

Fit for the Future

A report into RSHP education in Scotland, with particular regard for HIV-related education and stigma

Who are HIV Scotland?

We are the national HIV policy organisation for Scotland

We exist on behalf of all those living with and at risk of HIV

We work to ensure that Scotland has responsive policies, quality services and a supportive environment

What did the previous report tell us?

Pressures within education mean teachers are not having time to participate in training

RSHP lessons do not have parity with other areas of the curriculum

Young people do not have consistent access to information about HIV

What did the previous report tell us?

There should be a 21st century understanding of HIV, with resources providing information on the latest HIV prevention and treatment strategies, for example references to the availability of PrEP.

Updated RSHP guidance should be produced in collaboration with key stakeholders in education and ensure a stronger focus on HIV.

Legislation should be introduced to the Scottish Parliament for RSHP lessons to become a compulsory component of the curriculum, in order to guarantee access for every young person in Scotland.

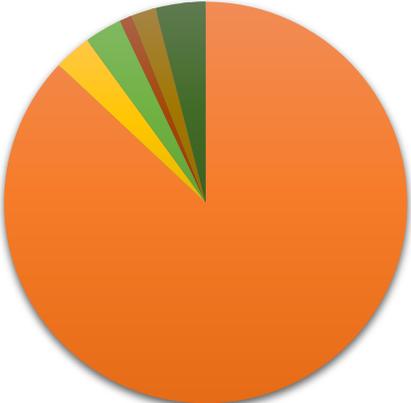
The national review of Personal and Social Education should identify a best practice model for schools and local authorities to share RSHP resources and training opportunities.

RSHP lessons must be inclusive for all young people and include information on LGBT relationships.

Sexual health professionals and third sector providers should have a visible presence within schools.

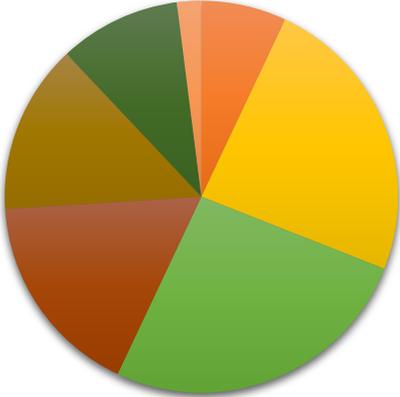
Who took part?

Ethnicity



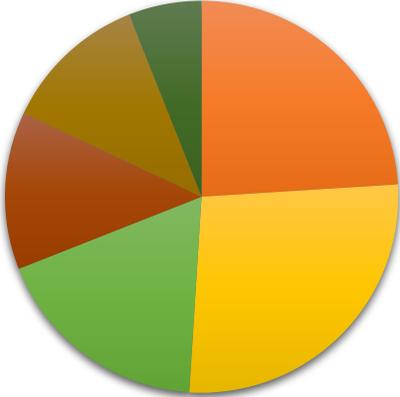
- White British
- White non-British
- Asian or Asian British
- Black or Black British
- Mixed background
- Other

Age



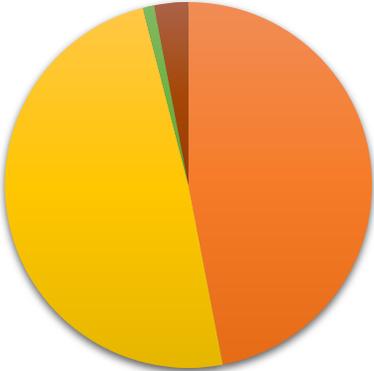
- 12
- 13
- 14
- 15
- 16
- 17
- 18

School Year



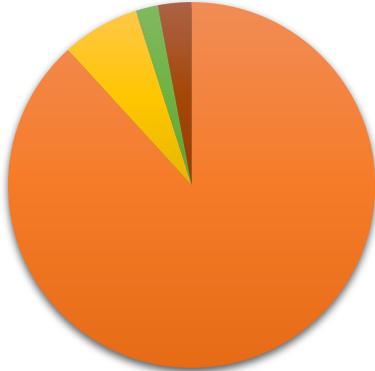
- S2
- S3
- S4
- S5
- S6
- Other

Gender



- Male
- Female
- Trans/Non-Binary
- Other

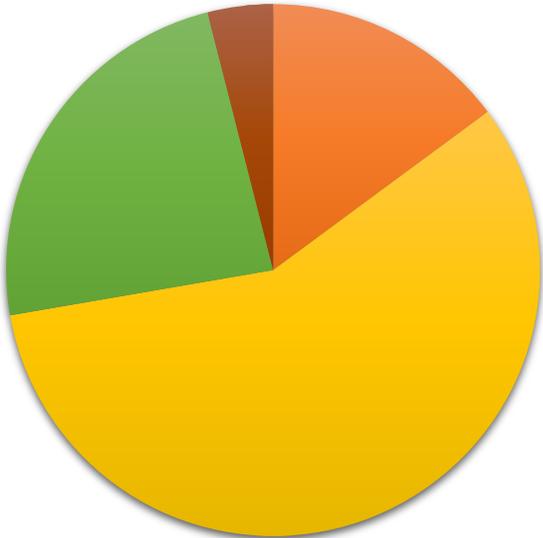
Type of School



- State
- Private
- Religious
- Other

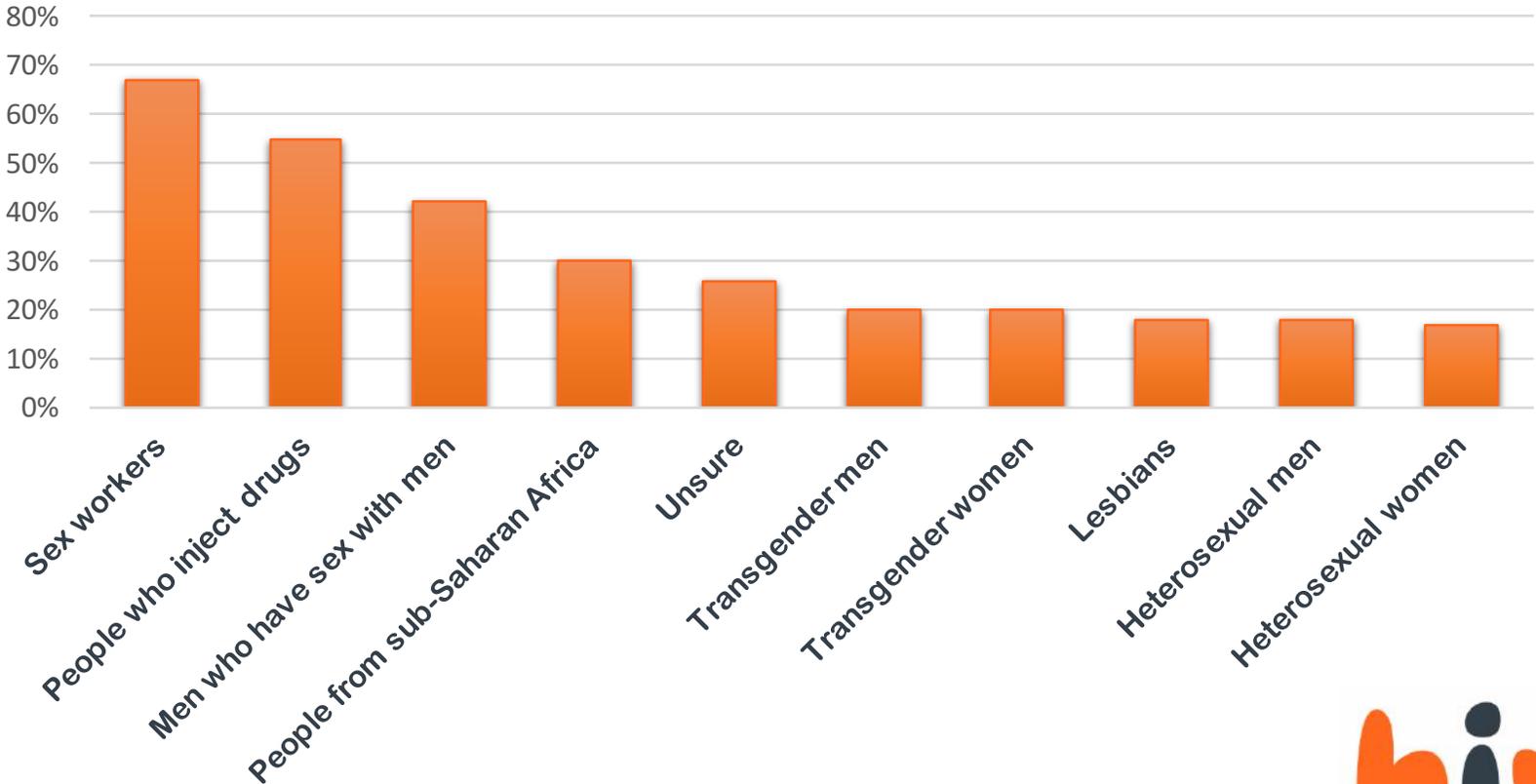
What do young people know already?

How would you rate your knowledge about HIV transmission and prevention?



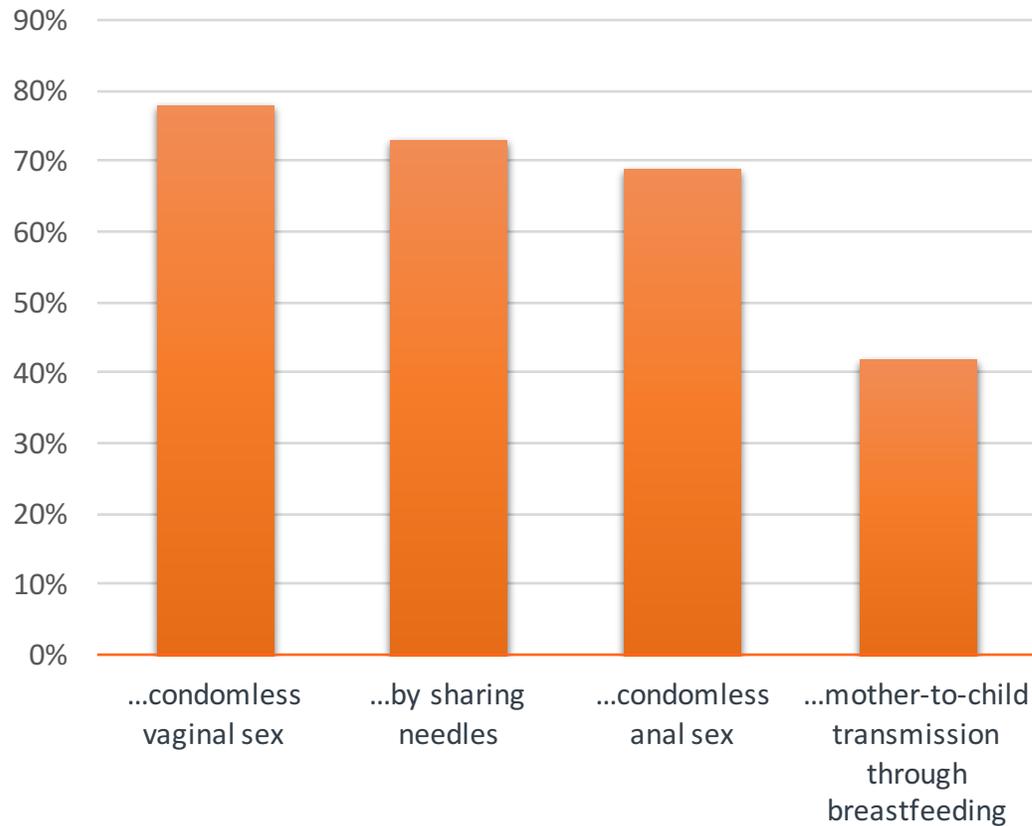
■ I don't know anything ■ I know some things
■ I know a lot ■ I know all of it

In your opinion, which groups are at higher risk of HIV in Scotland?

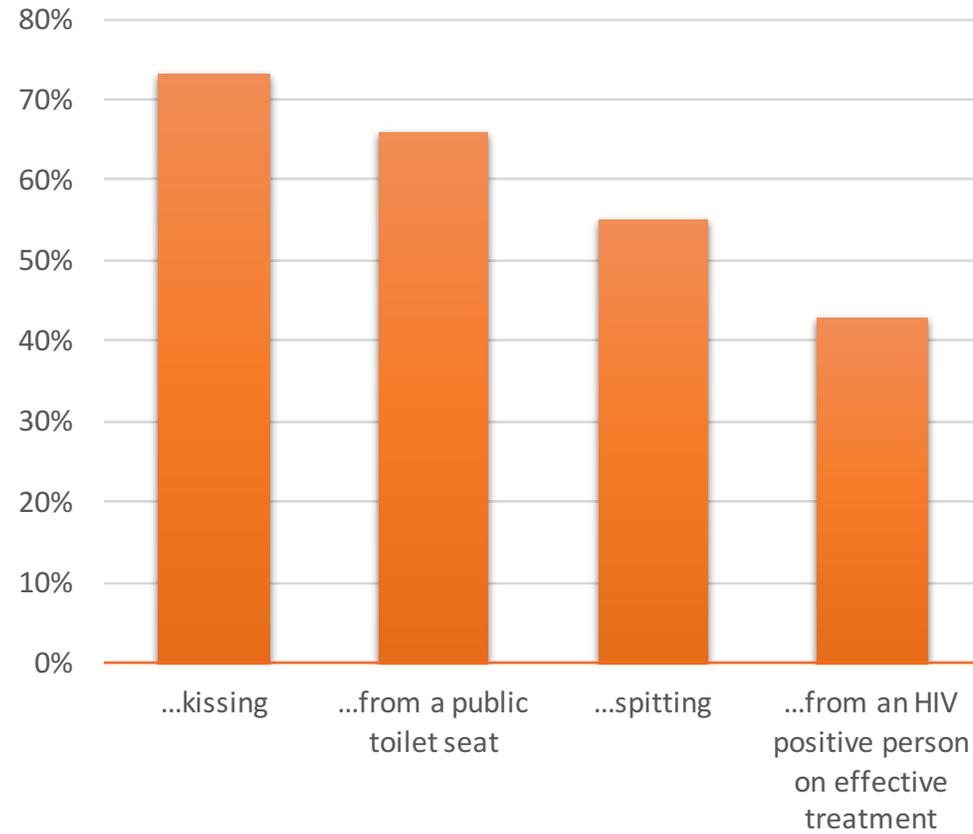


What do young people know already?

Before having read the above text, did you know a person can contract HIV through...

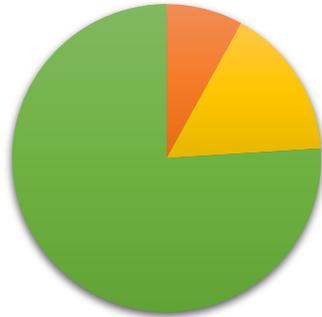


Before having read the above text, did you know a person cannot contract HIV through...



What do young people know already?

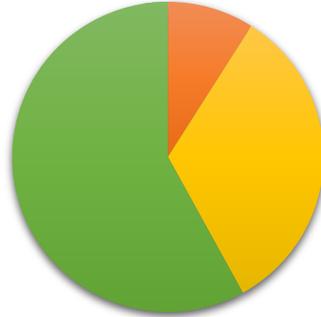
...after being infected, HIV takes 3 months to be detected in the bloodstream?



- I knew this
- I assumed this
- I did not know this

64% of young people were unaware of home testing

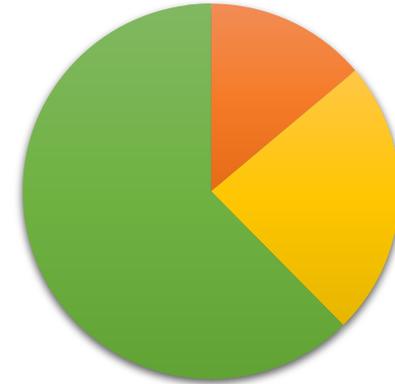
...the most high-risk groups are recommended to get tested for HIV every 3 months?



- I knew this
- I assumed this
- I did not know this

42% of young people unaware of U=U

...you can test for HIV at home with an HIV self-test kit?



- I knew this
- I assumed this
- I did not know this

28% unaware that HIV not transmittable via kissing

45% unaware that HIV not transmittable via spitting

Where do young people get their information?

“SexEd doesn’t teach enough, and the internet is not only for straight people”

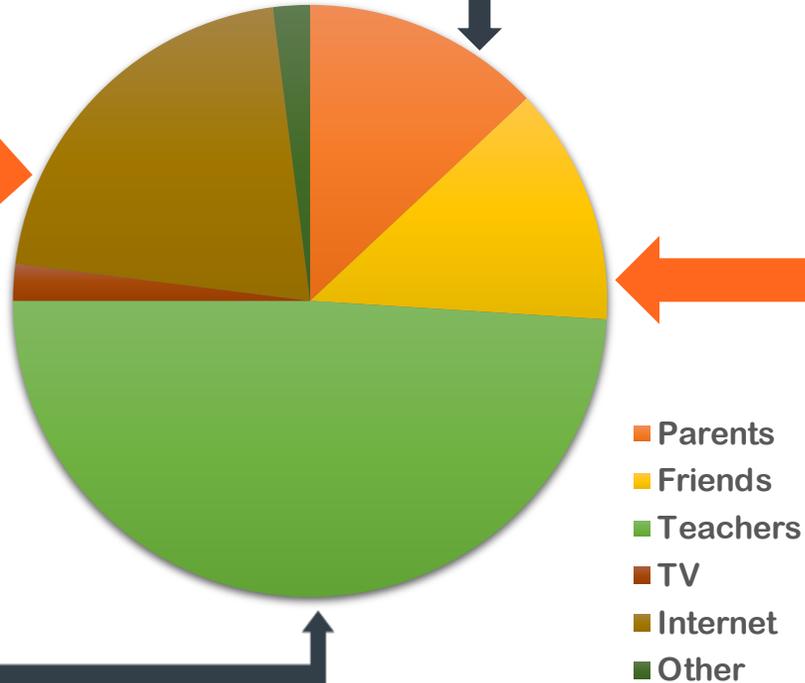
“Trustworthy, reliable, honest information”

“Not awkward, more comfortable than a teacher or parent. Easy to talk to.”

“They’re a reliable source of information”

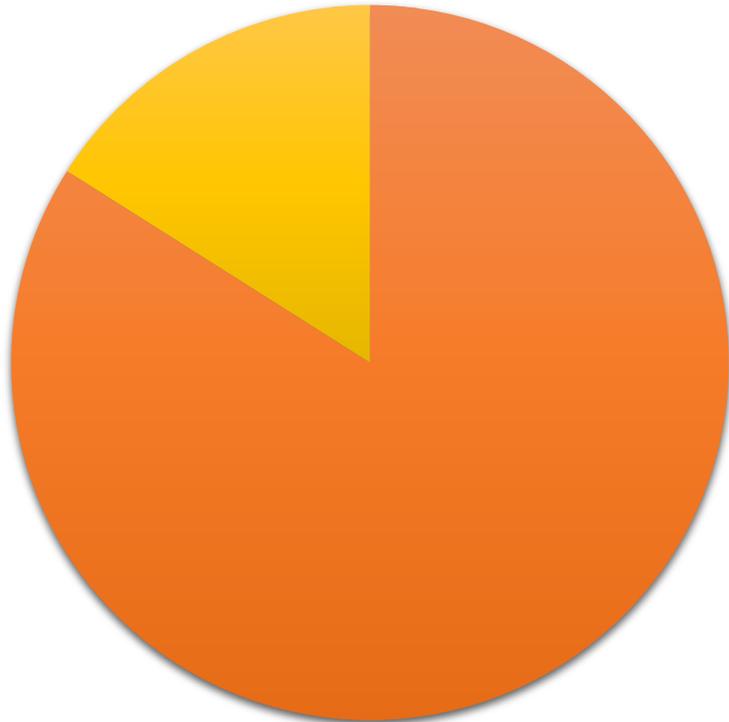
“Because it’s forced on them”

“Because it’s their job”



RSHP Lessons in 2019

Are sexual health lessons offered at your school?



■ Yes ■ No

24% receive once a week
56% a few times a year
7% never

43%
currently
participating

79% said
videos were
used a
teaching tool

68% said classes ran
between 30 minutes and
1hr, 25% said under half
an hour

GOOD:

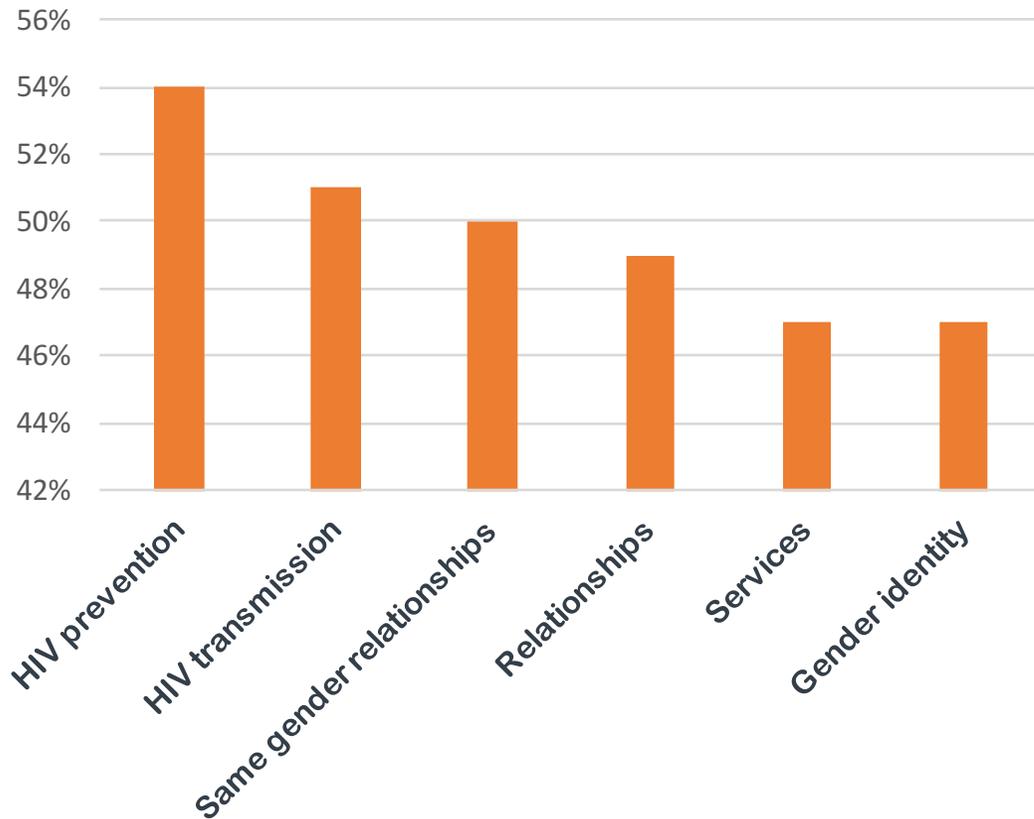
- Seeing vs talking
- More detail
- Summed up
- Better explanations

BAD:

- Outdated videos
- Childish and unrealistic
- No LGBTQ content

RSHP Lessons in 2019

What topics would you have liked covered in sexual health lessons?



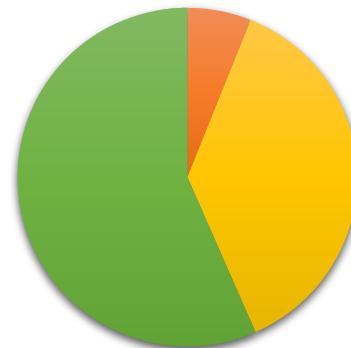
53% said that HIV prevention should be covered; 47% said that it was

Mismatch in what is wanted and what is covered

Confidence in teachers is fairly high

47% said that gender identity should be covered; 39% said that it was

How would you rate the confidence of your teachers?



- Not confident
- Somewhat confident
- Very confident

RSHP Lessons in 2019

- “Everyone feels awkward and nobody wants to be there”
- “Mixed classes are very awkward”

- “People don't take it seriously and tend to laugh and make jokes about it when it's a serious matter”
- “It's awkward when you have to talk about it with immature people in the room”

- “Some topics were handled well, but there was no LGBTQ information whatsoever”

- “It's a bit embarrassing if you answer a question and you're wrong”

- “Taught by a person that didn't really understand stuff in a modern way”

- “We had a very respectful and informative lesson on HIV”

- “The teacher was happy to answer questions after”
- “You weren't on your own and there were other people around”
- “Everything was covered sensitively”

Conclusion and recommendations

Many young people are feeling left behind by RSHP lessons and many feel that enough is not being done regarding education around HIV, LGBTQ issues, gender identity, and ensuring that the information is up to date and relevant.

Great steps forward are being taken, but enough is not being done.

HIV Scotland has a new **Six Point Plan** that we will ask local government leaders to guarantee will be taught in every school in their local authority. Our **Six Point Plan** consists of six things we think every young person needs to know before leaving school:

How and where to access sexual health services should the need arise

The different ways to test for HIV, including home testing

How to minimise the risk of HIV and STIs, including PrEP

How HIV and STIs are transmitted, and how they aren't

About effective treatment for HIV, U=U, and HIV stigma

About inclusive and healthy relationships