

Bath & North East Somerset Condom Distribution Guidelines (C Card Scheme)



What is the C Card Scheme?

A coordinated approach to condom distribution which offers young people in Bath & North East Somerset free condoms, sexual health and relationships advice and information.

Before being issued with a C Card, users are required to register with the scheme. For 13-15 year olds, this includes a consultation with a trained worker. 16-24 year olds can sign up via [safebanes.com](https://www.safebanes.com) for a virtual card, or in person for a physical card. Once issued with a C Card (either virtual or physical), young people can then get condoms at a number of local outlets and be given new supplies without further consultation.

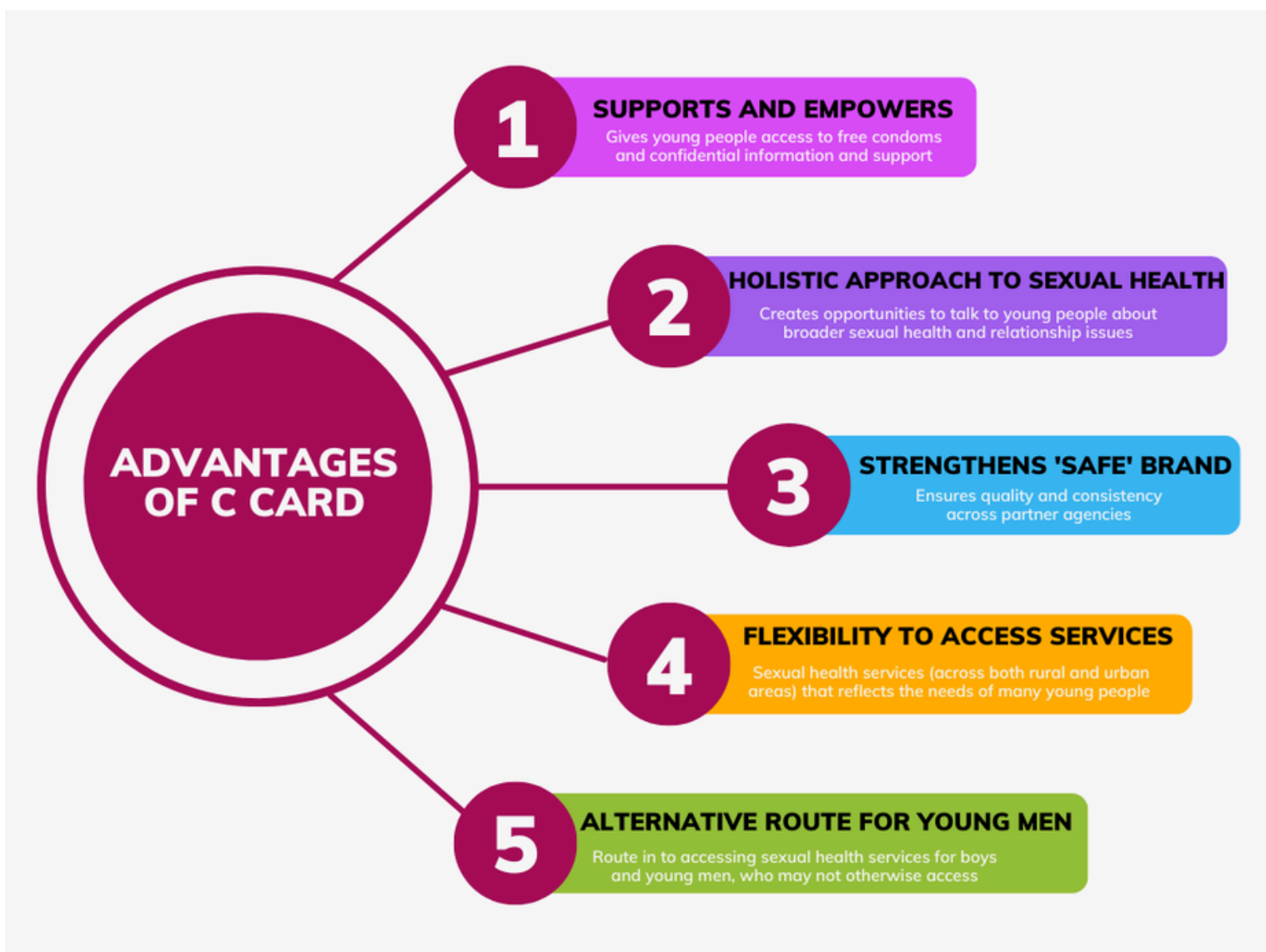
Who is the scheme for?

All young people aged between 13 and 24 years of age who live in or access services in Bath & North East Somerset. Young people **under 16 years** must have satisfied the requirements set out by the Fraser Guidelines (see forms section) before any condoms or sexual health advice and support is offered. This scheme is open to all sexual identities and sexual orientations.



Purpose of the C Card Scheme

- Condom and information distribution is part of a wider commitment to promote sexual health education to young people in Bath & North East Somerset.
- To provide young people with accurate information and resources to make positive and informed choices relating to their sexual health.
- Offering young people a safe environment to talk in confidence and without judgement about their sexual health needs.
- Encouraging young people to develop their own decision-making, negotiation and communication skills to support healthy relationships and sexual health.
- Supporting young people in locating appropriate professional services to ensure their sexual health, both short and long term.



KEY MESSAGES:

Young people do not need to be sexually active to join the scheme. Advice to young people should always be in the context of helping them to delay early sex until they feel ready and confident and support informed decision making to encourage positive sexual health and relationships. **Please refer to the Bichard (2004) Checklist (see folders 'Forms' section) if you have any concerns about the nature of a young person's relationship.**

The legal age of consent to sex is 16 regardless of sexual orientation. However, young people are unlikely to be prosecuted for mutually agreed sexual activity where there is no evidence of exploitation. The law does not affect young people's right to confidential advice on contraception, condoms, pregnancy and abortion, or their ability to consent to treatment, even if they are under 16. It is possible to issue condoms to under 16s. **However you must use the Fraser Guidelines to inform the assessment. Please use the Fraser Guidelines Checklist (see 'Forms' section).**

Young people should be encouraged to talk to their parents, carers or a trusted adult about their sexual health. Evidence shows that where parents and carers engage in open discussions about sex and relationships, their children have first sex later and are more likely to have a positive and protected first experience.

Do not assume gender or heterosexuality. Use gender neutral language such as 'partner' when discussing sexual health and relationships, and when referring to their partner(s) use they/ them pronouns unless the young person tells you otherwise.

Don't forget about the boys! It is important to convey messages to **all genders** around peer pressure to have sex, as lots of mainstream discourse focuses on girls. In particular, those that identify as male also need to be supported with the message that when they do become sexually active, negotiating good sexual health, including contraception is as much their concern as it is for their partner(s).

If you have any concerns about the safety of a young person please refer to your organisational Safeguarding Policy.

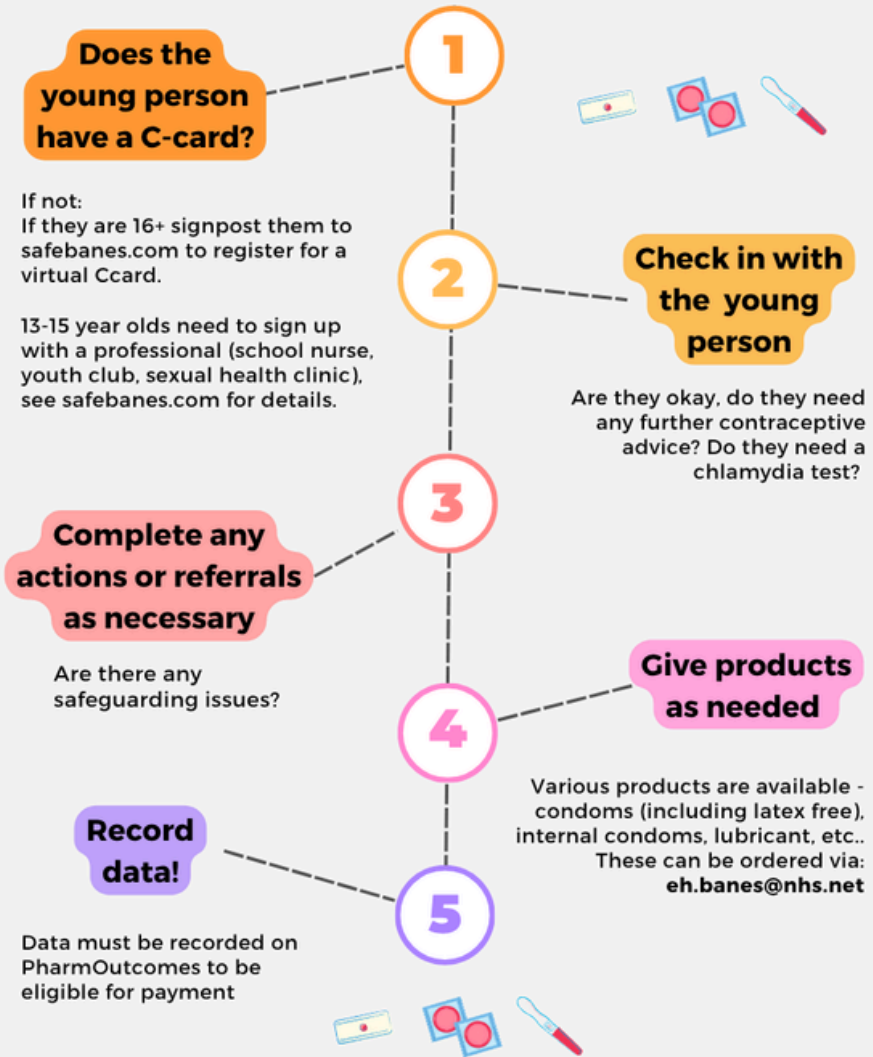


SAFE BANES / C-CARD CRIB SHEET



PHARMACY VERSION

Free condoms and pregnancy testing for 13-24 year olds in B&NES



Consultation costings 2025-26

- £2.50 per supply of condoms
- £3.50 per pregnancy test issued

Condoms supplies and pregnancy tests don't need to be administered by clinical staff

We have lots of facilitators across sectors working with young people and any suitably trained staff member can do this, as long as they have access to Pharmoutcomes and can record interactions.

Young people should take the pregnancy testing kit away with them. Do not get involved in decision making, discussion of options or interpretation of results. For positive pregnancy tests, young people should be signposted to the Riverside Clinic, their GP, or Clinic in a Box (school nursing) for information on choices.

Free EHC

As of October 2025, Emergency Hormonal Contraception (EHC) is available free of charge from community pharmacies across B&NES to individuals of any age. More information is available [here](#).

Any questions?

safe_banes@bathnes.gov.uk



Checklists

The C Card is more than just a free condom scheme. It offers an opportunity to provide young people with the skills and tools to make safe and informed decisions about their sexual health and relationships. This section is to help and support C Card registration venues to provide those skills and tools for young people.

Things to think about

<p>Sexual Health Screening:</p> <p>If the young person states that they have changed sexual partner, discuss with them about getting a sexual health check. The advice is to have a sexual health check with every change of sexual partner or every year. As a minimum, offer the young person a chlamydia test or advise them on where to get one.</p>	<input type="checkbox"/>
<p>Sex and the Laws relating to them:</p> <p>Have an informal chat about how much the young person knows about consenting sex, and the legal age of sex.</p>	<input type="checkbox"/>
<p>Are there any safeguarding issues?</p> <p>By asking open questions regarding their relationship/s, identifies whether they are in a healthy relationship, and that their knowledge is appropriate to their age, in line with the <i>Bichard Competencies</i> and <u><i>NSPCC harmful sexual behaviours framework</i></u>.</p>	<input type="checkbox"/>



Types of Condoms and ongoing supplies:

Discuss the types of condoms available on the C Card scheme, give out one condom pack and lubricant. Explain how the C Card works and what services/ where they can get on-going supplies of condoms from locally when you, as the professional, are not available.

Signposting:

Let the young person know about the local services that they can access when you are not available. e.g. School/College Nurse, Youth Services, Pharmacies, GPs, Riverside Clinic.

Promote **safebanes.com** that lists all services.

If you signpost a young person to a specific service, ring before they access the service, so the young person attends at the correct opening times and is being seen by the correct clinician.

SAFE

Make sure the young person knows how to access www.safebanes.com. Discuss what the SAFE branding means: **SAFE** stands for **Sexual health Advice For Everyone** and any service that has the SAFE accreditation is Young Person Friendly in their approaches to sexual health.

Ask the young person to tell you if they find a service falls below an acceptable level and **tell us!**

Reporting process

Pharmoutcomes -

This is really important as it ensures we can keep the C Card scheme running, that young people can access their supplies, and you can get paid for the consultation!



Fraser Guidelines and Bichard Checklist

When working with young people under the age of 16 in the area of sex and relationships, it is good practice to refer to the Fraser Guidelines and Bichard Guidelines.

<p>FRASER GUIDELINES – can you give contraceptive and sexual health advice and information to under 16 year olds without parental consent?</p>	<p>BICHARD CHECKLIST – should you tell the police and social services?</p>
<p>Are you satisfied that:</p> <ul style="list-style-type: none">• The young person can understand the advice and has sufficient maturity to understand what is involved in terms of the moral, social and emotional implications?• You can't persuade the young person to inform their parents, and they will not allow you to inform their parents that contraceptive advice is being sought?• The young person would be very likely to begin or to continue having sexual intercourse with or without contraceptive treatment?• Without contraceptive treatment the young person's physical or mental health or both would be likely to suffer?• The young person's best interests require the professional to give advice without parental consent?	<p>Do any of the following apply?</p> <ul style="list-style-type: none">• Age or power imbalances?• Overt aggression?• Coercion or bribery?• The misuse of substances as a disinhibitor?• Does the child's own behaviour, because of the misuse of substances, place him/her at risk so that he/she is unable to make an informed choice about any activity?• Has any attempt to secure secrecy been made by the sexual partner, beyond what would be considered usual in a teenage relationship?• Is the sexual partner known by one of the agencies (e.g. police?)• Does the child deny, minimise or accept concerns?• Are the methods used consistent with grooming?



Signposting and useful links

To order more C-Cards, condom packs and leaflets:

Everyone Health - eh.banes@nhs.net

For queries on Ccard, safebanes.com or feedback from young people on SAFE branded services:

Safe_banes@bathnes.gov.uk

For chlamydia kits:

yunosexualhealth.co.uk (speak to us if you need a bulk order)

For information and advice on sexual health including local services:

safebanes.com

Riverside Clinic:

ruh.nhs.uk/sexualhealth/

ruh-tr.theriversideclinic@nhs.net

School Nurse ChatHealth text service:

Text a School Nurse on 07507 334357 between 9am – 4pm for confidential advice and support

Local SARC (Sexual Assault Referral Centre) – The Bridge:

thebridgecanhelp.org.uk/

Harmful sexual behaviours and exploitation support:

[NSPCC harmful sexual behaviours framework](#)

[NSPCC Child Sexual Exploitation \(CSE\) information](#)

Relationships and Sex Education (RSE) Resources:

brook.org.uk/resources

