

LEARNING AND IMPACT

Brook Success Report 2019/20



brook

MESSAGE FROM OUR CHIEF EXECUTIVE & CHAIR

Brook believes in a society where all young people are free to be themselves.

In 1964, our pioneering founder Helen Brook challenged societal stigma by empowering unmarried women to take charge of their sexual health. Today we are proud to continue Helen Brook's legacy by changing attitudes, challenging prejudices and championing equality so that young people can enjoy safe, healthy relationships.

EVERY YEAR WE SUPPORT HUNDREDS OF THOUSANDS OF YOUNG PEOPLE THROUGH OUR HOLISTIC CLINICAL SERVICES, EDUCATION AND WELLBEING PROGRAMMES, PROFESSIONALS TRAINING AND ADVOCACY WORK.

We know that the challenges young people face are constantly evolving while demand for our services continues to grow. Between 2004-2017, there was a 48% increase in the number of children and young people experiencing emotional disorders such as anxiety and depression.

IN ORDER TO MEET YOUNG PEOPLE'S INDIVIDUAL NEEDS, WE BELIEVE THAT OUR SERVICES MUST BE SHAPED BY THEIR VOICES.

This is why our new ambitious strategic plan for 2020-23 was developed with contributions from over 200 people under 25, as well as one

third of our expert workforce. Over the next three years we will build on our successes with a strong focus on driving innovative solutions and increasing accessibility for those who experience disadvantage or discrimination.

Brook's diversification into all-age services has allowed us to improve health outcomes through our unique, holistic life course approach. Our first all-age digitally led service in Cornwall marks the start of our digital transformation journey - a journey that is integral to the success of our new strategy. With funding from the Public Health England Innovation Fund we will build a new digital tool to triage young people in our clinics, prioritising those who are most vulnerable.

Thanks to social investment we have increased our education and business development capacity as we continue to help schools prepare for mandatory relationships and sex education (RSE) in England.

We celebrate the expansion of our education services including a new specialist project in Sunderland working with boys and young men, our innovative all-age contract supporting targeted communities in South London, and the launch of Brook Cymru.

We're excited to share the findings of our *Let's talk. Period* project in partnership with Plan International UK, and we will continue to fight for period equality through our collaboration with Lil-lets and as members of the Government Equalities Office Period Poverty Task Force.

Through our award-winning *Different is Normal* campaign with Canesten, we reached over two million young people and challenged the widespread stigma and harmful body image taboos faced by young women and girls.

In 2019, we delivered our first Sexual Health Week campaign on the theme of sex and disability. Working together with Mencap, Fettle Health, Enhance the UK and IPPF we were proud to launch a suite of digital resources for professionals and provided STI home-testing kits to over 1,000 disabled people and their partners.

In addition to our celebrations and successes, and at the very core of our work, our expert teams continue to safeguard young people and keep them safe from harm. In 2019 alone, Brook staff made 1,260 safeguarding referrals for under 25s. Over 30% were aged just 10-13. Protecting those that come to us for support remains our number one priority.

THANK YOU FOR SUPPORTING BROOK'S JOURNEY. WE PROMISE TO CONTINUE OUR WORK AS A TRAILBLAZING, COURAGEOUS, COLLABORATIVE AND TRUSTWORTHY ORGANISATION, AND WE LOOK FORWARD TO WORKING WITH YOU TO REALISE OUR AMBITIOUS NEW STRATEGY.



Helen Marshall
Chief Executive



Scott Bennett
Chair

WHO WE ARE

SEXUAL HEALTH AND WELLBEING EXPERTS

- Brook's dedicated staff are experts in identifying and understanding vulnerable young people with complex needs, and supporting them through safeguarding pathways. By working collaboratively with partner organisations, we can provide vital support to those who would otherwise face barriers to sexual health provision.

- Our clinical teams are highly skilled in delivering young people's sexual and reproductive health services. Our free, confidential services include contraception, testing and treatment for STIs, pregnancy testing and choices, 1:1 wellbeing programmes and counselling. We operate from specialist Brook clinics across England, as well as from integrated safe spaces and through outreach in local communities.

- Our specialist educators deliver quality assured, rights-based RSE programmes to young people in schools and youth settings across the country, while our face-to-face and online training programmes for professionals have been carefully designed to ensure that those teaching RSE feel confident and supported every step of the way.

- Young people who come to Brook often require support with multiple, interconnected issues affecting their health and wellbeing, and our services have adapted to support the increasing complexity of issues. We already play a vital role in supporting young people to access early mental health provision and we are creating networks that collectively support equitable health and wellbeing outcomes for young people.

- Through our ongoing advocacy, we call for improved health outcomes by ensuring that sexual and reproductive health services remain high on the political agenda. We work directly with young people in local communities to fight for a society in which law, policy and practice are aligned with what they want and need.





IMPACT AND LEARNING

We pride ourselves in quickly adapting to meet the evolving needs of young people. Thanks to our robust data collection, we are able to identify national and regional trends affecting young people and develop innovative solutions to protect the most vulnerable.

Over the last 12 months we have implemented new evaluation procedures for our professionals training while continuing to streamline our existing clinical, education and digital evaluation designs.

By closely monitoring young people's experiences of Brook, we can effectively test our theories of change and make incremental improvements to our services.

In our clinics, we complement the routine activity and outcome data with the systematic collection of feedback through iWantGreatCare – a digital platform for independent reviews.

In recognition of our expertise, we worked collaboratively with researchers, practitioners and policymakers at a multidisciplinary workshop, funded by the Wellcome Trust, to identify priorities for RSE research.

As part of a project led by the Young People's Health Partnership, Brook developed a theory of change model for the Health and Wellbeing Alliance. Through a series of workshops with key partners and colleagues from the wider voluntary sector, we identified next steps to support the Alliance communicate clear messages about the impact of its work.

**65% OF YOUNG PEOPLE
REPORTED POSITIVE CHANGE IN
THEIR KNOWLEDGE OF SEXUAL
HEALTH AND RELATIONSHIPS
BASED ON A SAMPLE OF 2843 RESPONSES
ACROSS 114 UNIQUE SESSIONS**

IN 2019/20, WE COLLECTED

10,278 FEEDBACK REVIEWS

CLINICAL SERVICES - 3,062

EDUCATIONAL SERVICES - 7,225

**98.32% OF YOUNG PEOPLE ARE LIKELY TO
RECOMMEND OUR CLINICAL SERVICES
AND 78% OUR EDUCATIONAL SERVICES**

**THE ABILITY OF OUR CLINICAL STAFF
TO PROVIDE TIMELY INFORMATION
ABOUT CARE AND TREATMENT WAS
MARKED 4.85/5 STARS**

**TREATING YOUNG PEOPLE WELL,
WITH DIGNITY AND RESPECT WAS
MARKED 4.93/5 STARS**

**INVOLVING YOUNG PEOPLE APPROPRIATELY IN
DECISIONS MADE ABOUT THEIR HEALTH WAS
RATED 4.90/5 STARS**

**PROVIDING HELP AND SUPPORT TO YOUNG
PEOPLE DURING OUR EDUCATION SESSIONS
WAS MARKED 4.61/5 STARS**

OUR VISION

**YOUNG PEOPLE'S LIVES
ARE FREE FROM INEQUALITY,
RICH WITH OPPORTUNITY
AND ENRICHED BY HAPPY,
HEALTHY RELATIONSHIPS**

Our mission is to equip young people for life's challenges

Being a young person can be tough. Through our innovative clinical services, digital support, tailored counselling and inspiring relationships and sex education, young people are able to take charge of their sexual health and wellbeing.

We demand better for young people. We fight for young people's rights, amplify their voice and campaign to protect their specialist services. By changing perceptions and developing skills, we give professionals the knowledge and confidence to deliver the quality services that young people need and deserve.

8,541

PROFESSIONALS TRAINED

**5,370 DISADVANTAGED YOUNG
WOMEN AND GIRLS ENGAGED
THROUGH OUR *LET'S TALK.*
*PERIOD PROJECT***

2 MILLION

**YOUNG WOMEN ENGAGED THROUGH OUR DIFFERENT
IS NORMAL CAMPAIGN WITH CANESTEN**

HOW WE MADE A DIFFERENCE IN 2019/20

YOUNG PEOPLE RATED OUR CLINICS

4.88 OUT OF 5

STARS

OVER 1/3

OF CLINICAL CLIENTS WERE FROM THE TOP
20% OF DEPRIVED COMMUNITIES

128,032 YOUNG PEOPLE
HELPED THROUGH OUR
EDUCATION & WELLBEING WORK

1.4 MILLION
YOUNG PEOPLE

HELPED THROUGH OUR FACE-TO-FACE AND
ONLINE SERVICES

1.2 MILLION

VIEWS TO OUR ONLINE HELP AND
ADVICE PAGES FOR YOUNG PEOPLE

1,271

VULNERABLE YOUNG PEOPLE WITH
COMPLEX NEEDS SAFEGUARDED

3,600

ONLINE HOME TESTING KITS
ADMINISTERED DURING THE FIRST
FIVE MONTHS OF OUR DIGITALLY
LED SERVICE IN CORNWALL

69,526

CLINICAL CLIENT
VISITS

98%

OF YOUNG PEOPLE
WOULD REFER A FRIEND
TO BROOK

44%

OF OUR CLINICAL CLIENTS HAD
A SCREENING FOR CHLAMYDIA

EDUCATION PROGRAMMES

DELIVERED IN

36%

OF ENGLISH LOCAL
AUTHORITIES

Delivering high quality wellbeing, relationships & sexual health services

The most economically deprived areas have been disproportionately impacted by national spending decisions. Meanwhile, local authorities will not have sufficient funding to reverse the significant cuts and closures we have seen since 2015.

True to our pioneering spirit, we have chosen to meet financial challenges head on by working collaboratively and innovatively. Through outreach, digital provision and diversifying our model to include all-age services, we have significantly extended our reach.

Working in partnership with SH:24, an award-winning supplier of digital sexual health and reproductive services, we launched our first all-age, digitally led service in Cornwall in 2019. Building on more than 25 years' experience delivering young people's services across the county, Brook is well placed to meet the unique needs of the population. The integrated model has a strong focus on education, early intervention and prevention for children, young people and those at risk, while adults have access to a 24/7 digital service to complement our face-to-face offer.

13,000+

USERS WERE SUPPORTED DURING THE FIRST 5 MONTHS THROUGH THE NEW WEBSITE

3,600+

STI HOME-TESTING KITS WERE ADMINISTERED TO PEOPLE OVER 18 THROUGHOUT CORNWALL AND THE ISLES OF SCILLY.

Very happy with care provided, very efficient and I felt respected and comfortable as soon as I walked into building.

Female, 74

”

Brilliant service and staff five star.

Male, 60

”

Professional, kind, compassionate service I was put at ease.

Female, 31

”

“OUR SINCERE THANKS TO ALL THE STAFF AT BROOK FOR THE EXTRAORDINARY EFFORTS THAT YOU HAVE MADE OVER THE LAST TWO MONTHS TO MOBILISE THE NEW SERVICES ACROSS CORNWALL. THIS INCLUDES SETTING UP THE NEW ALL-AGE OPEN ACCESS SEXUAL HEALTH SERVICES, THE NEW YOUNG PEOPLE'S SEXUAL HEALTH SERVICES, AND THE NEW DIGITAL SERVICES. IT REALLY HAS BEEN THE MOST AMAZING EFFORT TO MOBILISE A WHOLE NEW INTEGRATED SEXUAL HEALTH SERVICE ACROSS ALL OF CORNWALL TO ACHIEVE BETTER ACCESS FOR ALL PATIENTS WHO NEED TO ACCESS THIS SERVICE”

Steve Brown, Interim Deputy Director of Public Health for CIOS and Service Director for Wellbeing and Public Health, Cornwall Council

“RESEARCH SHOWS THAT ONLINE SERVICES IMPROVE ACCESS FOR ALL POPULATIONS BUT IN RURAL SETTINGS WHERE TRAVEL TO CLINICS CAN BE DIFFICULT, 24/7 ONLINE SERVICES IS PARTICULARLY IMPORTANT. WE LOOK FORWARD TO WORKING WITH BROOK ON THIS INNOVATIVE SERVICE”

SH:24 Clinical Director, Paula Baraitser

PSHE CURRICULUM FOR YEAR 1-13

To further cement our education work in Cornwall, we are partnering with Cornwall Council to create a PSHE curriculum for Year 1-13. This will support behaviour change and increased self-management of emotional wellbeing in children and young people.

“OLLIE CAME HOME TODAY REALLY POSITIVE SAYING THE WORKSHOP WAS ENGAGING, INTERESTING AND HUMOROUS. HE COMMENTED THAT HAVING A THIRD PARTY IN TO DELIVER THE CONTENT AND NO TEACHERS PRESENT LED TO A MORE RELAXED AND INTERACTIVE SESSION. MANY THANKS FOR ORGANISING WHAT IS A TOUGH SUBJECT MATTER.”

Parent in Cornwall

EXPANDING OUR WORK

In 2019 we launched Brook Cymru, providing direct RSE delivery and training for those working with young people in Wales. Our expansion was timely, as the Welsh Government prepares to introduce mandatory RSE within a brand new curriculum for 3-16 year olds.

At the official Brook Cymru launch event, we welcomed high profile guest speakers including colleagues from the National Assembly for Wales and the Welsh Government.

Now, as proud members of the Council for Wales of Voluntary Youth Services and established leaders in young

people' sexual health, we are excited to be in a position to share our expertise and influence decision-makers in Wales.

We were thrilled to feature in the Welsh Government's publicity campaign ahead of the consultation on parental withdrawal, and we celebrate that parents in Wales no longer have the right to deny their children RSE.

Through our involvement with the Peer Abuse and Exploitation Guidance Working Group, we are supporting the development of the new relationships and sexuality education guidance ahead of mandatory RSE in 2022. We look forward to continuing our successful work in Wales at this progressive and exciting time.

DIFFERENT IS NORMAL

Research by The Eve Appeal shows that 65% of 26-35 year olds struggle to use words such as vagina and vulva. That's why we teamed up with Bayer health brand, Canesten, to deliver bespoke education sessions to educate and empower over 2,400 young people in schools and universities.

"A BIG THANK YOU TO EVERYONE FOR WHAT HAS BEEN THE MOST EMOTIONAL AND EMPOWERING SHOOT I HAVE EVER BEEN A PART OF. WHAT AMAZING AND INSPIRING GIRLS WE HAD THE PLEASURE OF FILMING. WE'VE STARTED SOMETHING VERY SPECIAL HERE"

Daria Costantini, Brand Lead, Canesten

Through our collaborative *Different is Normal* campaign we launched our online vaginas and vulvas information hub, featuring advice and real stories, which saw over 22,000 new users during the six month campaign.

For the creative campaign film, we invited six young people to share with us the relationship they have with their vulva. The result is a beautiful, eye opening and empowering film, which celebrates vulvas in all their diversity. The campaign reached over two million young women under 25 and won 'best social media campaign' at the OTC Marketing Awards UK.

"THIS WAS GENUINELY ONE OF THE MOST UNIQUE AND AMAZING EXPERIENCES OF MY LIFE. I LOVED TAKING PART IN THE FILM, MEETING THESE AMAZING WOMEN, PAINTING MY VULVA! ALL OF IT! GO AND CHECK OUT THE FILM NOW!"

Laura, life drawing class participant





INCREASING ACCESS TO EDUCATION

Together with the Stephen Lawrence Charitable Trust, sexual health and HIV charity Naz, and social change communications agency Shape History, we are designing a ground-breaking sexual and reproductive health service across Lambeth, Southwark and Lewisham. As our first all-age education contract, this project will transform the experiences of those disproportionately affected by poor sexual health outcomes.

In partnership with Arsenal in the Community, we are offering support to vulnerable boys and young men who would not otherwise access our services, and those at risk of exclusion. Our experts have delivered a range of workshops on topics such as consent and sex and the law. During football trials, we deliver these popular workshops pitch-side, demonstrating our commitment to reaching young people in accessible locations that best suit their needs. In 2020 we will expand our pitch-side workshops to educate young women and girls about puberty, periods and body image, in order to encourage young women and girls to stay in sport.

Arsenal Community @AFCCommunity

Thanks [@BrookCharity](#) for working with our [@PLCommunities #PLKicks](#) boys this evening at Elthorne Park as part of [#SHW19](#). Keeping young people educated about healthy relationships

In Sunderland, we were commissioned to deliver outreach and education services to boys and young men aged 11-18. These services will support and promote the development of the social, emotional and interpersonal skills needed for healthy relationships and challenging negative attitudes and behaviours.

In addition to our cutting-edge partnerships, our core education offer in schools, colleges and community settings has been refined and continues to grow, with new contracts successfully launched in LBs Hounslow, Barnet and Epping Forest. Our new quality assured RSE curriculum of eight workshops is designed to stand alone and fit directly into existing timetables.

CHALLENGING PERIOD INEQUALITY

As a member of the Government Equalities Office period poverty task force, Brook is a key player in the fight for period equality.

In January 2020, we celebrated the DfE funded scheme to make period products freely available to young women in schools and colleges in England. While this is a ground-breaking opportunity to increase access to products (one of the three identified causes of period poverty), we must continue to fight for improved menstruation education and to reduce menstrual shame and stigma, to effectively remove period poverty.

We know that providing young people with good quality puberty education helps to prepare them for the changes they experience during their transition to adulthood and breaks down harmful taboos. It also plays an important role in challenging gender stereotypes, celebrating body diversity, advocating self-care and promoting tolerance and understanding.

We were therefore thrilled to work with Lil-lets to launch a new online learning course for education professionals. The free-to-access online puberty course includes four modules on the topics of: body changes, reproduction and periods, emotional and mental health and developing sexual feelings.

We look forward to continuing our strategic partnership with Lil-lets in 2020/21, ensuring that educators throughout the UK feel supported to deliver puberty lessons.

“I’M ABSOLUTELY BLOWN AWAY BY THE BROOK LEARN COURSE. BROOK HAS PUT TOGETHER SUCH A COMPREHENSIVE, WELL PITCHED AND WELL DESIGNED PROGRAMME, THANK YOU FOR ALL OF THE HARD WORK THAT HAS GONE INTO IT. IT DESERVES GREAT SUCCESS AND I HOPE THAT IT SHINES. WE ARE EXTREMELY PROUD TO BE A PART OF IT.”

Mary Young, Global Marketing Executive, Lil-lets

Throughout the duration of our two year *Let’s talk. Period* project in partnership with Plan International UK, we have been supporting young people throughout England with our P-Card scheme providing vital education, free period products and tools to manage menstruation.

The project, which was funded by the Department for Digital, Culture, Media and Sport Tampon Tax Fund, has enabled us to engage more than 5,370 young women and girls across Bristol, Cornwall, Liverpool, London, Manchester, Sandwell and Teesside.

As an expansion of the project, and to complement our education offer, we delivered professionals training in schools to reduce stigma among those working with young people.

We look forward to building on the successes of *Let's talk Period* by collaborating directly with local authorities in England and continuing our fight for period equality.

“I’M SO GRATEFUL FOR THESE SESSIONS BECAUSE AS SOMEONE WHO DOESN’T HAVE A MOTHER IT CAN BE AWKWARD TALKING TO A MAN. SO I’VE BEEN GLAD TO JUST TALK TO WOMEN.”

Young person, LTP

RealPeriodProject @periodeducation



Exciting 2 days last week training school leaders, teachers & nurses all about being a period friendly school. Great to work alongside [@BrookCharity](#) & [@CitytoSea_](#) & huge thanks to [@BristolCityCouncil](#) and [@BristolOneCity](#) for making this possible.

**CityofLondonAcademy
@CoLA_Southwark**



A big thank you to [@BrookCharity](#) for delivering another essential workshop to our [@CoLA_Southwark](#) Year 9s about sexual health, well-being, ending period poverty as well as providing free sanitary products, all as part of our [#PSHE curriculum](#) [#LetstalkPeriod](#)

YPAS Liverpool @YPASLiverpool



Great informative let's talk period session delivered by [@BrookCharity](#) with our South Hub Thrive! Thank you for coming to join us in our session [#learnsomethingnew](#) [#letstalk](#) [#informative](#)

KEEPING YOUNG PEOPLE SAFE

Safeguarding young people will always remain our priority. During 2019/20 we completed more than 1,270 safeguarding referrals and we continue to see a steady increase in the amount of safeguarding activity undertaken by our teams.

In some areas we have seen increases of 218% in complex safeguarding cases from the previous year. The reality is that many children's safeguarding services are overstretched and have increased the thresholds for accepting a referral, resulting in Brook sometimes being the only service working to support a young person with complex needs.

Despite these challenges, we work hard to ensure the safety and protection of the young people we see, and our work has been highly praised in two Care Quality Commission thematic safeguarding reviews. In 2019/20 we introduced external safeguarding supervision training for our staff and we are delighted that Christian McMullen, Head of Professional and Community Engagement from NSPCC, has joined the Quality & Assurance Committee of our board to support and challenge our safeguarding work.

We understand that the pressures of safeguarding and working with young people with complex needs can leave our workforce vulnerable to stress. As part of our ongoing commitment to staff wellbeing, we introduced mental health first aid training to all our staff teams and will be rolling out trauma-informed practice training for frontline staff.

“SINCE TAKING ON THE ROLE OF SAFEGUARDING ADVISOR ON BROOK'S QUALITY & ASSURANCE COMMITTEE I CAN SEE HOW THE THREAD OF SAFEGUARDING AND CHILD PROTECTION RUNS FROM GOVERNANCE TO PRACTICE WITHIN BROOK. I LOOK FORWARD TO SUPPORTING THE CHARITY IN ENSURING THAT SAFEGUARDING AND CHILD PROTECTION MAINTAINS THE SIGNIFICANTLY HIGH PROFILE IT DESERVES WITHIN THE CHARITY.”

Christian McMullen Head of Professional and Community Engagement from NSPCC



WHY YOUNG PEOPLE TRUST BROOK

Brook is really accommodating and always helps me. I always feel safe to discuss any issues.

”

Brook's clinic absolutely saved me when I needed help. So helpful and not intimidating at all because it's all designed with young people in mind.

”

I've been coming since I was 13 and always had the best help and service! My last time here as I'm 25 next week, so sad to go! What you do here for young people is great, thank you very much for all your help over the years. This kind of service should exist everywhere.

”

I went to Brook to get my implant done and it was a great experience. If I ever have any issues I will be sure to come back as everyone was supportive and absolutely lovely.

”

Always a good experience when I come here. Friendly and treated with respect, never judged.

”

Brook helped me to cope with my anxiety and depression and helped me to open up.

”

The staff were great, thought I wouldn't be able to get my patch on time but they sorted me out within half an hour of arriving at Brook! Staff are always great and really friendly!

”

The nurse explained everything in a way I could understand and I felt comfortable with everything throughout. My query was dealt with SO quickly and nothing was too much for the staff. I couldn't have asked for better service.

”

The counselling I've received has improved my life so much already, and will probably continue to improve it. I am so grateful for everyone at Brook.

”

*collected through online reviews

TRAILBLAZERS IN DIGITAL TRANSFORMATION

INVESTING IN OUR DIGITAL SOLUTIONS IS KEY TO ENSURING THAT YOUNG PEOPLE AND PROFESSIONALS ARE ACCESSING OUR SERVICES AND PRODUCTS IN WAYS THAT BEST SUIT THEM.

This year we have made significant progress in designing digital tools to increase our reach and improve the overall experience for young people visiting our clinics.

Most significantly, thanks to our secured funding from the 2019 Public Health England Innovation Fund, we have started building a vital component to Brook's Digital Front Door.

Developing the confidence of professionals working with young people

With over 55 years' experience working directly with young people, we are proud to be in a unique position to share our expertise and provide invaluable support to busy professionals.

This year, we updated and expanded our education and training programmes to equip teachers and other professionals with everything they need to provide exceptional RSE ahead of its mandatory status from September 2020.

"THE TRAINING SESSION GAVE ME GREAT RESOURCES AND WAYS OF USING INCLUSIVE LANGUAGE WITH YOUNG PEOPLE."

Canons High School, professionals training

Now available online, our offer is packed full of expert-led training and consultancy opportunities, workshops for young people and clinically-assured resources. We continue to provide schools the opportunity for external validation and national accreditation through Brook Quality, our kitemark of quality assurance.

"A TYPICAL BROOK COURSE, BRILLIANT, INFORMATIVE AND THE MOST WORTH WHILE TRAINING OF MY TEACHING CAREER"

Participant of mental health first aid training

As part of the expansion we are delivering the nationally accredited Mental Health First Aid training. We have also improved our highly acclaimed Sexual Behaviours Traffic Light Tool training with further plans to rebuild the digital tool in 2020.

"I HAVE ATTENDED PROBABLY WELL OVER A HUNDRED COURSES DURING MY TIME IN A SCHOOL AND NOW AS A YOUTH WORKER, AND THERE'S ALWAYS A SENSE OF DREAD ABOUT BEING SAT IN A ROOM LISTENING TO THINGS YOU ALREADY KNOW, WHICH COMPLETELY WASN'T THE CASE YESTERDAY. I LEARNED NEW INFORMATION IN A COMPLETELY RELAXED AND FRIENDLY SETTING, AND I'VE COME AWAY WITH A WEALTH OF INFORMATION THAT WILL DIRECTLY AFFECT HOW I APPROACH THIS TOPIC WITH THE YOUNG PEOPLE IN MY SESSIONS, AND PROBABLY ME PERSONALLY!"

James Dunn, Youth Worker, HIVE Youth Zone

SEXUAL HEALTH WEEK

In September 2019, Brook delivered its first Sexual Health Week campaign on sex, relationships and disability. Ahead of the campaign we conducted our own research, which found that young people with a learning disability were being denied quality RSE due to lack of training and resources for professionals.

In response, we launched Sexual Expression, a free 52-page resource to support the delivery of RSE to young people with learning disabilities. The comprehensive toolkit includes quality assured activities and worksheets to support further development and self-care.

Together with Mencap we developed two bespoke guides; one to support healthcare professionals with improving accessibility in their services, and one to help families and carers provide sex and relationships support to young people with a learning disability.

We teamed up with online sexual health provider Fettle Health and disability charity Enhance the UK to provide over 1,000 STI home-testing kits to disabled people and their partners.

We also launched a short film on sex and disability featuring young people, produced as part of a series with IPPF, and we relaunched 10 British Sign Language films, created in partnership with SignHealth, on sexual health and relationships topics.

“PERSONALLY IT WOULD HELP A LOT IF DISABLED PEOPLE AND THE USE OF MOBILITY AIDS WAS NORMALISED AND INCLUDED IN ADVERTISING. GIVE ME PEOPLE IN WHEELCHAIRS IN ADVERTISING FOR SEX TOYS, INCLUDE DISABLED VOICES ON PANELS ABOUT SEX EDUCATION. THE MORE WE’RE SEEN THE LESS TABOO IT BECOMES.”

Rachelle, 24

IPPF Global @ippf



It’s Sexual Health Week, and this year’s theme is something we all need to open up the conversation about: sex, relationships and disability. So that’s exactly what we did! Watch, like and retweet now. [#SHW19](#)

Mencap @mencap_charity



“I’d like to find that Mr. Right!” Rhiannon opens up about her hope of finding love and getting married one day. People with a [#learningdisability](#) have personal and sexual [#relationships](#) too which should be valued and respected [#SHW19](#)

Happiful Magazine @happifulhq



Young people with learning disabilities are being denied sex-positive relationships and sex education due to societal stigma, with 36% of professionals saying that sex education is not prioritised in their school, reveals [@BrookCharity #SHW19](#)



INNOVATIVE EDUCATION SOLUTIONS

Our bespoke online learning platform, Brook Learn, has over 5,000 registered users. This year we have launched three new courses including Puberty (in partnership with Lil-lets), STIs and Abortion (in partnership with the Open University). We have also updated our inaugural course, How to Deliver RSE.

In 2019 we worked with the University of Sussex to build our first online learning course on consent for students. The course is based on original doctoral research and informed by recent, in-depth consultation with young people as well as the findings from our own 2019 student survey into sexual harassment.

5,000

**USERS REGISTERED ON OUR ONLINE
LEARNING PLATFORM, BROOK LEARN**

Our extensive safeguarding experience led us to support EduCare in the development of a new online course for schools on the subject of healthy sexual behaviours. The content brings together legal definitions, academic research, child protection strategies and case studies in an accessible, easy-to-digest format.

@nat_train



Led an RSE session with 14-18 year olds on Consent today. Found [@BrookCharity](#) 'Consent Continuum' a fantastic resource for discussing the grey areas of consent.

[#rsematters](#) [#pshe](#) [#consent](#) [#sexed](#)
[#relationshipsandsexeducation](#) [#brookcharity](#)

“I HAVE LEARNT SO MUCH ON THIS COURSE, IT HAS DEVELOPED MY CONFIDENCE IN UNDERSTANDING AND DELIVERING RSE TO THE YOUNG PEOPLE I SUPPORT AND BROKEN DOWN MYTHS SURROUNDING SEXUAL HEALTH. I ALSO NOW CAN SEE HOW IMPORTANT IT IS TO TEACH THIS SUBJECT TO YOUNG PEOPLE.”

Brook Learn user

We are delighted to have revisited the findings of our 2017 Digital Romance research. In partnership with NCA-CEOP (Child Exploitation and Online Protection), the project re-examines the findings through the lens of LGBT+ young people. We will also be working with Allsorts and The Proud Trust to develop new research with LGBT+ youth groups and consult with stakeholder groups.

The project findings will inform the development of effective and appropriate education interventions that directly address the needs of LGBT+ young people, supporting them to fully participate safely online without fear of bullying or harassment.

Advocating & lobbying for improved health outcomes for young people

Young people tell us that they want a society that recognises their right to healthy relationships and encourages open conversations about sex and sexuality. We will champion their campaign and work together to challenge stigma, shift attitudes and influence public opinion and decision makers.

In October 2019, Brook celebrated the decriminalisation of abortion in Northern Ireland and we look forward to updates of the new guidance which aims to support women to access safe, legal abortions without having to travel abroad. On the same day, we saw the legalisation of same sex marriage in Northern Ireland, marking a monumental milestone for sexual and reproductive rights.

Another celebration is the roll out of the national Human papillomavirus (HPV) vaccination programme. HPV is the cause of most cervical cancers and can cause anal and penile cancer as well as genital warts. As members of HPV Action campaigning group, we have been calling for the vaccination to be extended to boys, and we are delighted that from 2019/20 all young people aged 12/13 in England, Wales and Northern Ireland and 11/12 in Scotland will be offered the HPV jab.

Following our freedom of information request of local authorities (LAs) in England, and in-depth interviews with LAs and teachers, we will be launching a report in 2020 on the ways in which schools are currently supported to:

- prepare for mandatory RSE
- provide good RSE around sexual health and sexual health services
- provide sexual health services for young people
- make links between schools and specialist services.

We are continually looking for new ways to shout louder about the sexual health and rights of young people. In September 2019 we launched the Brook blog, providing a platform for Brook staff, sector colleagues and young activists to voice their thoughts on key topics impacting young people's sexual and emotional wellbeing.

We have partnered with Dr Polly Haste to develop a podcast mini-series. The Sex Ed Diaries will provide digestible and reliable information about RSE policy, research, practice and resources to help busy teachers improve their confidence in delivering the new curriculum.

We are proud of our successes but we know that we must continue to fight. We will continue to promote the value that the voluntary sector brings to promoting and supporting good health, and support professionals to drive a reduction in inequalities and improve health outcomes.





Ensuring young people's voices are heard through our work

Brook creates safe, open, positive spaces that give young people a platform to speak freely, build their confidence and effect real change.

To increase young people's impact on local and national health policies, we have developed a new participation strategy. Through local groups we will upskill young people in core sexual and reproductive health topics and campaigning so that they can help inform local health commissioning and shape Brook's priorities.

We are thrilled to have received funding from The Francis Crick Institute, to recruit Brook's first young education team in North London. This peer education project will develop the knowledge, communication skills and confidence of volunteers through training and co-facilitation of workshops.

In 2019, we launched a young people-centred Instagram profile. This online community encourages young people to share their experiences and influence the direction of our communications. Our strategic collaborations with influencers who share our passion for sexual health have enabled us to further amplify the voices of those with whom we work.

"SUCH AN HONOUR TO BE PART OF @BROOK SEXPOSITIVE AND CANESTEN'S AMAZING PROJECT WITH THE MOST EMPOWERING GROUP OF WOMEN. IT WAS SUCH AN EMOTIONAL AND UPLIFTING EXPERIENCE AND I AM SO PROUD OF WHAT WE ALL ACHIEVED #DIFFERENTISNORMAL"

Phoebe, participant

"I FULLY SUPPORT THE MISSION, GOAL, AND THE COMMUNITY YOU GUYS ARE CREATING! THANK YOU FOR PROVIDING THIS RESOURCE FOR YOUNG PEOPLE - I CERTAINLY WISH I HAD SOMETHING THIS SUCCINCT WHEN I WAS GROWING UP"

Avital, 20

Our increased social media presence has proved an invaluable mechanism for collaboration, and through our partnerships with Canesten, IPPF and BASHH, we have co-produced 10 young people-led films during 2019/20. Topics range from sex and disability, consent, social media and body image.

Our vlog series produced with BASHH features four young people alongside Dr Alex George, Brook Ambassador and Love Island contestant, and Sarah Mulindwa from Channel 4 series The Sex Clinic, and covers topics ranging from STIs and visiting a clinic to MSM health.

"I WANTED TO BE INVOLVED BECAUSE I THINK THE CONCEPT OF THE PROJECT IS FANTASTIC. HAVING SHORT VIDEOS ABOUT DIFFERENT TOPICS ON SEXUAL HEALTH ARE EASY TO DIGEST AND COULD REALLY AID YOUNG PEOPLE'S UNDERSTANDING OF THEIR SEXUAL HEALTH. OBVIOUSLY LEARNING TRUE FACTS FROM EXPERTS IS ESSENTIAL, BUT THERE IS ALSO REAL USE IN KNOWING OTHER YOUNG PEOPLE HAVE SIMILAR QUESTIONS AND ALSO DON'T KNOW EVERYTHING ABOUT SEXUAL HEALTH. IT REALLY HELPS YOUNG PEOPLE TO ENGAGE."

Sonny, participant, 24

“THROUGHOUT MY VOLUNTEERING AT BROOK, I FELT INSPIRED BY THE PASSION, INTELLIGENCE, AND SENSITIVITY OF THE PEOPLE WHO WORKED THERE. THE WORKPLACE IS CASUAL AND ABSOLUTELY SEX POSITIVE, WHILE ALSO ACKNOWLEDGING THE SERIOUSNESS OF RSE WITH PROFESSIONALISM AND CANDOUR. BROOK HAS HELPED ME TO DEVELOP MY SKILLS IN SPEAKING TO OTHERS ABOUT THIS SENSITIVE TOPIC AS WELL AS INCREASE MY UNDERSTANDING OF HOW TO EFFECTIVELY ADVOCATE FOR NON-JUDGMENTAL AND INCLUSIVE SEXUAL HEALTH SERVICES.”

Jak, 21

More than 200 under 25s throughout England contributed to the development of our 2020-23 strategic plan, and we are committed to involving even more young people in the future design of our service delivery. We know how crucial it is to continue working with young people as advisors, activists and service designers to shape our service provision and meet their evolving needs.

Thank you to supporters



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



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