

Young People's Sexual Health & Lifestyle Nurse - North Lanarkshire

Karen Murray

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What does the lifestyle nurse do?

I support organisations and schools across North Lanarkshire with sexual health training and information and advice on how they can support young people with their sexual health needs. I work with difficult to engage and vulnerable young people or any young people that organisations have concerns about. One to one work is delivered in a place of the young person's choice (at home, at school, at a youth club, at a café etc.) Group work is available to organisations and schools.

I also offer a clinical service as appropriate or can sign post/facilitate young people to attend clinical services as required.

What topics do I cover?

I can deliver sessions on topics such as:-

- Contraception
- Sexually transmitted infections (STIs)
- Positive relationships
- Peer pressure
- Delaying sex
- Pregnancy
- Sexual risk taking
- Inappropriate sexual language/behaviours
- Online safety
- General sexual health topics

How can you refer to a lifestyle nurse?

I accept referrals from all organisations, young people and parents or carers. To make a referral contact me on **07545536691** or [**Karen.murray@lanarkshire.scot.nhs.uk**](mailto:Karen.murray@lanarkshire.scot.nhs.uk).