

# City of York Teenage Pregnancy Partnership Update May 2010



Teenage Pregnancy conception data received February 2010 referring to 2008 indicates a welcome decrease in teenage conceptions in the city. The 2008 rate being 34 per thousand females aged 15-17. This is the same rate as the 1998 baseline year but indicates 0.1% rise due to re based population data. There are 28 fewer conceptions than 2007 (rate 42.4), which is a 19.8 % decrease. There is still a long way to go to meet the 50% reduction but we have confidence in the strategy and are on course for the current trajectory.

Aggregated data relating to 2005-7 shows that there has been a rise in the under 16 rate with fewer conceptions ending in termination meaning that more young women are choosing to have their babies. Teenage Pregnancy 'Hotspot wards' are wards with a rate among the highest 20% in England and have an under-18 conception rate over 53.4 per 1000 females aged 15- in York these are the Westfield, Clifton, Hull road and Heworth wards.

As a result of this, National Indicator (NI) 112 was chosen as a high priority Local Area Agreement (LAA) indicator with a specific priority to:

- Work with parents and provide them with information to promote healthy choices including information about sexual health and relationships.
- Expand programmes to combat unwanted conceptions by developing specific initiatives to raise girls self esteem and boys awareness of their responsibilities
- Further promote good sexual health through lessons in school
- Provide accessible, local screening facilities, with clear targets to reduce sexually transmitted infections such as Chlamydia.
- Ensuring better services for teenage parents and ensuring they have assistance to get back into education, employment and training if they wish.

(The Children and Young People's Plan 2009-2012 for the City of York)

In order to build on the key planks of the existing strategy, the Teenage Pregnancy Unit issued an updated strategy, Teenage Pregnancy Strategy: Beyond 2010. The strategy focuses on the factors that can work towards the reduction of teenage pregnancy rates when they are implemented robustly and consistently, with each delivery partner understanding and taking responsibility for their particular contribution. Document available at <http://www.york.org.uk/teenage-pregnancy-resources.html>.

This document highlights the work being delivered through the City of York Teenage Pregnancy Strategy to work towards reducing the number of teenage conception by 50%, and getting more young parents back into education, employment and training to improve their outcomes and those of their children. The information is provided under the headings of the updated national strategy to give you an overview of the partnership work taking place in the city.

## **Giving young people the knowledge and skills they need to experience positive relationships and good sexual health.**

‘Evidence is clear that giving young people knowledge about sex and relationships, and helping them develop the skills to manage relationships effectively is protective... Ideally, young people should receive their information on sex and relationships from well informed parents and teachers, health professionals and the wider children’s workforce’.



### **Workforce Training**

A training needs assessment is conducted annually and training is offered throughout the year. This is delivered by the Teenage Pregnancy Strategy Training Team, which is a ‘virtual, multi-agency team.

The core training for the strategy includes, Basic Sexual Health Awareness, this is available as a one day session in partnership with North Yorkshire Teenage Pregnancy Strategy and includes condom distribution training and information about contraception and sexually transmitted infections. A shorter session can be delivered to individual teams and covers the basic information on sex and the law, roles and boundaries and signposting to services. This training has been incorporated into the YorOK workforce strategy and the YorOK common induction.

Two more ‘Delay’ trainers have been trained this year to enable more sessions about ‘Delay’ to be delivered. This training will equip those practitioners working with young people with an

understanding and skills to help them support young people to delay sex until they feel ready to make positive choices.

The training programme will also emphasise social norms, young peoples perceptions versus reality and look at the wider links with alcohol, substance misuse, sexualised imagery, increased access to pornography and violence in teenage relationships

More information about Teenage Pregnancy Strategy training is available on the YorOK website. <http://www.yor-ok.org.uk/teenage-pregnancy-resources.html>.



### **Working with parents**

'While parents are young people's preferred source of information and advice, a significant number of young people are getting little or no information from them. This is especially the case for boys and young men.' Evidence shows that when children can talk openly and without embarrassment to their parents/carers about sex and relationships, they are more likely to use contraception at first sex.

The Teenage Pregnancy Strategy links closely with the Parenting Strategy to embed sex and relationships information into existing parenting programmes. The Parenting Practitioners have been trained to deliver FPA Speakeasy which is a programme for parents offering a non threatening group based opportunity for parents to learn together, and acquire the confidence and skills to talk to their children about sex and sexuality. The programme will be rolled out further this year with a priority for parents living in the teenage pregnancy hotspot wards.

Relate were commissioned to deliver the 'Riding the Storm' programme to the parents of young people in two York schools. This complimented a programme on relationships delivered to young people in the schools. More information about the programmes is available on the Parenting pages of the YorOK website:

Riding the Storm <http://www.yor-ok.org.uk/riding-the-storm.htm>

Speakeasy <http://www.yor-ok.org.uk/speakeasy5-11.html>

## **Sex and Relationships Education in Schools**

It was hoped the Personal, Social and Health Education (PSHE) would become a statutory part of the national curriculum to ensure that young people would receive high quality sex and relationships education throughout their compulsory education. Unfortunately 'wash-up' negotiations between the government and opposition parties on the Children, Schools and Families Bill resulted in the removal of the clauses to introduce PSHE education as a statutory subject in the national curriculum at primary and secondary level. These negotiations also removed the clause that would have made statutory the new primary curriculum.

It is a key priority for the Teenage Pregnancy Strategy to ensure that young people receive sex and relationships education (SRE) that is relevant to their needs. A needs assessment will be conducted in all schools to identify the skills, knowledge and attitudes of young people with regard to sexual health and relationships issues. This will identify the schools where further support with SRE delivery may be needed.

The PSHE certification programme is available to teachers, school nurses and other professionals to equip them with the skills and confidence to deliver quality PSHE including SRE and a series of network learning meetings have been arranged for teachers to further support the delivery of SRE in the classroom.

## **Sex and Relationships Education in the community**

Relationships and sexual health sessions are delivered to young people in community and youth settings through the Young People's Services sexual health team. The team also offer condom distribution and chlamydia screening. Health days are delivered twice a year through Castlegate involving partner agencies looking at a variety of health issues. The 'Drop in' opens on a Saturday to facilitate this and it is well attended by young people.

## **Improving young people's access to and use of effective contraception when they need it.**

'The majority of young people do use contraception, most of the time. But some young people do not access advice and support before they have their first sexual experience and/ or do not use contraception consistently thereafter...It is imperative that we make every effort to

encourage all young people who are sexually active to use a form of contraception that suits their circumstances.'

### **Young people's contraceptive and sexual health services**

Three services have undertaken the You're Welcome Quality Standards self assessment process in order to be awarded the You're Welcome quality mark. Young people were involved in the process through mystery shopping. Also a focus group involving young people was established to consult about the refurbishment of the family planning clinic to make it more young people friendly.

In addition to the school health 'drop ins, funding was acquired through the Strategic Health Authority to provide sexual health services in the school sixth forms. All sixth forms except for the church schools provide access to emergency hormonal contraception, pregnancy testing , condom distribution, pregnancy testing and Chlamydia screening. Services are also offered in the colleges, it is hoped that in the future contraception will be offered. There is also a rolling programme to train pharmacists to deliver Emergency Hormonal Contraception and condom distribution to young people.

Castlegate offers one to one work; group work around raising self esteem; pregnancy testing; condom distribution; chlamydia screening and signposting to services. Some of these services are offered through the wider young people's service in youth centres and projects and the young people's substance misuse services.

We are currently working with partners to map the local services and what they deliver, questioning whether current commissioned services are provided in places that need them most, and looking at what are the key priority areas/services for any new investment.

### **Media and communication**

We are working on updating the YorOK website to ensure that young people have access to up to date information about the services available in the city.

See <http://www.yor-ok.org.uk/teenagepregnancy.html>. We have been working with the Youth Council to look at how information is presented to young people. The Youth Council have assisted in developing a page to be added to school planners giving young people information

on a variety of health issues. We continue to contribute funding to the Young People's Survival Guide and fund a sexual health information page in the booklet.

Information about local services has been disseminated widely and the resources for the national campaign, sex worth talking, about are available on the YorOk Website.

Information for parents advertising the Parentline Plus website was broadcast on Minster FM, and displayed on the backs of First York buses. Information for young people about local services was displayed in Vue cinema and York station.

Posters advertising Long Acting Reversible Contraception (LARC) were developed through consultation with young people and have been displayed in pharmacies, GP practices, Health Centres and community settings.

### **Intervening early with those most at risk.**

There are certain groups of young people deemed to be more at risk from teenage pregnancy and poor sexual health. These include young people with low educational attainment; dislike of school and poor attendance; in contact with the police; poor emotional and mental health and those living in and leaving care. It is important to build resilience and raise aspirations among this group of young people.

A post has been funded through the teenage pregnancy grant to work with young people who receive a service from children's social care. Priority is given to those who are engaged in risky behaviours or are vulnerable to exploitation or an increased likelihood of becoming a teenage parent. The project works with young people in one to one and group work settings to positively engage young people and raise awareness and understanding about sexual health and relationships issues and how behaviour has the potential to have a detrimental impact on their physical, social and emotional well-being.

Young people who are out of mainstream education and in Alternative Learning Provision (ALPS) have access to sessions on sexual health, relationships and risk taking behaviour through the staff at ALPS. Some of the team have or are undertaking the PSHE CPD certification programme.

We are discussing ways to identify risk of teenage pregnancy through the use of the CAF, and help practitioners identify teenage pregnancy risk factors and plan appropriate support packages.

### **Improving outcomes for teenage parents and their children.**

Although the main focus of the teenage pregnancy strategy is around prevention, ‘we need to make sure that where young people do become parents they get the support they need to make successful futures for themselves and their children...Referral pathways between maternity services and on-going support needs to be clearly understood and watertight to prevent teenage mothers and young fathers slipping through the gaps between services and missing the support they need.’

### **Reintegration into Education, Employment and Training (EET)**

It is well documented that teenage parents face disadvantage but are also at risk of transmitting disadvantage through the next generation. Most school age mothers have their babies in Year 11 so it is important to ensure that they are able to complete their compulsory education and are supported to go onto further education and training when they are ready . We are developing local protocols to ensure that young parents have a smooth transition back into education, employment and training.

The teenage pregnancy strategy works alongside various other strategies to ensure that young parents needs are met, these include the parenting strategy; NEET; child poverty; infant feeding, children’s centres and others. There are now a number of projects in the city that support teenage parents from ante-natal to education and support.

- YorBabe is the young parents multi agency ante natal service;
- Babes in Arms provides post natal support with support from a Connexions PA and other professionals;
- Young Parents Learning runs through Future Prospects;
- Baby Bright is being developed at York College and provides a programme of accredited learning.

There are also many social groups for teenage parents and we are looking at more support work for teenage fathers including producing a ‘Dads Pack’ for new fathers containing local information. For more information on services for teenage parents see:

<http://www.yor-ok.org.uk/youngparent> or Family Information Service (FIS) at <http://www.yor-ok.org.uk/family-information-service.html>

### **Anti Poverty - Project 92**

York was successful with their bid for £351,800 to work with young parents in the homeless hostels. This project seeks to transform the future outcomes and life chances of a key group of highly vulnerable young people.

Three workers will establish services for teenage parents and their families by providing:

- Focused services to targeted teenage parents through individual support and an innovative development programme within two hostels;
- Support, plus a development programme for young fathers;
- An outreach programme to address teenage pregnancy and homelessness;
- A peer mentoring programme;
- Enhanced multi-disciplinary working practices through joint training.

This project will run up until 2011 and is overseen by the DCSF and evaluated by the University of York this will inform the development of a model of best practice throughout the country.

### **Be a star**

A social marketing company were commissioned to undertake as social marketing exercise to get some information about the attitudes to breast feeding by young white women aged between 15-25. This group were chosen because statistically, they are the group least likely to breast feed.

The research took the form of focus groups, questionnaires and telephone interviews. The findings were that key influences on a young women's decision to breast feed were the attitudes of their own mothers, their partners and peers.

Two young women from York took part in a photo campaign to promote breast feeding and how you could still look glamorous and 'Be a Star'. These photos have been made into postcards and posters and displayed in health centres and children's centres. For more info see:

<http://www.beastar.org.uk/archives/318>

## **Getting delivery right- performance management of local teenage pregnancy strategies.**

In order to develop the most resource efficient and effective way of monitoring and performance managing the delivery of the strategy, each year the partnership undertakes a self assessment. This involves looking at the key areas of the strategy and identifying strengths and weaknesses. Consultation takes place with key stake holders and the delivery partners using an 'outcomes based' model to establish where we currently are in relation to performance against the target. Local data and intelligence is used to establish the history behind the trend; what we know works; gaps and solutions, including no cost, low cost ideas and how we can work in partnership to fill any gaps in delivery through effective joint commissioning.

Overall performance of the strategy is monitored by the Teenage Pregnancy Partnership Board and reports to the YorOK Board. The Children's Trust Unit are currently working with colleagues to devise more robust evaluation methods for services commissioned through the various grants the Unit has responsibility for. This will ensure young people's needs are met efficiently and most effectively.

All information about the Teenage Pregnancy Strategy is available at:

at <http://www.yor-ok.org.uk/teenage-pregnancy-resources.html>.

### **Amanda Gaines**

#### **Strategic Commissioner Teenage Pregnancy Substance Misuse and Risky Behaviours**

Children's Trust Unit

Mill House

North Street

York

YO1 6JD

Tel: 01904 554337

[amanda.gaines@york.gov.uk](mailto:amanda.gaines@york.gov.uk)