



Dear Parents / Carers,

Hello! We are Brook Cornwall, an organisation funded by the Public Health department of Cornwall Council to provide free, confidential sexual health services to people of all ages living in Cornwall and the Isles of Scilly. This includes supportive access to free contraception (long acting and emergency), testing and treatment for sexual transmitted infections (STIs) and pregnancy testing. Alongside these clinical services our Education and Wellbeing Specialists champion sexual health promotion through the delivery of relationships and sexual education (RSE)

in secondary schools, colleges, and other education settings. RSE is compulsory in all secondary schools, please have a look at the Government website for more details, [Relationships education, relationships and sex education \(RSE\) and health education: FAQs - GOV.UK \(www.gov.uk\)](https://www.gov.uk/government/topics/relationships-education). We provide informative and interactive workshops that generate evidence-based discussion around sex, sexuality and relationships. Our aim is to increase young people's knowledge, understanding, and confidence to access support and guidance.

Our bespoke education sessions use the IMB (information, motivation, behaviour change) model to explore relationships and sexuality in a way that encourages young people to examine their own attitudes and values on the subject. We support young people to be curious and aware when interpreting the range of information (and potential myths!) they are faced with and provide them with reliable, factual guidance. This supports the development of positive, nurturing relationships, that are central to good physical and emotional health.

I am pleased to inform you that Brook has been invited into your child's school to deliver our programme of age-appropriate education and we will be working closely with school staff to enable them to co-facilitate sessions and ensure we meet the needs of the students.

Our RSE sessions are:

Year 8 (choice of one): Body Image and Puberty

Online Safety

Year 9: Introduction to Sexual Health

Year 10 (choice of one):

Pornography

Sex, pressures and risk taking behaviours

Year 11 Assemblies: Sexual health and signposting to services

Year 12/13 Assemblies: C-card distribution scheme

We would also like to take this opportunity to highlight a couple of further services that we provide to support the sexual health of young people:

Chlamydia Screening Programme:

This programme is aimed at young people aged 15-24. The Education team run this service in partnership with our clinical colleagues. Brook Cornwall train organisations and educational services to provide testing kits to young people to reduce the incidence of undiagnosed Chlamydia in Cornwall.

Cornwall C-Card Programme:

Brook Cornwall runs the local C-Card programme offering young people the opportunity to register for a C-Card and get free condoms and lube across various outlets in Cornwall. As

FIGHTING FOR HEALTHY LIVES

Brook, PO Box 78732, London, EC2P 2TA

[brook_sexpositive](https://www.instagram.com/brook_sexpositive)

[brook.org.uk](https://www.brook.org.uk)

Brook is the trading name of Brook Young People. Registered office: Penhaligon House, Green Street, Truro, TR1 2LH.

Registered Charity in England and Wales No. 703015. Limited Company Registered in England and Wales No. 2466940.



part of the process for registration young people are taught about healthy relationships, condom use, consent and sexually transmitted infections (STIs) as well as contraception. Brook Cornwall train outlets across Cornwall to provide registration and distribution services to young people.

We would encourage you to explore our website www.sexualhealthcornwall.co.uk, which outlines all our services and provides really useful information and guidance. Also of interest may be our national Brook website www.brook.org.uk and [Free RSE resources – Brook](#) as well as our social media channels. [BrookCharity \(@brookcharity\) | TikTok, Brook \(@brook_sexpositive\) • Instagram photos and videos, Its Best To Test \(@its.best.to.test\) • Instagram photos and videos, Brook Cornwall | Truro | Facebook.](#)

If you have any queries or concerns, about the please contact your school directly.

Kind Regards

Education and Wellbeing Coordinator
Amy Kilpatrick.

FIGHTING FOR HEALTHY LIVES

Brook, PO Box 78732, London, EC2P 2TA

 [brook_sexpositive](#)

brook.org.uk

Brook is the trading name of Brook Young People. Registered office: Penhaligon House, Green Street, Truro, TR1 2LH.
Registered Charity in England and Wales No. 703015. Limited Company Registered in England and Wales No. 2466940.