



A happy, healthy digital world of sex ed.

By young people, for young people.

Annual Report 2023-2024



- Introduction to Fumble
- Organisation structure
- Activities and impact
- Plans ahead
- Message from the CEO
- Fumble's accounts for 2023-24

Introduction to Fumble



Fumble

Our mission

How?

Through our top quality co-created digital content and our programme of workshops, advocacy, and consultancy.



Introduction to Fumble

Fumble is a multi-award-winning youth charity, leading the way in supporting young people with their mental health, sexual health and relationships in the digital age.

***'Fumble is like the knowledgeable best friend every young person needs when growing up. A handbook for everyone, to guide them in making the right sex and relationship choices for themselves.'** Amy, 19*

Established in 2017 by a team of volunteers in their twenties, Fumble exists to create a happy, healthy and free digital world of relationships, sex and health education (RSHE) for young people.

As a nationally-recognised charity, we believe that all young people deserve quality, accurate education about sex, relationships, their bodies, their identities and their mental health. We understand that for many young people, the digital world is where they primarily seek and engage with this information and so, we aim to meet them where they are in a safe and non-judgemental way.

As young people's relationships with their devices has increasingly come under scrutiny, Fumble tries to relate constructively to young people's contemporary digital lives, given them safe and reliable information and guidance for this era.



Our charitable objective is advancing the education of the public, particularly young people up to the age of 25, on RSHE (Relationships, Sex and Health Education). We do this through our trusted, quality, co-created digital content and our specialised programme of RSHE advocacy, training and consultancy.

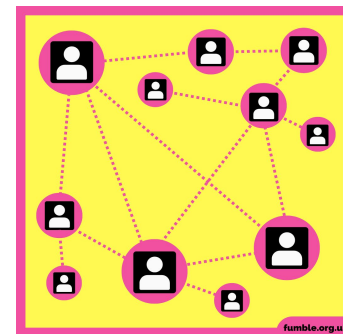
All of Fumble's activities are developed in line with our guiding values to be:

- **Collaborative**
- **Inclusive**
- **Fun**
- **Safe**

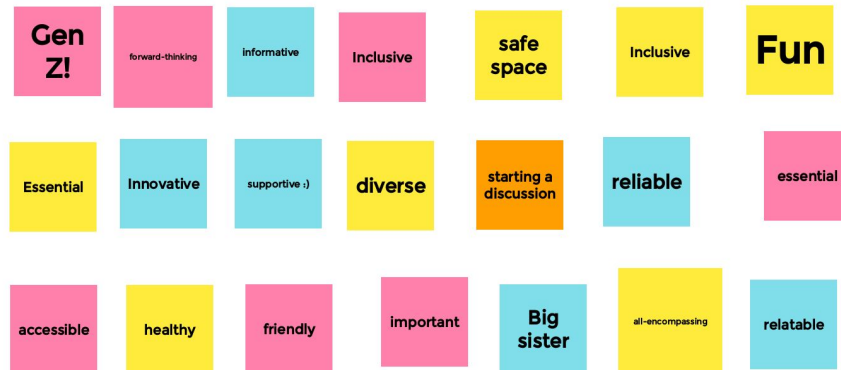
Safeguarding and quality control is the bedrock of everything we do at Fumble. We exist to ensure young people can lead safe, happy, healthy lives, and so, we take our responsibility for creating age-appropriate resources and programmes very seriously.

To ensure that we are protecting users, we have developed a suite of tools and processes that ensure our content is always accessed by young people who are developmentally ready for it.

We're guided in this by our [expert advisory panel](#), including NHS doctors, leading academics in the field of RSHE, safeguarding specialists and legal experts.



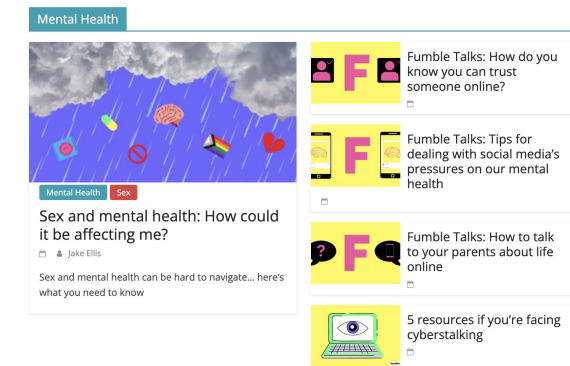
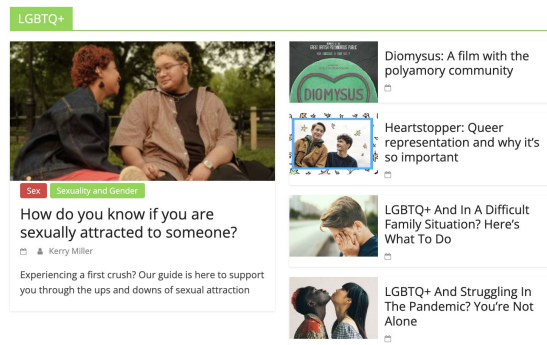
How would you describe Fumble in one word?



Fumble was born out of a recognition that young boys are often dissatisfied with the sex education they receive in traditional settings (and seek it instead in non-traditional forums like online pornography) whilst the sex education young girls receive is often disempowering in its tone, marginalising their agency and pleasure.

Within this context, Fumble aims to provide relatable and informative sex ed for all young people and we especially aim to meet the needs and experiences of young people that have been traditionally left out of mainstream provision of sex education, including:

- LGBTQ+ young people
- those living with disability
- those struggling with their mental health
- those from racialised communities (i.e. communities who have been categorised and 'othered' by white-majority systems based on their skin colour or other cultural or religious features).



Introduction to Fumble

We are proud of our impact to date. In our first four years of operating as a registered charity, we have reached over **2.5 million UK young people online**, and **worked directly with over 750 young people** to co-create everything Fumble does. We are working with tools from the YMCA George Williams College in the coming period to further demonstrate our positive impact with and for young people, on both an individual and societal level.

This Annual Report outlines how we have delivered our transformative impact during 2023-24, and details how our unique, urgently-needed service is supporting the lives of young people in the UK today. Thank you for reading.

“Teenagers are going to want to explore: instead of trying to stop them, it’s best to provide them with the answers they need.”

Matt, 17



Winner 2024



UnLtd  **Award Winner**



Partner member

Organisation Structure

Core team, freelancers and volunteers

Core Staff Team!



Lucy Whitehouse
CEO



Emilie Cousins
Programme Manager



Kerry Miller
Digital Content Lead



Sandy Swain
Social Media &
Comms Officer



Jess Freitas
Relationships &
Engagement Officer

Freelancers & volunteers!



Jake Ellis
Graphic Designer (freelance)



Naz Toorabally
Digital Content Lead
(freelance)



Sakira Intrabal
Project & Comms Support
(volunteer)



Farrah Frost
Digital Marketing Consultant
(volunteer)

Trustee Board



Charlotte Chorley
Chair



Amy Thompson
Trustee and Secretary



Dr Emily Setty
Trustee



Ellie Stone
Trustee



Chris Pugh
Trustee



Hannah Wrathall
Trustee

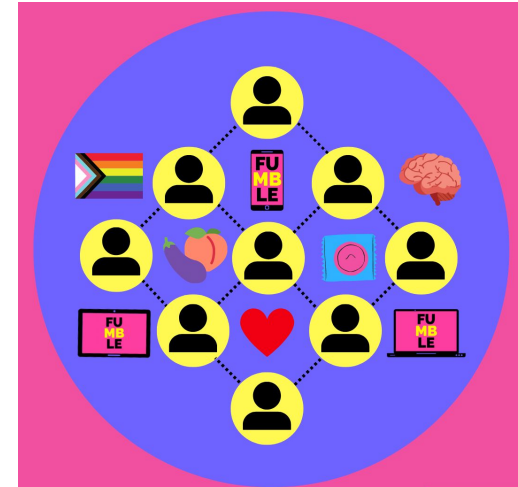
Our **Youth Advisory Board (YAB)** ensures that lived, current experiences across a diverse group of young people drive Fumble's services and steer everything we do.

Currently, the YAB comprises young people aged 16-21 who live across the UK (we recruit new members on an ongoing basis, [see here](#)).

Our YAB is the beating heart of Fumble. It is actively involved in everything we do via a collaborative process that keeps them safe, respects their input, develops their skills, builds their confidence, and, in turn, strengthens all of Fumble's activity.

For example, our YAB members:

- Participate in the recruitment of our trustees and staff, reviewing applications and sitting on our interview panel.
- Review our policies as these evolve,
- Advise on our content, campaigns and projects,
- Help design and deliver our annual Charity Day event,
- Drive the creation of our strategy and vision.



"Fumble has honestly changed my life, and I think the content and projects produced are really necessary."

(Jo, YAB 2022)

Expert Advisory Panel



Dr Yasmin Walters
HIV and Sexual Health
Specialty Registrar,
Chelsea and
Westminster Hospital
NHS Foundation Trust



Tamsin Watson
Senior Safeguarding
Manager at
YoungMinds |
Safeguarding Lead at
Blink Mental Health



Dr Faith Gordon
Associate Professor of
Law and Deputy
Associate Dean
(Research) at The ANU
College of Law



Dr Yvette Taylor
Professor of
Education, LGBTQ+
specialist, University of
Strathclyde Glasgow



Peter Bohm
Corporate Lawyer at
gunnercooke LLP, hub
leader of Inspire* Hub
peer support group for
charity leaders



Helen Keevil
Deputy Head at
Abingdon School.
Expert in pastoral,
mental health, e-safety
& wellbeing

Our staff team and all of our programmes are constantly guided by our panel of expert advisors.

This is a group of leaders in their specialist fields, who steer our outputs and our impact.

Their active participation throughout the year ensures quality control of the highest calibre across our programmes, our content and our resources.

Our experts include **NHS doctors** (including sexual & reproductive health specialists and paediatricians), **leading academics** in the field of RSHE, **safeguarding specialists**, **digital marketing consultants**, **finance and legal experts**, and more.

Here we shine a spotlight onto six representative members of our expert advisory panel.

Activities and Impact

Our four strategic aims:

1. Support young people through co-creation and digital content

2. Become a leading voice in our sector

3. Support the trusted adults around young people

4. Become a resilient charity!

These aims have been co-developed with 200+ young people, through our [Youth Manifesto](#).

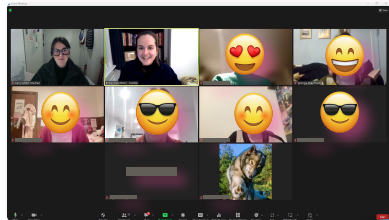
"Wow!! Absolutely inspiring, I love that your charity is so committed to tackling the problems faced by young women and girls growing up in the digital age. The way you articulate that it is not just a woman's problem, and that boys and men will also benefit from better education on this topic is amazing."

*Ellie, 17
Youth summer placement*

So, how are we doing? 🤔

1. Support young people through co-creation & digital content

We formed our **Trans+ Youth Committee** & delivered a **bespoke Safeguarding Training** to keep everyone safe.



"It was really nice to work in an environment that was so intentional and well-intended, making it feel safe to take risks and try new things."
AI, Trans+ Youth Committee

Spotlight on safeguarding

Safeguarding is the bedrock of everything we do at Fumble.
Highlights this year include...

1. Review

Our Designated Safeguarding Officer led a full safeguarding review across our training & processes.

2. Best practice & knowledge sharing

We attend an external monthly knowledge sharing session.

3. Our Expert Advisor

We're guided by our expert external advisor, Tamsin Watson, Safeguarding Manager at YoungMinds.



We received

340

responses to our trans+ youth survey helping to inform our content

We expanded our co-creation with young people!

We partnered with **National Citizen Service (NCS)** to produce a blog on **consent** using examples from Heartstopper for **Sexual Health Week 2023**. Discover our collab [here](#)

New Youth Advisory Board

We recruited a brilliant new cohort of our YAB, ensuring that lived and current experiences across a diverse group of young people continue to drive our services.

"The skills I've learned are invaluable and I've used examples from my time with Fumble in a job interview which I was successful in."

Jess, Youth Advisory Board

"It's honestly changed my life to be part of and I think the content and projects produced are really necessary."

Alex, Youth Advisory Board

A review of all our website content:

300+

articles, blog pieces, audio & support pages!

Over **2.5 million** young people reached online and

750+

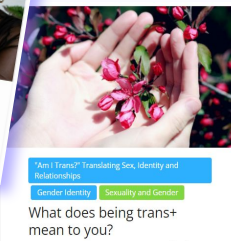
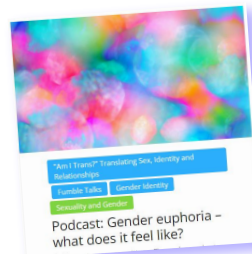
directly involved in our co-creation



1. Support young people through co-creation and digital content

With our Trans+ Youth Committee, we co-created a transformative content series: **"Am I trans?" Translating sex, identity & relationships**

including:
9 articles
5 blog pieces
2 audio episodes



"It was a good community to work with; I spend a lot of my time stressing over issues that I can't impact, so it feels really positive to finally get to make a difference."

Allie, Trans+ Youth Committee

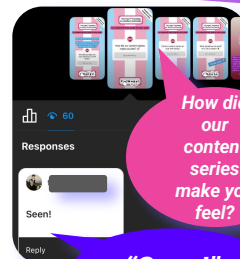
We delivered a series of trans+ focus content, reaching over 6000 young people!

"Being part of the committee introduced me to some amazing people and helped me develop my confidence in talking to others in a meeting setting, sharing my ideas, public speaking, and asking for help/setting professional boundaries and requesting reasonable accommodations for my time, emotional tether, and ability."

George, Trans+ Youth Committee

"A great opportunity and experience to gain knowledge and information on trans topics in a group of people similar to you. You feel safe and included and you gain experience for future work experiences. It's also fun and a talkable space, not only for work but you're able to talk about other topics too."

Sammy, Trans+ Youth Committee



How did our content series make you feel?

"Seen!"

More here



2. Become a leading voice in our sector

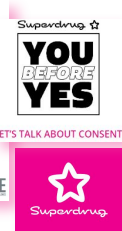
We presented at **King's College London** for a research event on sexual consent in digital cultures

We spoke on a **TRANSforming Futures** celebratory event panel!



Our CEO & Young Trustee presented at the **RCPCH annual conference**

We were thrilled to partner with **Superdrug** on their **consent campaign!**



Our Programme Manager joined **NATSAL's Advisory Board!**

Consultancy

We're a leading voice in the UK relationships & sex education sector!

Collaborations



FUMBLE FAQS

IS IT SAFE TO USE HOUSEHOLD ITEMS AS SEX TOYS?

There's a lot to unpack in this question. What type of household item? And use it how?

Broadly speaking, we advise that people don't use anything as a sex toy that hasn't been specifically made for the purpose. Household items are generally very sensitive parts of our body. Our Mark Hill 2020 research shows that 30% of people have used a household item as a sex toy in the past, such as shower caps, lubrication, pens, lubrication, but or vag, internet, candles and kitchen rollers.

More often than not, these sorts of household items are used for penetration and this is really unsafe. No-one wants to end up in hospital because they can't get an item out of their vagina or anus, or because the item has caused internal damage. Sex toys have a base, handle or string, so that they can be easily removed without getting stuck. It's especially important that anal toys have a wide base, so that nothing gets pulled into the rectum past the sphincter (this is because of the vacuum-like pressure of the rectum - very different to the vaginal canal where no toy will be able to pass through the cervix).

We advise against using household items, particularly for penetration, but there are some ways to be safer:

- Put a condom over the item if possible - this makes it as hygienic as possible (sterile items or disposable gloves could work if not)
- If it's not possible to put a condom over the item, make sure it's clean
- Don't use any item with sharp edges, corners or prying parts that could cut you or cause damage
- Don't use any item that could rupture or break off inside you
- Use lubrication to help straighten away if anything goes wrong - don't let embarrassment stop you from speaking to a doctor

That said, we don't recommend household items inside.

- Pillows or any soft bedding for humping (just make sure you're able to put it in the wash afterwards)

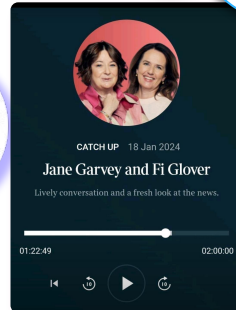


Listen here

Press & media



Fumble x Mark Hill campaign featured in **Cosmopolitan** & **Prolific North**



"It really is the ignorance of an older generation about technology that has led to so many really dark and difficult things happening for the younger generation, but just one look at the Fumble website does make you realise how easy it is to educate - Jane and I would both like to congratulate you on the website and everything you do."



3. Support the trusted adults around young people

"Really clear resources, knowledgeable & engaging host. Am now full of ideas to go back to work with."
Webinar attendee

★100%★
of attendees
would
recommend!

Live workshops
and online
masterclasses

Thursday, 25 July

Free bitesize learning webinar on
supporting trans+ youth

Supporting trans+ youth

Sex ed support for adults

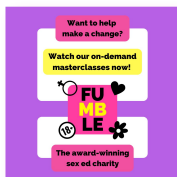
[More here](#) ★



We expanded our support
for trusted adults!

Some highlights...

Guide for trusted
adults supporting
trans+ youth



As a foster carer who has supported two transitioning young people, albeit for a short time, I found this guide hugely informative and will pass on to others who are caring for those with both gender identity and childhood trauma. Thank you Fumble



[Read
here](#)

Fumble's in a book!

We contributed examples of our work to **Children, Young People and Online Harms: Conceptualisations, Experiences and Responses**



Presented at a
national
Sex Education
Forum event

Our Programme Manager
presented Fumble's work
to an audience of
50+ professionals
in our sector:
from local authorities,
national & local voluntary
sector organisations,
social enterprises,
universities & schools

4. Become a resilient charity!

Funding successes!



THE ELLIS CAMPBELL
FOUNDATION



Charitable Trust



Thank you to all
our supporters!

Our Youth Advisory Board (YAB) member,
Amy, moved on from her three years on
the YAB to become our first ever
Young Trustee!

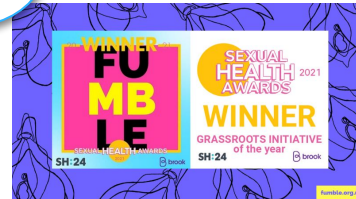


**We're a resilient
small charity!**

Some highlights...

We were selected from
150+
applications for the
Weston Charity
Award 2024

Our **core Staff
Team** grew from
two to five
members!



UnLtd  Award Winner



We're multi-award
winning!

pilotlight
Partner Charity

**Weston Charity
AWARDS**



What our supporters are saying...

"My Rainbow Club [LGBTQ+] love the resources on Fumble and are avid users of the website."

Teacher

"I wish something like that had existed when I was growing up. It's so important to have open, honest dialogue with young people about sex."

Parent/carer

"Excellent work. Such a valuable resource, badly needed. Thank you."

Parent/carer

"It's cool how much work you guys do directly involving young people."

Teacher supporter

"It's been a real joy to hear the work you do with young people. I have learnt lots on a professional and personal level and am inspired and in awe of your fabulous team, your vision, and your approach to filling in the gaps for young people (and adults!) around sex and sexual health."

Health Improvement Manager, NHS

"I know that high quality RSE lessons can't ever be the whole solution. What's always been missing is a safe online space to take learning forward away from the classroom. Finally, someone is joining the dots!"

School Governor

"I genuinely believe that Fumble is offering something unique and essential for young people."

Dr Emily Setty, University of Surrey

Plans Ahead

To continue building on our success so far, our 2024-2025 strategy continues our four core aims:

1) Support young people through further co-creation and digital content 📱

- Co-create and publish new priority content on our core theme of **'girls and young women'**.
- Launch recruitment drive for our Youth Advisory Board, with a **focus on diversity**: specifically reaching out to boys and young men, as well as young people from racialised communities
- Continue our **Rolling Review** of content to ensure our website content remains top quality and relevant to young people's reality.

2) Continue establishing Fumble as a leading voice in RSHE 🗣️

- We feature in a 2025 book by **award-winning journalist** Frances Ryan for disabled women and girls, published by Penguin.
- We're on **NATSAL's Advisory Board** ([The National Survey of Sexual Attitudes and Lifestyles](#)) for their groundbreaking national report, Natsal-4.
- Continue to work with the Sex Education Forum, respond to policy consultations, and develop our consultancy outreach.

3) Support the parents/carers and trusted adults around young people to have necessary RSHE conversations 💬

- Develop and scale our **suite of masterclasses** for trusted adults to support them to better support young people.
- Develop **supporter-facing content** on our website, supporting them to further meet young people's needs.

4) Become a resilient charity 💪

- Develop on the **Pilotlight organisational development programme**, awarded as part of the Weston Charity Awards, especially improving our evaluation and measurement to **better showcase our impact**.
- Develop a more resilient income mix, especially developing our earned income and individual giving programme, our [Friends of Fumble](#).

Message from the CEO

Message from the CEO

Fumble was started by a group of young volunteers in our twenties with lived experience of inadequate sex education.

As members of the first generation to grow up alongside smartphones and the internet, we know the significant new challenges this technology poses to young people when it comes to developing healthy understandings of relationships, health and wellbeing. We also **see the enormous potential of a happy, healthy, free digital world** of relationships, sex and health education. That's Fumble.

We're so proud of where we've managed to take Fumble as we

reach the end of our third financial year and look forward to building on this success in the years to come.

Today, **we continue to be led by young people** through our Youth Advisory Board. All of our work is co-created with young people, putting their voices at the heart of everything we do. We've reached **over 2.5 million UK young people, worked directly with over 750 young people to make it happen, and partnered with leading organisations** in our sector including NCS, YoungMinds and Brook. We're award-winning, and have been supported by some prestigious national funders, including the King's Fund via their GSK

Impact Award, Garfield Weston, and UK Youth's Thriving Minds programme.

I'm proud every day of all the volunteers, expert advisors, funders and individual supporters who have helped us get here, and who continue to play an instrumental role in making Fumble happen. **Young people today need Fumble** - the alternative is the toxic resources they end up turning to, including online pornography ⁽¹⁾ and misogynistic online influencers like Andrew Tate. ⁽²⁾

With your support, **we can continue to combat this stark reality**, working with and for

young people to, in the words of our young volunteer Ebony-Renee, **'be the voice for young people'**.

Find out more about our work, from some of the people making it happen, here: [Fumble matters](#).

Thank you, and let's keep going!

Sign up to our newsletter to keep in touch [here](#)



Lucy Whitehouse
CEO

1. <https://www.theguardian.com/society/2023/sep/13/adults-are-terrified-of-talking-to-us-about-it-10-things-i-learned-from-children-about-pornography>
2. <https://www.theguardian.com/commentisfree/2023/mar/09/andrew-tate-young-men-social-media-motivational-sexism>

Fumble's Accounts for 2023 - 2024

6 April 2023 - 5 April 2024

Financial overview

We are pleased to have maintained steady year-on-year income in this financial year, with a total income of £111,545. We have demonstrated the efficiency and impact of our operations, and have established that Fumble attracts high levels of support from both funders and individual donors.

Fumble takes its financial health seriously. We have robust financial controls in place to ensure sound financial management, risk management best practice and the financial sustainability of Fumble.

See below for a detailed breakdown of our receipts and payments during the period.

Receipts and payments

Our accounts have been prepared on a receipts and payments basis, in line with Charity Commission guidance. Our 2022/23 accounts (previous year) were also prepared on a receipts and payments basis, and as such there are no prepayments or accruals to realise this year.

Fumble's reserves policy

It is the policy of Fumble to hold in reserves the equivalent of three months of general running costs (including staff costs). A relatively young organisation, Fumble's objective is to continue to increase its reserves over time to reach and maintain six months of general running costs.

This approach is on the basis of Fumble's current commitments and expenditure, and reflects the demands of the current point in our growth. We will review this reserves policy within 12 months, or if our committed expenditure changes before that point.

Independent Examination

In line with the Charity Commission's requirements, the following annual accounts have been independently examined.

Independent examiner:

Lachlan Stibbard Hawkes
94a Tangier Road, Richmond,
TW10 5DN

Receipts and payments accounts (CC16a)

Charity name: Fumble

Charity number: 1188089

From the period from 6th April 2023 to 5th April 2024

Section A

Section A: Receipts and payments

	Unrestricted funds	Restricted funds	Endowment funds	Total funds	Last year
	to the nearest £	to the nearest £	to the nearest £	to the nearest £	to the nearest £
A1 Receipts					
Donations and legacies	90,659	16,775	-	107,434	97,322
Charitable activities	4,110	-	-	4,111	3,158
Sub total (Gross income for AR)	94,769	16,775	-	111,545	100,480
Sub total	-	-	-	-	-
Total receipts	94,770	16,775	-	111,545	100,480
A3 Payments					
Charitable activities	50,936	20,092	-	71,028	81,506
Raising funds	4,886	-	-	4,886	238
Sub total	55,822	20,092	-	75,914	81,743
Sub total	-	-	-	-	-
Total payments	55,822	20,092	-	76,015	81,743
Net of receipts/(payments)	38,948	-3,317	-	35,631	18,737
A5 Transfers between funds	-	-	-	-	-
A6 Cash funds last year end	41,414	3,317	-	44,731	25,994
Cash funds this year end	80,383	-	-	80,383	44,731

Fumble's financial accounts 2023-24

Receipts and payments accounts (CC16a)

Charity name: Fumble

Charity number: 1188089

From the period from 6th April 2023 to 5th April 2024

Section B

Section B: Statement of assets and liabilities at the end of the period

Categories	Details	Unrestricted funds	Restricted funds	Endowment funds
		to nearest £	to nearest £	to nearest £
B1 Cash funds	Cash funds in bank	80,383	-	-
	Total cash funds	80,383	-	-
	(agree balances with receipts and payments account(s))	OK	OK	OK
B2 Other monetary assets	Not applicable	-	-	-
	Details	Fund to which asset belongs	Cost (optional)	Current value (optional)
B3 Investment assets	Not applicable		-	-
	Details	Fund to which asset belongs	Cost (optional)	Current value (optional)
B4 Assets retained for the charity's own use	Not applicable		-	-
	Details it	Fund to which liability relates	Amount due (optional)	When due (optional)
B5 Liabilities	Not applicable		-	

Trustee's Declaration

The Trustees declare that they have approved the Trustees' Report and annual accounts above.

Signed on behalf of the charity's trustees:

Signature: 

Full name: Charlotte Chorley

Position: Chair of Trustees

Date: 29th November 2024



Charlotte Chorley
Chair 2023-24

fumble.org.uk



Registered charity 1188089 | [Twitter](#) | [Facebook](#) | [Instagram](#) | [LinkedIn](#)

Fumble's generous supporters in 2023-24 included

