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WHAT TO DO IN 15 MINUTES+

Brief assessment

HEEADSSS ESSENTIAL QUESTIONS: SEXUALITY

- ✓ Have you ever been in a sexual relationship?
- ✓ Tell me about the people you have had a relationship with? OR tell me about your sex life?
- ✓ Have any of your relationships ever been sexual?
- ✓ What does the term 'safer sex' mean to you?
- ✓ Have you ever been touched sexually by someone when you didn't want to be?



CASE STUDY

- Sarah a 15 year old young woman wants a pregnancy test.
- You are at a school clinic and have 10 young people booked in to see you.
- What can you do ?



PREGNANCY TESTING

- LMP
- Cycle
- Bleed time
- Understanding their menstrual cycle
- UPSI
- Consent/coercion
- Safety



PREGNANCY TESTING CONT.

- ECP?
- 3/52 from episode of UPSI
- Anxiety-explain
- Choices
- Opportunistic chlamydia screening
- STI screen
- Safer sex-condom use and demonstration



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OTHER OPPORTUNITIES TO TALK!

- Talk about sexual relationship – is it something young person is happy with ?
- Ok not to be having sex!
- Talk about ways of discussing condom use !
- Pregnancy testing an opportunity
- Sexual abuse



SEXUAL ABUSE DISCLOSURE

- Ensure safety - abuser , check suicide ideation
- Puawaitahi (CYFs/Police/Medical& Nursing)
- Counselling – Know services in your area
- ACC funding- for counselling



SUMMARY

- Deal with the immediate issue
- Build up a picture (HEeADSSS)
- Opportunistic intervention
- Ensure safety
- Follow up

