

Creating a healthy respect

D. Milne

Healthy Respect, Lothian NHS Board, Edinburgh, United Kingdom

Objectives: Healthy Respect, the National Health Demonstration Project on young people's sexual health aims to transform the sexual attitudes of young people by introducing initiatives which will bring about positive changes in their behaviour regarding sexual health and relationships. The project has three focused objectives for improving young people's sexual health: increasing young people's self-esteem and confidence; reducing teenage pregnancies and decreasing the level of sexually transmitted infections amongst young people in Lothian.

Design and Methods: The project is creatively delivered through 13 partner agencies working in the fields of sexual health, education and young people's services.

Results: The project's approach fully recognises the importance of increasing self-esteem and confidence amongst our young people to enable them to make and implement informed choices and decisions. This approach is supported by an increase in education and information available to young people and greater access to services. The project's internal evaluation strategy will demonstrate what are effective methods in reaching young people.

Conclusion: The ultimate vision of the project is to create a Healthy Respect amongst young people, for themselves and others.