

APPENDIX 1 – Additional investment information and evidence base

Guidance:

The PHE Framework for Teenage Pregnancy Framework and NICE guidelines are clear in the need for targeted SRE .

‘Young people identified at risk should receive additional targeted prevention. The strongest associated risk factors for pregnancy before 18 are free school meals eligibility, persistent school absence by Year 9 and slower than expected progress between key stages 2 and 3. Young women who are looked after are 3 times more likely to be a parent by 18. Teenage pregnancy risk can be associated with a range of individual vulnerabilities and prevalence is often concentrated geographically in more deprived areas.’

NICE guidance PH51 recommends targeted work in tailoring services to reach socially disadvantaged young people. Outreach is a key component to engage young people at risk who may be unable or unwilling to access services.

Adverse Childhood Experiences impact on childhood development and future mental and physical health. Experiencing 4 or more ACEs can result in being 5 times more likely to have had sex under 16 and 16 times more likely to have been pregnant (or got someone accidentally pregnant) under 18’

<https://www.gov.uk/government/publications/teenage-pregnancy-prevention-framework> .

Evidence:

Sexual Abuse - 17.8% of girls and 5.1% of boys as having experienced contact sexual abuse. The % of girls exposed to sexual abuse increases to 31% in 18-24 year olds (NSPCC, 2001).

Domestic Abuse - Women are twice as likely as men to experience and report domestic abuse (Crime Survey for England , 2019)

Mental Health - Self-harm is increasing and is more prevalent in young women. 33% of girls, compared to 11% of boys report that they have ever self-harmed (PHE, 2017).

Although there has been a small increase in the prevalence of mental ill health amongst children and young people since 2005, this belies an increase in emotional health conditions predominantly in young women (NHSD, 2018).

Young women (16-25) have also been identified as a high risk group for mental health displaying significantly higher symptoms of PTSD and exposure to trauma than young men’ (Humphreys K., 2014)

Exposure to trauma in adolescence is associated with increased risk of developing anxiety-related disorders and are more likely to show a pattern of risky sexual

behaviours. An increase in risk-taking behaviors is seen in adolescents following trauma (Eckes A and Radunovich H, 2007)

Teenage Conception - Despite rates of conception in under 18's falling nationally (to 17.8% per 1000 in 2017) and in Kent (to 16.1 per 1000 in 2017), there is variation at district level. For example, the rate in Thanet is over 60% higher than the England average. Teenage Conceptions are greatest amongst those girls who have been exposed to multiple adversity.