**YMCA Cardiff - Healthy Relationship Service**

**One to One Referral Criteria**

The Healthy Relationship Service endeavour to work with as many young people as possible, however there are some criteria to consider. SHOT is an early intervention service so if the young person you are referring is displaying Harmful Sexual Behaviours (HSB) please consider alternative referrals to Better Futures ([Better Futures Cymru | Barnardo's (barnardos.org.uk)](https://www.barnardos.org.uk/get-support/services/better-futures-cymru-0)) or Youth Justice (10-17) ([Cardiff Youth Justice Services](https://www.cardiff.gov.uk/ENG/resident/Social-Services-and-Wellbeing/Children/Cardiff-Youth-Offending-Services/Pages/default.aspx)). Similarly, if the young person is at high risk of or is being sexually exploited, please use appropriate safeguarding procedure to highlight vulnerabilities and risk concerns to the local CSE team (under 18s only).

Please note all work we undertake will be age appropriate and tailored to the young person.

**Essential**

* **Aged 11-25 (NOTE WE ONLY WORK WITH SECONDARY SCHOOL AGED 11)**
* **Lives and/or at school/college/university in Cardiff or the Vale of Glamorgan**
* **Young person consented/aware of the referral into SHOT**
* **Parents consented (if under 13)**
* **Have you considered a MARF where necessary?**

**Needs/Concerns – please note the below criteria are not exhaustive and each referral is individual and nuanced. If unsure, please contact the shot team:** **shot@ymcacardiff.wales**

**Healthy Relationships**

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| **Identifying Positive Relationships** |
| Is the young person in a potentially negative relationship? Have they experienced an unhealthy relationship in the past? Are they struggling to identify positive people? Are they being controlled/manipulated by people (including friends)? Is the young person displaying unhealthy traits in relationships? Are they controlling/manipulating people? Does the young person struggle setting or understanding boundaries? NOTE: if referring young people in unhealthy relationships, have both young people been considered where possible? |
| **Consent** |
| Does the young person struggle to set personal boundaries? Does the young person struggle to understand other people’s boundaries when it comes to physical touch or sexual behaviours? Does the young person understand their rights or other people’s rights to say no or withdraw consent to sexual touching/intercourse?NOTE: when referring young people who have been victims of any scenarios surrounding non-consent (sexual assault, rape, exposing nudes etc.), please also consider the perpetrator, where possible, for a referral. Also please consider if a referral to SARC would be more appropriate for victims of sexual assault and rape. |
| **Online Safety** |
| Could the young person’s online activity be considered risky? Is the young person regularly sending nude images online? Is the young person regularly asking for nude images to be sent to them online? Has the young person shared nude images of someone else online? Is the young person talking to strangers online? Is the young person meeting up with strangers they have met online? Does the young person understand the consequences of sending/receiving nude images when under the age of 18? Is the young person using sexualised language online? Is the young person accessing concerning explicit content online? Is explicit online content impacting the young persons behaviour/choices?NOTE: consider if the online activity could be addressed by a member of staff and whether the concerns warrant a referral to SHOT. |
| **Sex and the Law** |
| Is the young person aware of the laws about consent? Is the young person aware of the laws about sending nudes under the age of 18? Does the young person know the age of consent? NOTE: we will not work with young people who are currently under investigation for the perpetration of sexual assault/rape. |
| **Inappropriate Language and Behaviour** |
| Does the young person understand when/where is appropriate to talk about sex? Does the young person understand when/where is appropriate to have sex/engage in sexual activity? Does the young person understand the importance of privacy in relation to masturbation or sex? Does the young person use sexualised/derogatory language? Does the young person understand the potential consequences of inappropriate language and behaviour (e.g. hate crime, indecent exposure)? |

**Sexual Health Awareness**

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| **Contraception Information** |
| Does the young person need information/advice on contraception options? Would the young person benefit from information about C-Card and appropriate use of condoms? Is the young person engaging in risky sexual activity? Does the young person know where to go for contraception? |
| **STI Awareness** |
| Does the young person understand the risks associated with STI transmission? Does the young person require more information about symptoms, treatment, and transmission of STIs? Is the young person engaging in risky sexual activity? Does the young person understand the risks/consequences of unprotected sex? Does the young person know where to go for STI testing and treatment? Does the young person know how to protect themselves from STI transmission? |
| **Promoting Responsible Sexual Choices** |
| Is the young person engaging in risky sexual activity? Does the young person understand what it means to be ‘sexually healthy’? Has the young person considered delaying sex? Does the young person understand the risks of unprotected sex? |
| **Peer Influences Relating to Sexual Health** |
| Does the young person feel pressure to engage in sexual activity? Has the young person considered their own personal boundaries?  |

**Support to Access Services**

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| **Support to Access STI Screening** |
| We can provide information and guidance to young people for accessing STI screening both through the Department of Sexual Health and online testing through Sexual Health Wales. In some cases where there are barriers to accessing the sexual health clinic (anxiety, transport, parents not aware etc.), we are able to support young people there for STI testing and treatment. We will support the young person through the course of their appointments if follow ups are required.NOTE: referrals requiring support to access services will be actioned as promptly as possible but further SHOT work with the young person (on any concerns listed above), may need to go through our waiting list. |
| **Support to Access Contraception** |
| We can provide information and guidance to young people for accessing contraception services through the Department of Sexual Health, GPs, and the C-Card scheme. In some cases where there are barriers to accessing appointments at the sexual health clinic (anxiety, transport, parents not aware etc.), we are able to support young people to these appointments. We will support the young person through the course of their appointments if follow ups are required.NOTE: referrals requiring support to access services will be actioned as promptly as possible but further SHOT work with the young person (on the concerns listed above), may need to go through our waiting list. |
| **Support to Access Pregnancy Testing** |
| In some cases, we would be able to provide pregnancy tests to young people where needed. C-Card points should also provide pregnancy testing so please consider this before referring for this reason. If the young person needs help accessing a C-Card point, we may be able to assist.NOTE: this service is based on staff availability and may not be possible the same day the referral is received, but will be actioned as soon as possible. |
| **Support to Access Emergency Contraception** |
| We can provide information and guidance on pharmacies that provide free emergency contraception and the Department of Sexual Health providing alternative emergency contraception. This information is also provided to C-Card points under the scheme. In some cases, where there are barriers to accessing the pharmacy or clinic themselves, we will support young people to these visits or appointments.NOTE: this service is based on staff availability and may not be possible the same day the referral is received, but will be actioned as soon as possible. |