

- Prepare a set of the below **concern cards** for each group by cutting out the barrier cards

A) “I’m embarrassed to go to the sexual health clinic. I feel weird talking to an adult about sex and I don’t know what I’d say to the nurse or doctor.”

B) “I’m worried I won’t know everything the people at the clinic need to know - and then they won’t give me any contraceptives”

C) “I want to go with my girlfriend to talk to someone about contraceptives before we have sex, but I don’t know where to go...”

D) “I’ve been taking my contraceptive pill as normal but I’m ill and have been sick a few times recently... I don’t know if it’ll be okay or if I need to do something about it?”

E) “I don’t know what to expect and I’m a bit nervous about sitting in the waiting room alone.”

F) “I don’t want anyone else to know I’ve been to the clinic... Will the clinic tell anyone?”

G) “I had sex with my partner a few days ago after a party. We were pretty drunk so I can’t remember if we used a condom... I’m worried the clinic nurse is going to tell me off.”

H) “I’m worried I will panic during the appointment and not remember to ask all the questions I have”

- Prepare a set of the below **advice cards** for each group by cutting out the barrier cards

Advice 1) “Take a friend so you’re not alone.”

Advice 2) “If you’re not sure where to go, look on the NHS or Brook website.”

Advice 3) “Don’t worry, sexual health nurses and doctors talk to people our age all the time and are trained to help us make decisions about contraception.”

Advice 4) “Why don’t you talk to someone at home? They can help remember medical information the doctor or nurse might need.”

Advice 5) “If you’re not sure whether the pill is working or you’ve missed a pill, it’s got a leaflet to help you figure out what you need to do.”

Advice 6) “You could practice asking some of the questions you want to ask in the mirror, or write them down so you don’t forget.”

Advice 7) “Staff in sexual health services want to make sure we can access the contraceptives we need - they aren’t going to judge a patient who had been drinking alcohol and may have made a mistake.”

Advice 8) “Unless sexual health clinic staff are worried about a patient’s safety, they aren’t going to tell the patient’s parents or anyone else.”