‘I think I might be pregnant’

Teenage Pregnancy flowchart for professionals working with young people in North Somerset

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In consultation with

To be read in association with
Organisational safeguarding policies and procedures
South West Child Protection Procedures

Ratified by
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This policy supports compliance with the CQC 5 Domains:
Safe
Well-led
Caring
Effective
Responsive

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A flowchart for professionals working with teenagers in North Somerset

Consider Child protection issues at all stages. Cases involving under 13’s should always be discussed with a nominated child protection lead.

Please refer to guidelines within the procedures at www.swcpp.org.uk

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**Less than 5 days ago**

Discuss emergency AFTER SEX contraception;

Emergency Hormonal Contraception (EHC) should ideally be taken up to 3 days after unprotected sex. Some services will offer it up to 4 after sex.

The EHC pill is available FREE from:

- ‘No Worries!’ Confidential Teenage Health Service drop in clinics (1)
- WISH Centre (2)
- Bristol Sexual Health (6)
- General practitioner (GP) (4)
- Chemists/Pharmacies (Free for under 25’s - ring first to check) (7)
- Brook Young Peoples Clinic (21)

A pregnancy test should be done 21 days after taking Emergency Hormonal Contraception.

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**More than 5 days ago**

Emergency Intrauterine Device (IUD) may work up to 14 days after unprotected sex, depending on where the woman is in her menstrual cycle.

Contact the WISH Centre (2). General Practitioner (4) or Bristol Sexual Health (6) for advice.

Support the young person to access a service to find out if she is pregnant.

Free Pregnancy testing is available from:

- ‘No Worries!’ Confidential Teenage Health Service drop-in clinics (1)
- WISH Centre (2)
- General Practitioner (GP) (4)
- Bristol Sexual Health (6)
- Brook Young Peoples Clinic (21)
- School Health Nursing Service (8)
- Specialist Nurse for children & young people looked after / care leavers (12)
- Young Parents Health Visiting Team (10)

A pregnancy test can be done from 21 days after unprotected sex or the first day of a missed period, tests that are done earlier than this may not be accurate.

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**Result of pregnancy test**

- **Not Pregnant**
  - Didn’t want to be pregnant
    - Help the young person to seek advice on future contraception & sexual health needs.
    - Refer to:
      - ‘No Worries!’ Confidential Teenage Health Service clinic (1)
      - WISH Centre (2)
      - General Practitioner (GP) (4)
      - School Health Nursing Service (8)
      - Brook Young Peoples Clinic (21)
  - Wants to be pregnant
    - Explore aspirations, choices and support with the young person.
    - Refer to:
      - ‘No Worries!’ Confidential Teenage Health Service clinic (1)
      - ‘No Worries!’ Outreach Nurse (3)
      - School Health Nursing Service (8)
      - Brook Young Peoples Clinic (21)
      - Youth Employment Service (9)

- **Pregnant**
  - Referral to ‘No Worries!’ Outreach Nurse (3)
  - Considering an abortion
    - Arrange for an appointment with the Central Booking line (NHS abortion care) (5)
    - as soon as possible.
    - A referral from the GP is not required.
  - Not sure what to do
    - There are services who can talk through the options available:
      - ‘No Worries!’ Confidential Teenage Health Service Clinic (1)
      - ‘No Worries!’ Outreach Nurse (3)
      - School Health Nursing Service (8)
      - WISH Centre (2)
      - Central Booking line (NHS Abortion Care) (5)
      - Brook Young Peoples Clinic (21)

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**Support network**

(Outside Education)

- Midwife (11)
- Health Visitor (13)
- Children’s centres (including young mums groups) (20)
- Housing (18)
- Youth Employment Service (9)
- Children’s Social Care (16)
- Specialist Nurse for children & young people looked after & care leavers (12)
- Substance Advice Service (SAS) (22)
- Consider support for young fathers

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**Support to continue**

Education, employment & training

- School / Further Education / College (17)
- Education Welfare service (19)
- Youth Employment Service (9)
- Children’s centres (20)
- Family information Service (15)
- EOTAS - Education Other Than At School (14)
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Contact details for the services listed in the flowchart. The numbers correspond with those used on the flowchart.

1. **No Worries! Confidential Teenage Health Service**
   - Teenage Health Service for young people under the age of 21 in North Somerset. Confidential advice on a range of teenage health issues including sexual health and contraception. Drop in clinics throughout North Somerset. Helping young people to make positive choices about their health.
   - Contact: 01934 425788
   - Email: Brook@nhs.net
   - Web: www.nscphealth.co.uk/services/nw

2. **Weston Integrated Sexual Health (WISH) Centre**
   - Located at Weston General Hospital. Free sexual health care and contraception advice and treatment in a confidential and friendly environment.
   - Contact: 01934 881234
   - Web: www.wavpt.nhs.uk

3. **No Worries! Confidential Teenage Health Service Outreach Nurse**
   - Support for young women under 18 who discover they are pregnant. Help with decision making about the outcome of the pregnancy, contraception choices and provision of contraception plus general sexual health advice.
   - Contact: 01934 425788
   - Referral forms accessible at: www.nscphealth.co.uk/services/nw

4. **General Practitioners (GP’s)**
   - Individuals should contact their own General Practice.
   - Contact: A list of GP Practices in North Somerset can be found at www.northsomersetccg.nhs.uk

5. **Central Booking Line (NHS Abortion care)**
   - Counselling & help for unplanned pregnancies. Access to abortion services in North Somerset and Bristol.
   - Contact: Central Booking line 0345 872 5435

6. **Bristol Sexual Health**
   - Bristol Sexual Health Services are the main provider of NHS sexual health, contraception and pregnancy advisory services in Bristol. Located in Bristol City centre.
   - Contact: 0117 342 6944 / 0117 342 6900
   - Web: www.uhbristol.nhs.uk/sexual-health

7. **Chemists / Pharmacies**
   - Chemists offering free emergency hormonal contraception to under 25 year olds.
   - See ‘No Worries!’ website.
   - Web: www.nscphealth.co.uk/services/hcpharm

8. **School Health Nursing Service**
   - Providing a universal service to all school aged children as part of the Healthy Child Programme and offering an enhanced service to young people around their sexual health, risk taking behaviours, decision making, relationships and general sexual health advice. School Health Nurses provide support to some school based No Worries Clinics.
   - Contact: 01934 419339
   - Web: www.nscphealth.co.uk/services/school-health-nursing

9. **Youth Employment Service**
   - Providing Education and Employment Coaching in North Somerset for Teenage Parents and Pregnant Teenagers.
   - Contact: 01275 884443 / 01275 885528
   - Web: www.nscphealth.co.uk/services/ye

10. **Young Parents Health Visiting Team**
    - Young Parents Team offering support to young parents under 19 who are pregnant or who have had their first baby, who live within Weston and meet the specified criteria for the team.
    - Contact: 01934 881068
    - Email: youngparents hvteam@nhs.net

11. **Midwife / Teenage pregnancy midwife**
    - First point of contact for women in early pregnancy.
    - Contact: Ashcombe Ward, Weston General Hospital 01275 881064
    - Web: www.nscphealth.co.uk/services/midwife

12. **Specialist Nurse for children & young people looked after & care leavers**
    - Support and advice to any young person who is looked after or a care leaver. Offering a ‘No Worries!’ Service - condom distribution and pregnancy testing, signposting and supporting young people to access other relevant services.
    - Contact: The Resource Service 01934 421900

13. **Health Visitor**
    - Health Visitors provide a universal service to all children, young people, their families and carers, beginning in pregnancy and continuing through early childhood. Through the delivery of the ‘Healthy Child Programme’ they provide prevention, protection and promotion of health through a range of services to meet individual health need. Health Visitors offer an enhanced service, working with the family in partnership with other agencies to provide additional support and health interventions where this is required.
    - Contact: www.nscphealth.co.uk/services/childrens-services

14. **Education Other Than At School (EOTAS)**
    - Teaching and pastoral support for young people unable to attend mainstream school. Tailored, specialist curriculum in circumstances of pregnancy and school age mothers.
    - Contact: should be made via the school or Education Welfare Officer

15. **Family Information Service**
    - Providing information, advice and guidance on childcare & activities including parent and toddler groups, paying for childcare, children’s centres, support groups & events.
    - Contact: www.n-somersetcsd.org.uk

16. **Children’s Social Care Duty Desk – Single Point of Access/ Care Connect:**
    - Care Connect is the first point of contact for all social care enquiries in North Somerset. The service is available Monday to Friday 8am to 6pm.
    - Contact: 01275 886808
    - Web: careconnect@n-somerset.gov.uk

17. **School / Further Education / College**
    - Each establishment will have specific named members of staff whom have pastoral or other responsibilities in relation to the welfare of students.
    - Contact individual schools

18. **Housing**
    - Housing advice for young people - Advising young people of their housing options, prevent homelessness and offer advice and assistance to young people in housing crisis.
    - Contact: Town Hall, Weston super Mare
    - Web: 01934 426330

19. **Education Welfare Service**
    - Committed to improving attendance and maximising the achievement of pupils in North Somerset’s schools.
    - Contact: 01275 888881
    - Web: www.n-somerset.gov.uk

20. **Children’s centres**
    - Offering core services which bring together family support, health services, education, and child care in an accessible way for young children and their families.
    - Contact: Various locations throughout North Somerset. More information can be found at www.n-somerset.gov.uk

21. **Brook Young Peoples Clinic**
    - Services across the UK offering free & confidential sexual health advice & contraception to young people under 25. Brook has a service in Central Bristol.
    - Contact: 0117 929 0090
    - Web: www.brook.org.uk/bristol

22. **Substance Advice Service (SAS)**
    - A service for young people seeking advice and support for drugs and alcohol. All SAS advisors are ‘No Worries’ trained.
    - Contact: 01275 888360

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Additional information

Confidentiality
Young people are entitled (under the sexual offences act) to expect that anything they discuss with you will be confidential. You should not discuss any of the details disclosed to you unless you consider the young person to be at risk of being harmed, harming themselves or harming someone else or if the young person gives their consent for the situation to be discussed.

If you need to break the confidence you should discuss it with the young person unless to do so would be dangerous for them or others. You should encourage the young person to talk to their parent/s or carers.

Child protection
Consider Child protection issues at all stages.

Children under the age of 13 are legally considered of insufficient age to consent to any sexual activity.

If you have any concerns about possible abuse you must report it. Follow Child Protection guidelines for your organisation. Please refer to guidelines within the procedures at www.swcpp.org.uk.

Where possible discuss your concerns with your manager. If, after discussion, you think a child may be in need or at risk of suffering significant harm, you should refer to services as below:-

Children & Young People’s Services (CYPS)
Care Connect is the first point of contact for all social care enquiries in North Somerset, offering impartial advice on social care issues.

Monday – Friday 8am – 8pm
Out of hours, evenings, and weekends:

Education (CYPS)
Each school has their own designated teacher for Child Protection issues.

Education Safeguarding Officer

Police
Non-Emergency number
Safeguarding Co-ordination unit

101
01278 644584

Health
Named Doctor (replacing Community Paediatrician):
Out of Hours Consultant Community Paediatrician via Bristol Hospital switchboard

Named Nurse for Child Protection NSCP

Vulnerable young people
If you have a concern that a young person will not access services contact the ‘No Worries!’ Outreach Nurse (3).

Sexually Transmitted Infections
If a young person has had unprotected sex it is important to consider Sexually Transmitted Infections (STI’s) as well as pregnancy. Free testing and treatment for STI’s is available from;

‘No Worries!’ Confidential Teenage Health Service drop in clinics (1)
School Health Nursing Service (8) - Testing only
The WISH centre (2)
Bristol Sexual Health (6)
General Practitioner (GP) (4)
Chemists/Pharmacies (7)

You can also contact the Chlamydia Screening Team on 0117 922 2265

Useful Websites

www.nscphealth.co.uk
www.nhs.uk/worthtalkingabout