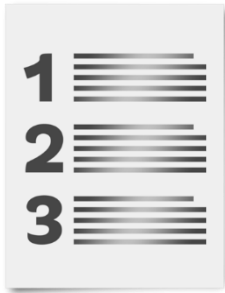


Camden Sexual and Reproductive Health Work Programme





What this is about



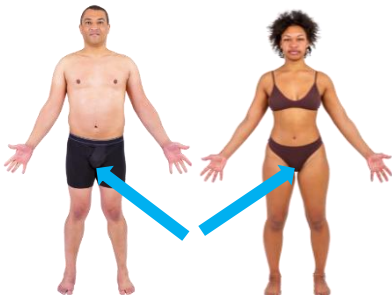
This work is to help people in Camden have good sexual and reproductive health
- that means



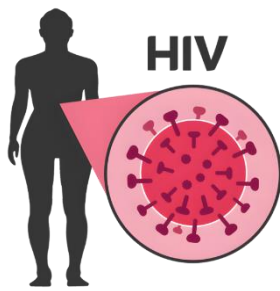
- learning about safe and healthy relationships



- getting help with things like contraception, periods, and pregnancy



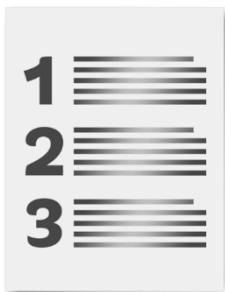
- getting tested and treated for infections you can catch during sex – these are known as sexually transmitted infections (STIs)



- getting good support if you have HIV



- and making sure health services are easy to use and work for everyone



Why this is important



Good sexual and reproductive health helps people

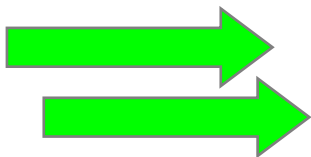
- feel safe and confident in their relationships



- stay healthy and get the right care they need



- make their own choices about their bodies and lives



What we did to write this plan



- we looked at health information about Camden



- we talked to over **190** people from different backgrounds



- we listened to young people, disabled people, LGBTQ+ people, and others



- we read reports and talked to staff, doctors, and local groups



1

Relationships and education

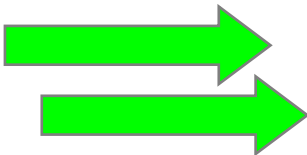
What we found



Young people want more help from adults to learn about sex, relationships and how to stay safe



Some school lessons are confusing or don't include everyone



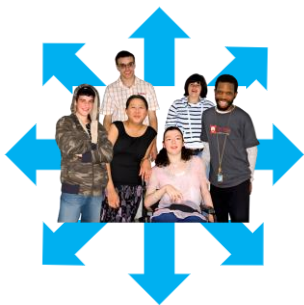
What we will do



- make lessons clearer and include everyone



- train parents, teachers, and other adults to help young people



- and help young people learn from each other and to share messages



2

STI testing and treatment

What we found



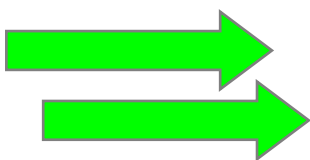
Some sexually transmitted infections (STIs) are more common in Camden than in other parts of London



Some people don't know where to go, feel worried or find clinics hard to use



Some groups of people don't get tested as often



What we will do



- give out more **free** condoms



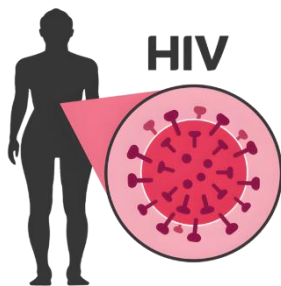
- make online services easier to use



- train staff to be kind and respectful



- make clinics feel more friendly and welcoming



3

HIV support

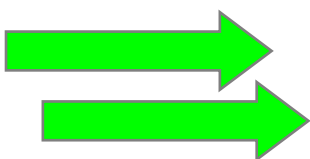


What we found

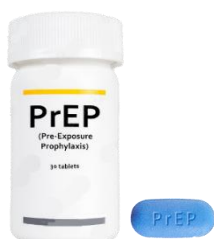
Fewer people are getting HIV, but some still find out too late



People living with HIV want more help and less discrimination



What we will do



- help more people to get PrEP - this is a medicine that helps lower the risk of getting HIV



- run campaigns to stop discrimination



- train staff to be kind and supportive



- support social groups and peer networks



4

Reproductive health



What we found

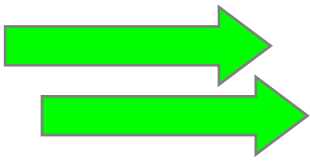
Some women find it hard to get help with things like periods, contraception, menopause, or pain



Many women feel they are not listened to



Cancer Screening and vaccination rates are low



What we will do



- set up better health services for women



- train staff to listen and understand



- help more people get cancer checks and vaccines



- make services kind and welcoming for everyone