

Specialist relationships  
and sexual health services  
for young people in Scotland



## WE DELIVER

Training courses	specifically tailored for you and your staff
Education	bespoke support services delivered to groups or individuals
Counselling & one to one support	for the young people you work with
Partnership working	we can team up with you to deliver services
Publications	to download from our website
Case studies	visit our website to read about services we have delivered

... and more

“Specialist relationships and sexual health services that are age and stage appropriate for young people in Scotland, form the core of our work.”

As a national Scottish charity established in the 1960s, our services have developed across the country over the years. We work with professionals in education, social care, health and the prison service, youth workers, parents and carers, as well as directly with young people who come from diverse backgrounds with a wide range of issues to overcome.

Our aim is to minimise risk taking behaviour, help them achieve much more positive relationships and enhance their wellbeing. While we work in mainstream settings, we also deliver interventions to more vulnerable groups - those with learning difficulties, emotional or behavioural challenges, sensory impairments, those in care, in prison or the socially excluded.

No matter their background, circumstances or gender, we help them make more informed, responsible choices about their personal and sexual relationships. Education, one to one support, counselling and clinical services are tailored and sensitive to their particular concerns and issues, and delivered in environments that are welcoming, easily accessible, respectful, confidential and, above all else, non-judgmental. We pay particular attention to other influences such as substance misuse, self esteem, coercion, bullying and violence.

Our website and social media services ensure young people have access to detailed information 24/7, irrespective of location.

## HOW WE CAN HELP YOU

**Bespoke training** - provided in house or at a location of choice for groups and individuals including teachers, youth workers, GP practices, social workers, prison nursing staff, parents and carers – anyone working with young people.

**Education services** – delivered to thousands of young people each year and covering the many issues that relate to risk taking behaviour, personal relationships, emotional issues and sexual health.

**Counselling & one to one support** – specially tailored for young people and delivered by our qualified, experienced counsellor and a team of one to one support workers.

**Monitoring and evaluation** - takes account of the needs of clients, with regular consultations and audits to ensure services are delivered to the highest standards.



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Limited Company Registered in Scotland No: 150976  
Registered Scottish Charity No: SC022614



# ONE-TO-ONE SUPPORT & COUNSELLING SERVICES

*Caledonia Youth's One-to-One Support and Counselling Services provide intensive support to young people with complex needs for whom mainstream support services have proved inaccessible or ineffective.*

This includes young people:

- With learning disabilities
- In residential care
- Recently released from prison
- Who have experienced, or are vulnerable to sexual abuse or exploitation
- Who have been displaying inappropriate sexual behaviour.

Young people can be referred to the service by a teacher, social worker, other professional, or parent. Outcomes are agreed at the outset with the referrer and the young person, and young people generally attend a minimum of six sessions with a Caledonia Youth support worker. Session plans and resources are tailored to the needs of the individual young person.

All of our Education Workers have COSCA-accredited counselling skills qualifications and have been PVG-disclosed, and the service can be delivered at Caledonia Youth's offices or at another suitable venue, including schools and other community settings.

## Counselling Service

Appointments with a BACP-accredited Counsellor are available at our Edinburgh base: young people can be referred by a professional or can self-refer.

Recent examples of our one-to-one support and counselling work include:

Young females with learning disabilities who have limited understanding of sex and pregnancy and who are vulnerable to exploitation or abuse.

Young males who have been accessing pornography and are displaying sexualised behaviour in school or other public places.

Very young female teenagers who have already had multiple sexual partners, and have experienced abuse or exploitation.

Young women who need support around unplanned pregnancy or after a termination.

Read more about our one-to-one support services at [www.caledoniayouth.org](http://www.caledoniayouth.org)

For more details on BACP, visit: <http://www.bacp.co.uk>

For more details on COSCA, the national professional organisation for counselling and psychotherapy in Scotland, visit: <http://www.cosca.org.uk>

Caledonia Youth is a not-for-profit organisation. Some of our services are funded independently: others are delivered at cost. For more details, please get in touch.



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Caledonia Youth is one of Scotland's leading charities working with young people providing specialist relationships and sexual health services that are age and stage appropriate. The team work with professionals in education, social care, health and the prison service, youth workers, parents and carers, as well as directly with young people who come from diverse backgrounds with a wide range of issues.



# EDUCATION SERVICES

*Caledonia Youth's Education Services enable young people to make informed, responsible choices about their relationships and sexual health, and to reduce risk-taking behaviour.*

We provide services across a wide range of settings, including mainstream schools, specialist schools, residential and secure units and prisons/YOs. All of our educational interventions comply with Curriculum for Excellence and GIRFEC, and our education workers are all SHARE-trained.

Services are intended to supplement existing programmes, and can be delivered to entire class/year groups or to a smaller group of young people who need intensive support around a specific issue or range of issues.

We can provide group or individual support to young people around:

- Risk taking behaviour
- Relationships
- Boundaries
- Emotional issues
- Internet safety
- Sexual health
- Self-esteem and assertiveness
- Sexuality
- STIs, contraception and pregnancy.

We provide services mainly (but not exclusively) for young people who are particularly vulnerable to risk taking behaviour, health inequalities, or sexual exploitation.

Recent examples of our education work include:

Support for young people with learning or other disabilities, *including young people with autism.*

Integrated Positive Choices (in partnership with Fast Forward): *a specialist programme delivered in mainstream schools incorporating alcohol, substance misuse, sexual health and risk taking.*

Prison Project: *for young people in custody at Scottish Prison Service establishments across Scotland, providing group and one-to-one support around relationships and parenting.*

International Students: *providing education around boundaries, appropriate behaviour, and maintaining relationships.*

BME Groups: *including young women from a specific cultural background, covering relationships.*

Independent Schools: *we have delivered relationships and sexual health education at several independent schools in Scotland across all year groups.*

Read more about some of our educational interventions in our case studies online at [www.caledoniayouth.org](http://www.caledoniayouth.org)

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# TRAINING SERVICES

*Caledonia Youth's Training Services improve the knowledge and skills of people working with and caring for young people, enabling them to broach difficult subjects with renewed confidence.*

Training is delivered to groups of colleagues, and is tailored to the requirements of the group. We also offer occasional open workshops, addressing one or more specific topic. We offer Training around:

- How to engage with young people in a non-judgmental way
- Young people, risk taking and sexual health
- Young people and risk taking behaviour
- Delivering relationships and sexual health education to young people with learning disabilities
- Promoting positive sexual health for young people
- Young people, STIs, contraception and sexual health

All of our trainers are employees of Caledonia Youth, and all have experience of delivering services directly to young people.

Recent and current examples of Training Services include:

Training for Support for Learning teachers and school nurses from independent schools, **aimed at supplementing their knowledge and understanding of risk taking behaviour.**


Workshops for parents of young disabled people, and for foster carers, **enabling them to address relationships and sexual health with the young people in their care.**

Training for professionals (with Barnardo's Scotland), **enabling participants to identify and address signs of sexual exploitation**

Training for teachers at a school for young people with ASN, **supporting them to work with young people with autism**

Read more about some of our training services at [www.caledoniayouth.org](http://www.caledoniayouth.org)

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A close-up portrait of a young woman with long, dark brown hair, looking directly at the camera with a neutral expression.

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*Caledonia Youth project, CY4You, builds upon years of experience delivering specialist one to one support and counselling services to young people.*

CY4You is a one to one service supporting vulnerable young people by providing sessions tailored to suit each individual's personal circumstances. Support focuses on a young person's ability to cope and deal with the transition into adulthood. It aims to improve resilience, reduce risk taking behaviour and improve personal and family relationships. We also support young people at risk of sexual ill health, sexual abuse and exploitation.

The service complements statutory Relationships, Sexual Health & Parenthood Education (RSHPE), by providing much needed and more intensive individual support. So, what does CY4You cover?

- An individualised plan and bespoke materials is prepared following a discussion based needs assessment
- Learning outcomes are agreed at the initial meeting
- Young people are given the opportunity to attend up to 10 one hour sessions with an assigned member of our CY4You team
- Information is only shared with the consent of the young person unless it is deemed a Child Protection/Vulnerable Adult issue when the relevant individuals will be informed
- Young people must be under 25 and resident in Edinburgh and the Lothians when sessions begin
- Sessions are delivered at our facility in Edinburgh city centre at 5 Castle Terrace (unless otherwise agreed)

Caledonia Youth has extensive experience of supporting young people with:

- learning disabilities
- those excluded from mainstream school
- those in care or leaving the care system
- young people in custody and those at risk of offending
- young people whose lives are impacted by substance or alcohol misuse
- those living in chaotic circumstances
- those with emotional and behavioural issues

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