

Good practice toolkit for staff and carers

"The toolkit is a fantastic and informative piece of work that benefits all concerned and works towards ensuring the safety and wellbeing of children"

- User testing feedback

5. Where to find it

View the toolkit on a PC:

Just visit rightdecisions.scot.nhs.uk/ggc-sexual-health

How to download the toolkit to your phone as an app:

You can also download the toolkit as an app on your phone or tablet. Instructions on how to do this can be found in our [guide](#).

4. How to use the toolkit

The toolkit is designed to dip in and out of as needed. It is not necessary to look through all the content together.

Children and young people benefit from learning and support throughout childhood, at school and in the home setting. The toolkit content aligns with the taught curriculum in schools but uses methodology suitable for informal learning and support in a home environment.

In the [A-Z section](#) you will be able to quickly find up to date information on a range of topics alongside video clips and other resources to support discussion with the child or young person or to find a service required.

"It's a quick and easy way to find reliable information about a specific topic" - User testing feedback
"The A-Z was very helpful, especially if you are looking for a certain topic and provides helpful resources, information and signposting" - User testing feedback

The [Age and Stage section](#) outlines typical development, the support children and young people need from caregivers and how to provide this, and what they should be learning at school.

"I liked how clear this was and detailed appropriate age and stage development" - User testing feedback
"Gives good examples & scenarios to work through to help guide conversation" - User testing feedback

1. What is it?

The good practice toolkit for staff and carers is a practical resource to help staff and carers to support children and young people in relation to their sexual health and wellbeing.



2. Why do we need this?

Improving how we meet the needs of Care Experienced children and young people is a national priority, as detailed in The Promise. Plan 21-24 includes the expectation that Local Authorities and Health Boards will take responsibility to make sure that children and young people's educational and health needs are fully met. Sexual health and wellbeing is a core component of overall health and wellbeing, whether or not a person is ever sexually active.

Sexual health outcomes for young people who are care experienced are markedly poorer than for children and young people in the general population across a broad range of indicators from early experience of pregnancy, abortion care, early parenthood and sexually transmitted infection acquisition. There are also differences in resilience and the ability to identify and avoid unhealthy relationships and sexual exploitation.

The toolkit has been developed to help address this inequality by providing practical support to enable staff and carers to weave this learning and support into their day to day care. Training for carers and staff is available from the Health Improvement Team for Sexual Health, NHS GG&C, to build skills and confidence, where needed.

3. Who was involved in making the toolkit?

NHS GG&C, Health Improvement team for Sexual Health, led this project and worked with care experienced young people, carers and social work staff to shape the content and design.

Who Cares? Scotland were commissioned to manage the involvement of young people. You can read the views and experiences they shared with us [here](#). They also produced a range of resources that are threaded through the toolkit and can also be viewed as a collection [here](#).

Carers and the workforce, from across NHS GG&C, shared their experiences and knowledge of what's required to be able to adequately support children and young people. You can read the findings [here](#).