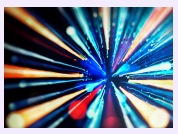
YOUR RIGHTS TO SEXUAL HEALTH SUPPORT AND ADVICE

1 WHAT WE DID

A team from the National Centre for Remote and Rural Health and Care looked at research from around the world to understand how young people get sexual health support, especially in rural and island areas.

This work helps us learn what works well and what could be better. It also looks at how services can be improved so they are easier to access, respect young people's rights, and reflect their real experiences.

2 WHAT DIFFERENCE DOES THIS MAKE?



This work will help improve sexual health services for young people, especially in rural and island areas.

By looking at what works well, what needs to improve, and what young people say about their experiences, it will help create services that are easier to use, fairer, and respectful of young people's rights.

The findings will be shared with people who design and deliver services, so they can better understand and meet young people's needs, wherever they live.

3 HOW THIS HELPS CHILDREN'S RIGHTS



This work helps protect young people's rights by making sure:

- they can access good sexual health care and support
- they get clear and accurate information to help you make choices
- their views and experiences are listened to
- they are treated fairly, no matter where you live
- their privacy is respected, especially in small communities

4 GIRFEC

The work helps make sure young people are:

Healthy: young people can access information and services that support their physical and emotional wellbeing.

Respected: young people's views and experiences are listened to and valued.

Included: barriers are reduced so everyone can get support, wherever they live.

Safe: young people are supported in ways that protect your privacy and build trust.

5 THE PROMISE



This work follows The Promise by helping make things fair and making sure young people get support early.

It listens to young people's experiences and looks at the challenges they face, so services can fit better around their lives. By improving access to sexual health support, it helps young people stay well, making sure support is there at the right time.

6 WHY IT MATTERS



Using children's rights in this work helps make sure services are shaped by real evidence and by young people's experiences. For young people in rural and island areas, this means better sexual health support that is easier to access, more consistent, and respects their rights. It helps make sure all young people can get the support they need, wherever they live.

NATIONAL CENTRE FOR REMOTE AND RURAL HEALTH AND CARE
NES MEDICAL DIRECTORATE