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Promoting good sexual health

Organisations such as The Scout Association play a key role in helping young people develop the confidence and self-esteem to resist peer pressure until they are ready to make safe and informed decisions. However, many young people are already sexually active, and adults in Scouting can play a significant role in promoting safe and responsible relationships.

While parents or schools are still likely to be the preferred sources of information and advice for most young people, adults in Scouting have a trusted role and this makes them a potential source of confidential information and advice.

The factsheet below aims to: clarify the role of adults in Scouting with regard to information about sexual health and young people, and provide guidance, support and information to adults who may be approached by young people.

[Promoting Good Sexual Health within Scouting \(FS950000\) \(\(documents/FS950000 - Sexual Health - Update 2012-LG \(2\).pdf\) \(PDF\)](#)

If you would like to speak to a specialist about the issues raised in the factsheet, use the [directory of organisations](#) (<http://scouts.org.uk/supportresources/3102/sexual-health-directory?cat=419,299,303,412&moduleID=10>) listed in the left hand menu.

My Body, My Choice

My Body, My Choice is a resource which has been produced to support those Explorer Scout leaders who wish to address to the topic of sexual health and relationships in their section meeting. It has been produced with the support of Brook, the young people's sexual health charity, to respond to increasing demands from leaders and young people to support them with such activities.

[My Body, My Choice: leaders' notes \(\(documents/EcommsDocs/MyBodyMyChoice_leaders.pdf\)](#)

[My Body, My Choice: handout for young people \(\(documents/EcommsDocs/MyBodyMyChoice.pdf\)](#)

[About Brook \(http://www.scouts.org.uk/BBook\)](http://www.scouts.org.uk/BBook)

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