



Sex Education & Community Services

Gwasananaethau
Iechyd Rhywiol i
Bobl Ifanc

Sexual Health
Services
for Young People

Your sexual health is important to your overall well-being. Whether you are sexually active or not, it is important to be informed about how to protect yourself and maintain good sexual health.

SECS offer a range of services and resources for young people including STI testing, contraception and unplanned pregnancy options for under 20's.

We offer 1-2-1 support around grooming, safer relationships, internet safety, self-confidence affecting sexual choices and support after sexual assault (SA)*

**Please be aware we are not able to undertake work directly linked to the SA as can impact police investigation.*



Your Questions Answered..

Do I need an appointment? And is it free?

We offer a walk-in service, you can also book appointments if that is better for you. And yes it is free!

Do I have to tell anyone or will my parents find out?

This is a confidential service which means that nobody including your family and GP will know. However we may have to share information if we feel you are at risk or harm. We would discuss this with you first.

I don't like things my partner makes me do?

Come speak to us , we offer 1-2-1 support on safe relationships and boundaries

Worried I might be pregnant?

We can discuss options and help arrange appointments.



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YOUNG PEOPLE & SEXUAL WELLBEING

Everything you need to know
about looking after your
sexual wellbeing.

**Stopping
the
Stigma**

Let's talk
sexual wellbeing



Know Where To Go..

Young People's drop-in Clinics for
under 20's- No appointments needed!

Caldicot Health Centre

Tel: 07920 540084

Wednesday 4.00pm – 6.00pm

Ysbyty Aneurin Bevan Hospital Ebbw Vale

Tel: 07920 767585

Wednesday 5pm – 7pm

Rhymney Clinic

Mobile: 07500 108685

Tuesday 4.00pm – 6.00pm

Pontypool Wellbeing Centre

Mobile: 07966 991102

Monday 4.00pm – 6.00pm

Ringland Medical Practice

Thursday 4pm – 6pm

You are also welcome to use our appointment
services by calling

☎ 01495 765065 ☎

For Good Sexual Health.....

- ✓ **Practice Safe Sex:** Using protection, such as condoms, is one of the most effective ways to reduce the risk of sexually transmitted infections (STIs).
- ✓ **Avoid unplanned pregnancy :** We provide all contraception options, from condoms, implants, injections, pills and intrauterine device (IUD). It's important to choose the one that's right for you.
- ✓ **Test Regularly:** Getting tested for STIs on a regular basis is a crucial part of maintaining good sexual health. Some STIs have no symptoms, so you could have an infection and not know it. If left untreated these infections can cause serious problems.

For more info on our young peoples clinics
scan the QR code



Want access to free condoms?

Join the C-Card Scheme



Providing young people
with quick, easy and confidential access to
free condoms and basic sexual health
information, including signposting to any
appropriate services.

Is the Gwent C-Card Scheme confidential?

Yes, the information you give is kept
confidential. No information is passed on to
anyone else. The assessor may have to talk to
someone else if they think you are at risk but
will always try and talk to you before doing
this.

Join the scheme, scan the QR code below to
find your nearest centre.

