

LEARNING AND IMPACT

Brook Success Report 2018/19

Sexual health and
wellbeing for under 25s



brook

MESSAGE FROM OUR CHIEF EXECUTIVE & CHAIR

Brook is the only national charity to offer a holistic approach to improving young people's sexual health and wellbeing.

Through our unique combination of clinical services, education and wellbeing programmes, training and advocacy work, we make a significant difference to the lives of under 25s.

We are proud to continue in the pioneering footsteps of our founder Helen Brook, who challenged the law and societal beliefs in the 1960s by providing unmarried women with contraception.

The BBC Call The Midwife abortion storyline, in which Brook is featured, is a reminder of how far sexual health has evolved, yet there is still a long way to go. Suicide rates among girls age 15-19 in England and Wales have hit a record high and in a 2019 survey, 55% of young men aged 18-25 said pornography was their main source of sex education.

Our own research of over 5,500 university students revealed that 56% have experienced sexual harassment or sexual violence while at university, yet only 8% have reported an offence. This worryingly low reporting rate demonstrates the urgent need for relationships and sex education (RSE) to start early and continue throughout every stage of academic life.

WE OFFER FREE, CONFIDENTIAL, NON-JUDGEMENTAL SUPPORT TO HELP YOUNG PEOPLE NAVIGATE THE MANY COMPLEX ISSUES THEY FACE, AND IN 2018/19 WE SUPPORTED 787,803 YOUNG PEOPLE.

However, we could not have done this alone. Our partnerships are invaluable in helping us achieve our goals.

THIS YEAR, WE HAVE OVERCOME NEW CHALLENGES BY ADAPTING AND EXPANDING AREAS OF OUR WORK IN ORDER TO MEET THE NEEDS OF YOUNG PEOPLE.

We have launched online booking to increase accessibility to our clinical services and, through our secured social investment funding with Social and Sustainable Capital, we are able to continue our organisational growth with a particular focus on education and training.

We were successful in our application for the 2017 Department of Culture, Media and Sport Tampon Tax Fund. *Let's talk. Period.*, our nationwide project in partnership with Plan International UK, will provide 4,600 disadvantaged girls and young women with period products and education between now and March 2020 to reduce period poverty in the UK.

Following years of lobbying, we celebrate the introduction of mandatory relationships and sex education in all secondary schools in England from September 2020. Equally, we welcome the updated Department for Education RSE guidance for schools.

Supporting schools through this transition will remain a priority in the coming year. We have expanded our education and training offer and launched Brook Quality, our toolkit for schools to develop and implement a whole school approach to RSE.

THROUGH OUR COLLABORATION WITH THE SCOUT ASSOCIATION AND GIRLGUIDING, WE HAVE DEVELOPED A SERIES OF HEALTHY RELATIONSHIPS EDUCATION SESSIONS TO SUPPORT 4,500 SCOUTS, GUIDES AND THEIR LEADERS AT THE 2019 WORLD JAMBOREE.

Our strategic partnership with Canesten will enable us to educate and empower up to 2,000 girls and young women aged 16-25 by improving their understanding of intimate health issues and enhancing body confidence. We will be working with universities across England to run pop-up health services as part of this project.

We look forward to continuing our work with existing stakeholders, and welcoming new partners to join us in our mission to provide even more young people under 25 with access to quality sexual health and wellbeing services.



Helen Marshall
Chief Executive



Scott Bennett
Chair

WHO WE ARE

SEXUAL HEALTH AND WELLBEING EXPERTS

- Brook's team of clinical experts comprises doctors, nurses, counsellors and health and wellbeing specialists. All are highly skilled in delivering sexual health services to young people including the most vulnerable and younger age groups. We operate across the country from our own clinics, in integrated service hubs of excellence and through outreach in local communities.

- Brook's RSE and wellbeing support is provided nationwide within and outside of school settings through our own education specialists and counsellors. Our staff are trained to deliver one-off sessions and ongoing support for those most at risk or vulnerable. We also provide online and face-to-face training to build the confidence and skills of professionals working with young people.

- Our online help and advice pages for young people and digital resources for professionals working with young people complement our frontline services, and enable us to reach a wider demographic who may not have access to our clinics or education programmes.

- Through our public affairs and policy work, we advocate for change by ensuring that young people's sexual health is a priority on the political agenda and that law, policy and practice are aligned with what we know young people need and want.

IMPACT AND LEARNING

As part of our continuing learning journey, we have developed and implemented new evaluation designs and plans. Based on our theories of change, these have improved our understanding of young people's experiences when visiting our clinics or attending our education sessions. They have also enabled us to robustly measure the short-term impact of our school-based RSE programmes.

We have a new organisation-wide approach to collecting online feedback from young people. iWantGreatCare is a leading independent patient feedback tool which allows us to gather transparent data reflecting their experiences.

IN SIX MONTHS, WE COLLECTED 6,054 REVIEWS ACROSS OUR CLINICAL AND EDUCATION SERVICES

98.68% OF YOUNG PEOPLE ARE LIKELY TO RECOMMEND OUR CLINICAL SERVICES

THE ABILITY OF OUR CLINICAL STAFF TO PROVIDE TIMELY INFORMATION ABOUT CARE AND TREATMENT WAS MARKED 4.92/5 STARS

INVOLVING YOUNG PEOPLE APPROPRIATELY IN DECISIONS MADE ABOUT THEIR HEALTH WAS RATED 4.85/5 STARS

TREATING YOUNG PEOPLE WELL, WITH DIGNITY AND RESPECT WAS MARKED 4.89/5 STARS

During the same six month period, we measured the short-term impact of our education sessions to gain insight into young people's knowledge of sexual health and relationships, and their awareness of sexual health services in the community. Based on a sample of 4,802 responses across 167 unique sessions, 74.5% of young people reported positive change in their knowledge of sexual health and relationships.

In February 2019, Brook achieved Matrix Quality Standard for its education work. As an internationally recognised standard for information, advice and guidance, this achievement gives us a firm basis to continue our journey and ensure that quality improvement is embedded in Brook's culture.



OUR VISION

WE BELIEVE EVERY YOUNG PERSON SHOULD HAVE ACCESS TO GREAT RELATIONSHIPS AND SEX EDUCATION, SEXUAL HEALTH SERVICES AND WELLBEING SUPPORT

In 1964, Helen Brook created a pioneering health service for unmarried young women, providing desperately needed support and access to contraception. 55 years later and Brook is still here for every young person that needs us. We will continue to support, educate and empower young people to make their own choices about their sexual health and wellbeing.

HOW WE MADE A DIFFERENCE IN 2018/19

YOUNG PEOPLE RATED OUR CLINICS

4.89 OUT OF 5

STARS

45%

OF OUR CLINICAL CLIENTS HAD A SCREENING FOR CHLAMYDIA

123,070 YOUNG PEOPLE

HELPED THROUGH OUR

EDUCATION & WELLBEING WORK

787,803

YOUNG PEOPLE HELPED

99%

OF YOUNG PEOPLE

WOULD REFER A

FRIEND TO BROOK

DIGITAL TRANSFORMATION

STARTED IN

70%

OF OUR CLINICS

5,947

PROFESSIONALS TRAINED

56%

OF CLINICAL VISITS IN THE 3 YEARS TO 2017/18 WERE

FROM CLIENTS IN THE TOP 40% MOST DEPRIVED

COMMUNITIES

76,107

CLINICAL CLIENT

VISITS

588,626

PEOPLE SUPPORTED BY

OUR ONLINE HELP AND

ADVICE PAGES

EDUCATION PROGRAMMES

DELIVERED IN

43%

OF ENGLISH LOCAL

AUTHORITIES

MANDATORY RSE

From September 2020, it will be mandatory for all primary schools in England to deliver relationships education and for all secondary schools in England to deliver relationships and sex education. Brook has long been lobbying for this and we believe it is a great opportunity to improve the sexual and reproductive health, relationships and wellbeing of the nation.

During 2018/19, we have actively contributed to the consultation and development of the new guidance for schools. We must now ensure that schools are effectively supported to deliver the kind of quality RSE that young people have consistently told us they want and need.

We are disappointed that a petition to allow parents and carers the right to withdraw their children from all aspects of RSE gained the required signatories for a debate in Westminster. Whilst not affecting the legislation, this debate made clear the genuine difficulty the government has in reconciling polar opposite views on RSE.

Ahead of implementation, Brook will continue to use its unique position to amplify young people's voices and evidence to the Department for Education that RSE is most effective when it is progressive.



SUPPORT FOR SCHOOLS

To support schools with the preparation, implementation and delivery of mandatory RSE, we have developed a new range of training programmes. Our training increases the skills and knowledge of those supporting young people at all levels and is suitable for school leaders, governors, RSE specialists and non-specialists and support staff, as well as parents/carers. With our expert support and guidance, schools will be able to listen to the voices of young people, develop a practical and achievable plan and create a safe learning environment.

We have also launched Brook Quality, an assurance scheme specifically designed for schools as they navigate a whole school approach to RSE. Brook Quality provides a comprehensive framework that sets out the key areas that leaders and teachers will need to consider in order to provide young people with the best experience of life within the school community.



Delivering high quality wellbeing, relationships & sexual health services

Funding constraints remain a growing concern for sexual and reproductive health services nationwide. The Local Government Association states that, in the context of rising demand for these services, £600m in public health cuts has left the whole system 'at tipping point.'

Developing new partnerships and finding innovative solutions is vital to ensure that Brook meets these challenges. Our new business plan includes the continued remodeling of our clinical services to enable us to continue delivering cutting-edge services that are fit for the future and young people's changing lives.

2018/19 saw the successful delivery of the Contraception Expansion project in partnership with Bayer UK. Through training of our staff and refurbishment of our clinical services, we are fully equipped to provide a greater number of young people with advice, support and provision of the full range of contraceptive methods available including long acting reversible contraception.

Building on the success of this work, we have launched a new strategic partnership with Bayer women's health brand, Canesten. The project will educate up to 2,000 girls and young women aged 16-25 on intimate health conditions through the development of bespoke education resources, training for Brook staff, a dedicated information section on Brook's website and pop-up advice and treatment provision in colleges and universities.

Our continued partnership with Tender Education & Arts charity will see further delivery of the Tender Healthy Relationship programme, which uses creative workshops and performance to help young people develop skills for building healthy and respectful relationships.

KEEPING YOUNG PEOPLE SAFE

Protecting young people remains at the core of our work and we are continuously improving our safeguarding policies and procedures to reflect this. Our dedicated experts are recognised as leaders, providing specialist guidance and support throughout the organisation as well as advising local authorities and sexual health providers on their safeguarding practices. Our safeguarding data is now more robust than ever thanks to our improved digital patient record system and, during 2018/19, our safeguarding training was reviewed as we increase our capability to protect young people.

Collaborative working is a fundamental tenet of sound safeguarding practice and we are grateful to the NSPCC for providing an advisor to the Board's Quality and Assurance Committee.

Our commitment to safeguarding has resulted in us attending Liverpool City Council's Sexual Health Scrutiny Panel to support the development of the national approach to local authority scrutiny of sexual health services.

"THIS WAS A HIGHLY EFFECTIVE EXPERIENCE FOR NOT ONLY THE PUPILS WHO TOOK PART, BUT FOR THOSE WHO VIEWED THE PERFORMANCES. THE WORK THAT WAS PRODUCED AND DELIVERED AFTER JUST TWO DAYS OF WORKING WITH BROOK WAS OUTSTANDING. THE PROJECT NOT ONLY DEVELOPED A SOUND UNDERSTANDING AND AWARENESS OF HEALTHY RELATIONSHIPS BUT HAS ALLOWED US AS A SCHOOL TO CONTINUE HAVING THESE CONVERSATIONS LONG AFTER THE PROJECT HAS FINISHED. WE LOOK FORWARD TO WORKING WITH BROOK AGAIN NEXT YEAR."

C. Lewis, Head of House, Burnage Academy for Boys



Let's talk. Period

We have been overwhelmed by the positive response to our *Let's talk. Period* project in partnership with Plan International UK, which launched in October 2018. *Let's talk. Period* is funded by the Department for Digital, Culture, Media and Sport (DCMS) Tampon Tax Fund and will engage 4,600 disadvantaged young women including young carers, young asylum seekers and those living in supported housing.

The three-part project, which was acknowledged in the House of Commons by the Minister for Women, is committed to tackling period poverty among disadvantaged girls and young women in the UK through:

- a P-Card scheme
- a community of professionals working together to develop effective models of practice
- a small grants scheme to support community organisations to tackle period poverty

The P-Card scheme means girls and young women can access free period products (including sustainable products) as well as providing education on menstruation and period management tools. Brook is piloting the P-Card in seven areas across England with generous support from Mooncup, Lil-lets and Modibodi.

- London: Lambeth, Southwark, Hackney, Barking & Dagenham
- Liverpool and Knowsley
- Manchester, Rochdale and Salford
- Sandwell and Wolverhampton
- Teesside
- Cornwall
- Bristol

"I HAVE FOUND THE *LET'S TALK. PERIOD* PROJECT AN INVALUABLE INTERVENTION. [BROOK] PITCHED THE SESSIONS JUST RIGHT TO SUIT THE AGE GROUP AND THE DELIVERY WAS CLEAR AND PRECISE BUT WITH WARMTH AND UNDERSTANDING. THIS ALLOWED THE MAJORITY OF THE GIRLS TO RELAX AND ASK QUESTIONS. THE OPPORTUNITY FOR GIRLS TO TRY PRODUCTS THAT THEY MAY WELL NOT BE ABLE TO AFFORD, OR EVEN THOUGHT OF TRYING, HAS ALLOWED THEM TO UNDERSTAND MORE ABOUT THEMSELVES AND THEIR BODIES."

Teacher, secondary school, London



"AT MOONCUP LTD, WE'RE REALLY PROUD TO BE SUPPORTING THE BRILLIANT *LET'S TALK. PERIOD* PROJECT. THE PROJECT BRINGS TOGETHER THE ELEMENTS THAT WE FEEL OFFER THE BEST CHANCE OF LONG-TERM POSITIVE OUTCOMES FOR THOSE INVOLVED: OFFERING TABOO-BUSTING, SHAME-FREE MENSTRUAL HEALTH EDUCATION AS WELL AS A RANGE OF FREE MENSTRUAL PRODUCT OPTIONS, INCLUDING SUSTAINABLE CHOICES, SO THAT VULNERABLE AND DISADVANTAGED PARTICIPANTS CAN MAKE AN INFORMED CHOICE THAT'S RIGHT FOR THEM."

Kath Clements, Mooncup Ltd Company Director & Campaigns and Marketing Manager

CHADD @CHADD1979

Last week we had our first session on the P-Card service provided by [@BrookCharity](#). Young women at our young families scheme took time to explore period poverty, sanitary products, menstrual health & wellbeing. A very informative & popular session, thanks to Brook!

Wild Young Parents Project @WILDProject1

PERIOD! Let's talk about it... [@BrookCharity](#) has been working with our mums to provide them with an opportunity to feel normal talking openly about their periods [#positiveperiod](#) [#starttheconversation](#) Why don't we talk about it? [#open](#) [#honest](#) [#youngmums](#)

"I LIKE HOW COMFORTABLE THE FIRST SESSION FELT. I LIKED THE SAFETY OF IT, TO HAVE MY FRIENDS SUPPORTING ME. LOTS OF US SUPPORTING EACH OTHER, EVERYONE IS ON THEIR OWN JOURNEY WITH IT."

Young person

Head of Care & Safeguarding @als_care

I'm looking forward to welcoming [@BrookCharity](#) to [@AbbotsLeaSchool](#) to deliver this very worthwhile project. First step takes place this Thursday with a meeting between Brook and our amazing HLTAs to go through resources and ensure everything is [#autism](#) friendly.

Ann O'Byrne @ann_obyrne

A great meeting with Brook this morning discussing their pilot project, [#letstalkperiod](#) that aims to work with disadvantaged and vulnerable young women in Merseyside with information, education, support and free products to tackle [#periodpoverty](#)

YAC Salford Carers @YACsalfordCarer

Tonight's [#youngcarers](#) group has been joined by [@BrookCharity](#) for a [#LetsTalkPeriod](#) workshop [#endperiodpoverty](#) [#YoungCarersAwarenessDay](#)



WHY YOUNG PEOPLE TRUST BROOK

The health professional I spoke to was very respectful and explained everything to me - including contraception options that I've never considered before and how the tests work etc. In general the whole process of getting there and leaving was very straightforward and I would even say pleasant. I am very grateful to know of the services Brook provides and honestly, you guys are doing fantastic job and I am sure that your impact in young people's life is massive. Thank you Brook team!

”

Had my implant removed on Tuesday and [the nurse] made me feel so welcome and comfortable, like we were just mates catching up! The process was easy and didn't hurt at all for anyone wondering. Also had to have an examination, but they made a rather embarrassing experience feel totally normal. We talked about other contraceptive options best suited for me and they listened to what I wanted. I would urge anyone who wants contraception, testing or even advice to just pop in and speak to the staff as you'll be made to feel totally at home. Really happy with my experience!

”

I love going to Brook every time. The staff are incredibly friendly and helpful, and whenever I come I always get the service I wanted with superb quality. I tell all my friends about what a great service this is. I think this kind of service should exist everywhere.

”

Everyone was so lovely, [the nurse] made me feel comfortable, she was really nice and I wasn't shy being honest with her! She also took my blood and I barely realised. Thank you to everyone there.

”

Respectful. Kind. Informative. Caring. Understanding. Safe. Clinical perfection. Approachable. Compliments to the whole team.

”

[The nurse] was so wonderful, calming, kind and supportive. It was small, friendly and welcoming, I feel blessed!

”

I came in for contraception and had it done there and then. The nurse was chatty and made me feel at ease. They made it very simple for a young person to get contraception and talked to me about STIs in a way that didn't make me feel stupid or that they were lecturing me.

”



TRAILBLAZERS IN DIGITAL TRANSFORMATION

Brook is passionate about embracing digital solutions to make it easier for young people to access our services and improve their overall experience.

Following extensive testing, our bespoke online appointment booking has successfully been implemented across our clinics and represents a first step in the nationwide digital transformation of our clinical services. Providing young people with the opportunity to book appointments online will not only improve their experience but will also support our staff to work more efficiently.

Public Health England figures show that under 25s remain one of the groups most at risk of sexually transmitted infections (STIs). In order to increase access to testing we have published an extensive database of home sampling schemes on our website. Through continued use of digital

tools in Brook clinics, such as the SXT partner notification scheme and emergency contraception calculator, we can ensure even more young people benefit from our work.

The transparent data we have collected through iWantGreatCare is critical to our journey as a learning organisation. This online patient feedback tool is available in 70% of services with plans to complete the roll out in 2019.

Our dedicated online help and advice pages were visited by over half a million young people in 2018/19, and our successful collaboration with relationships charity OnePlusOne has enabled us to amplify key issues affecting young people such as pornography, online dating and loneliness. We have ambitious and exciting plans for continued digital transformation over the next year.

OUR DIGITAL OFFER TO EDUCATION PROFESSIONALS

Brook Learn, our online learning platform, continues to be key in our training provision. Since its launch in 2016, we have upskilled almost 3,000 people to deliver RSE more confidently and effectively, and we are thrilled that Brook Learn was highly commended in the 2018 BMA Patient Information Awards. On World Contraception Day, we launched new contraception modules including IUD/IUS and emergency contraception. Planned courses for 2019 include STIs, abortion, puberty, gender and sexuality.

Our suite of free supplementary resources for professionals continues to grow and this year we launched a range of downloadable handouts on periods, abortion and being LGBT, which join existing classroom resources on condoms, contraception, STIs and puberty. In 2017, we launched our free contraception animations; these have now been viewed almost 300,000 times.

"I'VE REALLY ENJOYED LEARNING ABOUT HOW TO DELIVER RSE THANKS TO BROOK'S EASY TO READ AND DELIVER FORMAT. THE COURSE HAS GIVEN ME A GLIMPSE OF HOW RSE CAN BE TAUGHT TO MAKE IT RELEVANT AND SOMETHING THAT YOUNG PEOPLE WILL PAY ATTENTION TO."

Brook Learn user





Developing the confidence of professionals working with young people

Face-to-face training will always remain integral to our offer. This year, we launched a bespoke education project aimed at parents and carers, funded by The Harpur Trust. CSE: Time to Talk aims to disrupt the active child sexual exploitation (CSE) networks in Bedford and the surrounding area by giving parents knowledge about CSE, debunking popular myths and empowering parents to speak to their children about difficult subjects. The programme has been designed by Brook specialists with input from local parents and our young people participation group, Brook Champions.

Our exciting partnership with The Scout Association and Girlguiding will prepare 4,500 Scouts, Guides and their leaders for the 24th World Scout Jamboree taking place in West Virginia in August 2019. Brook brought its safeguarding expertise to the joint training partnership and we have successfully delivered training to 420 Jamboree Unit Leaders. We are now developing a series of healthy relationships education sessions to support young people in getting the most out their experience at the Jamboree. These activities will enable young people to effectively build friendships with young people around the world, look after their own health and wellbeing and articulate their individual identity and values.

Brook is keen to see the expansion of RSE outside of the classroom and in the workplace, to help bridge the gap between school and work life. We are supporting the Mercedes-Benz Apprentice Academy to fulfil its health and wellbeing policy through the delivery of bespoke education sessions to first year apprentices on the topics of sexual consent and STIs.

WORKING WITH BROOK HAS BEEN A REALLY POSITIVE EXPERIENCE. THEIR KNOWLEDGE AND UNDERSTANDING ABOUT THE ISSUES AND CONCERNS FACING YOUNG PEOPLE TODAY HAS BEEN REALLY USEFUL IN PREPARING OUR YOUNG PEOPLE AND THEIR LEADERS FOR THE EXPERIENCE OF A LIFETIME. BROOK'S WILLINGNESS TO EMBRACE AND INCORPORATE THE ETHOS OF SCOUTING AND GUIDING HAS ENHANCED THE QUALITY OF THE TRAINING AND RESOURCES FOR OUR MEMBERS.

Sally Yeo - 'Jamboree Healthy Relationships Project'

Advocating & lobbying for improved health outcomes for young people

We believe that young people's sexual health and wellbeing must remain a priority on the political agenda, and we will continue to fight for improved outcomes for all young people.

While the rise of #MeToo has seen a welcome shift in focus by shining a light on the need for better education around consent and healthy relationships, we believe there is still a long way to go before young people are fully equipped to navigate the ever-evolving world in which they grow up.

Our research in partnership with student company Dig In revealed that more than half of UK students had experienced unwanted sexual behaviours while at university. Worryingly, the survey also showed a significant gap in understanding of consent and what constitutes sexual harassment and violence. The findings raised vital awareness of the issue and generated extensive media coverage.

2019/20 will see the launch of our online consent course in partnership with University of Sussex. The university course equips students to understand the law and other factors which may affect their ability to consent and supports them to communicate about consent with partners.

Our collaborative research project supported by Durex, aims to mobilise and support schools and local authorities to ensure that young people can act on the knowledge they have gained in RSE lessons by accessing appropriate sexual health services.

SUSTAINABLE SEXUAL HEALTH SERVICES

We have been working closely with others across the sexual and reproductive health sector to campaign for sustainable funding for clinical services via high profile media campaigns, roundtables at party conferences and Parliamentary events.

Brook uses its position to focus on the specific impact that funding shortfalls have on young people. We are developing new relationships and networks to influence potential changes to public health commissioning and delivery. We aim to ensure that the needs of young people, the importance of sexual health provision and the role of the voluntary and community sectors are embedded in clinical provision as well as in any changes being proposed to support the NHS Long Term Plan.

COURAGEOUSLY CHANGING ATTITUDES

Brook is proud to have been involved in a number of positive changes to legislation affecting the sexual and reproductive health rights of young people.

We celebrate Ireland's vote in favour to repeal the 8th amendment to the Irish constitution, allowing women in Ireland to access to safe, legal abortions. Brook is a member of the All-Party Parliamentary Group on Sexual and Reproductive Health, and together we are now calling on UK Government to ensure that women in Northern Ireland (NI) are not left behind. NI is the only part of the UK where abortion remains illegal and carries a maximum sentence of life imprisonment.

Brook is a member of HPV Action and, together with colleagues from across the sector, we highlighted the need to extend the HPV (Human Papillomavirus) vaccine to boys. We are thrilled that the campaign was successful and the programme is due to be rolled out in September 2019. We must now ensure that adequate education is available to young boys and parents.

We have been invited to provide oral evidence in Parliament on two occasions this year: supporting the successful campaign to make upskirting a criminal offence and responding to the Health and Social Care Select Committee's sexual health inquiry, answering questions about young people's needs, commissioning arrangements and RSE.

@CommonsHealth

"Testing for Trichomonas vaginalis, which increases the risk of HIV acquisition, is not funded across the UK" —says Dr Anatole Menon-Johansson from [@BrookCharity](#)

Brook featured prominently in series eight of BBC One's popular Call the Midwife. The episodes illustrate the difficulties faced by women in the 1960s before Brook's provision of contraception was introduced to prevent illegal, unsafe abortions.

Louise Brown @NecroHippy

Hands up if the Brook Advisory Group did good by you? [#CallTheMidwife](#)

Linda Grant @lindasgrant

The Brook Advisory Clinic (and MYPAC in Liverpool) saved young women's lives [#CallTheMidwife](#)

OUR NEW AMBASSADORS

A&E doctor and former Love Island contestant, Dr Alex George:

"Given my background in sexual health and my passion for providing sound information and advice to young people, becoming an Ambassador for Brook seems like a really natural fit. I hope through our collaboration we can educate people on the importance of staying healthy and normalise conversations about sexual health to reduce the stigma and embarrassment"



During the series Brook co-signed an open letter, along with other healthcare bodies, to call on the BBC to include abortion information and support on its Action Line. Following extreme pressure from the sector, the general public and MPs, the BBC has updated its abortion information and support.

RoyalCollegeObsGyn @RCObsGyn

Today we have written to the BBC to raise concerns about the BBC Action Line website and the lack of signposting to information about abortion care. [@bpas1968](#) [@FSRH_UK](#) [@MarieStopesUK](#) [@FPACCharity](#) [@BrookCharity](#) [@MidwivesRCM](#)

Diana Johnson @DianaJohnsonMP

My cross-party letter supported by nearly 100 MPs & peers, including [@PennyMordaunt](#), to BBC Director General over refusal to include clear abortion information on its Action Line website - which provides signposting on issues covered in BBC shows - because it's too "contentious".



Award-winning Sex & Relationships blogger and content creator, Oloni:

"I'm incredibly happy about becoming an Ambassador for Brook as I'm really passionate about educating young people and breaking down the shame and stigma surrounding sexual health. We've come a long way in recent years in terms of empowering young people but there is still a long way to go and I'm looking forward to working with Brook to reach new audiences and help change attitudes"

Ensuring young people's voices are heard through our work

Brook values young people's rights to be kept at the centre of decisions that affect them and we are committed to providing opportunities for their voices to be heard.

In 2018/19, young people developed and delivered four micro-campaigns on universal HPV vaccination, contraceptive choice, as well as campaigns aiming to reduce stigma and encourage people to talk more about their experience of LGBT community building and mental health.

We facilitated a series of focus groups on behalf of Public Health England (PHE), to consult on proposed changes to the way young people are screened for chlamydia. Our experience tells us that randomised screenings are not the most effective way to protect young people and we welcomed this opportunity to partner with PHE to explore alternatives led by young people.

We are now in the penultimate year of a four year project to transform young people's experiences of accessing Child and Adult Mental Health Services (CAMHS) in the Midlands. So far, the project has explored the NHS quality criteria which sets out principles to ensure services are young people friendly.

In partnership with Terrence Higgins Trust, we delivered workshops for young people to feed back on the first draft RSE guidance and help inform our response to the Department for Education.

As part of our strategic partnership with Canesten, we facilitated focus groups with a diverse range of young people to gain insight into their knowledge of vaginal and vulval health. This included medical students, young people living with HIV and Brook Champions. Our research reinforces the lack of understanding and the negative associations with women's reproductive health. We look forward to challenging and changing these attitudes.

By involving our Champions in the development of our 2019/20 business plan, they have helped shape our key organisational objectives for the coming year.

CHIVA @chivaprojects



What do we need to create a world in which young people can have excellent sexual and reproductive health? Thank you @BrookCharity for the session this afternoon.





**BROOK VOLUNTEERS TOBY AND ELISE SHARE
THEIR EXPERIENCES OF RSE IN THE FACULTY
OF SEXUAL AND REPRODUCTIVE HEALTH &
HIV EBULLETIN**

“THE INCOMING GUIDANCE IS MUCH NEEDED AND WELCOMED BY YOUNG PEOPLE LIKE ME. I’M GLAD TO SEE THAT NEW RSE AIMS TO EXPLORE THE DIFFERENT TYPES OF RELATIONSHIPS THAT CHILDREN WILL EXPERIENCE IN THEIR LIVES. NOT ONLY ARE ROMANTIC RELATIONSHIPS EXPLORED, BUT EVEN IN PRIMARY SCHOOL CHILDREN WILL BE TAUGHT AND ENCOURAGED TO THINK ABOUT THEIR RELATIONSHIPS WITH FAMILY AND FRIENDS AND HOW THESE CAN BE HEALTHY AND UNHEALTHY.”

“ON THE OTHER HAND THE GUIDANCE HAS SOME LIMITATIONS...I AM HUGELY DISAPPOINTED THAT THE RIGHT TO WITHDRAW STUDENTS FROM RSE IS STILL LAWFUL, AS IT IS NORMALLY CHILDREN WHO NEED RSE THE MOST WHO ARE DENIED IT.”

Toby, 17



“THERE IS AN ELEMENT TO THE NEW GUIDANCE THAT HAS BEEN LEFT A BIT AMBIGUOUS AND COULD POTENTIALLY LEAD TO STUDENTS LACKING THE INFORMATION THEY NEED. SCHOOLS STILL HAVE THE FREEDOM TO DETERMINE LGBT ASPECTS OF RSE. AS A MEMBER OF THE LGBT COMMUNITY MYSELF (AND HAVING RECEIVED NO INFORMATION ABOUT LGBT RELATIONSHIPS AT SCHOOL), I KNOW FIRST-HAND HOW DAMAGING AND ISOLATING THAT CAN BE.”

Elise, 16

Thank you to supporters



Also thanks to: 29th May 1961 Charitable Trust, The Ravensdale Trust, The Rathbone Trust, The Haberdashers' Benevolent Fund, The Amelia Chadwick Trust, MK Community Shop (Westcroft) Ltd



brook.org.uk

Healthy lives for young people



 @BrookCharity  /BrookCharityYP  /Brook  @Brook_SexPositive

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