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Sexual Wellbeing: Advice for Young People

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Confidential and judgment-free Support
Our free services are confidential, which means we won't share your information without your permission (unless there are serious concerns about safety). You can access support whether you're under 16 or older — we're here to help, not to judge.

SECS
Sex Education & Community Services
Gwasananaethau Iechyd Rhywiol i **Bobl Ifanc** | Sexual Health Services for **Young People**

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Sexual Health Clinics

Under 20s Sexual Health Drop In Clinics

Here is a list of our drop in clinics. You don't need to book an appointment in advance - just turn up! If these don't work for you - ring our triage line on 01495 765065 to book an appointment at any of our regular clinics.

Pontypool YPC Open Access
Park Road
Wellbeing Centre
Riverside
Pontypool
NP4 6NZ

Monday 4.00pm – 6.00pm

Denscombe Clinic
Health Clinic
Claude Road,
Denscombe,
Caerphilly,
CF83 1GJ

Tuesday 3:30pm - 6:30pm

Rhymney Clinic
Unit 22
The Lawns Ind Est
Rhymney
NP22 5PW.

Tuesday 4.00pm – 6.00pm

Ysbyty Aneurin Bevan Clinic
Ysbyty Aneurin Bevan Hospital
Lime Avenue
Ebbw Vale
NP23 6GL

Wednesday 5pm -7pm

Caldicot Clinic
Health Centre
Cae Mawr Road
Caldicot
NP26 4EW

Wednesday 4.00pm – 6.00pm

Ringland YPC Open Access
Ringland Health Centre
282 Ringland Circle
Newport
NP19 9PS
Thursday 4.00pm – 6.00pm

Appointment Only Clinics

There are several sexual health clinics across Gwent. If you are aged over 20, or if under-20 clinic times are not suitable for you, please call 01495 765065 to arrange an appointment at a time that works best for you.

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Sexual Health Clinics

Contraception & Emergency Contraception

Contraception

Contraception is any method that protects against pregnancy. There are 15 methods of contraception currently available in the UK. Most are designed for use by people who can get pregnant. However, internal and external condoms are the only type of contraception that also help protect against sexually transmitted infections (STIs).

It's worth taking the time to find out more about each method so you can choose one that suits you.

Find out more about contraception by clicking here or visit Contraception Choices to work out which type might be best for you.

Contraception is free on the NHS for all ages so you won't have to pay anything. Contraception is also widely available in Gwent through sexual health clinics, your GP surgery and at our under 20s drop-in clinics. Please call 01495 765065 to arrange an appointment at our general sexual health clinics.

Emergency Contraception

To avoid an unwanted pregnancy, access Emergency Contraception from a pharmacy, GP surgery or sexual health clinic within 5 days of unprotected sex.

All pharmacies in Gwent provide access to emergency contraception. To find your local pharmacy, please visit NHS 111 Wales

If more than 5 days have passed since unprotected sex, you may have to wait for a missed period before taking a pregnancy test.

What to do if you are concerned about pregnancy

If you think you might be pregnant, it's normal to feel unsure or overwhelmed. You don't have to figure it out on your own — support is available.
BETH is a confidential service designed to support people with pregnancy care and choices. The team is friendly, non-judgemental, and there to help you understand your options and what feels right for you.

With BETH, you can:

- Talk through your feelings and ask any questions
- Get clear information about your options (continuing the pregnancy, adoption, or abortion)
- Be supported to access the right healthcare services
- Get help telling a parent, carer, or trusted adult (if you want to)
- Receive ongoing support throughout your decision and care

You can contact BETH yourself — you don't need a GP appointment first, and everything is private.

You're not alone, and there's no pressure — just support to help you decide what's best for you. Find out more here.

Condoms

Condoms (also called external/male condoms) are a barrier method that helps prevent pregnancy and reduce the risk of sexually transmitted infections (STIs). You put a condom on the penis before vaginal, anal or oral sex.

Some condoms are made from latex, others are latex free. It will say on the packet what the condom is made of.

Do not use latex condoms if you have a latex allergy, explore other contraception alternatives.

DO

- Use a new condom every time you have sex
- Check the use by date has not expired – an expired condom may not be effective
- Check the packet for a European CE mark or UKCA mark – this means it's been tested to high safety standards

DONT

- Do not use more than one condom at the same time as it can make one or both condoms split
- Do not use oil-based lubricant with latex condoms – use water-based or silicone-based lubricant instead
- Do not use a condom that is damaged - check for rips and tears before use

How to use a Condom

1. Put the condom on before you start having sex (before the penis touches the vagina or anus).
2. Make sure the penis is fully erect.
3. Open the packet carefully so you do not damage the condom. Do not use your teeth as this could rip the condom.
4. Hold the tip of the condom to squeeze out any air.
5. Roll the condom all the way down to the base of the penis. If the condom does not roll down, you may have put it on the wrong way round. Throw it away and use a new condom.
6. Keep the condom on until you finish having sex. When you've finished, grip the base of the condom as you pull out to stop it coming off the penis.
7. Always put used condoms in the bin, not in the toilet.

Where to get condoms

You can get condoms for free from sexual health clinics (also called family planning or contraception clinics), some GP surgeries and some pharmacies.

Gwent C-Card Scheme

The C-Card scheme is a free, confidential service for young people aged 13–25, providing access to condoms, lubricant, and sexual health advice. It's designed to support safer sex, improve confidence, and help young people make informed choices about their sexual health.

You can register and collect supplies from a range of local C-Card venues across Gwent, including schools, colleges, youth centres, and other community settings. Friendly staff are also available to offer information and guidance in a non-judgemental environment.

Use the Google Maps link below to find your nearest C-Card venue, pharmacy, or clinic, including under 20s and regular sexual health services. You can also visit the C-Card website for further information.

Click here to view sexual health related services across Gwent!

- C-Card centres
- Sexual Health Clinics
- Under 20's Sexual Health Clinics
- Pharmacies

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What are STIs?

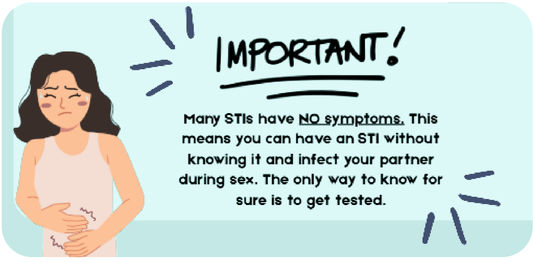
STIs are infections passed from one person to another through sexual contact, which can include vaginal, anal, or oral sex, as well as some forms of skin-to-skin contact and the exchange of bodily fluids. In Wales, chlamydia, gonorrhoea and first episode genital herpes are most common in 15-24 year olds. The best way to protect yourself is by wearing a condom and making testing part of your regular routine.

Unprotected sex (when no condom is used) puts you at risk of STIs.

STIs are common and they can usually be treated at a sexual health clinic.

Symptoms of a sexually transmitted infection (STI) can include:

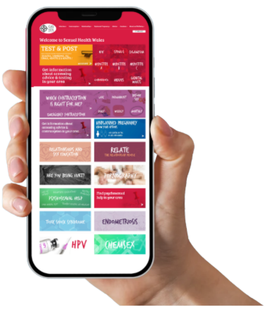
- An unusual discharge from your vagina, penis or anus
- Pain when peeing
- Lumps or skin growths around your genitals or bottom (anus)
- A rash
- Unusual vaginal bleeding
- Itchy genitals or anus
- Blisters, sores or warts around your genitals or anus
- Warts in your mouth or throat (but this is very rare)



There are many different types of STIs, including Chlamydia, Gonorrhoea, Syphilis, Herpes and HIV. To find out more about the different types of STI click here.

Free at home STI testing kits

If you are aged 16 plus you can order a free testing kit to your home. There is no charge to send the kit back and it will arrive in discreet packaging - so no need to worry about others knowing what you've ordered!. Welcome to Sexual Health Wales | Advice & Testing STIs Infections



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Consent is an agreement between people. This means permission between people to do something together.

Consent is really important and if someone doesn't want to do something then there is NO consent.

How do I get consent? Just ask!

Sexual consent means agreeing to engage in sex or sexual activity. You must get consent for any form of sexual activity, including sexual touching and kissing.

If you engage in any sexual activity without a person's consent, it is sexual assault or rape. It is really important to know you have consent from the person you are intimate with.

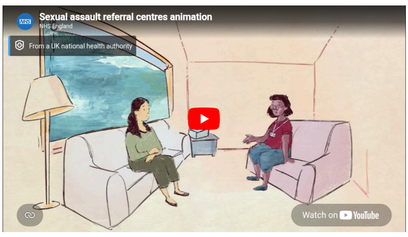
This protects both of you.

It is important to remember that someone cannot give valid consent if:

- underage (the law says you can consent to sex from the age of 16)
- using drugs or alcohol
- asleep or unconscious
- being forced or put under pressure

What to do if you have been a victim of sexual assault

If you have been a victim of sexual abuse or assault you may be feeling confused and afraid and not know what to do next. There are services that can help.



You don't have to report the assault to police if you don't want to.

You may need time to think about what has happened to you. However, consider getting medical help as soon as possible, because you may be at risk of pregnancy or sexually transmitted infections.

For more information visit:
Emergencies - Aneurin Bevan University Health Board

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SECS
Sex Education & Community Services
Gwasananaethau Iechyd Rhywiol i Bobl Ifanc | Sexual Health Services for Young People

Who are we?

SECS is a sexual health outreach service dedicated to supporting 13-25 year olds. We educate young people on sexual health related topics including contraception, sexually transmitted infections, healthy relationships and consent amongst other important topics

1-2-1 Support

Our team offers 1-2-1 support for 13-25 year olds in Gwent who could benefit from further education and support around the following topics;

Contraception
STIs and testing options
Healthy relationships & boundaries
CSE, internet safety/grooming
Unplanned pregnancy

Click the link to access our referral form and email it to abb.secs@wales.nhs.uk

Group Sessions

SECS offer FREE NHS Workshops for groups of 13-25 year olds based in Gwent. Choose from the following sexual health related topics or get in touch to find out more:

Contraception & STIs

Healthy Relationships & Consent

Self-Esteem & Body Image

Online Safety

Whilst these workshops are intended for small groups of young people. Content can also be adapted to suit the educational needs of the learners. Each workshop takes approximately 1 hour in duration.

For any queries and to arrange booking, email:
abb.secs@wales.nhs.uk

Contact us

abb.secs@wales.nhs.uk

01495 765065

Follow us

@aneurinbevanuhb

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Sex Education & Community Services (SECS)

Frequently asked Questions (FAQS)

You may have lots of questions when it comes to using our Sexual Health Services, below are some of the top questions we receive to help put your mind at ease.

Is it confidential? Will you tell my parents I've been?

Sexual health services are confidential. The only reason we would have to break confidentiality is if we were concerned about your safety. Even if you are under 16, you still have the same rights to confidentiality as anyone else and you should not be treated any differently.

Will the doctor/nurse/outreach worker tell my parents or show them my medical records?

No. Doctors and nurses have very strict rules on confidentiality and the law says they have to keep all patient records and information completely private. In exceptional circumstances, for example, when a doctor or health worker thinks you might be in serious danger, they may feel there is a need to pass information on. Even if they do, they will talk to you first before telling anyone else. This applies to everyone, no matter what age you are.
We won't even tell your doctor without you agreeing (consenting) to it. Even if you are under 16 you still have the right to confidentiality.

What if I'm under 13?

In Wales, professionals might be a bit more concerned when supporting young people under 13 who are having sex. They might feel it's important to get extra support to help keep you safe, like speaking to a social worker. If this ever needed to happen, we would always talk to you about it first.

Will I have to pay?

No - all forms of contraception including condoms and all tests for sexually transmitted infections are free on the NHS.

Will I need an internal examination?

For most methods of contraception an internal examination is not required.
You would only need one if you need a smear test (age 25 +), have lower abdominal pain and need examining to find out what was wrong or if you want an IUCD (coil) fitted.

Can I bring my partner or friend with me?

We understand that some people are very anxious or may require support from a friend and we will discuss this with you and make appropriate arrangements for you.

Can I see someone on my own, or do I have to have my parent/carer with me?

It's absolutely fine for you to see someone on your own, so you don't need a parent or carer with you, even if you're under 16.

Do I need an appointment?

If you are under 16 and require information or an appointment please contact our Young Person Clinic on 01495 363156.

What will happen when I call?

First of all, you'll be asked a few questions by our clerks for our records about your date of birth and address. Remember, everything is confidential and no information will be passed to anyone without your permission. They will ask what you are phoning for (contraception, information about sexual infections, symptoms.)

If you need contraception you'll be asked a few questions about your health and about your family's health so we can make sure there are no medical reasons why you shouldn't use a particular contraceptive method. The doctor or nurse will help you decide which the best method of contraception is for you, and answer all your questions. It is much better that you understand about whatever contraceptive you choose. If you are under 16, you will be encouraged to talk to your parents about your decision, but in the end, it is always down to you. No one from the clinic is going to tell them about your visit. Only you can do that.

The doctor or nurse will also run through the importance of using condoms to help you and your partner avoid getting any sexually transmitted infections (STIs). They will make sure you know how to put a condom on correctly.

If you have other concerns the doctor or nurse will discuss them with you on the phone and if needed then arrange for you to meet a doctor or nurse face to face for further assessment.

Other useful websites, links and resources

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Sexual Health

Brook provides information on sexual health and wellbeing

Worried about HIV then The Terrence Higgins Trust is a great place to contact. They have an office in Cardiff and also have staff that sometimes work out of our Cordell Clinic in Newport.

Relationships

Visit Childline to learn more about healthy relationships

Watch the following video to learn about coercive control

Wellbeing

Meic is the helpline service for children and young people up to the age of 25 in Wales. From finding out what's going on in your local area to help dealing with a tricky situation, Meic will listen even when no-one else will. We won't judge you and will help by giving you information, useful advice and the support you need to make a change

Feel more Melo contains information, advice and self-help resources to help you look after your mental health and wellbeing.

Puberty

To learn more about Puberty visit NHS Wales.

To know more about how to handle the changes Puberty brings visit Childline

Drugs/Alcohol

Barod provides support to individuals affected by alcohol and drugs, and their friends and family. The support and information provided is free, confidential and non-judgmental.

Talk to Frank for honest information about drugs.

LGBTQIA+

Gay Lesbian Trans Wales Helpline

Information for Young People
The Gwent C-Card Scheme
Find your nearest C-Card Centre
Finding Urgent Help if you've had Unprotected Sex

The Gwent C-Card Scheme

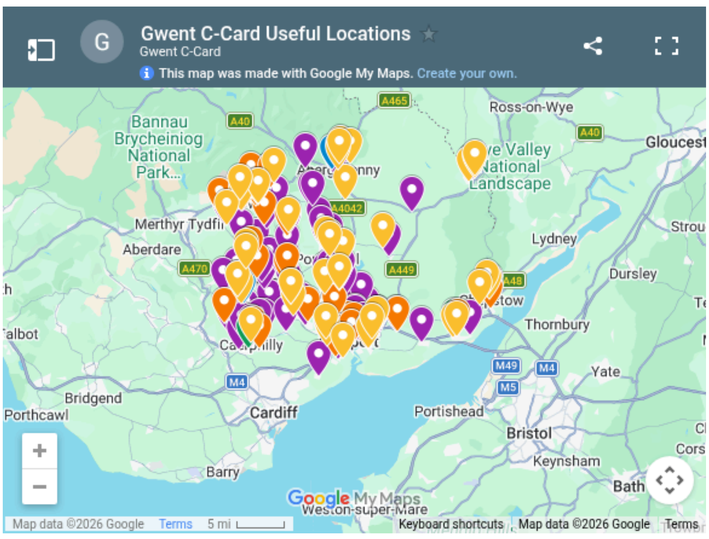
Recite

Click here to quickly leave this page

The Gwent C-Card Scheme provides **young people aged 13 to 25** with:

- **Quick**, **easy** and **confidential** access to **free** male and female condoms;
- Basic sexual health information;
- Signposting to appropriate services.

You can use the below map to find your nearest **Gwent C-Card issue points** (open and closed access), **pharmacies** that provide contraception (including emergency contraception like the morning after pill), and **sexual health clinics for under 20s** (both drop-in and appointment-only).



What happens at a Gwent C-Card issue point?

To register with the Gwent C-Card Scheme and receive free condoms and lube, a trained C-Card Assessor will chat to you about certain topics such as relationships, sexually transmitted infections (STIs), and how to use a condom. **The chat will be non-judgemental and confidential**.

Is the Gwent C-Card Scheme *actually* confidential?

The information a young person discusses when talking to a C-Card Assessor is kept confidential. No information is passed on to anyone else.

The only reason a C-Card Assessor may have to talk to someone else about what has been discussed is if they think a young person is at risk of harm, but they will always try and talk to the young person before doing this.

If you're worried about confidentiality, please talk to the C-Card Assessor before giving any information.

I am a professional looking to offer the Gwent C-Card Scheme to the young people I work with. How do I find out more information?

If you are interested in delivering the C-Card Scheme, or would like some more information about being an Assessor, please email us on gwent.ccard@wales.nhs.uk.

You can also visit the C-Card website for more information about the scheme in Wales.