

Toolkit Sexual Health Week 2026 – Northern Ireland

This toolkit is designed to help individuals, community groups, advocates, and organisations to actively engage with and promote this year’s Sexual Health Week campaign.

Target Population – Population-wide, with focus on individuals and communities supported by statutory, community and voluntary organisations.

Dates: 14– 21 February 2026

Theme: Trusted sources of Sexual Health Information

Hashtags: #SexualHealthWeekNI2026 #WhoDoYouListenTo

Slogan: Who do you listen to? - a good place to start: www.sexualhealthni.info

Sexual Health Week key messages:

- To signpost to reliable and accurate sexual health information sources, including the Sexual Health NI website.
- To increase awareness of sexual health services and how to access them.
- To encourage individuals to seek information from reliable sources and advice from health professionals.
- To promote inclusivity by being sensitive to those with diverse beliefs including vulnerable populations and people with diverse beliefs, including vulnerable populations and those who may face barriers to accessing care, ensuring messages resonate with all audiences.

Sexual Health Action Plan Objectives 2023-2026:

Obj. 5 Create a culture of openness about sexual and reproductive health and empower people with the information they need to make informed choices.

Obj. 6 Establish effective mechanisms for optimal communication and collaboration with stakeholders and service providers.

Reliable sexual health information is widely available. The key message for this campaign is to promote evidence-based sexual health information and to provide trusted resources to the public. A good place to start is: www.sexualhealthni.info.

There are many positives to social media, but it is important to double-check that information is accurate and reliable. See the websites below and the “How to fact-check sexual health information” section on page four.

Sexual health services and information:

BHSCT: [Sexual health and HIV services | Belfast Health & Social Care Trust website](#)
WHSC: [Genitourinary Medicine and HIV Clinic | Western Health & Social Care Trust](#)
[Sexual and Reproductive Health Services | Western Health & Social Care Trust](#)
SEHSCT: [Sexual Health Service - South Eastern Health & Social Care Trust](#)
NHSCT: [Contraceptive and Sexual Health Services - Northern Health and Social Care Trust](#)
SHSCT: [Sexual Health | Southern Health & Social Care Trust](#)
NHS: [Sexual health - Live Well - NHS](#)
SH:24: [Free Home STI \(STD\) Test | Sexual Health Kit & Contraception | SH:24;](#)
Common Youth: [Free & Confidential Sexual Health & Wellbeing Advice | Common Youth](#)

How to participate

Collaborate with partners

By supporting this campaign, you can contribute to the promotion of positive and accurate sexual health information.

Host or attend Sexual Health Week events

- **In-person:** Host or attend community workshops, panel discussions, information stalls/tables, or outreach activities to facilitate open conversations, collaborate with healthcare professionals to raise awareness.
- **Virtual:** Organise webinars, live Q&As, virtual peer talks during Sexual Health Week NI 2026.

Scheduled events

BHSCT Area

Date	Organisation	Location	Details of event
10 February 2026 5-8pm	The Rainbow Project	LGBT Centre 23-31 Waring Street, Belfast, BT1 2DX	Rapid HIV & Syphilis Clinic
17 February 1.30-4.00pm	BHSCT	ONLINE	Sexual Health Week themed HIV Awareness sessions for HSC staff Staff can book through LearnHSCNI
19 February 1.30-4.00pm	BHSCT	ONLINE	Sexual Health Week themed HIV Awareness sessions for HSC staff Staff can book through LearnHSCNI
28 February 2026	Informing Choices NI	MAC Theatre, Belfast, BT1 2NJ	Wasted, a challenging play that explores themes of binge drinking and sexual assault. The performance will be followed by a facilitated post-show discussion with Q&A with a panel of experts. This is a public event. For further information please email: info@informingchoicesni.org

SHSCT Area

Date	Organisation	Location	Details of event
24 February 2026 10-12noon	SHSCT	Trust HQ, CAH 10-12	HIV awareness Training Staff can book through LearnHSCNI
25 February 2026 10.30-11.30am	SHSCT	Online	Contraception: Choice, Access & Influence For link to join contact: roisin.santin@southerntrust.hscni.net catherine.jackson@southerntrust.hscni.net
3 March 2026 10-12.30pm	SHSCT	Online	LGBTQ+awareness training For link to join contact: roisin.santin@southerntrust.hscni.net catherine.jackson@southerntrust.hscni.net
4 March 2026 10.30-11.30am	SHSCT	Online	Masculinity, Misogyny and Incel Training For link to join contact: roisin.santin@southerntrust.hscni.net catherine.jackson@southerntrust.hscni.net
11 March 2026 10.30-11.30am	SHSCT	Online	Sextortion Webinar For link to join contact: roisin.santin@southerntrust.hscni.net catherine.jackson@southerntrust.hscni.net
25 March 2026 10.30-11.30am	SHSCT	Online	Pornography and Sexual Development Webinar For link to join contact: roisin.santin@southerntrust.hscni.net catherine.jackson@southerntrust.hscni.net



WHST Area

Date	Organisation	Location	Details of event
10 February 2026	WHST Sexual Health & HIV Team	Online	Sexual Health Matters awareness session with the WHST Sexual Health and HIV Team 10.30am-11.30am For link to join contact: Ann.Linstrom@westerntrust.hscni.net

NHSCT Area

Date	Organisation	Location	Details of event
3 February 2026	Common Youth	CAFRE-Greenmount	Sexual Health Workshops promoting evidence-based information
4 February 2026	Common Youth	CAFRE-Loughry	Sexual Health Workshops promoting evidence-based information
20 February 2026	Informing Choices NI	Dunsilly Hotel, 20 Dunsilly Road, Antrim, BT41 2JH	RSE roundtable with SEN schools. This is a private event facilitated by Informing Choices NI

SEHSCT Area

Date	Organisation	Location	Details of event
3 February 2026	SERC/SET Youth Health Advice service/GUM/SRS	SERC Campus-Newtownards	Love your College
16 February 2026	SET and SE community and voluntary organisations	Morning Awareness event Downpatrick	Health Relationship for People with Learning Disability and those who support them
17 February 2026	Women's Aid NI/Royal College of Nursing Sexual Health & Justice and Secure Settings Networks Nursing leads from SET & NHSCT	Virtual – open to everybody to attend you don't need to be an RCN member but you do need to register via RCN	 Understanding domestic abuse (8).pdf
On-going	SEHSCT/South Eastern Domestic & Sexual Abuse Partnership INEQE Safeguarding Group/TEO/DOJ/DOH/Belfast & Lisburn Women's Aid	SET TV	https://www.youtube.com/watch?v=HvdaLb_mMOE
Ongoing	SET Community Health Development Practitioner Caroline McGrath in collaboration with SET Inclusion Service developed and disseminated QR code increasing accessible information from PHA website	www.sexualhealthni.info	

REGIONAL

Date	Organisation	Location	Details of event
14 -21 February 2026	Common Youth	Ad shell bus/train shelters	Live advertisements promoting C-Card
Ongoing	Common Youth	Online	Promoting factual information via Instagram and TikTok
Ongoing	BHSCT	HIV Awareness Sessions	This is available to all HSC staff via LearnHSCNI

Frequently asked questions

This campaign is focused on promoting evidence-based sexual health information and to provide reliable resources to the public.

- **Question: How will I know if I have an STI?**
Answer: STIs can be asymptomatic, meaning there may be no physical signs of the infection. STIs don't discriminate, a single encounter can transmit infections. Regular STI testing is critical for everyone, regardless of relationship status.
[Free Home STI \(STD\) Test | Sexual Health Kit & Contraception | SH:24](#)
- **Question: Does the pills, patches or IUDs prevent infection?**
Answer: Birth control prevents pregnancy but offers zero STI protection. Condoms are your best bet against infections.
[Condoms \(male\) - Sexual Health NI](#)
- **Question: Will being on my period prevent me from getting pregnant?**
Answer: While rare, pregnancy is possible. Sperm can survive for up to five days, and ovulation cycles can be irregular. Always use protection like condoms when avoiding pregnancy.
- **Question: Is discomfort during sex normal?**
Answer: If you have concerns see a sexual health professional for advice and ensure you attend regular screenings, practice safe sex and never hesitate to ask questions – your health deserves it! [Psychosexual difficulties and painful sex % Sexual Health NI](#)
- **Question: Does my GP have access to my sexual health clinic records?**
Answer: Sexual health clinic records are kept confidential within that service. Information is not shared with other parts of the HSCNI without your knowledge or consent.
- **Question: Does taking the pill cause weight gain?**
Answer: There is no evidence that taking the pill will cause weight gain although some women may retain fluid temporarily. If side effects continue after three months, visit your GP or a sexual health professional for further advice and alternative options
- **Question: Will taking the pill affect my fertility?**
Answer: No, being on hormonal birth control, such as the pill, does not affect your long-term fertility. Most people can conceive shortly after stopping the pill.

If you would like to know more about the different types of contraception, click here to access [methods of contraception available in Northern Ireland](#).

Information overload: How to fact-check sexual health information

There is a vast amount of sexual health information online. Follow these steps to ensure you are using reliable, evidence-based sources.

How to fact-check sexual health Information

Identify reliable sources:

- Look for information from reputable organisations such as government health departments, recognised medical institutions, or established sexual health organisations.
- Trusted sources: www.sexualhealthni.info and HSCNI, NHS or WHO are excellent starting points for getting accurate information.

Cross-reference information:

- Check multiple reputable sources to see if information is consistent.

Consult healthcare professionals:

- If you have a specific question or concern, consider reaching out to a healthcare provider or a sexual health clinic. They can provide personalised advice and clarify any doubts you may have about the information you find online.

Campaign resources

Social media posts



Ready-to-use content (posts, images) for Facebook, Instagram, X, LinkedIn, websites.

Hashtags to use:

- #SexualHealthWeekNI2026
- #WhoDoYouListenTo

Follow us to stay up to date with this initiative:

- Facebook [@PublicHealthAgency](#)
- Instagram – [@PublicHealthNI](#)
- LinkedIn – [Public-Health-Agency-pha](#)
- X – [@PublicHealthNI](#)
- Vimeo – [PublicHealthAgency](#)
- YouTube – [PublicHealthAgency](#)
- Websites – [Public Health Agency](#), [Sexual Health NI](#)

Graphic	Caption
	<p>The theme of this year’s Sexual Health Week campaign (14-21 February) is Sexual Health Information: who do you listen to? Reliable and trusted information and answers to frequently asked questions can be found at the link below. www.sexualhealthni.info .</p> <p>#WorldSexualHealthWeek2026NI</p> <p>#WhoDoYouListenTo</p>
	<p>Sexual Health Week (14-21 February)</p> <p>Whether you’re in a relationship or not, it’s healthy to talk about sex. However, many people can feel embarrassed discussing their sexual health with a parent, leading them to look for information and advice from less reputable sources.</p> <p>A good reliable place to start is www.sexualhealthni.info.</p> <p>#WorldSexualHealthWeek2026NI</p> <p>#WhoDoYouListenTo</p>
<p>Video of Frances Dowds</p>	<p>The theme of this year’s Sexual Health Week campaign (14-21 February) is Sexual Health Information: who do you listen to?</p> <p>Information Overload?</p> <p>There is a vast amount of sexual health information online. Here are 3 easy steps you can take to be sure you are making informed decisions from reliable resources. Identify a reliable source for information, Cross Reference what you read and if in doubt Consult a professional.</p> <p>Start with websites like www.sexualhealthni.info</p> <p>Being informed about sexual health gives you the confidence to make decisions about your own body and to understand what is right for you.</p> <p>#WorldSexualHealthWeek2026NI</p> <p>#WhoDoYouListenTo</p>

Tagging:

X	Facebook	Instagram
<ul style="list-style-type: none"> • @healthdpt • @commonyouth • @PositiveLife_NI • @ICNI2019 	<ul style="list-style-type: none"> • @DepartmentOfHealthNI • @commonyouthbelfast • @TheRainbowProjectNI • @PositiveLifeNI • @InformingChoicesNI 	<ul style="list-style-type: none"> • @department_of_health_ni • @common_youth • @therainbowprojectni • @positivelife_ni • @informing.choices

Posters, web banner and email signature (digital only)

Digital materials are designed to promote SHW 2026 and are for use by voluntary and community sector organisations, clinics, schools, universities.

Posters: #SexualHealthWeekNI2026

These digital materials were designed to promote Sexual Health Week for use of public, clinics, schools, universities and workplaces are available to download.

Download below:

Posters and social media posts

How to use it: Optimised for printing, online news and sharing on social media platforms (Instagram, Facebook, X)

[Click to download poster 1](#)



[Click to download poster 2](#)



[Click to download poster 3](#)



Click to download insta 1



Click to download insta 2



Click to download insta 3



Web banner and email signature

How to use it: Add to websites, newsletters, email footers to spread the message.

Email signature (download)



Web banner (download)



Press release

- Access published press release on [PHA's corporate site news page](#) to be released on **Wednesday 11 February 2026**

Evaluation and impact

- Share how you use the toolkit and report on social media engagement, hashtag reach, website visits, downloads, and event participation on your channels and platforms.
- Collect feedback from participants to measure awareness and engagement and send us some quotes.

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