

FEMTECH:
THE EVOLUTION
OF SEXUAL
HEALTH FOR
WOMEN



KEY QUESTIONS.

1. What does it mean to be a sexually active woman in the digital age, and how does it differ to before the rise of the internet and technology?
2. How can we improve the ways in which we use language to talk about sex and sexual health? Colloquialisms, slang, using the correct definitions and pronouns...
3. What is the importance of having a diverse and nuanced approach to sex education, as a opposed to a sweeping “one-size-fits-all” approach?
4. How does this “one-size-fits-all” approach to sex education become toxic in teenage and adult life?
5. What does it mean to be sexually liberated, and why does the term matter?
6. What are the ways in which societal norms silence and shame self-identifying women for owning their sexuality?
7. What is femtech, how is the market growing and where is the demand coming from?
8. How is technology changing the way that we navigate our intimate relationships and sexuality?
9. How is technology being used to diversify the sexual health industry? What are the pros and cons?
10. How can we make sure trans-women are included in conversations about women’s sexual health?

FURTHER
RESOURCES.



KEY TERMS.

Active Citizen	A citizen who takes an active role in the community, such as crime prevention and the local community.
African American	An American of African and especially of black African descent
Anti Blackness	Showing discrimination against Black people
Assimilation	The processing of adapting to or falling in line with the culture of a nation.
Assisted Voluntary Return	Administrative, logistical, financial and reintegration support to rejected asylum seekers, victims of trafficking in human beings, stranded migrants, qualified nationals and other migrants unable or unwilling to remain in the host country who volunteer to return to their countries of origin.
Asylum seeker	A person who leaves their home country as a refugee and seeks asylum in another.
Black	Belonging to or denoting any human group having dark-coloured skin, especially of African or Australian Aboriginal ancestry
Black British	British people of Black and African origins or heritage, including those of African-Caribbean (sometimes called "Afro-Caribbean") background, and may include people with mixed ancestry
Borders	a line separating two countries, administrative divisions, or other areas
Border management	The control and security of the border, effectively controlling who legally comes in and out and prevent any illegal immigrants or substances coming in.
Boycott	To voluntarily abstain or protest something.
Brexit	A term used to describe the United Kingdom's exit from Europe.
Brown	Dark-skinned
Capacity building	Building capacity of governments and civil society by increasing their knowledge and enhancing their skills.
Circular migration	The repetitive movement of a migrant worker back and forth between home and host areas.

Citizenship	Being a citizen of a particular country.
Coloureds	(Afrikaans: Kleurlinge) are a multiracial ethnic group in South Africa, who have ancestry from African (Khoisan and Bantu), European, and sometimes also Asian (Austronesian and South Asian) ethnic groups.
Coloured	Offensive term for black people.
Community	Groups of people who live in the same area, or that have particular characteristics and attributes in common.
Coon	Slang: Extremely Disparaging and Offensive. A contemptuous term used to refer to a black person.
Country of origin	Refers to the country where one is born.
Culture	The ideas, customs, and social behaviour of a particular people or society.
Critical Race Theory	A theoretical framework in the social sciences focused upon the application of critical theory, a critical examination of society and culture, to the intersection of race, law, and power. CRT proposes that white supremacy and racial power are maintained over time, and that the law may play a role in this process and investigated the possibility of transforming the relationship between law and racial power.
Democracy	A system of government where leaders and representatives are selected by the people; rule of the majority.
Demographic	Factors and statistical data of a population.
Deportation	The exile of an individual from a country.
Diaspora	The movement or spread of people from their homeland.
Displaced	force (someone) to leave their home, typically because of war, persecution, or natural disaster.
Dual Citizenship	When a person is regarded as a national of more than one state.
Emigrate	When an individual leave's their own country to permanently reside in another.
Equality	A state in which all individuals or social groups are treated fairly, equally and no less favourably; be it by virtue of their race, gender, disability, religion or belief, sexual orientation or age. Equality stands for inclusion and is against discrimination.
Equal Opportunities	An individual's right to be treated fairly without discrimination, no matter what their sex, race or age is.

Ethnicity	The fact or state of belonging to a social group that as common national or cultural tradition.
Expatriate	An expatriate (often shortened to expat) is a person temporarily or permanently residing in a country other than that of their citizenship. In common usage, the term often refers to professionals or skilled workers sent abroad by their employers, who can be companies, governments, or non-governmental organisations.
Facilitated migration	Where migration is encouraged and made easier, through methods such as streamlined visa processing.
Forced migration	A term that usually refers to refugees and civilians whom have been displaced by some kind of disaster.
Freedom	The state of being unrestricted and able to move easily.
Freedom of association	The right to band together to form groups, whether they be societies or clubs, for a common cause without interference from the government.
Freedom of expression	The right to express to one's opinion without restraint.
Freedom of movement	An individual's right to travel within a state or outside of a state, and still return to it.
Harassment	Behaviour of an offensive nature, aggressively pressuring or intimidating someone.
Heritage	Something that is handed down from the past, as a tradition. Additionally something that comes or belongs to one by reason of birth.
Human rights	A right which is believed to belong to every person.
Identity	The characteristics determining who or what a person is.
Identity crisis	A period of uncertainty and confusion in which a person's sense of identity becomes insecure, typically due to a change in their expected aims or role in society
Immigration	The permanent movement of a person or people from one country to another.
Internally Displaced Person (IDP)	Persons or groups of persons who have been forced or obliged to flee or to leave their homes or places of habitual residence, in particular as a result of or in order to avoid the effects of armed conflict, situations of generalized violence, violations of human rights or natural or human-made disasters, and who have not crossed an internationally recognized State border.
International minimum standards	The minimum standard of treatment which states must uphold when dealing with foreign nationals and their belongings.

Intersectional	Is a concept often used in critical theories to describe the ways in which oppressive institutions (racism, sexism, homophobia, transphobia, ableism, xenophobia, classism, etc.) are interconnected and cannot be examined separately from one another. The concept first came from legal scholar Kimberlé Crenshaw in 1989 and is largely used in critical theories, especially Feminist theory, when discussing systematic oppression. When possible, credit Kimberlé Crenshaw for coining the term "intersectionality" and bringing the concept to wider attention.
Irregular migration	Movement that takes place outside the regulatory norms of the sending, transit and receiving countries. There is no clear or universally accepted definition of irregular migration.
Islamophobia	Prejudice against Islam or the Muslim population.
Labour migration	Where an individual migrates to another country for employment purposes.
Lobby	A group of people seeking to influence legislators on a particular issue
Migration	The movement of a person or people to a new area or country.
Nationality	The nation an individual belongs to.
Naturalization	The process in which a non-national in a country can acquire nationality of that country.
Navigate	To walk or find one's way on, in, or across
New Humanism or Neohumanism	Where terms applied to a theory of literary criticism, together with its consequences for culture and political thought, developed around 1900 by the American scholar Irving Babbitt, and the scholar and journalist Paul Elmer More.
Non white	Denoting or relating to a person whose origin is not predominantly European.
Normative theory	Hypotheses or other statements about what is right and wrong, desirable or undesirable, just or unjust in society. The majority of sociologists consider it illegitimate to move from explanation to evaluation
Marginalise	To relegate to the fringes, out of the mainstream; make seem unimportant: to place in a position of marginal importance, influence, or power.
Meritocracy	Is a political philosophy stating that power should be vested in individuals almost exclusively based on ability and talent.
Oppression	The feeling of being heavily burdened, mentally or physically, by troubles and or adverse conditions.

Orderly migration	Migration that adheres to the rules of the state which the individual as exited and the state in which they're migrating to.
Paradox	a statement or proposition which, despite sound (or apparently sound) reasoning from acceptable premises, leads to a conclusion that seems logically unacceptable or self-contradictory.
Persecution	Hostility and ill-treatment, especially because of race or political or religious beliefs; oppression.
POC	People of Colour.
Political Blackness	Political blackness is the idea that all non-white people can define themselves under one term: black.
Political migrants	People unable to return home due to well founded fears of being persecuted and unlikely to receive protection from government.
Political party	A group that hold power in government; they come together to create policies and programs in which they hope to promote for the good of their supporters.
Population	All the inhabitants of a particular place or area.
Prejudice	Hatred towards someone based on their identity. Example: An oppressed person of colour can be prejudice against privileged races but cannot be racist.
Pressure group	A group sharing the same interest or cause, that tries to influence the policies of the public.
Privilege	A special right, advantage, or immunity granted or available only to a particular person or group.
Pull Factors	Factors that attract people to a location.
Push Factors	Factors that drive people away from a location.
Push-pull factors	Factors that cause people to migrate, either through attraction or by pushing them away.
Race	Refers to groups of people who have differences and similarities in biological traits deemed by society to be socially significant, meaning that people treat other people differently because of them.
Race	Is not biological. It is a social construct. There is no gene or cluster of genes common to all blacks or all whites. Were race "real" in the genetic sense, racial classifications for individuals would remain constant across boundaries.

Racism	The belief that all members of each race possess characteristics, abilities, or qualities specific to that race, especially so as to distinguish it as inferior or superior to another race/s.
Receiving country	Country of destination or a third country. In the case of return or repatriation, also the country of origin. Country that has accepted to receive a certain number of refugees and migrants on a yearly basis by presidential, ministerial or parliamentary decision.
Remittances	Monies earned or acquired by non-nationals that are transferred back to their country of origin.
Repatriation	The personal right of a refugee, prisoner of war or a civil detainee to return to his or her country of nationality under specific conditions laid down in various international instruments (Geneva Conventions, 1949 and Protocols, 1977, the Regulations Respecting the Laws and Customs of War on Land, Annexed to the Fourth Hague Convention, 1907, human rights instruments as well as customary international law).
Refugee	An individual who had been forced to leave their country in fear for safety, because of events such as war, or natural disaster.
Social Construct	A concept or perception of something based on the collective views developed and maintained within a society or social group; a social phenomenon or convention originating within and cultivated by society or a particular social group, as opposed to existing inherently or naturally.
Social Justice	Justice in terms of the distribution of wealth, opportunities, and privileges within a society.
Stateless person	A person who is not considered as a national by any State under the operation of its law" (Art. 1, UN Convention relating to the Status of Stateless Persons, 1954). As such, a stateless person lacks those rights attributable to national diplomatic protection of a State, no inherent right of sojourn in the State of residence and no right of return in case he or she travels.
Statutory rights	An individual's legal rights, set by the government, put in place to protect citizens.
Travel Ban	An executive order, where a state prohibits an individual or certain individuals from entering or leaving the country.
Visa	An official document that allows an individual to enter, leave or stay in a country for a period of time.
Windrush	Relating to or denoting the people who emigrated from the Caribbean to Britain on the British ship the Empire Windrush in 1948.

White	Belonging to or denoting a human group having light-coloured skin (chiefly used of peoples of European extraction).
Whiteness	Seated in the history of the ideology of 'race,' 'whiteness' as the foundation of racial categories and racism.
White Supremacy	White supremacy is an ideology centered upon the promotion of the belief, that white people are superior. It is argued by critical race theorist that all white people have a level of white supremacy values because of the media, education and politics have embedded whiteness as superior in society.
White Washing	A term used to describe white actors or actress playing non-fictional and historical non-white character roles. Therefore writing and disconnecting historical events and achievements to the non-white community.
Xenophobia	Prejudice of people from other countries.

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DIGITAL RESOURCES.

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Everyday Feminism

www.everydayfeminism.com/tag/sex

Everyday Feminism is an educational platform for personal and social liberation. Our mission is to help people dismantle everyday violence, discrimination, and marginalization through applied intersectional feminism and to create a world where self-determination and loving communities are social norms through compassionate activism.

Lloyds Pharmacy Online Doctor

www.onlinedoctor.lloydspharmacy.com/uk/sexual-health-women

LloydsPharmacy Online Doctor is a doctor-led initiative providing safe and reliable remote online healthcare to anyone in the UK. Our patient-centred model of healthcare allows patients to tailor care around their schedule, and increases healthcare access for harder-to-reach patient groups.

As the first ever online healthcare organisation to register with the government regulator of healthcare – the Care Quality Commission – we pride ourselves on our pioneer status and work constantly to expand the boundaries of personalised healthcare.

FPA - The Sexual Health Charity

www.fpa.org.uk

We're the sexual health charity FPA.

Our vision is a society where everyone can make positive choices about their own sexual health and wellbeing. Our mission is to champion people's right to sexual and reproductive health and wellbeing through advocacy, campaigning, education and information.

Easy Health

[www.easyhealth.org.uk/listing/sexual-health-for-women-\(leaflets\)](http://www.easyhealth.org.uk/listing/sexual-health-for-women-(leaflets))

Easyhealth was made so that people know where to find 'accessible' health information. 'Accessible' information is information that uses easy words with pictures. There are over 500 leaflets on Easyhealth, made by many different organisations. You can print off nearly all the leaflets straight away.

Center for Young Women's Health

www.youngwomenshealth.org/sexual-health-index

The Center for Young Women's Health (CYWH) is a partnership between the Division of Adolescent/Young Adult Medicine and the Division of Gynecology, at Boston Children's Hospital. The Center is an educational entity that is committed to providing teen girls and young women with carefully researched health information, educational programs, and conferences. The mission of our website is to help teen girls, their parents, educators, and health care providers improve their understanding of normal health and development, as well as of specific diseases and conditions. We want to empower teen girls and young women around the world to take an active role in their own health care.

Podcasts:

Smart Girl Club

www.soundcloud.com/shalia-stockstill/sets/smart-girls-club-radio

Explores female friendship, navigates interactions with men, and even dabbles in witchcraft. In a few precious hours, Frasqueri has already served relationship advice, magical healing techniques, and learnings from difficult chapters in her own life — which are worth a listen for any creative femme in need of inspiration or solace.

Sexual Health Network

www.sexualhealthnetwork.org.uk/tag/podcast

A Network for academics and practitioners engaged in sexual health research

Prismatic

www.soundcloud.com/prismaticseries

“Prismatic” is a podcast hosted by New Yorkers Josh Gwynn, Will Johnson, and Tsige Tafesse (of POC art collective BUFU).

Black Girl in Om

www.blackgirlinom.com/podcast/

“Black Girl in Om” started as an online collective and only recently grew into a podcast. The show extends the group's core mission of cultivating a community for black women in the worlds of yoga, natural beauty, and overall wellness

Gettin Grown

www.soundcloud.com/gettingrown

Keia and Jade are two happy and hard working Black Women trying to learn how to adult. Listen to this weekly podcast for segments like Kitchen TableTalk, Petty Peeves and Lessons in Black Women Self Care, as they share their insights while trying to figure out life as 30-somethings.

Food Heaven Show

www.soundcloud.com/food-heaven-podcast

Registered Dietitians and BFFs Wendy and Jess discuss healthy cooking and other wellness topics related to food and nutrition

“Another Round”

www.buzzfeed.com/anotherround

Buzzfeed has a show for Black women? Yup! Editors Heben Nigatu and Tracy Clayton’s weekly podcast will have you feeling like they’re your favorite political-but-sometimes-ratchet girlfriends (in your head).

Therapy for Black Girls

www.soundcloud.com/therapyforblackgirls

A weekly podcast with Dr. Joy Harden Bradford about all things mental health and personal development.

Well, Blactually...

www.soundcloud.com/well-blactually/sex-ep

(from a cis-hetero perspective): New month, new episode! Gena and Natalie talk all things sex but make it intellectual (insert ANTM gif here). Starting with Insecure, we chat about what sex looks like in the mainstream for black women touching on condom-gate, female satisfaction and how Lawrence and Tasha deserve an EGOT for the finale sex scene of season 1. We also look at sexual health, colorism and class, societal taboos and whether sexual education started from the Birds and Bees talk or not for us.

YouTube Channels:

Shan BOODY

[youtube.com/shannontboodram](https://www.youtube.com/shannontboodram)

The official YouTube channel of author, photographer and TV host Shannon Teresa Boodram. This channel is primarily a resource for those of us who grew up texting til dawn. It's practical, factual, and sometimes dreadful information on what it means to be falling in love and being sexual in today's easy-access culture. I also may discuss curly-haired awesomeness, career or other wonderful things I am passionate about. Subscribe and we can rub it out - I mean talk it out...some more. Sex, love and relationship channel

Shameless Maya

[youtube.com/Shamelessmaya](https://www.youtube.com/Shamelessmaya)

“What would happen if I shamelessly promoted myself for 365 days?”

My channel started out as a social media experiment and now it's a lifestyle.

I hope my journey from shame to shameless inspires you and others to not be ashamed of who you are and to share and celebrate that shamelessly.

Here on my channel, you'll find videos on lifestyle, inspiration, fun transformations, techie vids for aspiring geeks, beauty, fashion, and so much more.

Healthchanneltv / cherishyourhealthtv

www.youtube.com/cherishyourhealthtv

Discover how interesting health can be by watching our video's on healthchannel! We make complex medical information easy to understand with 2D and 3D animations checked by medical specialists. In less than 3 minutes per video you learn about your cholesterol or about don't & do's when you have a cold sores or how the orgasm works for example!

FC2 The Female Condom

www.youtube.com/user/FC2Training

Female Health Company manufactures the FC2 Female Condom and provides sexual and reproductive health training worldwide. FC2 provides dual protection against unintended pregnancy and sexually transmitted infections, including HIV and Zika. FDA- and WHO approved.

Sexplanations

www.youtube.com/user/sexplanations

Sexplanations is sexeducation for the universe hosted by Dr. Lindsey Doe, directed and edited by Matthew Gaydos, and produced by Hank Green. The show is designed around the 4 minutes model of YouTube EDU to share incredible knowledge while inspiring the audience to stay curious. The most viewed episode is Vagina Toys, followed Pelvic Exam, Anal Sex, Masturbation, and Consent. The channel has covered over 220 topics and has reached over 190 nations. It's in it's third year and continuing shame-free, comprehensive efforts to educate on everything sex.

FemmeHead

www.youtube.com/channel/UCRxM7IbVgPEOPvi_2qBd3mw

Hi! I'm Victoria. My videos are a little bit of everything, menstruation magic, minimalism, veganism, travel and zero waste. Enjoy!

FertilityFriend

www.youtube.com/FertilityCharting

FertilityFriend.com harnesses the connecting and computing power of the internet to promote and refine reproductive health awareness and social support for women trying to conceive.

FertilityFriend.com's mission is:

- To achieve technological excellence in chart interpretation and analysis; to make fertility charting easy and accessible.
- To empower women to take control of their own reproductive health and advocate for themselves in healthcare settings.
- To reduce stigma and shame attached to reproductive function and infertility.
- To provide a platform for sharing experiences, support and education.

Twitter Users to Follow:

@Clue

@DeunIvory

@TheSlumFlower

@imixj

@SoSowemimo

@sex_positivefam

@sexualhealthj

@SisterSong_WOC

@FeralAttractFM

@projectFem4All

@SHLIatMSM

@wocshn

@LatinoSexuality

@WoodhullSFA

@Lexxsexdoc

@ZelaikaC

@blacksexgeek

Key Organisations:

Taking Charge of Your Fertility

www.tcoyf.com

Are you unhappy with your current method of birth control? Or are you demoralized by your quest to have a baby? Do you also experience confusing signs and symptoms at various times in your cycle, but are frustrated by a lack of simple explanations? This invaluable resource will help you find the answer to your questions while giving you amazing insights into your own body. TCOFY has helped literally hundreds of thousands of women achieve pregnancy, avoid pregnancy naturally, or simply gain better control of their health and lives. This book thoroughly explains the empowering Fertility Awareness Method.

Women of Color Sexual Health Network

www.wocshn.org

The Women of Color Sexual Health Network (WOCSHN) is a group of women, both domestic and international, with a focus on the sexual and reproductive health needs of women of color. The mission of this working group is to empower and include more women of color in the field of sexuality, sexology, and sexual health. Sexuality educators, therapist, counselors, and doctors must have more representation of women of color to bring diversity to this field, which is underrepresented by people of color. This working group began at the 41st Annual ASSECT Conference by 18 women of color attendees from various backgrounds but similar passions. WOCSHN is inclusive of all people who identify as women of color.

Black Girl In Om

www.blackgirlinom.com

Black Girl In Om promotes holistic wellness and inner beauty for women of color. We encourage self-care, self-love, and self-empowerment for communities of color. We affirm the consistent, preventative actions that cultivate a clear mind, a strong body, prosperous spirit, and inspiration in our environments. We learn and share wellness practices with one another, and through this work cultivate richer understandings of what it means to be healthy and beautiful from the inside out.

Kinsey Institute

www.Kinseyinstitute.org

The Kinsey Institute is powered by curiosity and inspired by humanity. Our mission: To foster and promote a greater understanding of human sexuality and relationships through impactful research, outreach, education, and historical preservation Our vision: To be the premier research institute on human sexuality and relationships

Hello Clue

www.Helloclue.com

At Clue, we're making a dent in the history of menstrual health. We've started by building a cycle tracking app that's confident, empowering and scientific. Our app is empathetic, positive and not filled with butterflies or euphemisms.

Doula

www.doula.org.uk

Doula UK is the leading organisation for doulas in the UK, with a network of member doulas nearing 700 in number. Doula UK was founded in 2001 as a not-for-profit organisation.

The Womb Room

www.thewombroom.co.uk

We aim to increase reproductive health awareness for women and girls, supporting you throughout your reproductive health journey by providing up to date information, comprehensive education and connecting you with the best ways to manage your health to suit your lifestyle.

Femtechnet

www.femtechnet.org

On this website you will find many resources for learning more about feminism, cyberfeminism, and feminist theories of technology, including videos with major scholars and subject matter experts, reading lists and bibliographies, projects to do with classmates or undertake on your own as a do-it-yourselfer, and syllabi from past and present FemTechNet classes.

Black Women's Health Imperative

www.bwhi.org

Since 1983, we have been the only national organization dedicated solely to improving the health and wellness of our nation's 21 million Black women and girls – physically, emotionally and financially

National Institute for Health and Care Excellence

www.nice.org.uk

National Institute for Health and Care Excellence, improving health and social care through evidence-based guidance

Afrosexology

www.afrosexology.com/contactus/

Afrosexology was birthed out of our desire to experience a more sex-positive Black community. One that encourages self agency & promotes love in regards to our bodies, relationships, and sexualities. One that liberates us from the sexual shame & policing that we've inherited from generations of sexual & body oppression. One that follows in the tradition of Black sexual politics by seeking to rediscover & reclaim our sexuality.

Woodhull Freedom Foundation

www.woodhullfoundation.org/

Established in February, 2003, The Woodhull Freedom Foundation is a 501(c)3 non-profit organization devoted to education and public advocacy in support of the principle that consensual sexual expression is a fundamental human right. The Foundation offices are located in Washington, DC, and we work in partnership with activists, advocacy organizations and coalitions across the United States fighting the political, social and economic forces driving and expanding sexual repression.

Lantin@ Sexuality

latinosexuality.com/

This website is devoted to providing sex positive and accurate sexual health information for Latin@s. Here negative and harmful stereotypes about our community, culture, and sexuality are challenged. This is a space for all gender and sexual identities and expressions.

Contacts, Services & Support Groups:

AIDA MANDULEY, MSW

aidamanduley.com/

Aida Manduley is an award-winning activist and presenter known for big earrings and building bridges. Trained as a sexuality educator, social worker, and nonprofit management professional, they're* working to make the world a more equitable place through education, therapy, and community organizing. Their perspective is one that centers intersectionality and maximizing kindness while retaining both a sense of humor and a sense of justice. Hailing from Puerto Rico, Aida has presented across North America and livetweeted more events than should be allowed. They also have a big thing for color-coded spreadsheets.

Dr Lexx Brown-James

www.lexxsexdoc.com/

As the owner of The Institute for Sexuality & Intimacy, LLC I wanted this practice for those who want and need support around topics of sexuality, but have no place to turn. As a sex therapist and a licensed Marriage and Family Therapist I enjoy working from a systemic and emotional focused position.

Zelaika S. Hepworth Clarke

www.zelaika.com/

Zelaika S. Hepworth Clarke, PhD, MSW, LSW, MEd is a sexosopher, sexual epistemologist, cultural and clinical sexologist, sexecologist, African-centered social worker, decolonizing autoethnographer, ancestor honoring, revolutionary, scholar. Zelaika received a Bachelor's degree in Sexuality, Culture and Oppression at New York University.

Ruby Johnson

www.sextherapistruby.com/

[.] I have a speciality providing care to people of color. More specifically, African American Families, Couples, and Individual. The experience historically, politically, socially, and racially requires models of treatment that are outside models of treatment for non-people of color. The assumption of experience is not given and the welcoming of your story and our collaborative relationships yields the best outcomes for you.

Visiting an STI clinic

www.nhs.uk/Livewell/STIs/Pages/VisitinganSTIclinic.aspx

You can make an appointment to go to an STI clinic, or sometimes there's a drop-in clinic, which means you can just turn up without the need for an appointment.

Female health

www.nhs.uk/Tools/Pages/Toolslibrary.aspx?Tag=Female+health

Interactive tools, smartphone apps and podcasts

Sex Therapy / Psychosexual Counselling in London

www.harleytherapy.co.uk/sex-therapy-and-counselling-london.htm

Are you having problems with sex? If so, then the first thing you need to know is that you are not alone. From issues surrounding performance or intimacy problems, to anxieties based on previously traumatic experiences or even changes in your desires caused by pregnancy, stress, depression or addictions, there are many common reasons that you could be experiencing sexual dysfunction, and there are also many different solutions.

Sexual health

www.nhs.uk/livewell/sexualhealthtopics/pages/sexual-health-hub.aspx

Everything you need to know about sexual health, including contraception, STIs and good sex.