

Welcome!

Your local Public Health team are excited to launch the Respect Yourself Doncaster website.

Respect Yourself Doncaster has been specially developed for Doncaster young people aged 13+ and provides a hub of information and advice on issues around relationships and sex.

Young people told us they want to ask questions and seek opinions – but they don't want a lecture, and are just as embarrassed and lost as to how to start doing this as their parents (or teachers!) are.

The website has been designed to address this communication gap, through the use of innovative technology.

Teachers will also find the content useful to supplement their PSHE work.



Evidence shows that giving young people comprehensive, frank and honest information improves sexual health outcomes.

Young people, who receive this type of information, generally have sex later than their peers and are more likely to use contraception when they do.

The website also contains a unique behaviour change tool that is shown to overcome barriers to accessing sexual health services as well as providing a platform for delivering positive health messages about safer sexual behaviour.

There is a wealth of information and advice available on the site, including issues such as: puberty, feeling safe in relationships, consent, online relationships, coming out, sexting, body image, contraception, sexually transmitted infections (STIs), sex and alcohol, pornography, sex and the law, talking to parents.

The following features have been tailored specially for Doncaster –

Service Finder; allows young people to search for services nearest to them by entering either a postcode or selecting an area from a drop down list. (Contact details, locations and opening hours are all up to date on the service finder section of the website).

What to Expect section; features five short videos that allow young people to see through the door of local services in Doncaster, including Project 3 and School Nursing.

Blog; keeps young people (and parents/teachers) up-to-date with relevant issues, local and national campaigns and changes to services.

Q&A; allows young people to submit questions anonymously and have the answer posted online within 48 hours by an RSE consultant.

Sextionary; provides definitions of words that young people are using with a positive public health message.

There is so much more content available on the site but the best way to find out, is to go and have a look around!

Visit www.respectyourself.info/doncaster

How would you respond to parents who may be concerned about the content of the site?

Whilst the site does contain computer generated images of genitalia and language commonly used by young people, it has all been put together for educational purposes with young people's health and wellbeing at the heart of it.

Some parents may be concerned by some of the content. However, the resource has been put together with a lot of thought, care and attention by the Respect Yourself Campaign Team in partnership with NHS Warwickshire, Coventry University and with a huge input from young people themselves. (All of the content on the site has been requested directly by young people).

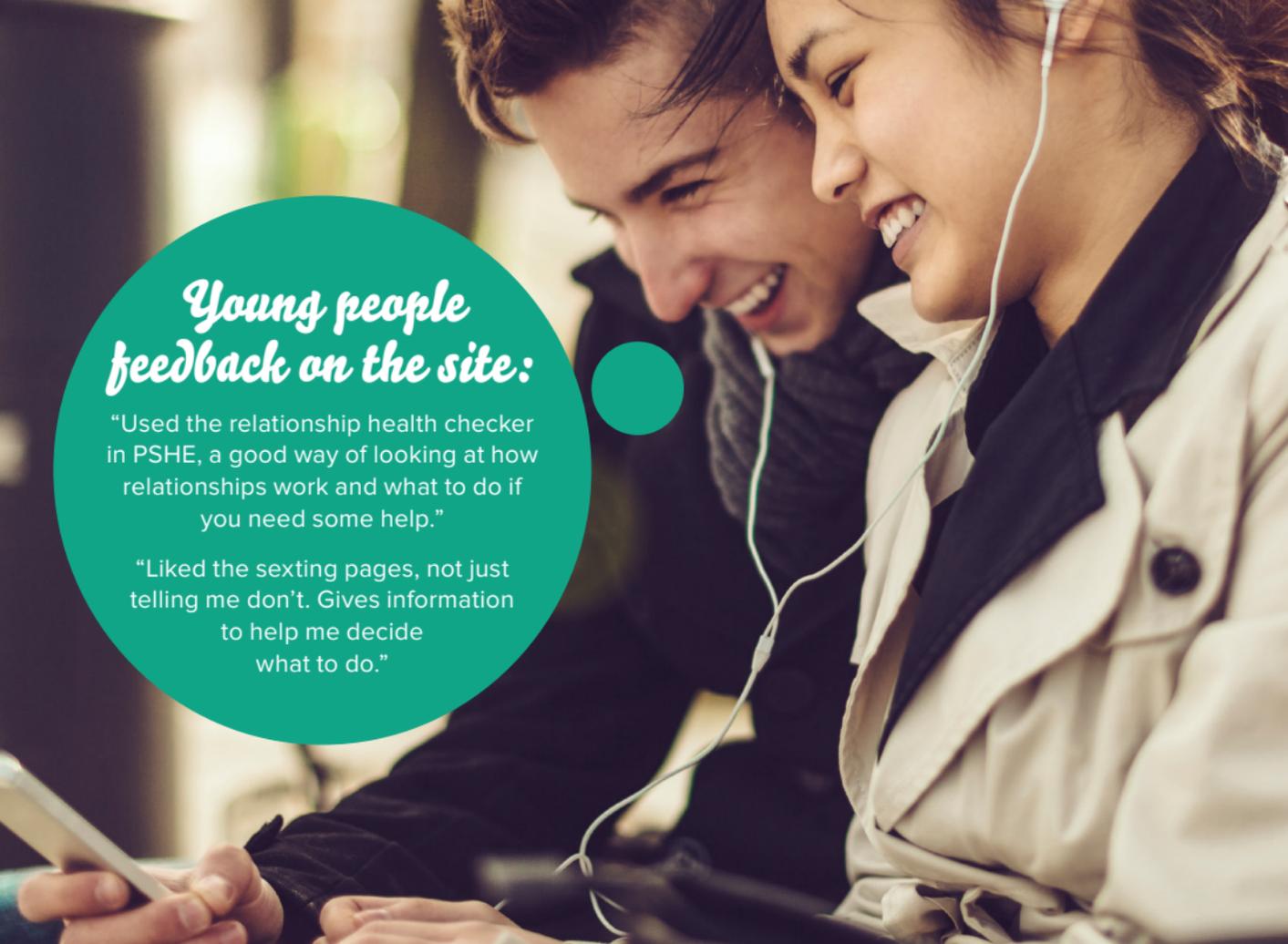
Whilst we try to enable young people to respect themselves and explore what this means for them, we always encourage them to discuss relationships and sexual health with parents. There is a constant theme running through around communication between parents and children (the site even includes a section specifically for parents).



What about much younger children than the target audience being able to access this website?

We can't stop young people from accessing the information under the recommended age of 13 but the website is monitored and supported by professionals who can provide the answers and encourage them to take control of their relationships and to move at a pace they are comfortable with. We are by no means encouraging young people to have sex or to view things that they are not ready for. We have also ensured there is plenty of emphasis on the emotional side of relationships as well as covering the physical aspects, something that young people asked for.





*Young people
feedback on the site:*

“Used the relationship health checker in PSHE, a good way of looking at how relationships work and what to do if you need some help.”

“Liked the sexting pages, not just telling me don’t. Gives information to help me decide what to do.”



*Young people
feedback on the site:*

“You answer the questions that no one else does.”

“The request slips are great, saves awkwardness at the chemist!”

“Pleasure zones – a chance to see what real (non porno) bits look like...”



Doncaster
Metropolitan Borough Council

Endorsed by the UK Internet Safety Partnership and South West Grid for Learning.



**RESPECT
YOURSELF
DONCASTER**

An online relationship and sex education resource for age 13+

Giving young people the power to confidently make positive informed decisions about their sexual health and relationships by building their knowledge and self-esteem.

www.respectyourself.info/doncaster
#RYDoncaster

