

# Sexual Health Resources

**Content warning** - this document contains reference to sexual assault, domestic abuse, abortion, homophobia, transphobia and other potentially distressing topics

**DISCLAIMER** – This Document contains both educational resources, and links to useful helplines, websites, and other organisations. It is not meant to promote any practices, but to help ensure that people stay safe regardless of their preferences.

Whilst some of the educational resources may seem patronising or cringey as they were written with younger audiences in mind, they are accessible to both those without much prior knowledge, and people who want more detailed information. They are also often less intimidating than sexual health resources aimed at an older audience, and discuss sex in a more realistic way.

## Helplines and Useful Resources

### Sexual Health Helplines

- **Sexwise Advice Line** - 0800 282930
- **National Sexual Health Helpline** - 0300 123 7123,  
*Monday to Friday, 9am - 8pm*
- **Brook** - [www.brook.org.uk](http://www.brook.org.uk)
  - call: 0808 802 1234 or text: 07717 989 023
  - *Ask Brook offers a confidential helpline, online enquiry service and interactive text service*
- **Marie Stopes** (unplanned pregnancy) - 0845 300 8090  
*Operates 24/7*

### Emergency Helplines and resources

- **National Domestic Abuse Helpline** - 0808 2000 247  
*Operates 24/7*
- **Rape Crisis Line** - 0808 802 9999  
*Every day, 12-2.30pm, 7-9.30pm*
- **Safeline** (hours vary)
  - General - 0808 800 5008
  - Male-specific - 0808 800 5005
- **[Cambridge Rape Crisis Centre](http://www.cambridgerapecrisis.co.uk)** - call 01223 245 888  
*Wednesdays, 7.30-9.30pm*
- **LGBTQ+ Domestic Abuse Helpline** – 0800 999 5428
- **Conversion Therapy Helpline** – 0800 130 3335
- **LGBT+ Hate Crime Helpline** – 020 7704 2040  
Alternatively, email [contact@cambridgerapecrisis.co.uk](mailto:contact@cambridgerapecrisis.co.uk)

- [Scarleteen](#) - what to expect from a sexual assault exam

#### General Helplines (not just for sexual health)

- **Student Support** (student support and info) - 07999 859 940  
*Every day, 9am-9pm*
- **Samaritans** (listening service) - 08475 90 90 90  
*Operates 24/7*
- **Linkline** (listening service) - 01223 367 575  
*Term-time, 7pm-7am*

#### Useful Websites

- **Bish** - <https://www.bishuk.com/>  
*A guide to sex and love, including information about safe sex, porn, body image and relationships. Whilst Bish is aimed at teenagers, it is one of the most comprehensive resources. (not LGBTQ+ specific)*
- **Scarleteen** - <https://www.scarleteen.com/>  
*A comprehensive guide to sex and relationships. Whilst Scarleteen is aimed at teenagers, it is one of the most comprehensive resources, including information about sex with disabilities and asexuality.*
- **NHS** - <https://www.nhs.uk/live-well/sexual-health/>  
*Webchat, sexual health advice, information and support, including access to STI testing kits and contraception. (not LGBTQ+ specific)*
- **SH:24** - <https://sh24.org.uk/>  
*Webchat, sexual health advice, information and support, including access to STI testing kits and contraception.*
- **Galop** - <https://galop.org.uk/>  
*LGBTQ+ community safety and hate crime reporting (not specific to Cambridge).*

## Cambridge-specific Helplines and Resources

*\*Students at Christ's College can access a range of contraception including condoms and pregnancy tests in a drawer in the porter's lodge. Contact [kb724@cam.ac.uk](mailto:kb724@cam.ac.uk) for more information*

### Sexual Health Clinics

- **The Laurels** - 08456 505 152
  - 20 Newmarket Road, Cambridge
- **iCaSH Cambridgeshire** - 0300 300 30 30
  - <https://www.icash.nhs.uk/>
- **BPAS Cambridge** (pregnancy and abortion services)
  - 03457 304 030
  - Email: [info@bpas.org](mailto:info@bpas.org)
  - 2 All Saints Passage (off Bridge St), Cambridge, CB2 3LS
  - Web: <https://www.bpas.org/>
- **Limetree** - 0300 300 3030
  - Lime Tree Clinic, 351 Mill Rd, Cambridge CB1 3DF
  - Web: <https://www.icash.nhs.uk/>

### Other Cambridge-specific LGBTQ+ resources

- **Christ's College**
  - LGBTQ+ rep - Kit ([kb724@cam.ac.uk](mailto:kb724@cam.ac.uk))
  - Christ's LGBTQ+ [Facebook page](#)
- **LGBTQ+ Student Union**
  - LGBTQ+ Student Union email - [lgbt@cusu.cam.ac.uk](mailto:lgbt@cusu.cam.ac.uk)
  - [LGBTQ+ Student Union](#)
  - [LGBTQ+ Student Union Facebook Page](#)
  - [LGBTQ+ Student Union Facebook Group](#)
  - [Get Real](#) - official publication of Cambridge SU LGBTQ+
- **LGBTQ+phobia**
  - [Hate crime / LGBTQ+phobia contact form](#)
- **Groups and Events**
  - [The Tab](#) - LGBTQ+ groups and events in Cambridge

## Educational Sexual Health Resources

- Anatomy
  - [Scarleteen](#) - sexual anatomy and pleasure
  - [Bish](#) – A guide to safe and enjoyable sex
  - [Bish](#) – understanding the clitoris and vulva
  - [Bish](#) – understanding the penis
  - [Planned Parenthood](#) – orgasms
  - [Bish](#) - orgasm vs ejaculation
  - [Scarleteen](#) - disabilities and sex

## Consent and Communication

### Consent

- [Rainbow Project](#) - consent
- [Bish](#) - saying “no”
- [Bish](#) - consent and the law
- [NDVH](#) - healthy consent

### Communication

- [Bish](#) - awkwardness
- [Planned Parenthood](#) - talking to your partner about sex
- [Scarleteen](#) - sexual inventory (understanding your preferences)
- [Scarleteen](#) - nonverbal communication
- [NDVH](#) – safety and BDSM

## Confidence

- [Abc](#) - sexual confidence and body image
- [Turning Point](#) - LGBTQ+ body image

## Masturbation

- [Scarleteen](#) - masturbation 101 (also [here](#))
- [Bish](#) - trouble masturbating
- [Bish](#) – porn, masturbation and religion

## Sex toys and Porn

### Sex toys

- [Planned Parenthood](#) - sex toy 101
- [NHS](#) - sex toy hygiene
- [Blood and Milk](#) - sex toys and lube

### Porn

- [Bish](#) – porn (myths, body image etc.) guide / FAQs
- [Bish](#) - porn addiction
- [Bish](#) - representation of men in porn
- [Bish](#) - representation of women in porn

## LGBTQ+ resources

### WLW (women who love women) resources

*Note - these links are aimed at people who have vaginas engaging in sexual activity with other people with vaginas, but you do not need a vagina to be a woman/lesbian*

- [Autostraddle](#) - lesbian sex (many articles)
- [NHS](#) - sexual health advice for wlw
- [Stevie](#) – safe lesbian sex (youtube playlist)
- [Teenhealthcare](#) - wlw STIs and contraception

### MLM (men who love men) resources

*Note - these links are aimed at people who have penises engaging in sexual activity with other people with penises, but you do not need a penis to be a man/gay*

- [NHS](#) - sexual health advice for mlm
- [Mayo Clinic](#) - sexual and mental health advice for mlm
- [Terrence Higgins](#) - mlm STIs
- [Medical News Today](#) - anal sex risks

### Trans\* resources

#### Trans men

- [Terrence Higgins](#) - sexual health for transmasculine people
- [Trade](#) - sexual health for trans men

#### Trans women

- [Terrence Higgins](#) - sexual health for transfeminine people
- [Trade](#) - sexual health for trans women

#### Non-binary people/other

*Note - Few resources are specifically targeted towards non-binary people, so it may help to explore the resources for trans men and women too. This does not mean that non-binary people are any less valid/real.*

- [Scarleteen](#) - dating beyond the binary

#### General Trans\* Resources

- [Terrence Higgins](#) – resources for trans\* people (not just sexual)
- [The National](#) - trans\* sexual health factsheet
- [Healthline](#) - trans\* resources (not just sexual)
- [CUSU](#) - helpful links for people with trans\* partners and friends

### Asexual resources

- [Asexuality Visibility Network](#) - asexual FAQ / resources
- [Aces and Aros](#) - resources for asexuals and aromantics

## Polyamorous resources

- [Healthline](#) - polyamory 101
- [Non-monogamy Help](#) - 13 common polyamorous mistakes
- [Non-monogamy Help](#) - things to know before polyamory
- [Bustle](#) - mental and physical health for non-monogamous people

## STIs, Hygiene and contraception

*\*Students at Christ's College can access a range of contraception including condoms and pregnancy tests in a drawer in the locker room next to the stairs up to the Library. Contact [kb724@cam.ac.uk](mailto:kb724@cam.ac.uk) for more information*

### **[Bish](#) - guide to UK sexual health services**

#### STIs

- accessing resources - [STI tests](#)
  - [NHS](#) - STI symptoms
  - [NHS](#) - sexual activities and their risks
  - [NHS](#) - visiting an STI clinic
  - [Bish](#) - STIs 101
  - [Bish](#) - how to get an STI check up
  - [Blood and Milk](#) - how to discuss testing with sexual partners
  - [Blood and Milk](#) - how to prepare for an STI test
  - [Limetree](#) - a range of booklets on different STIs

#### Hygiene

- [NHS](#) - how to keep a penis clean and healthy
- [NHS](#) - how to keep a vagina clean and healthy
- [NHS](#) - sex toy hygiene

#### Contraception

- [NHS](#) - contraception guide
- [iCaSH](#) – different types of contraception
- [Scarleteen](#) - how to use a condom
- [Scarleteen](#) - how to access sexual and reproductive healthcare
- [Bish](#) - what's the best contraception for me?

#### Pregnancy and abortion

- [Bish](#) - abortion
- [BPAS](#) - pregnancy and abortion

## Sex work as a student

*The JCR and Christ's College do not promote sex work and would like to remind anyone in financial trouble that there are many avenues of support (contact your tutor for more information). However, we have included resources for people who do engage in sex work in order to help them stay safe.*

- [SFSSW](#) - support for student sex workers (community)
- [SWRH](#) - toolkit for student sex workers

## Sexual Assault and Abuse (helplines are located earlier in the document)

- [NDVH](#) - warning signs of abuse
- [NDVH](#) - supporting someone in an abusive relationship
- [NDVH](#) - supporting your partner if they've been abused before
- [Scarleteen](#) - abusive relationship safety plan
- [Blood and Milk](#) - casual sex after sexual violence
- [Blood and Milk](#) - sexual assault care and aftermath
- [Bish](#) - abuse FAQs and resources
- [Supportline](#) - abuse, rape and sexual assault guide