



AYLESBURY  
GRAMMAR SCHOOL

*Founded 1598*

## C-Card Condom Distribution Scheme Policy

This policy is updated and approved by the Governing Body annually.

This version was approved by the Full Governing Body on 19 January 2024

SIGNED: \_\_\_\_\_



## C-CARD CONDOM DISTRIBUTION SCHEME POLICY

### 1. Introduction

- 1.1 This policy has been created in line with the Government Framework for Sexual Health Improvement in England, Brook's information on the C-Card Scheme, and Government guidance on Sexual and reproductive health and HIV: applying All Our Health.
- 1.2 Good sexual and reproductive health is important to physical and mental wellbeing and is a cornerstone of public health. Young people who are exploring and establishing sexual relationships must be supported to take responsibility for their sexual and reproductive health. To do this, we need an open and honest sexual and reproductive health culture, in which condom use is simply the norm. Condom distribution schemes, such as C-Card, play a key role in helping young people on this journey, by giving young people the means to be, and stay sexually healthy.
- 1.3 Findings from the national surveys of sexual attitudes and lifestyles (Natsal) show most young people become sexually active and start forming relationships between the ages of 16 and 24. Young people in these age groups have significantly higher rates of poor sexual health, including STIs and abortions, than older people.
- 1.4 The C-Card scheme gives young people the chance to talk about their relationships and sexuality in a safe, non-judgmental and confidential space. It also allows young people to access the information and the condoms they need in the way that best suits them; this may be through school or online, rather than their doctor or local sexual health service. Promoting sexual and reproductive health is a collective responsibility. Young people are more likely to use condoms if they are engaged in discussion as well as shown how to use them. They are more likely to use a service that is convenient and where they feel welcome, and they are more likely to ask for advice on sex and relationships if they don't feel stigmatised for doing so.

### 2. What is the C-Card Scheme?

- 2.1 The C-Card Scheme is a confidential condom distribution scheme, which provides registered young people with a C-Card (a credit card style card), which entitles them to free condoms and lubricant. It also assists the young person in seeking free chlamydia and gonorrhoea screens.
- 2.2 Typically, the young person will go through the following process:
  - Registration: when a young person registers for a C-Card, they will be assessed to ensure they are safe, competent to consent (Fraser guidelines) and know how to use a condom.
  - Issue: Once the C-Card is issued, the young person is entitled to an agreed number of supplies; the number may vary, but will include condoms, lubricant, instructions and an information card with details of local sexual health services. Assurance will be sought from the young person, that they are happy and confident putting a condom on, prior to them leaving each meeting. A plastic demonstrator is available for the young person to practise on, prior to them leaving, to ensure they are confident and happy doing so.
  - Review: after receiving supplies, the young person must return to the registration outlet where their circumstances, sexual health and medical needs will be reviewed.

The young person will be given a date for follow up no longer than a month's time, but the date will be agreed with the young person based on individual needs.

2.3 The main principles of the C-Card scheme are:

- Information and advice: young people need access to information and advice about all aspects of relationships, sex and sexuality.
- Easy access to condoms: the young person should be able to get condoms easily once they have been properly assessed and supported to ensure they know how to use condoms safely.
- Trusting young people: once they have their C-Card, the young person must be trusted and helped to get condoms freely and easily.

2.4 Aylesbury Grammar School has a lower age limit of 16 years, to access the C-Card scheme; this is due to the age of consent being 16 years of age. Aylesbury Grammar School encourages anyone under the age of 16 years who is considering entering into a sexual relationship, to seek advice from a trusted adult prior to doing so.

2.5 More information on the C-Card Scheme can be found at: <https://legacy.brook.org.uk/about-brook/c-card-guidance>

### **3. How will the C-Card Scheme be delivered at Aylesbury Grammar School?**

3.1 Students will be able to attend the designated room at the time set for the scheme to run. They will be able to seek advice, and register themselves for the C-Card Scheme. Students will also be able to pre-register for the C-Card Scheme by scanning our QR code from the posters provided from bSHAW, Bucks Sexual Health services.

3.2 Students will have a meeting with the trained member of staff. This meeting will be entirely confidential, unless the safety of the young person meeting, or others associated with the meeting are at risk.

3.3 The young person will have their details confirmed on the TACCARD software system, which is a web-based data collection and audit tool that supports free condom distribution and sexual health schemes. TACCARD keeps a record of previous visits made by individuals and information relating to items provided, advice given etc.

3.4 They will then speak to the trained member of staff to ensure they are happy and confident with all the information and items provided.

3.5 The meeting will include:

- Checking the age of the person requesting to join the C-Card scheme (only available to aged 16 and over).
- Talking through confidentiality and safeguarding.
- Logging of all information and physical resources given; this is to keep a record of how many resources the young person is using, in case it is of safeguarding concern.
- The offer of Chlamydia and Gonorrhoea screening.
- A demonstration of how to use a condom on the plastic demonstrator, and then the offer of practising on the demonstrator themselves.

- A discussion about whether a sexual partner may need emergency contraception or a pregnancy test, and to provide information on how Emergency Hormonal Contraception (EHC) can be obtained.

3.6 Professional curiosity will be used throughout the meetings, as it is vital for safeguarding young people. The trained member of staff will be professionally curious about home life, knowledge and confidence around consent, partners (e.g. age, gender, where they met and meet), environment (e.g. where they have sex, if substances are involved), online safety including if youth generated sexual imagery is involved, and their wider sexual health (e.g. if they have ever had unprotected sex, are at risk of STIs, or if they require any onward referrals such as bSHAW or BPAS).

#### **4. References**

<https://learning.nspcc.org.uk/child-protection-system/gillick-competence-fraser-guidelines>

<https://legacy.brook.org.uk/about-brook/c-card-guidance>

[https://assets.publishing.service.gov.uk/government/uploads/system/uploads/attachment\\_data/file/142592/9287-2900714-TSO-SexualHealthPolicyNW\\_ACCESSIBLE.pdf](https://assets.publishing.service.gov.uk/government/uploads/system/uploads/attachment_data/file/142592/9287-2900714-TSO-SexualHealthPolicyNW_ACCESSIBLE.pdf)

<https://www.gov.uk/government/publications/sexual-and-reproductive-health-and-hiv-applying-all-our-health/sexual-and-reproductive-health-and-hiv-applying-all-our-health>

#### **5. Further reading and information**

Sexual Health Buckinghamshire: 0300 303 2880

<https://sexualhealthbucks.nhs.uk/>

NHS Sexual Health

<https://www.nhs.uk/live-well/sexual-health>

British Pregnancy Advisory Service (BPAS): 03457 30 40 30

<https://www.bpas.org/>

#### **6. Policy governance**

6.1 This policy will be reviewed, updated and approved by the governing body annually