

Sexual Safety Nottinghamshire Healthcare NHS Foundation Trust (NHCT)

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National Sexual Safety Collaborative

Acknowledgements:

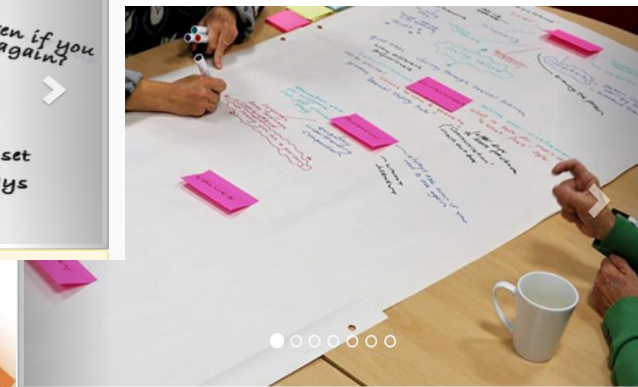
- Project Team – Charlotte Gater, Hannah Gresswell-Thompson, Lindsay Rawson, Emily Minett, Karen Orme, Lucy Mudd, Fern Anyon, Alison Corbett
- Julie Gardner, Associate Director for Safeguarding and Social Care
- Anne-Maria Newham, Executive Director of Nursing AHPs and Quality

NATIONAL
COLLABORATING
CENTRE FOR
MENTAL HEALTH



Sexual Safety Research – Original Focus

- Acute in-patient female and mixed ward areas
- Data gathering from a range of key stakeholders
- Co-production of education resources




Related themes


- Importance of routine enquiry (Trauma Informed Care) sexual assault histories
- Assessment for vulnerability and risk
- Close contact with sexual assault services
- Clear guidance on how all reports will be addressed
- The importance of professional boundaries
- Need for sexual safety standards in clinical areas
- Sexual health within mental health settings

Progress to date

- Publication of national Sexual Safety Standards
- Trustwide Sexual Safety Policy
- Development of resources and support for development of resources
- Publication of CPD materials
- Benchmarking and audit
- Appointment of sexual safety support worker – linked to wellbeing hub and situated within safeguarding team

Example of Resources


 **THINK FAMILY**

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EVERYBODY'S COMFORT ZONE IS DIFFERENT.


We all have varied levels of comfort in different situations. That's ok.
We all have valid feelings about different environments. That's ok.
We all find different conversations difficult to have. That's ok.
We all want to feel Sexually Safe at all times. That's our right.

Let's start talking about sexual safety.




Safeguarding is everyone's business

For safeguarding advice please call: 0115 9555 363 Mon-Fri 9am-4pm
Email: safeguardingadvice@nottshc.nhs.uk

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Your Rights to Sexual Safety Whilst an Inpatient

Everyone has a right to feel safe emotionally, physically and sexually. This leaflet outlines your rights in regards to sexual safety whilst you are an inpatient.



What is sexual safety?

Sexual safety – When your physical, sexual and psychological boundaries are maintained and respected. It is important to remember that everyone has different physical and psychological sexual boundaries, dependant on a number of reasons including; past experience, culture and their current situation. It can be very hard to identify where these boundaries lie, particularly if an individual is experiencing acute distress at the time. Boundaries are limits that you have which identify reasonable safe behaviour.

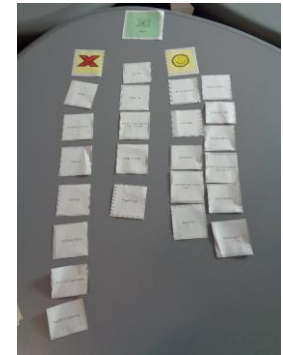
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Sexual Safety whilst you are in hospital



Everyone has a right to feel safe when they are in hospital.

Promoting Sexual Safety



The most effective way to promote sexual safety is through the adoption of an ethos that promotes, encourages and models mutual respect in its relationships between staff, between staff and service users and between service users

Lets Talk About Sexual Safety Animation





Thank you

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Resource Links

- Please contact me if you would like to discuss further
- https://www.nottingham.ac.uk/helmopen/rlos/safe-guarding/sexual_health/index.html
- <https://vimeo.com/500370111/886d3b0fa5>
- If you access the animation please let us know your thoughts so that we capture impact!