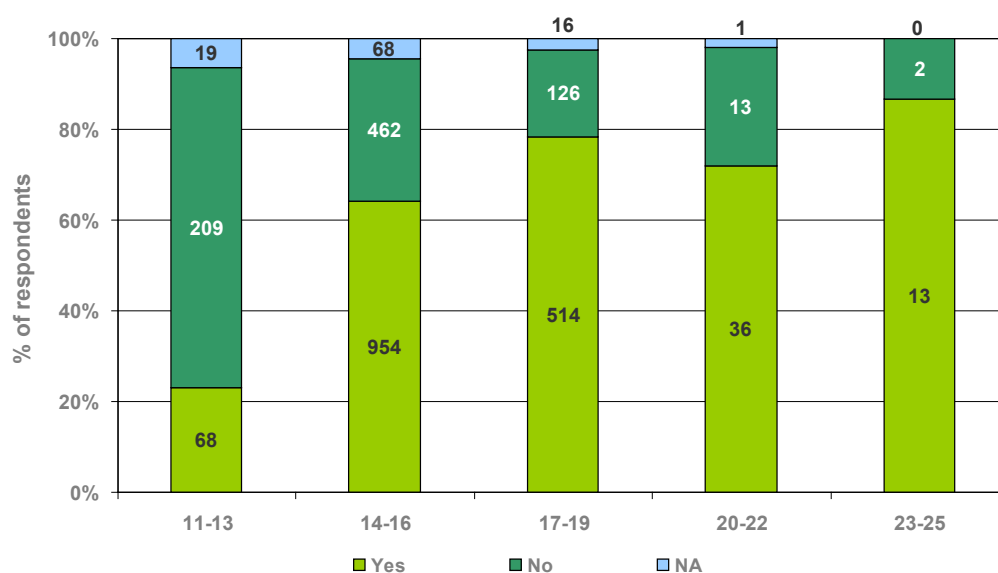


Females



2.3 Results and key findings

Question 11 - Do you know where to get checked for a Sexually Transmitted Infection (STI)? Breakdown by age



Question 11 - If yes, where?

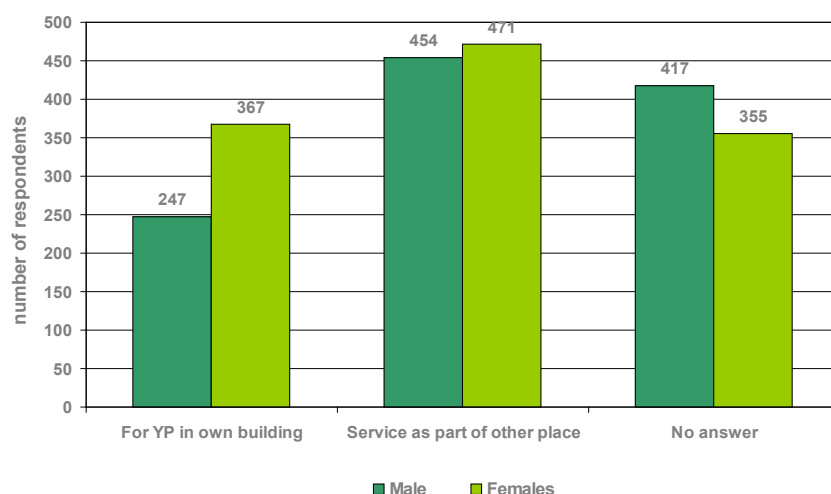
Source	Males	Females
Doctor/GP	354	513
Clinic	89	168
Hospital	94	73
No answer	97	88
Sexual health clinic	53	50
Chemist/Pharma	55	3
Birchwood	4	44
Inspira	12	33
School Nurse	15	18
College	5	10
Gum Clinic	10	4
School	8	3
Clink Place	1	1
Other (Single responses only) included: Home, Carlisle Foyer, Drop In Centre, Norwood Clinic, Red Shed		

Figures show slightly raised figures for female awareness of where to get checked for STI's with a significant rise in the Carlisle area with 64% versus 48% male recognition. Discrepancies amongst genders in qualitative data show male respondents recognising chemists as source, females scoring clinic, Inspira and Birchwood highly when asked to qualify where they could source emergency contraception.

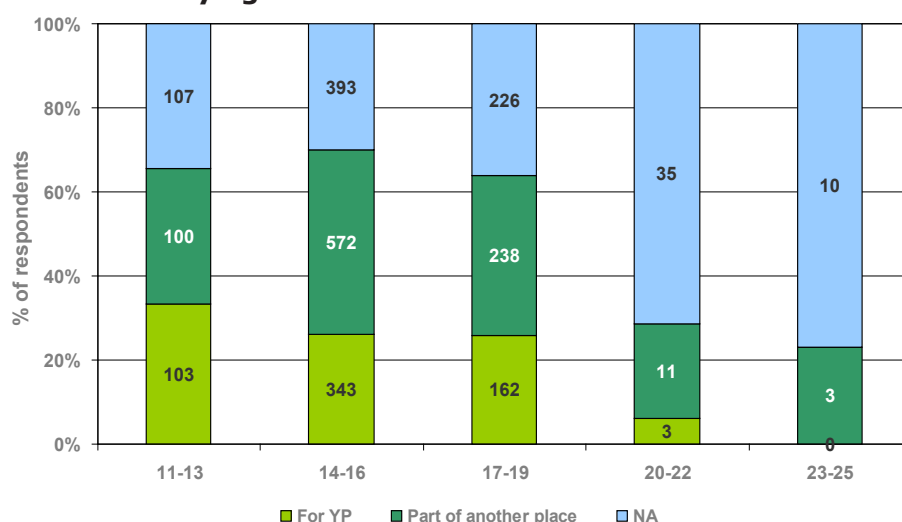
2.3 Results and key findings

Question 12 - If you needed to speak to someone about your sexual health or contraception would you prefer a service just for young people in its own building or a service as part of another place i.e. youth centre, school, GP surgery??

Breakdown by gender



Breakdown by age



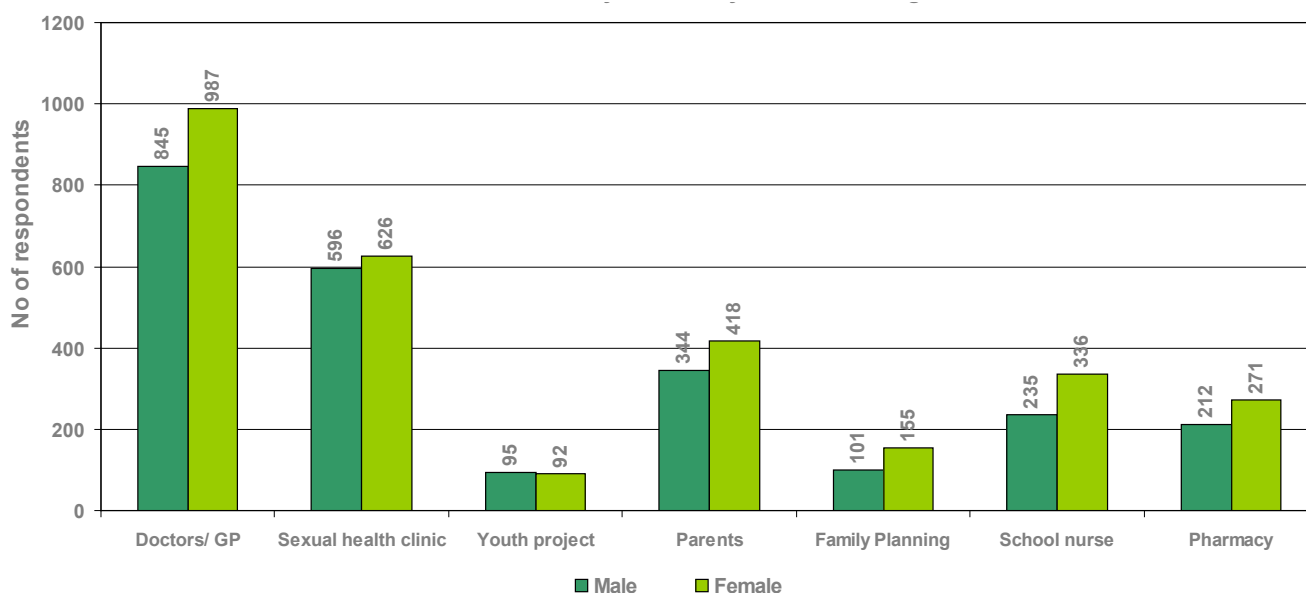
Question 12 - If another place, where?

Source	Males	Females
Doctor	31	31
Youth club	13	20
Parents	4	7
School	5	2
Sexual Health Clinic	2	0
Inspira	0	2
Hospital	1	1
Other (Single responses only) included: Friends, no preference, not fussed, shop, grandad		

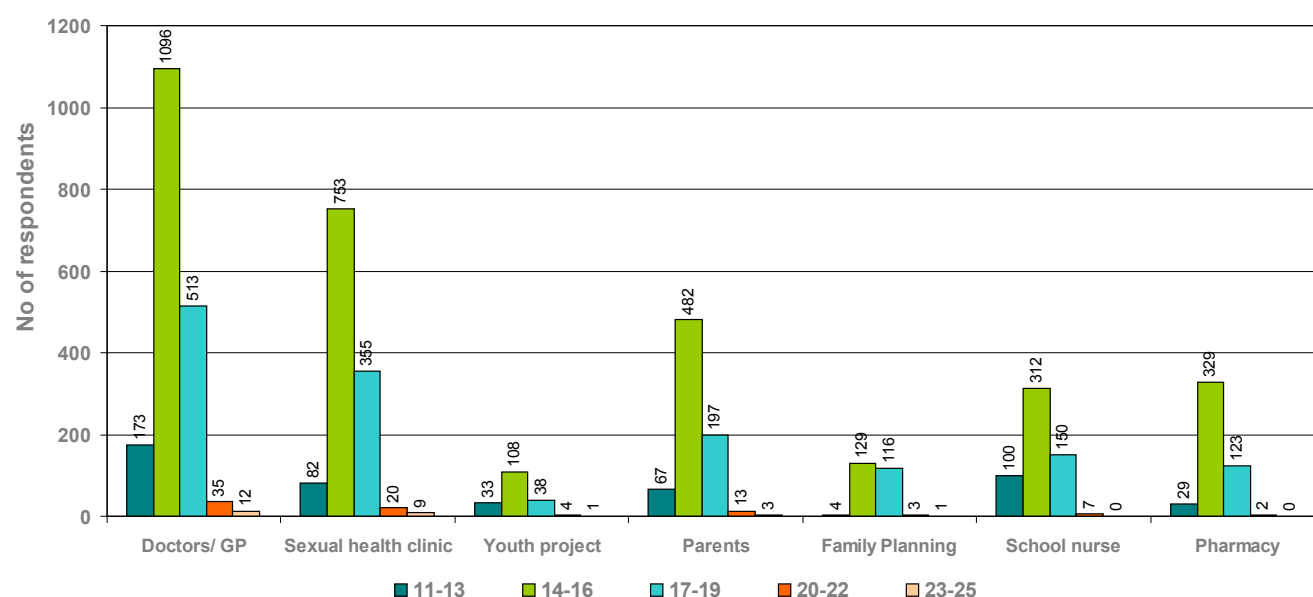
Responses between genders similar for this questions. Most popular answer being service as part of another place but not significantly higher than a service just for young people Limited responses when asked for alternative places but Doctor and Youth Club the two significant qualitative responses offered by both genders.

2.3 Results and key findings

Question 13 - If you were concerned about a sexually transmitted infection (STI)/ possible pregnancy, would you use any of the following? Breakdown by gender



Breakdown by age



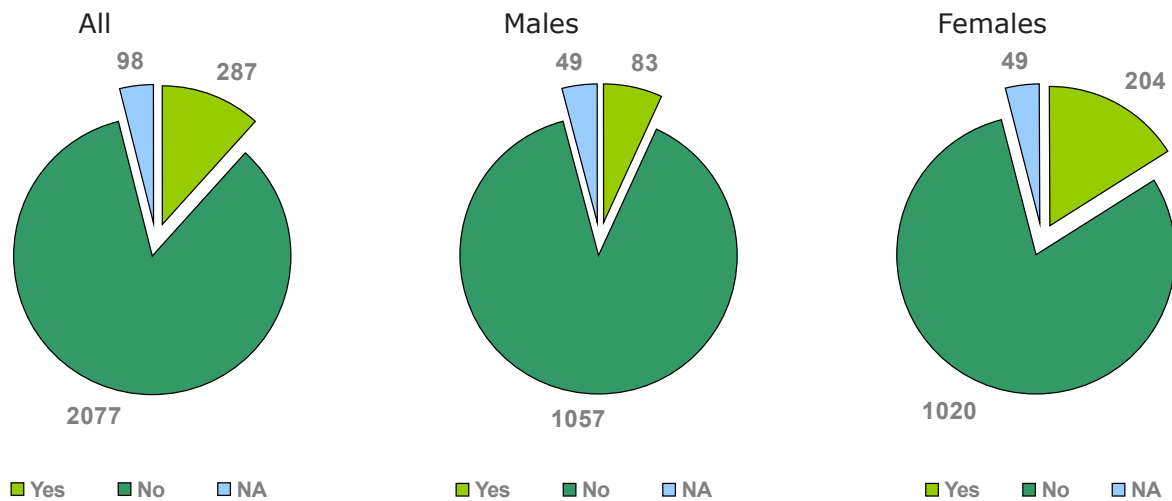
Question 13 - If another place, where?

Source	Males	Females
Friend	2	23
Family	0	3
Internet	0	3
Partner	0	3
Other (Single responses only) included: Pregnancy test, Tutor		

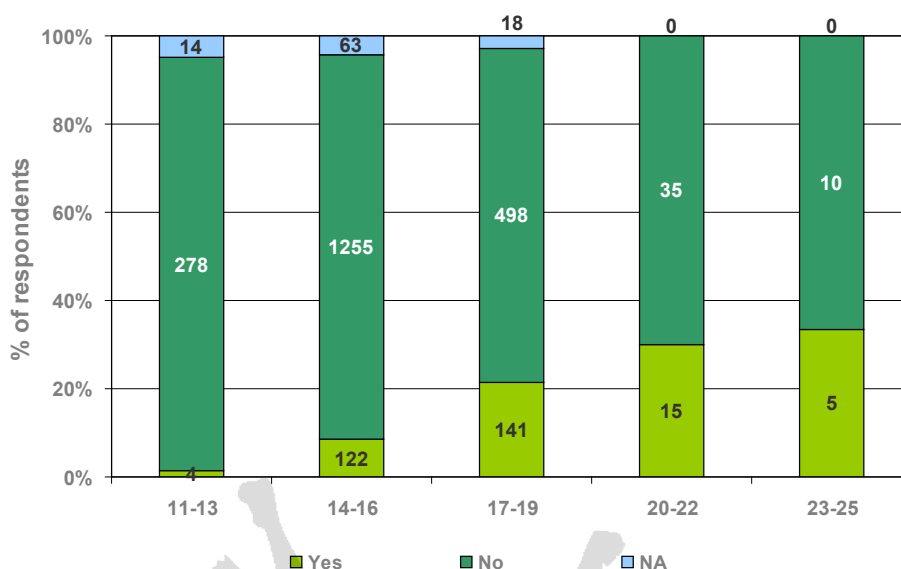
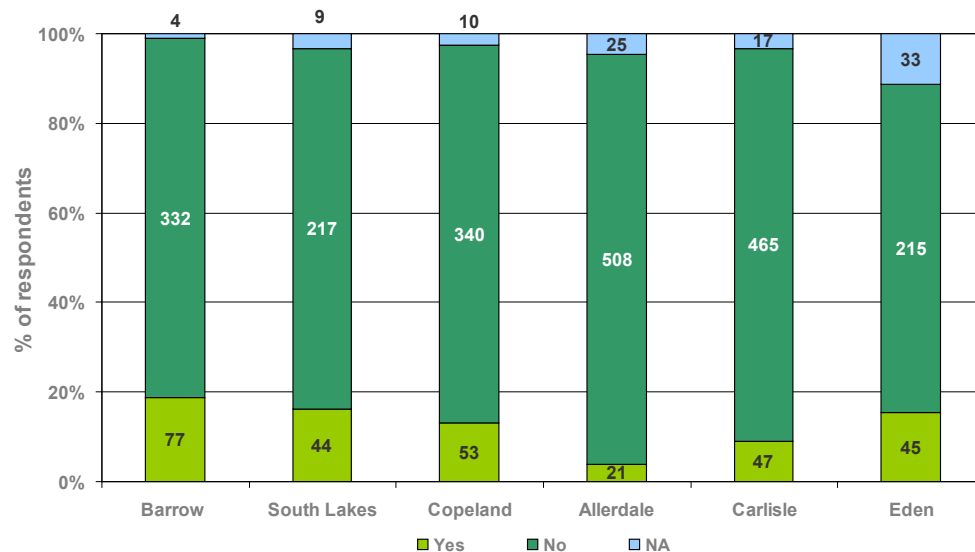
A very even split between genders with both indicating Doctor, Sexual Health Clinic and Parents as top three points of contact; Doctors/GP dominating in terms of overall numbers. There were a limited number of responses for alternatives, Friend the only significant response here with a raised figure amongst female respondents.

2.3 Results and key findings

Question 14 - Have you ever used a sexual health clinic? Breakdown by gender



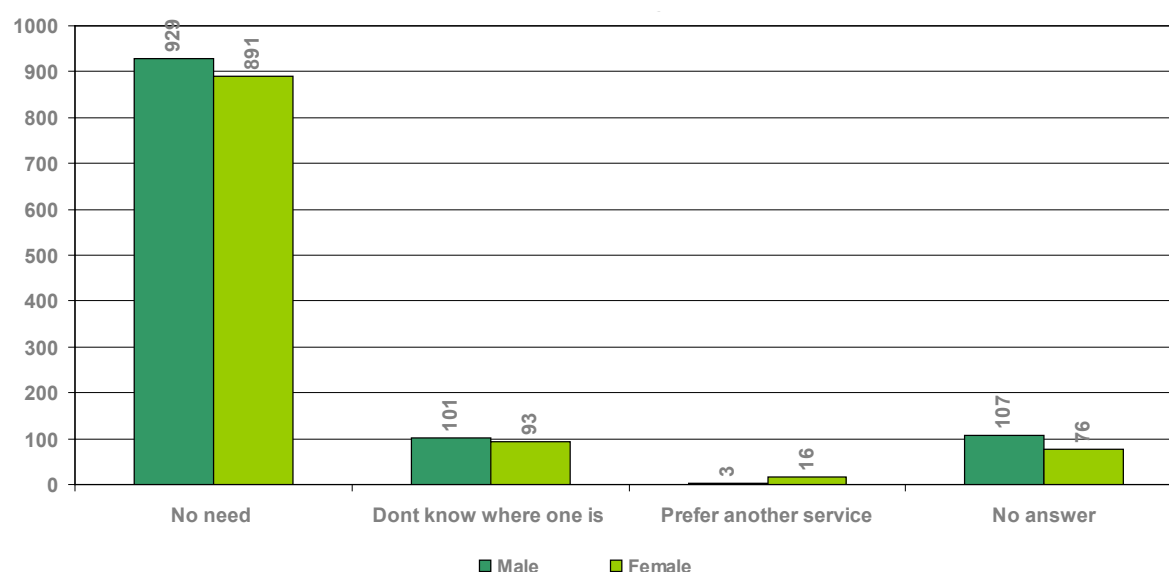
Question 14 - Have you ever used a sexual health clinic? Breakdowns by area and age



Combined figure for young people using a sexual health clinic is 12%. Of those responding, slightly raised figures for females with 17% versus 8% of males. There was also some significant variation across regions with suppressed numbers in the Allerdale area at <5% rising to 20% for those using a sexual health clinic in Barrow region.

2.3 Results and key findings

Question 15 - If not, why not? Breakdown by gender



No need answer dominating and consisting of those never having used a clinic. The remaining responses to this did show some evidence that lack of knowledge about clinics did restrict access for a section of those responding with 101 males and 93 females citing this as a reason for not visiting clinic.

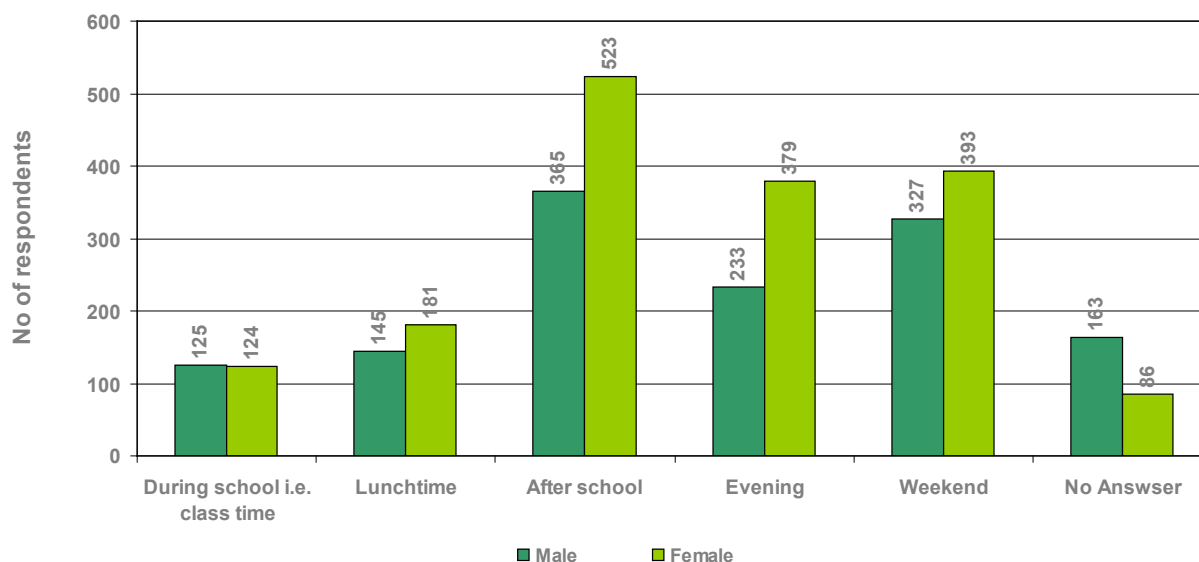
Question 16 - If you have used a sexual health clinic how do you feel it could be improved? Breakdown by gender

How could it be improved?	Males	Females
Doesn't need improving	9	27
Too public / Separate waiting room	0	11
Faster quicker service	5	5
More approachable	1	4
Make comfortable	2	2
Open more often	2	3
More free condoms	2	0
More time available	2	0
Easier to get there	0	4
Handouts	0	2
Friendlier staff	0	2
More confidential	2	5
Other (Single responses only) included: More advertisement, not having other nurses sit in, Food, Advice, Boost confidence, Don't ask too many questions, Talk about other contraceptives, Open Sunday, Mole specialist, more information given, get results faster, more of them, more appointments, 'don't judge me!'		

Responses were dominated by females who had a stronger opinion on how services could be improved. The majority responding however, indicating that it did not need improving. Some unsettled about privacy provision and a small number commenting on speed of service with limited numbers of alternative improvements, listed in table.

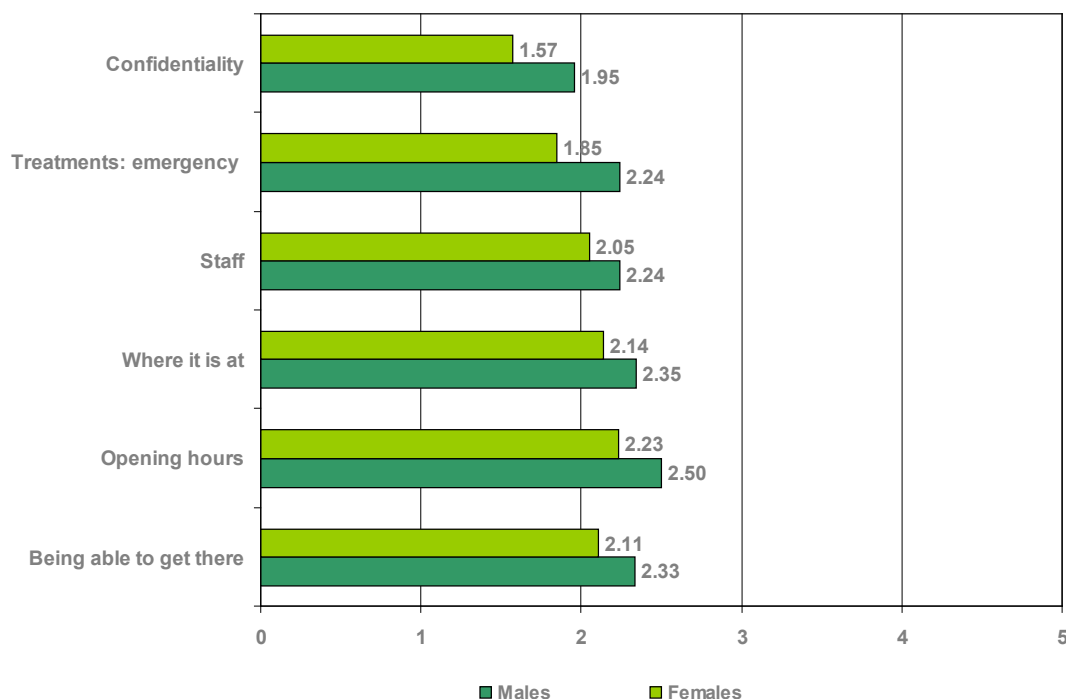
2.3 Results and key findings

Question 17 - If you have or were to use a sexual health clinic what times would be best? Breakdown by gender



After school the dominant answer for male and female responses. Significant discrepancy between male and female response for Evening with female preference high for this option. Dominant responses all based on times external to school hours.

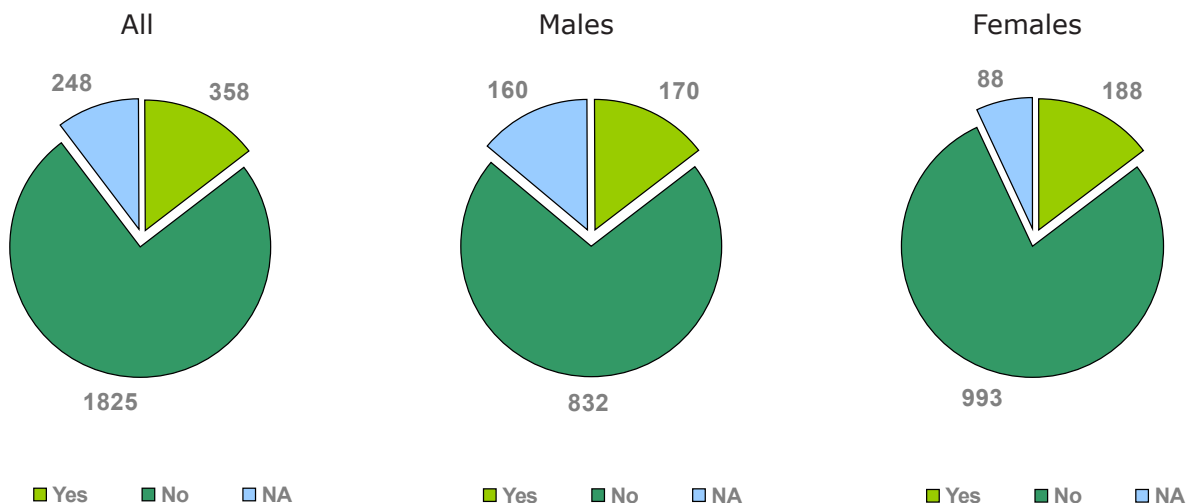
Question 18 - If you needed to use a sexual health clinic or service, what things are important to you? Breakdown by gender. 1=Very important, 5=Not important



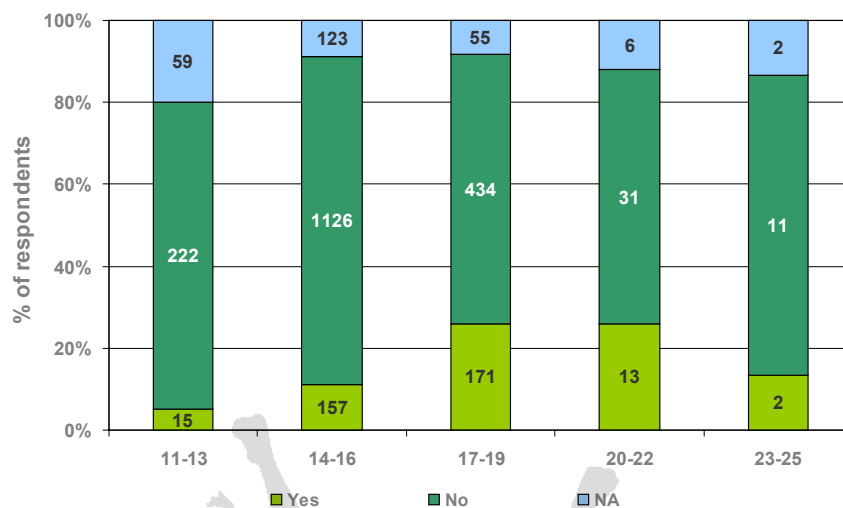
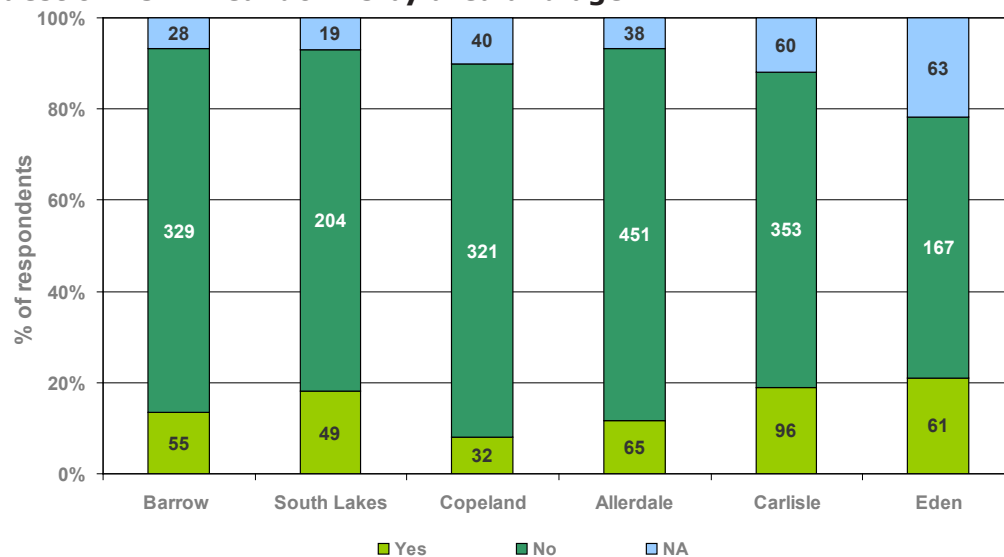
Figures averaged for each option. Confidentiality scored as most important with an average of 1.57 across 1208 female responses to this item. Treatment second highest scoring with opening hours and location less important. Across all items, the male scoring denoting that males on average viewing all items as somewhat less important than female respondents.

2.3 Results and key findings

Question 19 - Have you heard about the Sexual Healthline Cumbria, a new local rate telephone number which will direct you to the best service for your needs - 0845 658 3131? Breakdown by gender



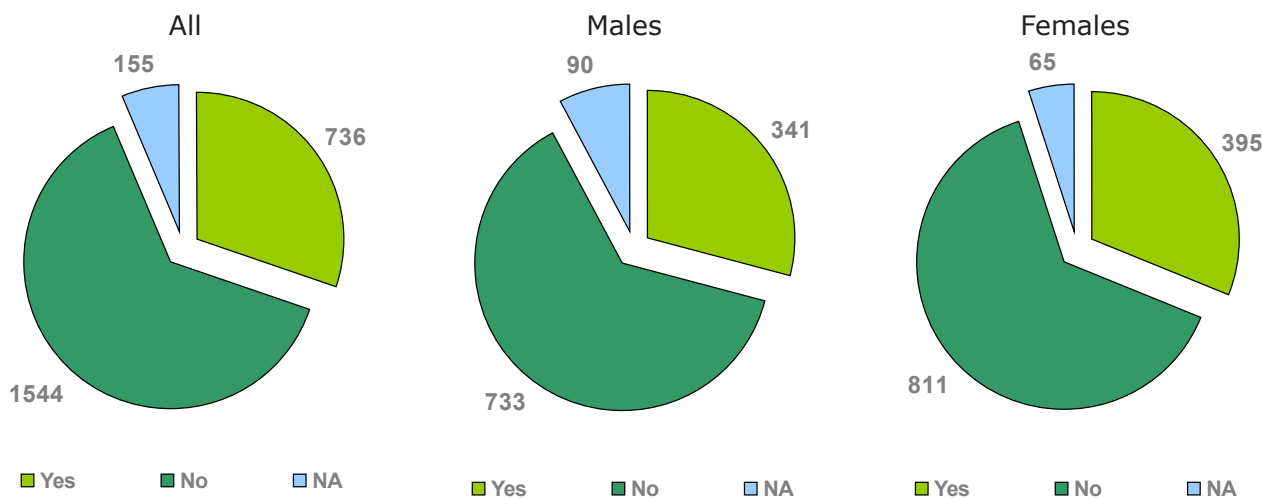
Question 19 - Breakdowns by area and age



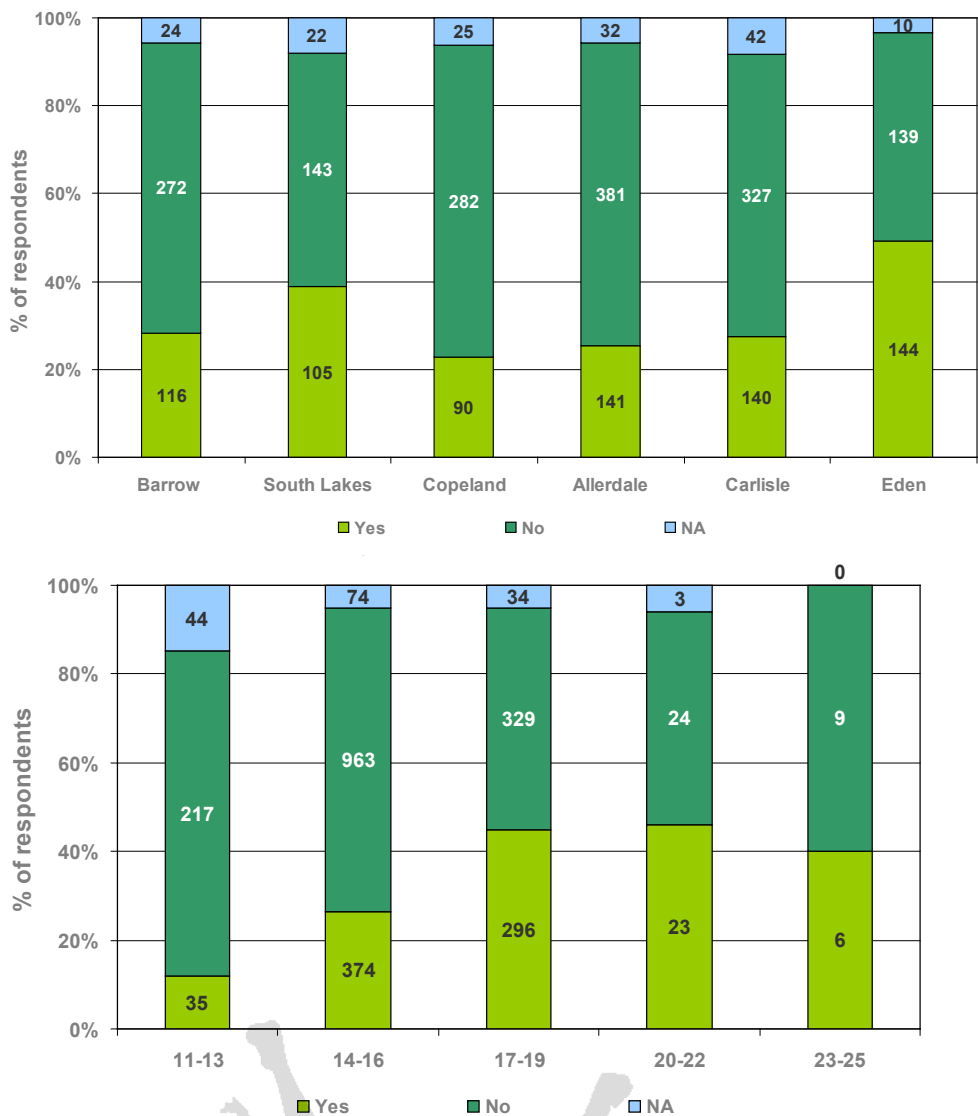
A low response from those aware of the Sexual Healthline Cumbria. Across all responses only 15% confirming that they had heard of the Healthline. Across regions there was a raised awareness in Eden, Carlisle and South Lakes regions but overall figures dominated by those unaware of the service.

2.3 Results and key findings

Question 20 - Would you use a helpline number like this? Breakdown by gender



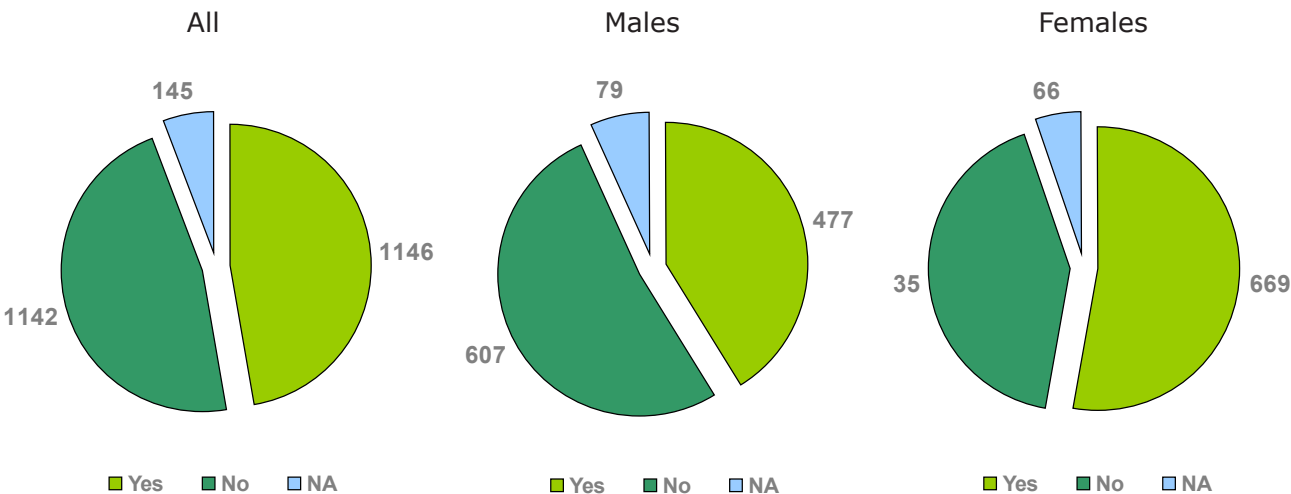
Question 20 - Breakdowns by area and age



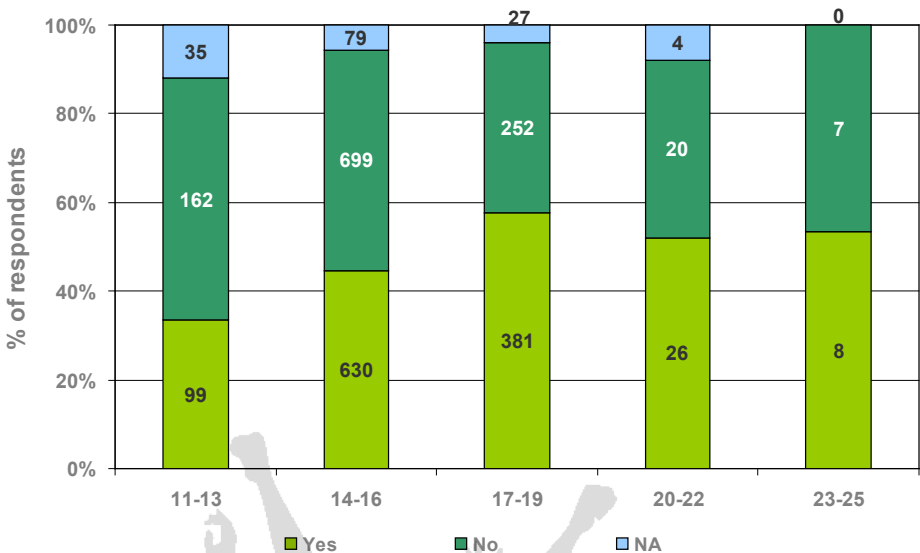
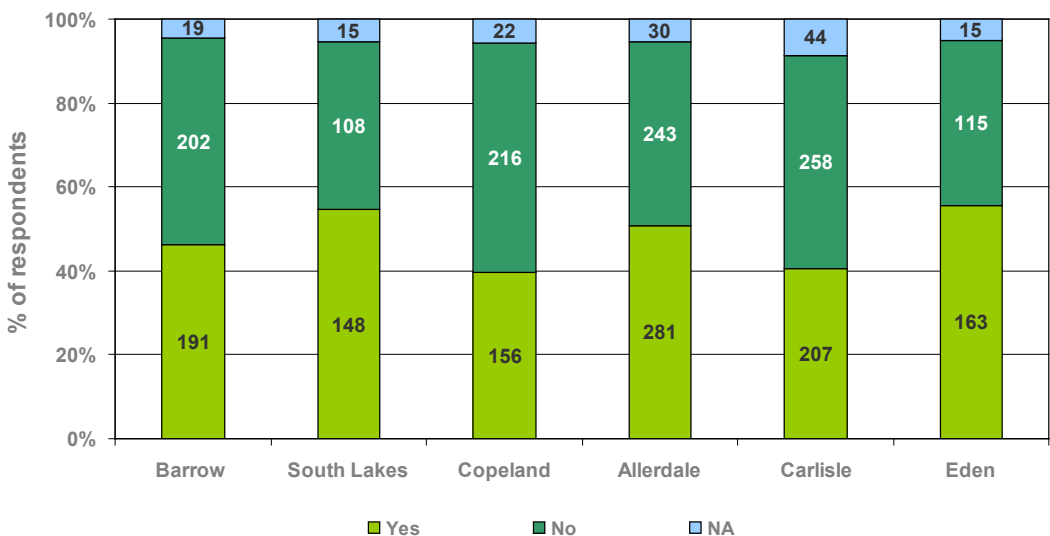
Slightly raised figures for females with 31% versus 29% of males saying they would use a number like this. A raised response within Eden and South Lakes areas but generally low across all regions.

2.3 Results and key findings

Question 21 - Would you use it if you could text? Breakdown by gender



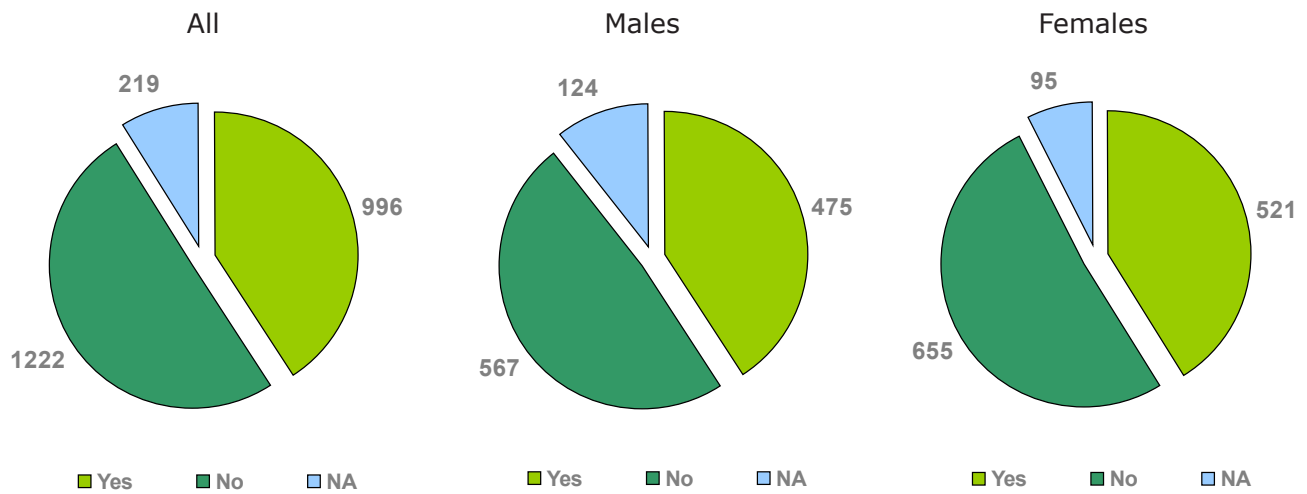
Question 21 - Breakdowns by area and age



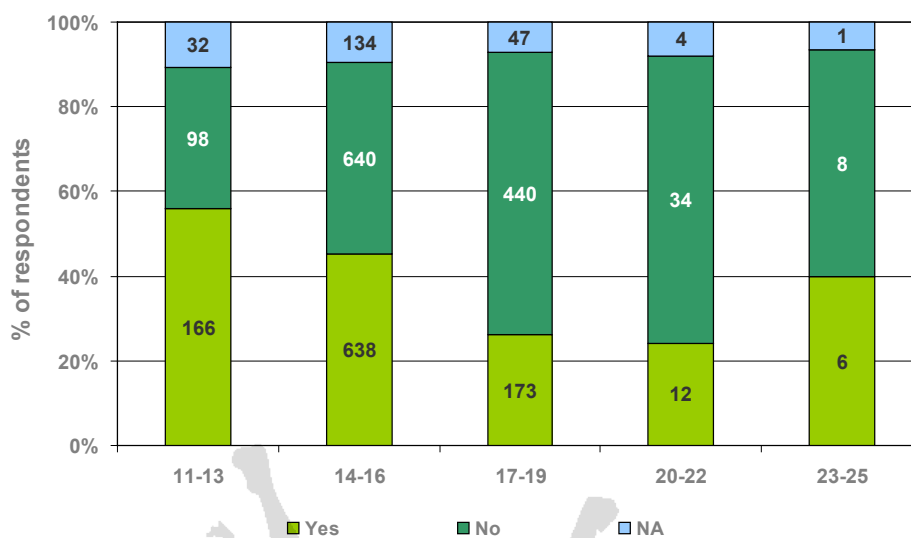
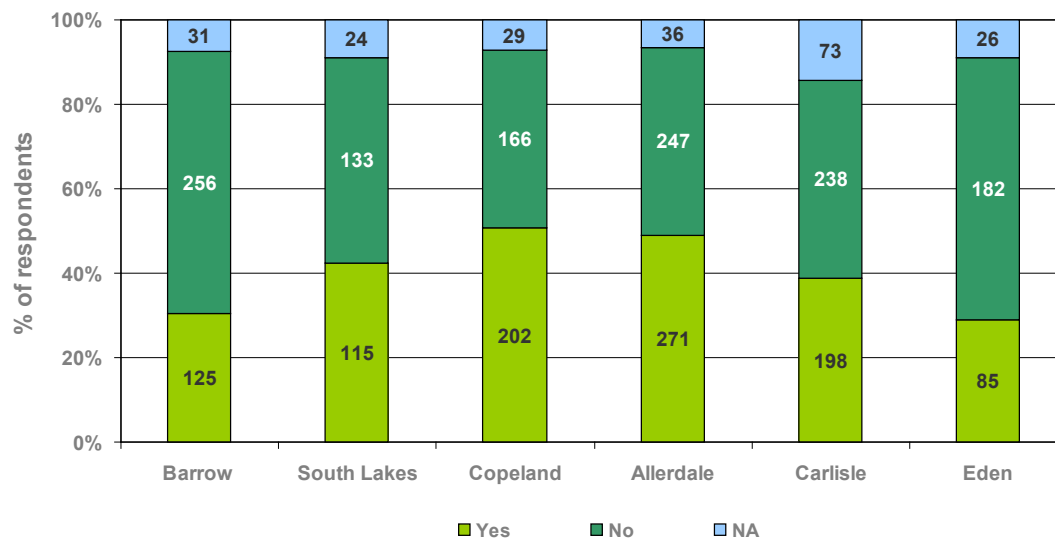
Slightly raised figures for females with 53% versus 41% males saying they would use a number like this if they could text. Across regions an overall figure of 47% positive about using text, with South Lakes, Allerdale and Eden areas showing a raised response.

2.3 Results and key findings

Question 22 - Do you feel that you would benefit from more education on sexual health? Breakdown by gender



Question 22 - Breakdowns by area and age



Breakdown by genders matched 41% in each indicating that they would benefit from more education on sexual health. Across areas, raised figures for Copeland and Allerdale areas.

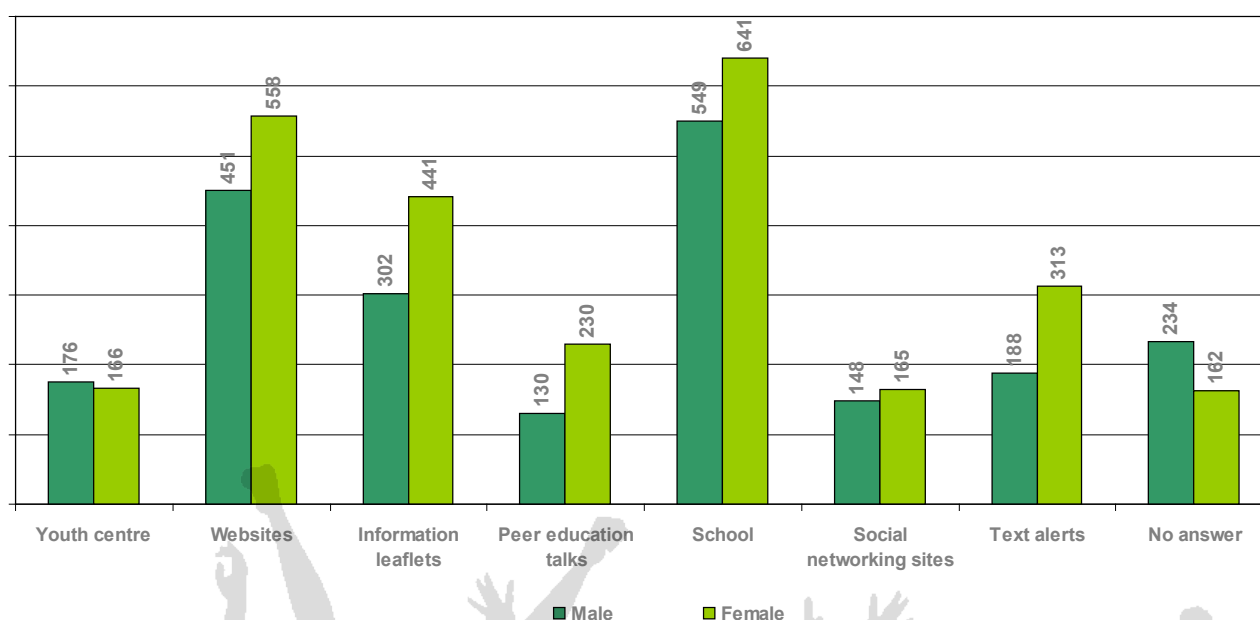
2.3 Results and key findings

Question 23 - What things would you like to know?

How could it be improved?	All
Everything	106
STD info	66
Contraception	40
Nothing	27
Pregnancy	15
General stuff	16
Mechanics of intercourse	6
How to be safe	7
Where clinics are and what they do	7
Availability of emergency contraception	2
Where to get free stuff	2
Risks and new developments	4
AIDS	2
How to use condoms	2
Other (Single responses only) included: Possible effects, abortion information, More places to be tested for HIV, Anal sex, Dangers, Lifecycle, Somebody to talk to, Treatments, information on signs of disease, what clap is, information on consent, genital cancer information.	

Responses grouped into common answers and listed in table in order of popularity. Figures combined for all respondents across all areas.

Question 24 - Where and how would you like to be given this information?

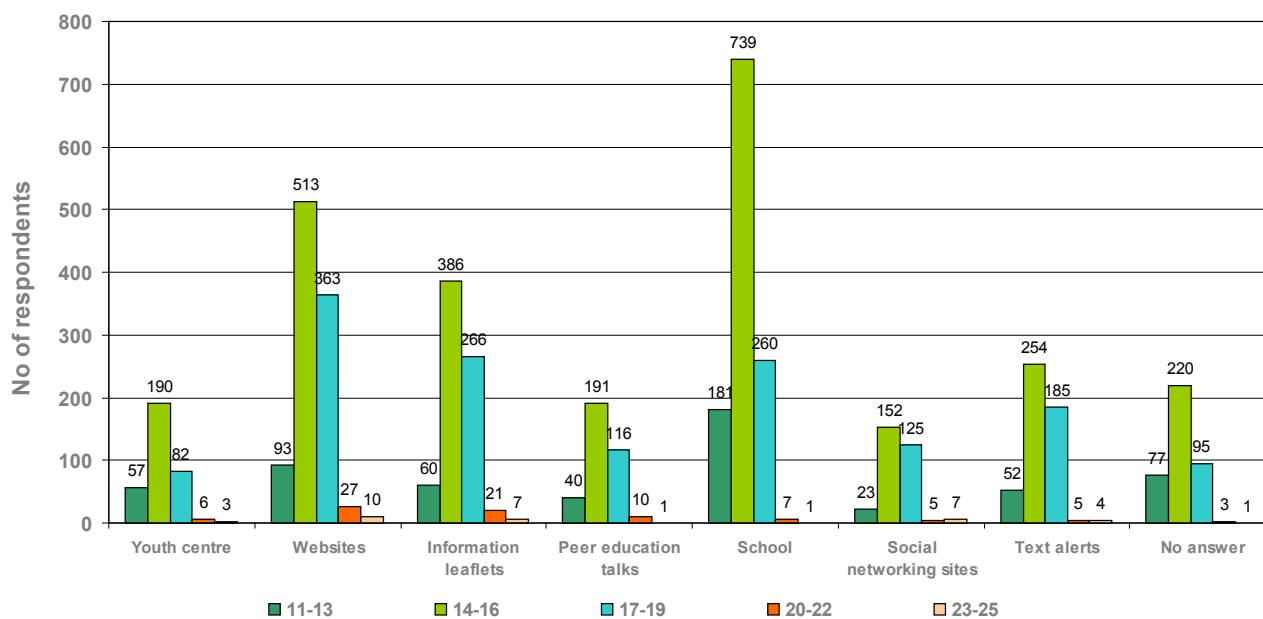


Dominating responses to this question for both genders were School, Websites and Information Leaflets. Respondents invited to select all options that would apply.

2.3 Results and key findings

Question 24 - Where and how would you like to be given this information?

Breakdown by age



3. Focus Groups

3.1 Methodology

Supporting the survey distribution and responses were managed focus groups held across the six main locality areas of Barrow, South Lakes, Copeland, Allerdale, Carlisle and Eden.

The key aim of the groups was to address the importance of young people's involvement in service development, monitoring and evaluation. The groups engaged with young people and encouraged them to give verbal feedback and response, thus enhancing the survey data and offering an opportunity to explore further some of the issues that have been highlighted from the wider questionnaire results..

The sessions concentrated on young people's experiences of health services as they currently are, and further discussion on what improvements could be made and how young people could be better served.

Each provided a managed and lively discussion on topics raised by the questionnaire and the young peoples experience of sexual health services; the good, the bad and the solutions provided by young people about how things could be improved and what they would like their sexual health services to look like in the future.

3.2 Results and key findings

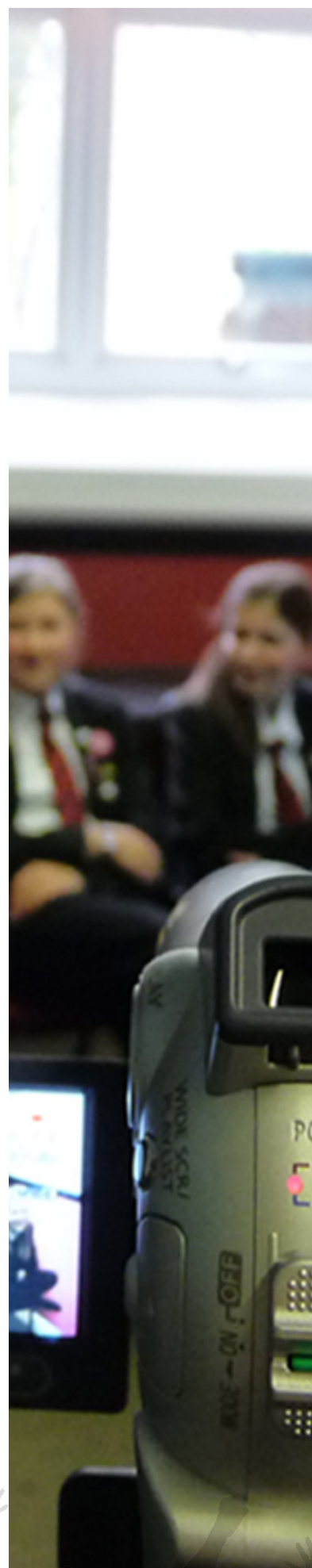
Focus groups discussions were based around issues raised on the questionnaires and specifically drilling down to the areas of C-Card scheme, Sexual health services available to them, STI's - signs, symptoms, names, Contraception and information sources.

The young people attending all of the groups were open and gave a lot of information. The groups were hosted by staff members near their age group and this helped with the discussions and the trust level within the focus groups.

There is some room for speculation that those volunteering to attend the focus groups generally displayed a higher level than average of personal responsibility for their sexual health and a raised awareness of facilities and help available to them.

The C-Card scheme was a topic raised across the groups, awareness of the scheme, its function and value to them. Attendees of the groups had a raised awareness of the scheme when compared with questionnaire findings, they had a good understanding of what it offered and why it had been introduced.

All of the groups displayed a similar awareness about the C-Card scheme and this certainly exceeded the data received via the questionnaires where knowledge was more limited. Also, across all of the groups the knowledge proved to be at a fairly constant level unlike questionnaires where we noticed raised awareness in the Barrow area for the scheme.



3. Focus Groups

3.2 Results and key findings (continued)

Groups discussed Sexually Transmitted Diseases and although most knew of STI's, showed a limited knowledge about how infections occurred, how they protect themselves, and what the visible signs of infection were.

The groups were asked to identify the sexual health services that were available to them in their specific areas. The level of knowledge about the service names was high but when questioned about the function of each and the help that each provided, knowledge was limited.

The majority of attendees reported that they never hear any information about services surrounding them. They are clearly able to recite names of services but have little knowledge about the details such as opening times, location and range of help available to them.

The sources of information identified by the groups were their youth workers, posters around their school and youth clubs and the workers at youth clubs and staff at schools.

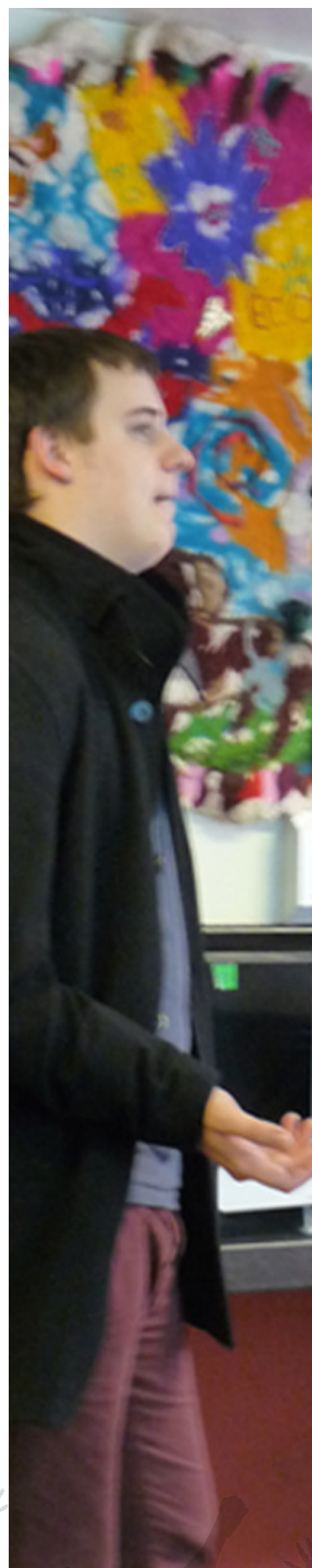
They did display a strong appetite to learn more and educate themselves about sexual health issues but the majority were very unsure about who to approach and where to go for basic advice.

The questionnaires did highlight schools, websites and leaflets as the preferred source of information for young people taking part and this, although limited was reflected through the focus groups that were run.

The use of young trainers to manage the groups gave validity to the sessions for the young people. Trainers reported that the groups were open and animated in discussions with a good level of contribution from all of those attending.

There were reports of some reticence amongst female attendees when the gender balance favoured males and this is something that should perhaps be borne in mind for further studies with younger groups. More detailed responses and candid answers may be achieved by running additional groups separately for male and female attendees.

The groups also provided the young people with a valuable opportunity to ask questions and to find out more about services. The focus was certainly on eliciting information but also an opportunity to share information and to raise awareness among those in attendance about the services that are available to them and the help that is currently on offer.



4. Key Findings

Overall only 29% of those completing surveys indicated that they were in a relationship. When split by gender there were no significant differences in response but charting by area does highlight some more significant variation. The Barrow and Eden areas recorded a higher value for those in relationships at 29% and 44% respectively with Allerdale and Carlisle indicating reduced levels at around 20% of respondents indicating that they are in a relationship.

Responses to this question do indicate that a higher proportion of females are sexually active with 37% of females indicating yes, the figure reducing to 29% for male respondents. The area breakdown indicates a low figure for both genders in the Allerdale and Carlisle areas at around 23% indicating that they are sexually active. There are some significant variations by area and when viewed by gender with female responses indicating over 50% in Barrow region being sexually active compared to a male figure of only 32%.

Of those sexually active, just over 40% of respondents answered yes to using condoms. Responses to this question do indicate a similar response from both genders with slightly raised figures from male respondents across the six areas but nothing of significance. Viewed by area, figures do highlight Carlisle registering the highest percentage of positive answers to condom use although across areas the variation is not significant.

Where young people get their condoms is very similar for both genders. Shop, Inspira and Chemist scoring highly among the male and female respondents although some preference from females for partners and friends for male respondents.

Knowledge of the C-Card scheme is similar for both genders. When taking yes or no responses only there is a raised awareness in the Copeland area with over 60% of respondents indicating that they have heard of the scheme. It can perhaps be assumed that marketing of the scheme and general awareness among young people is higher in this region. The area breakdown also points to low recognition of the scheme in the Barrow region.

Female respondents had a better idea of where free condoms could be sourced from. This was mirrored in the breakdown by area with the female responses higher across all regions with Carlisle showing highest recognition amongst females with over 70% answering yes to this question. When asked to qualify answers, there is a raised figure amongst females for recognition of Clinic, Doctor and Inspira as sources of free condoms.

Females had a much better awareness of where to get emergency contraception. Figures show 62% of females versus 32% of males overall knew where to access emergency contraception. This was reflected across all areas. The qualitative feedback asking where it could be sourced demonstrated this difference with responses from females dominating and indicating knowledge of a range of locations for accessing emergency contraception. Doctors and Chemists were recognised as the two primary sources. Additionally, Clinic, Hospital, Inspira, Nurse, Birchwood receiving a reasonable recognition from respondents.

Young people's awareness of where to get checked for STI's show raised figures for female awareness overall with Carlisle figures showing 64% for females versus a male recognition of 48%. When asked to qualify where they could get emergency contraception, both genders identified Doctor as the primary location. Clinic, Hospital, Sexual health Clinic also well recognised. A big male bias for Chemist as a source was highlighted with females having a higher recognition of Birchwood and Inspira as locations to get checked for STI's.

Most young people would prefer a service allowing them to speak to someone about their sexual health or contraception as part of another place i.e. youth centre, school, GP surgery. There was still a significant vote for a service just for young people and overall no clear preference between the two options. There were limited responses when respondents were asked to specify location of 'another place' with most citing Doctor or Youth Club as their main preference.

4. Key Findings

Young people indicated that if concerned about STI's or possible pregnancy, their preference is to seek help from their Doctor or Sexual Health Clinic. Over half of those surveyed indicated Doctor as a point of contact, about a third recognising Sexual health Clinic. There was a limited response when asked for alternatives to options provided, the only significant indicator being a female preference for seeking help from Friends.

Of those surveyed, 12% indicated that they had used a sexual health clinic. Of these, there were slightly raised figures for females with 17% versus 8% of males. There was also some variation across regions with suppressed numbers in the Allerdale area at <5% rising to 20% in the Barrow region.

Those who hadn't used a sexual health clinic cited 'no need' as the reason for this. A small number did indicate that lack of knowledge about clinics location did restrict access with 102 males and 91 females citing this as a reason for not visiting.

When asked how Sexual Health Clinics could be improved, the majority responded by saying that the service could not be improved. A small number (11) felt unhappy about the lack of privacy provision with a small number (10) commenting on speed of service provided.

Respondents of both genders indicated that the best time to visit a sexual health clinic would be after school. This was the dominant choice from options provided. Evening and weekend also scored highly indicating a distinct preference across both genders for times external to school hours. Note that respondents were able to select more than one option.

Respondents were asked to rate the things most important to them at a sexual health clinic on a scale from 1 to 5, 1 being Very important and 5 not important. All of the responses were averaged, producing a value for each of the following.

Confidentiality was identified as the most important element of a clinic with an average score of 1.57 for females and 1.95 for male respondents. Opening hours scored lowest on average but still registered 2.40 average for females and 2.50 for males. Across all items, the male scoring on scale of importance did highlight that males on average viewed all items as somewhat less important than female respondents.

A low percentage of respondents indicated that they had heard of the Sexual Healthline Cumbria. Across all responses only 15% had heard of the service. Regionally, there was a slight increase in awareness in the Eden, Carlisle and South Lakes regions but predominantly, young people unaware of the service.

31% of females and 29% of males said that they would use a Healthline number.

When young people asked if being able to text would encourage them to use the helpline, 53% of females and 41% of males indicated that it would.

41% of respondents indicated that they would benefit from more education on sexual health.

When asked what they would like to know about, respondents cited 'everything' as most popular answer with 106 responses. STI information, Contraception, Nothing, Pregnancy and General stuff the other significant responses to this question.

Young people surveyed showed a preference for receiving sexual health information via schools (1185), websites (1016) and information leaflets (744), showing a very even response from both genders.

5. Evaluation

In total, 2300 completed questionnaires were received. The distribution was evenly spread Over the six target locations and on analysis of gender information it is clear that the research has also achieved a very good distribution between male and female respondents with evenly distributed figures for each across all areas. This is a consequence of a well managed distribution via identified partners. This data has been useful and has allowed us to breakdown questions where gender or location provided any substantial or notable differentiation of results.

The chart demonstrates that the age distribution favoured the 11-19 year old age groups. The focus on schools, youth clubs and alternative education providers did dictate the audience for the Questionnaires and made it difficult to reach the older 20+ demographic with this research.

5.1 Strengths of the study

The study returned results from a similar number of young people and an almost identical ratio of males to females. As predicted, the confidential nature of the study has resulted in honest, unrestricted answers; which have given us a more accurate insight into young people's attitudes in this subject area. This knowledge can now be used to better targeted services, workshops and education for young people.

Delivery of surveys and focus groups by a trusted and recognised Cumbrian organisation like the Cumbria Youth Alliance engendered an additional level of trust from the young people taking part. Delivery through youth clubs, schools and recognised organisations meant that the young people felt more secure in answering candidly and with honesty. The targeted delivery also increased the quality of survey returns and the feedback collected.

5.2 Weaknesses of the study

The split between genders when looking at overall numbers was extremely balanced. In distributing the surveys via youth groups and schools we were able to reach a balanced audience in this regard but the specialisation in venues meant that the numbers represented in the higher age bands were limited. The majority of respondents falling in the 17-19 age group.

5.3 Recommendations

It would be a sensible consideration to run a similar set of research focused on the higher age groups, 20-23+ years to form a cohesive set of research for the sexual health information sought. Using the same demographics would make it possible to combine the two and join up the under represented groups.

6. Appendices

6.1 Questionnaire sample



Private and Confidential - Sexual Health Questionnaire

Please circle your answers and write in the spaces provided

1. Gender Male Female
2. Age 11 – 13 14 – 16 17 – 19 20 – 22 23 – 25
3. Postcode (e.g. CA13) CA____ LA____
4. Are you in a relationship? **Yes / No**
5. Are you sexually active? **Yes / No**
6. Do you use condoms? **Yes / No**
7. If you do, where do you get them from? _____
8. Have you heard of the C-card free condom scheme? **Yes / No**
9. Do you know where you can get FREE condoms from **Yes / No**
If yes, where _____
10. Do you know where you can get emergency contraception (pill that can be taken up to 72hrs after intercourse) **Yes / No**
If yes where? _____
11. Do you know where to go to get checked for sexually transmitted infection (STI)?
Yes / No If yes where? _____
12. If you needed to speak to someone about your sexual health or contraception would you prefer (circle one):
 - a. service just for young people in its own building
 - b. service as part of another place (eg youth centre, school, GP surgery etc)
 - c. No preference
13. If you were concerned about an STI/ possible pregnancy would you use any of the following (circle all that apply)?
 - Doctor
 - Family Planning
 - Sexual health clinic
 - School nurse
 - Youth project
 - Parents
 - Other (please state) _____

6.1 Questionnaire sample (continued)

14. Have you ever used a sexual health clinic **Yes / No**

15. If not, why not?

- No need
- Don't know where one is
- Prefer another service – which one? _____

16. If you have used a sexual health clinic how do you feel it could be improved

17. If you have or were to use a sexual health clinic what times would be best?

During school class time Lunchtime After school Evening Weekend

18. If you needed to use a sexual health clinic or service what things are important to you?

Please rate the following (**1= very important, 5 = not important**)

- | | | | | | |
|---|---|---|---|---|---|
| • Being able to get there | 1 | 2 | 3 | 4 | 5 |
| • Opening hours | 1 | 2 | 3 | 4 | 5 |
| • Where it is at | 1 | 2 | 3 | 4 | 5 |
| • Staff | 1 | 2 | 3 | 4 | 5 |
| • Treatments i.e. emergency contraception, condoms, testing | | | | | |
| | 1 | 2 | 3 | 4 | 5 |
| • Confidentiality | 1 | 2 | 3 | 4 | 5 |

19. Have you heard about the sexual healthline Cumbria, a new local rate telephone number which will direct you to the best service for your needs 0845 658 3131 **Yes / No**

20. Would you use helpline number like this? **Yes / No**

21. Would you use it if you could text? **Yes / No**

22. Do you feel you would benefit from more education on sexual health **Yes / No**

23. What sort of things would you like to know? _____

24. Where and how would you like to be given this information (circle all that apply)?

- Youth centre
- Websites
- Information leaflets
- Peer education talks
- School
- Social networking sites
- Text alerts
- Other (please specify) _____

Thank you for doing this survey

6.2 Questionnaire data

Q1 - Gender

Gender/ Locality	Male	Female	NA	Total
Barrow	172	235	5	412
South Lakes	106	165	0	271
Copeland	205	238	0	443
Allerdale	278	278	0	556
Carlisle	295	239	0	534
Eden	129	168	0	297

Q2 - Age

AGE MALES	11-13	14-16	17-19	20-22	23-25	NA	TOTAL
Barrow	12	90	68	6	1	1	178
South Lakes	0	58	40	4	3	1	106
Copeland	1	185	19	0	0	0	205
Allerdale	44	185	47	0	1	1	278
Carlisle	88	168	35	0	0	4	295
Eden	0	40	66	20	3	0	129

AGE FEMALES	11-13	14-16	17-19	20-22	23-25	NA	TOTAL
Barrow	25	58	150	0	1	1	235
South Lakes	3	89	62	8	3	0	165
Copeland	0	219	17	2	0	0	238
Allerdale	49	195	33	0	0	1	278
Carlisle	72	102	65	0	0	0	239
Eden	5	85	51	17	6	3	167

Q4 - Are you in a relationship?

	M yes	M no	F yes	F no	M NA	F NA	TOTAL
Barrow	49	124	111	123	4	1	412
South Lakes	33	71	60	105	3	0	272
Copeland	41	163	69	169	0	0	442
Allerdale	45	231	73	204	2	1	556
Carlisle	47	244	60	176	4	2	533
Eden	55	73	77	91	1	0	297

Q5 - Are you sexually active?

	M yes	M no	F yes	F no	M NA	F NA	TOTAL
Barrow	56	121	118	106	0	12	413
South Lakes	39	63	73	89	4	3	271
Copeland	59	141	83	150	4	0	437
Allerdale	58	213	70	201	7	7	556
Carlisle	54	223	66	173	18	0	534
Eden	73	56	72	94	0	2	297

Q6 - If you are sexually active, do you use condoms?

	M yes	M no	F yes	F no	M NA	F NA	TOTAL
Barrow	38	31	72	66	107	96	410
South Lakes	39	24	39	52	17	17	188
Copeland	31	30	40	38	6	4	149
Allerdale	32	26	38	33	5	4	138
Carlisle	43	14	37	32	0	2	128
Eden	60	38	51	49	3	10	211

Q7 - If you do where do you get them from?

Gender/ Locality	M	F	Total
Chemist/Pharma	37	35	72
College	3	22	25
Family	5	8	13
Inspira	25	38	63
Partner	4	24	28
The clinic	20	33	53
Shop	79	73	152
Friends	23	9	32
Other	30	40	70
Nurse	4	10	14
No answer	102	101	203

6.2 Questionnaire data

Q8 - Have you heard of the C-CARD free condom scheme?

	M yes	M no	F yes	F no	M NA	F NA	TOTAL
Barrow	37	134	33	193	6	9	412
South Lakes	33	68	78	79	5	8	271
Copeland	122	75	145	81	6	14	443
Allerdale	83	187	74	192	8	12	556
Carlisle	91	199	67	171	5	0	533
Eden	68	59	84	80	1	4	296

Q9 - Do you know where you can get free condoms from?

	M yes	M no	F yes	F no	M NA	F NA	TOTAL
Barrow	98	73	134	74	6	12	397
South Lakes	55	47	120	42	3	2	270
Copeland	109	84	149	81	9	16	448
Allerdale	135	137	163	112	5	4	556
Carlisle	118	173	137	100	2	0	530
Eden	76	52	106	58	3	4	299

Q10 - Do you know where to get emergency contraception?

	M yes	M no	F yes	F no	M NA	F NA	TOTAL
Barrow	57	112	166	63	8	6	412
South Lakes	53	50	115	46	3	4	271
Copeland	69	124	156	73	11	18	451
Allerdale	83	183	166	103	12	9	556
Carlisle	81	194	127	104	17	6	529
Eden	49	78	114	52	2	2	297

Q11 - Do you know where to get checked for a Sexually Transmitted Infection (STI)?

	M yes	M no	F yes	F no	M NA	F NA	TOTAL
Barrow	115	59	167	58	3	10	412
South Lakes	79	24	128	33	3	4	271
Copeland	114	73	155	73	14	19	448
Allerdale	168	100	178	92	10	8	556
Carlisle	140	138	151	76	17	9	531
Eden	87	37	114	51	5	3	297

Q12 - Would you prefer a service just for young people in its own building?

	M	F	TOTAL
For YP in own building	251	370	570
Service as part of other place	426	488	914
Youth club/project	13	20	33
School	5	2	7
Doctor/GP	31	31	62
Parents	4	5	9
No answer	412	358	770

Q13 - Concerned about STI would you use:

Gender/ Locality	M	F	Total
Doctors/ GP	849	993	1842
Sexual health clinic	497	641	1138
Youth project	92	94	186
Parents	334	420	754
Family Planning	101	156	257
School nurse	233	337	570
Pharmacy	213	271	484
No answer	135	60	195

Q14 - Have you ever used a sexual health clinic?

	M yes	M no	F yes	F no	M NA	F NA	TOTAL
Barrow	22	132	55	154	14	10	387
South Lakes	10	83	35	111	7	5	251
Copeland	14	162	39	144	12	6	377
Allerdale	4	237	17	218	15	25	516
Carlisle	19	224	28	174	36	28	509
Eden	15	87	30	109	18	17	276

6.2 Questionnaire data

Q15 - If not, why not?

	M	F	TOTAL
No need	925	910	1835
Don't know where one is	102	91	193
Prefer another service	4	19	23
No answer	104	55	159

Q16 - If yes, how could it be improved? (responses >1)

	M	F	TOTAL
Doesn't need improving	9	27	36
Too public / Separate waiting room	0	11	11
Faster quicker service	5	5	10
More approachable	1	4	5
Make comfortable	2	2	4
Open more often	2	3	5
More free condoms	2	0	2
More time available	2	0	2
Easier to get there	0	4	4
Handouts	0	2	2
Friendlier staff	0	2	2
More confidential	2	5	7

Q17 - What times would be best?

	M	F	TOTAL
During school i.e. class time	126	125	251
Lunchtime	155	181	336
After school	366	524	890
Evening	228	380	608
Weekend	329	394	723
No Answer	153	88	241

Q18 - What things are important to you?

Males	1	2	3	4	5	Total
Being able to get there	390	222	220	85	114	1031
Opening hours	260	261	333	91	89	1034
Where it is at	322	275	237	92	86	1012
Staff	434	202	203	90	100	1029
Treatments: emergency	415	201	195	82	103	996
Confidentiality	603	144	109	33	127	1016

Females	1	2	3	4	5	Total
Being able to get there	512	331	206	77	92	1218
Opening hours	378	399	620	91	68	1556
Where it is at	440	397	213	86	74	1210
Staff	568	290	163	97	91	1209
Treatments: emergency	662	261	118	56	84	1181
Confidentiality	916	120	53	23	99	1211

Q19 - Have you heard about the sexual healthline?

	M yes	M no	F yes	F no	M NA	F NA	TOTAL
Barrow	28	136	27	193	13	15	412
South Lakes	24	74	25	131	8	9	271
Copeland	14	149	18	172	34	6	393
Allerdale	39	217	26	236	22	16	556
Carlisle	45	181	51	172	51	12	512
Eden	20	77	42	94	27	32	292

Q20 - Would you use a number like this?

	M yes	M no	F yes	F no	M NA	F NA	TOTAL
Barrow	56	114	60	158	7	17	412
South Lakes	45	55	60	95	5	9	269
Copeland	46	135	44	147	19	6	397
Allerdale	60	201	80	183	17	15	556
Carlisle	68	176	72	151	33	12	512
Eden	68	53	81	87	7	4	300

6.2 Questionnaire data

Q21 - Would you use if you could text?

	M yes	M no	F yes	F no	M NA	F NA	TOTAL
Barrow	72	99	120	102	6	13	412
South Lakes	57	43	93	63	6	9	271
Copeland	67	114	89	102	16	6	394
Allerdale	119	145	162	100	13	17	556
Carlisle	93	151	114	107	33	14	512
Eden	69	51	100	62	8	6	296

Q22 - Do you feel that you would benefit from more education on sexual health?

	M yes	M no	F yes	F no	M NA	F NA	TOTAL
Barrow	58	110	67	145	9	23	412
South Lakes	41	53	75	82	12	8	271
Copeland	95	81	107	85	23	6	397
Allerdale	137	119	133	131	22	14	556
Carlisle	104	124	94	114	49	27	512
Eden	38	82	48	103	9	17	297

Q23 - What things would you like to know?

Everything 106, STD info 66, Contraception 40, Nothing 27, Pregnancy 15, General stuff 16, mechanics of intercourse 6, How to be safe 7, Where clinics are and what they do 7, Availability of emergency contraception 2, Where to get free stuff 2, Risks and new developments 4, AIDS 2, How to use condoms 2, Dangers 3, Treatments 3, info on signs of disease 7.

Q24 - Where and how would you like to be given this information?

	M	F	TOTAL
Youth centre	256	168	424
Websites	449	567	1016
Information leaflets	301	443	744
Peer education talks	131	232	363
School	544	641	1185
Social networking sites	147	169	316
Text alerts	190	317	507
No answer	242	162	404
Other	8	24	32

