



## **Workshop 1**

# **Introduction to Sexual Health & Screening**

A 3 hour training course on Sexual Health (SH), Sexually Transmitted Infections and STI Screening

The course covers the following topics:-

- Barriers to discussing SH
- Consequences of failing to discuss SH
- How to raise issues of sexual health with clients
- Overview of the most common sexually transmitted infections (including HIV)
- STI Screening and where to go
- Risk reduction, high risk groups and condom use

## **Workshop 2**

# **Introduction to Contraception, Pregnancy and TOP**

A 3 hour training course on Sexual Health, Sexually Transmitted Infections and STI Screening

The course covers the following topics:-

- Barriers to discussing contraception
- Consequences of failing to discuss contraception
- Overview of all forms of contraception

- EHC
- Overview of pregnancy testing
- Overview of options available for termination of pregnancy

## **Workshop 3**

# **Sexual Health and Young people**

A 3 hour training course on supporting young people with their own sexual health

The course covers the following topics:-

- Barriers to discussing SH with young people - (own assumptions, conservative views)
- Consent and the Law
- Fraser Guidelines
- Modern relationships
- Normal behaviour versus risky behaviour
- Challenging risky behaviour
- Sexuality

## **Workshop 4**

# **Practical Approaches to delivering Sexual Health information**

A 3 hour training course on practical approaches in delivering Sexual health support to young people in a group environment or on a 1-2-1 basis

The course covers the following topics:-

- Barriers to group work



- Importance of group agreements
- Resources available
- Activities
- Benefit of working in pairs
- How to keep your professional relationship
- We are always here to help

## **Workshop 5**

# **RSE for people with learning difficulties**

A 3 hour training course on RSE for people with learning difficulties

The course enables the learner to:-

- Be able to define their roles and responsibilities regarding RSE
- Understand how personal values and attitudes can impact upon their work
- Be aware of the key legal issues relating to PWLD and sexual health
- Be aware of the range of local sexual health resources and services and how to signpost them.