



# GOT

## QUESTIONS about...

**CONSENT?**  
*Relationships?*  
**Having SEX?**  
*contraception?*  
**Sexuality?**



**CONTACT  
SPECTRA**

### CONTACT DETAILS:

[www.spectra-london.org.uk/spectra-in-merton/](http://www.spectra-london.org.uk/spectra-in-merton/)

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Peer services, improved lives

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Spectra provides non-judgemental, confidential information, support and guidance through free:

## 1:1 MENTORING

*OR Groupwork sessions  
Covering a variety of  
topics, chosen by you.*

Including, but not limited to:

**Relationships,**  
**CONTRACEPTION**  
PORNOGRAPHY, STIs  
**Sexuality & Self-esteem**

## ADDITIONAL INFORMAL DROP-IN CLINICS FOR:

*STI screening*

C-CARD REGISTRATION

CONDOM DISTRIBUTION

*CONTRACEPTION ADVICE  
& PROVISION*

PREGNANCY TESTING



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If you are interested in any of  
our confidential services, please get in touch:

## CONTACT DETAILS:

CAT ARCHER – Young Person's Sexual Health Coordinator, Merton  
[cat@spectra-london.org.uk](mailto:cat@spectra-london.org.uk) / 07712 404251