

Sexual Health Promotion Training 2010-2011

**Courses are FREE to anyone working
across the Northern Health and Social
Care Trust Area**

For further details regarding courses contact:

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SEXUAL HEALTH TRAINING 2010-2011

SEXUAL HEALTH UPDATE TRAINING ½ day training

Sexual health update training will consider methods of contraception, sexually transmitted infections and working with young people. There will be input from the Family Planning Service and Genito-Urinary Medicine (GUM). This is the same course that ran during 2008.

Target group: Those working with young people and others who wish to update their knowledge around these areas.

Date: **Wednesday 22nd September 2010**

Venue: Ballymena North

Times: Registration from 9.45. Course begins at 10am until 1pm

HIV/AIDS TRAINING ½ day training

HIV/AIDS training leading up to World AIDS Day 1st December. This session will explore HIV and will cover the following: increasing understanding of HIV/AIDS, preventing transmission of the virus, management of infection and providing information on local support.

Target group: Staff, Community, Voluntary Organisations

Dates & Venue: **Wednesday 24th November 2010**, Boardroom, Holywell
Tuesday 30th November 2010, Seminar Room 2, MDEC,
Coleraine Hospital

Times: Registration from 9.45. Course begins at 10am until 1pm

TALKING TEENAGERS 1 day training

Talking Teenagers training covers listening and communication skills relating to risk taking behaviour such as sexual health, drugs, alcohol, mental health and smoking. A free CD of the resource pack is given to those attending the full day.

Target group: Those working with the parents of teenagers

Dates & Venues: **Thursday 30th September 2010** Parish Centre, Ballymena
Thursday 24th February 2011 Tweed Room, Ballymoney

Times: Registration from 9.45. Course begins at 10am until 4pm

SPEAKEASY 1 day training

The aim of this course is to empower participants to encourage and promote communication and resilient skills with parents, particularly when talking about sexual health and sexuality.

Target group: Those working with parents and carers

Dates: **Thursday 24th June 2010**

Venue: Tweed Room, Ballymoney

Times: Registration from 9.45. Course begins at 10am until 4pm

SPEAKEASY PARENTS SESSIONS

Speakeasy will also run throughout the year as a course specifically for parents (dependent upon demand). It will run for a few hours over 4-5 weeks. If you want to set up a course for parents you are working with or if you are a parent and want tips for talking to your kids about sexual health and sexuality

contact Janice for more details. Courses will be planned according to requests received.

KASH (Kids, Alcohol and Sexual Health) 1 day training

This training will consider the links between sexual health and alcohol providing practical activities for use with young people.

Target group: Those working with young people

Dates: **Thursday 7th October 2010**

Thursday 3rd February 2011

Venue: TBC

Times: Registration from 9.45. Course begins at 10am until 4pm

LGB SEMINAR ½ day Session

This seminar will raise awareness of LGB (Lesbian, Gay, Bisexual) issues including research into health needs. Information will be provided on sexual orientation discrimination legislation as well as information on how to support service users and the provision of relevant information.

Target group: NHSCT staff, other statutory organisations, voluntary and community organisations.

Date: TBC

Venue: TBC

Times: TBC

BOUNCE 1 day training

Developing resilience in young people using practical activities linked to theory.

Target group: Those working with young people including NHSCT Staff, other Statutory Organisations, Community and Voluntary organisations

Dates and venues: **Thursday 27th May 2010** Parish Centre, Ballymena

Thursday 3rd June 2010 Tweed Room, Ballymoney

Tuesday 9th November 2010 Parish Centre, Ballymena

Times: Registration from 9.45. Course begins at 10am until 4pm

SEXeLEARNING

Sexelearning is an online resource which offers a variety of learning tools to support a range of professionals who are working with young people under the age of 25. To use this resource you can visit www.sexelearning.org.uk and register to get a username and password. The website comprises 3 areas:

1. LEARN – 6 ELearning modules taking lecturers 6-8 hours to complete. Modules include: Introduction to sexual health and sexuality, getting to know you, talking about sex, sexual development and growth, sexual health: a public health issue, the legal framework.

2. Share – discussion rooms

3. Support – additional resources including references, sexual health research and useful organisations.

There is NO cost to access this website and a certificate of completion can be printed off after completing the course.

Sexelearning has been produced and is updated by the Southern Health & Social Care Trust.

