

Trans and non-binary x Sexual Health

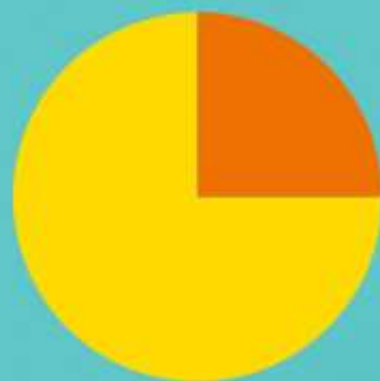
Rory Finn – Health Promotion Specialist – THT Brighton & Hove

TOGETHER WE CAN



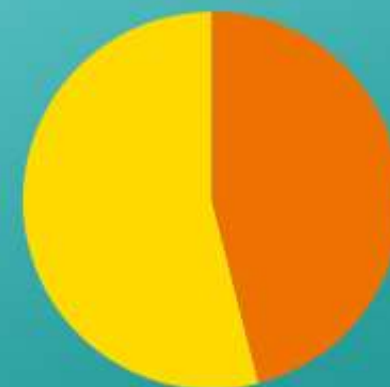
45%

never tested
for HIV



25%

hadn't heard
of prevention
pill PrEP



46%

had condomless
sex in the previous year

*Based on feedback
of 200+ trans, non-binary and
gender diverse people, November 2019*

TOGETHER
WE CAN

Terrence
HIGGINS
TRUST
❤️

“As trans people,
we need to see ourselves
in sexual health campaigns
and know the information
is written with us
in mind”

Dr Kate Nambiar
sexual health clinician

User Involvement during 2021

“We’ve never had this kind of engagement with sexual health (as a topic) before”

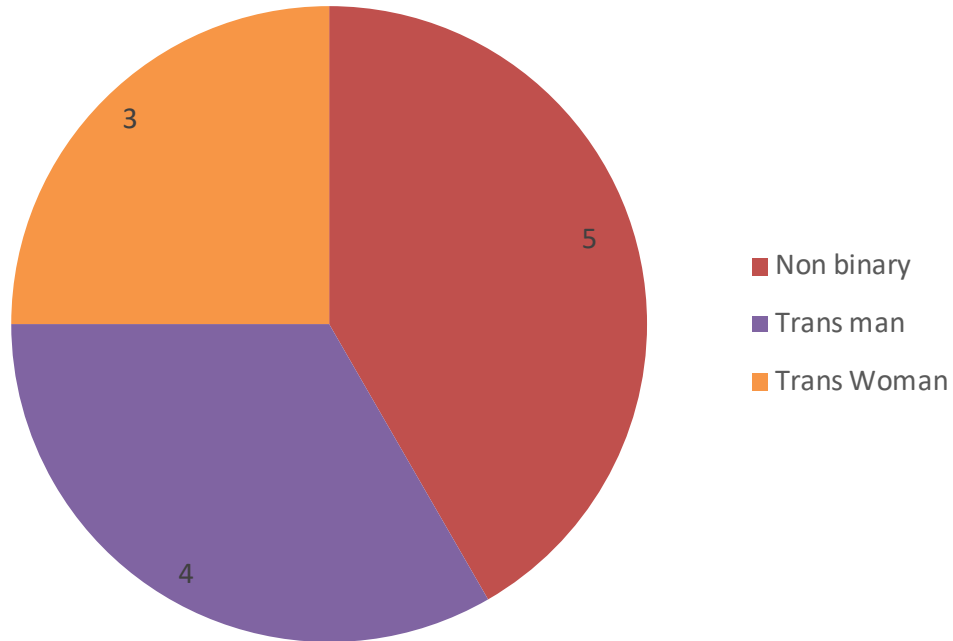
Key findings:

- Sexual health knowledge – patchy knowledge around HIV & local services
- Trust affected by negative experiences
- Concerns around body autonomy, assumption-making
- Stigma around sexual health in general for young people
- Support for trans clinic

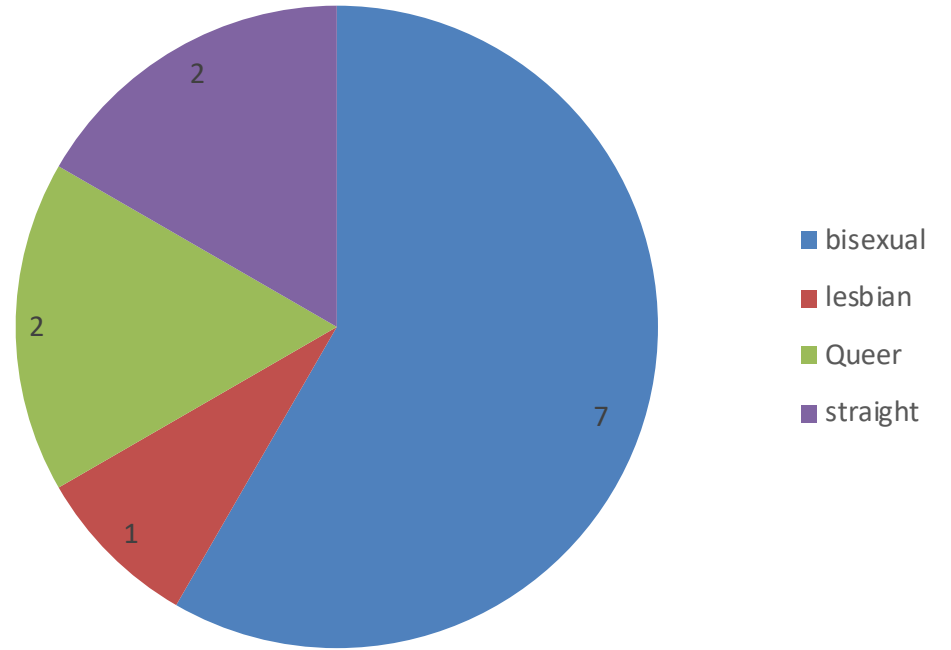
TNB Clinic at THT Brighton & Hove

Who came to the clinic?

Count of Gender



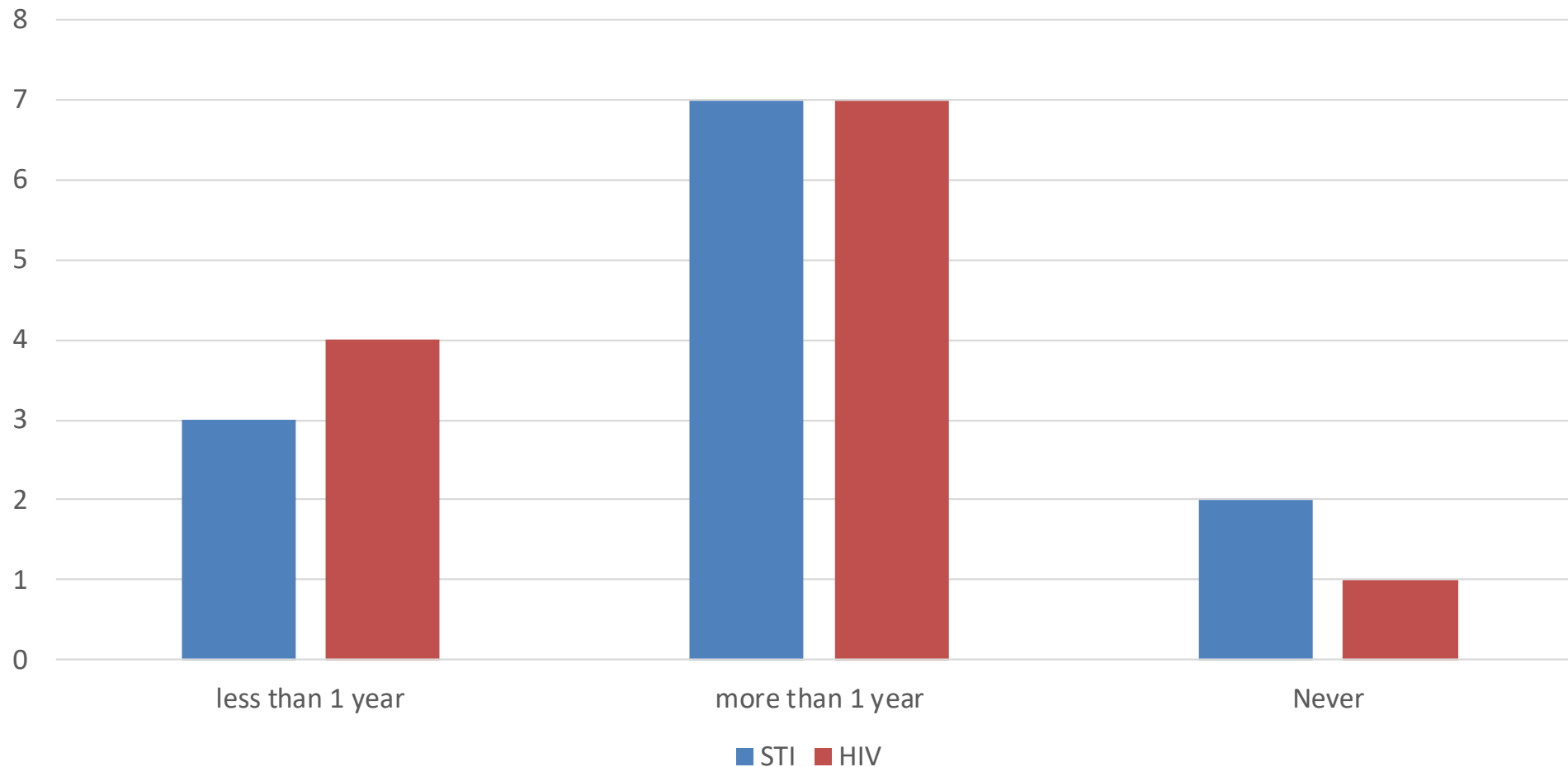
Count of Sexuality



TNB Clinic at THT Brighton & Hove

Who came to the clinic?

HIV & STI test history



HIV and PrEP

HIV & PrEP knowledge

- Knowledge around HIV is generally good
- Knowledge of PrEP is mixed

Myths and misconceptions:

- PrEP doesn't work for trans people
- PrEP isn't available to trans people
- They don't have enough sex to need PrEP

Current experiences accessing services

- Trans services are few and far between
- Clinic T is popular but oversubscribed
- Fatigue of coming out over and over again
- Fatigue of the patient expert

- Misconceptions around who can use sexual health services – who are they aimed at
- Lottery as to which clinician will see you and their understanding of trans healthcare

Barriers for access

- Experiences of transphobia: personal and societal
- Experiences of discrimination in healthcare: actual and vicarious
- Risk of being misgendered

- Mystery of the unknown
- Fear of intimate examinations
- Not feeling 'trans enough' or it's not for me

- Appointment making process
- Forms with gender questions
- IT systems that force gender

Solutions

- Community-led – trans voices at the centre
- Provide clear information about what is involved
- Language – medical terms; form questions
- De-gender questions – treat everyone the same
- Consider why you are asking questions
- Offer Self-sampling
- Increase your offer: community PrEP, advocacy, vaccinations, referrals etc.
- Educate yourself on the trans issues
- Pronoun badges
- Change and adapt IT systems



HIV and STI Testing in Brighton IT'S EASY, FAST, FREE AND CONFIDENTIAL

Fastest	A walk in finger-prick service, with results in 15 mins. Terrence Higgins Trust, 61 Ship Street. Tel: 01273 764200 or visit www.tht.org.uk/brighton
SHAC	Offer full sexual health screens. Call 01273 523388 or visit www.brightonsexualhealth.com
Clinic T	A monthly service for anyone who identifies as trans, non-binary or gender variant. Call 01273 523388 or visit www.brightonsexualhealth.com/service/clinic-t
Allsorts	Terrence Higgins Trust provide the Fastest service for anyone LGBTU under 26 at 69 Ship Street . Call 01273 721211
Home testing	Get a free home sampling kit from www.test.hiv or a low-cost home testing kit from vending machines in Brighton, locations listed at www.martinfisherfoundation.org

For more information visit www.tht.org.uk THT DIRECT > 0808 802 1221



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Solutions

- Accessibility for additional needs (e.g. neurodiversity, anxiety)
- Enabling advance planning
- Provide alternative ways of contact
- Online booking system

- Create a visual environment that welcomes trans people
- Have literature aimed at trans people
- Ensure your policies reflect trans people's needs
- Ensure policies respect increased confidentiality





MY SEXUAL HEALTH MATTERS

Consent means an enthusiastic *YES*

- If you're not sure or your partner doesn't seem sure - stop
- Sex should be safe, fun and respectful
- Communication is important in sex
- A person cannot legally give consent if they are unable to, for example, if they are asleep, drunk or high

You can access support and advice from the Clare Project:
www.clareproject.org.uk email: tcpbrighton@gmail.com

For more information visit www.tht.org.uk

THT DIRECT  0808 802 1221

Advice and support

There are many local sources of support if you are trans or non-binary in the Brighton and Hove area.

The Clare Project
clareproject.org.uk

Switchboard
switchboard.org.uk

Allsorts
allsortsyouth.org.uk

Navigate
navigatebrighton.co.uk



STI and HIV testing

Brighton and Hove have lots of services to test for HIV and STIs. It's easy, fast, free and confidential.

Terrence Higgins Trust

Open to all, by appointment or walk-in, advice and information, test results in 15 mins. **61 Ship Street**. Call **01273 764200** or visit tht.org.uk/brighton

Clinic T

A service for anyone who identifies as trans, non-binary or gender variant. Call **01273 523388** or visit brightonsexualhealth.com/service/clinic-t

SHAC

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