



Introducing
Healthy Respect



Introduction

Healthy Respect: it's all about improving the sexual health and relationships of young people through partnership working.

Healthy Respect is a Scottish Executive funded national health demonstration project which is hosted by NHS Lothian. Healthy Respect was one of four projects outlined in the Government's White Paper 'Towards a Healthier Scotland' (1999). It was set up to look at ways of supporting young people to make positive choices about their sexual health and wellbeing.

The project began in 2001 and continued until 2004 (Phase One). Following an interim year for planning (2004), a further three years funding was provided, taking our work up to March 2008 (Phase Two). During this phase and after 2008, appropriate elements of work and practice will be made available for integration both locally and nationally.

Healthy Respect staff and partners come from a variety of areas including education, the voluntary sector, youth work, community education, medical and nursing, graphic design, social marketing and health promotion.

This booklet provides you with an outline of our work, however there's a lot more to the project, so please visit our website or contact us for more information.

www.healthyrespect.co.uk



Our vision

To demonstrate how working with young people from specific areas of Lothian, using a multi-faceted approach, can enable them to develop a healthy respect and a positive attitude to their own sexuality and that of others.



Our values

In working with professionals, parents, carers, and young people, Healthy Respect has a very clear value base. These values can be summarised as: respect, responsibility, inclusiveness and partnership. In addition, Healthy Respect advocates that the values of respect and responsibility shape and inform the behaviours, attitudes, aspirations and relationships of young people in Lothian. Visit our website to find out more about our values and guiding principles.

Respect
Responsibility
Inclusiveness
Partnership

Guiding principles

The principles of Healthy Respect are based on:

- The UN Convention of the Rights of the Child; and
- The World Health Organisation working definition of sexual health:

‘Sexual health is a state of physical, emotional, mental and social wellbeing in relation to sexuality; it is not merely the absence of disease, dysfunction or infirmity.’

For Healthy Respect this means that young people’s sexual health is an integral part of their lives and services must reflect this within formal education, health and social services.

Our aims

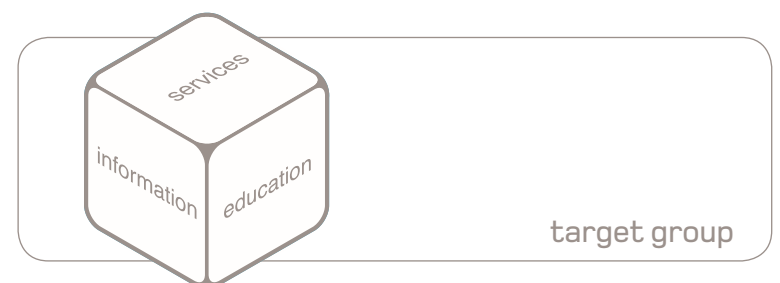
- 1 To create an environment that will lead to long term improvements in the sexual health and wellbeing of young people in Midlothian and North West Edinburgh through a multi-faceted approach which links education, information and services for young people aged 10-18.
- 2 To communicate the lessons from Healthy Respect in order to transfer learning and skills throughout Scotland.

Our objectives

Healthy Respect is working in partnership with a range of stakeholders to achieve a variety of objectives which cover: school based sex and relationships education, support for young people at risk, improved access to health care services, and an integrated communications programme which supports the aims and promotes the values of Healthy Respect.

Working in partnership: the network

Healthy Respect is committed to, and dependent on, partnership working to deliver the multi-faceted programme of education, information and services to young people. Partnership working with organisations and local agencies is key to improving the sexual health and relationships of young people, and these agencies have an in-depth knowledge of community needs and networks. By working closely with our partner agencies we can facilitate links and communication, empower those already working in local areas, and demonstrate good practice. Ultimately, the network aims to facilitate a culture change, creating an environment that will lead to long term improvements in the sexual health and wellbeing of young people in Lothian.



Where we'll be working

In Phase One our work was delivered across Lothian. During Phase Two, we will continue to support our schools and drop-ins across Lothian from Phase One and carry out some focused work in two areas: Midlothian and North West Edinburgh.

Throughout Phase Two we will be:

- Supporting the delivery of educational programmes in primary, secondary, special and denominational schools.
 - Our work with denominational schools is being developed in partnership with the Scottish Catholic Education Service. We will produce curricular resources and teacher training materials.
- Connecting with hard to reach groups through community education, social work, voluntary organisations and the NHS.
- Developing new Healthy Respect accredited drop-ins within a variety of settings including schools and community venues.
 - To ensure that we provide a high quality and consistent service to young people, Healthy Respect accredited drop-ins operate under the 'all I want – LIVE' standards.
- Implementing the Healthy Respect brand and an integrated communications programme across Lothian. A key method of promoting our values is through regular partner network events and high profile social marketing campaigns.

Who we'll reach

During Phase Two we will target young people aged between 10 and 18 years in Lothian. We will continue to work closely with parents, carers, significant adults and professionals who work with these groups. In addition, we will also work with existing and new partners and local organisations from both statutory and voluntary sectors.

Evaluation

Evaluation is an integral part of the project, particularly given our demonstration status. We want to know which interventions are most effective and share that learning with other individuals and organisations. Internal and external evaluation reports from Phase One can be downloaded from the project website or obtained from Healthy Respect.

The Scottish Executive has commissioned NHS Health Scotland to manage a collaborative group of research organisations who will carry out an independent evaluation of Phase Two. They will assess the:

- overall programme effectiveness
- impacts of variations in the delivery process and local contexts on programme effectiveness
- target group assessment of the relevance and effectiveness of Healthy Respect's services.

Contact us

Additional information on Healthy Respect is available on our website www.healthyrespect.co.uk. If you have any queries and/or comments on any aspect of our work please contact us at:

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148 Pleasance **E** healthy.respect@lhb.scot.nhs.uk
Edinburgh EH8 9RS **W** www.healthyrespect.co.uk

This leaflet is also available in alternative formats. Get in touch with Healthy Respect to find out more. Telephone 0131 536 9454 or e-mail healthy.respect@lhb.scot.nhs.uk.

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Dissemination of learning

The Sexual Health and Wellbeing Learning Network shares knowledge gained from the implementation and evaluation of Healthy Respect which is relevant to practice in the rest of Scotland. The Learning Network also disseminates the wider international evidence on effective sexual health interventions.

For further information on the Learning Network and/or if you want to know more about the evidence, visit www.healthscotland.com/sexualhealth or contact the Learning Network:

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