



**Donegal Youth Council**  
Comhairle na nÓg Dhún na nGall  
Shaping Our Future Ag Múnlú ár dTodhchaí

**PRESS RELEASE – EMBARGO 4pm SATURDAY 12<sup>th</sup> APRIL 2014**

**DONEGAL YOUTH COUNCIL LAUNCH SHAM WEBSITE**

**Donegal Youth Council have launched their new SHAM (Sexual Health And More) website, which is a new signposting website which links all the services that exist in relation to Sexual Health in Donegal and other related services in the county.**

This website, which can be found at [www.sham.ie](http://www.sham.ie), was developed by a subgroup of the Donegal Youth Council all aged 16+ as a way of informing young people and adults better in the county about both looking after their own sexual health and also what services are there should they find themselves in a moment of personal crisis. The site also features a number of groups who provide education and resources in relation to sexual health in the county, as well as reviews of a number of services written by Youth Councillors, which are aimed at giving people a better understanding of what exactly happens if you chose to or need to access one of the services. There is also a useful links section to the website, which will direct users to a number of HSE approved sexual health information websites.

Gemma Lynch is the Deputy Chairperson of the Donegal Youth Council and has been heavily involved in the development of the website. “As part of our role on the Youth Council a number of us sit on the Donegal Sexual Health Forum and during one of the meetings it emerged there was no central information point online for all these important services despite many of them having individual online sites. We took it on as a project to look at addressing this and over the last few months we have worked to create the SHAM site. We are really proud of it and we hope it becomes a really useful resource where people can find out more about all these services that are doing important work in the county.”

The Donegal Youth Council is a group of 36 young people aged 12-18 years, who identify issues and promote projects to improve the lives of young people in Donegal. The Youth Council aim to represent the views and opinions of the youth of Donegal, by building and strengthening links with people and organisations that impact on young people’s lives.

**Donegal Youth Council is funded by the Donegal County Council, HSE Health Promotion and the Department of Children & Youth Affairs and is co-ordinated by the Donegal Youth Service at local level. For more information on Donegal Youth Council you can contact Co-ordinator Martin Keeney on 087-6806676.**