

---

**Bath & North East  
Somerset Council**

---



[www.safebanes.com](http://www.safebanes.com)

# **Sexual Health Training Programme 2019/20**

## **CONTENTS**

<b>INTRODUCTION &amp; OUR PRINCIPLES</b>	<b>3</b>
<b>HOW TO BOOK, CANCELLATIONS &amp; BOOKING CONDITIONS</b>	<b>4</b>
<b>WHO CAN ATTEND, TRAINING ON REQUEST &amp; BESPOKE COURSES</b>	<b>5</b>
<b>MAIN TRAINING COURSES</b>	<b>7</b>

## Introduction

Ensuring sexually active adults and young people are free from sexually transmitted infections and unplanned pregnancies, and ensuring young people are supported to have choice and control over their sexual relationships are the key outcomes in the Bath and North East Somerset Council Sexual Health Strategy. The sexual health training programme looks to support the attainment of these outcomes and has been successfully delivered for over six years.

Professionals from a variety of local organisations work together to deliver the training programme. We aim to develop the skills, knowledge and confidence of all professionals who attend our training so they can provide non-judgemental and balanced sexual health advice and services.

## Our principles

This training programme has been developed with the latest evidence and supporting policies in relation to sexual health and young people. The evaluation results from the 2018/19 training programme have also been used to develop courses within the programme and we aim to comply with the *Recommended Quality Standards for Sexual Health Training* which are to:

- Prepare training participants to offer high quality person-centred services
- Enable training participants to be competent in practical skills where appropriate
- Prepare training participants to support people (e.g. patients, clients, service users, community members, students and pupils) to make informed sexual health and relationship choices

As a result we believe our training should:

- *Prepare you to support individuals and groups to manage their own sexual health in ways that are enjoyable, safe and consensual*
- *Develop and promote an understanding of individual and collective rights and responsibilities in relation to sexual health*
- *Play a part in the reduction of inequalities, particularly in relation to sexual health education and sexual health service provision and delivery*
- *Support and promote partnership, multi-agency and multi-disciplinary approaches where appropriate*
  - *Highlight evidence-based guidelines and best practice where appropriate*
  - *Help you to challenge discrimination, stigma and prejudice*

In short, we try to ensure that our training is interactive, practical and person-centred!

## How to book and how to get there

All courses are free to those working with young people and/or parents and carers in Bath and North East Somerset. All courses are available no matter what your ability or previous experience is, or what your professional background is.

To book a place on any course, you need to access the Bath and North East Somerset Council Learning Pool website at <http://bathnes.learningpool.com/>. Professionals who do not work for B&NES Council can create an account at the Learning Pool by clicking *Non-Council Staff* then *Support and Login Options* then *Create New Account*. If you have any problems in creating an account or making a booking please contact the Children and Adults Workforce Training Team on **01225 394210** or [childrensandadultsworkforce\\_training@bathnes.gov.uk](mailto:childrensandadultsworkforce_training@bathnes.gov.uk)

Places are provided on a first come, first served basis. Courses are designed for a minimum of six people and a maximum of fifteen people.

Most training courses take place at either the Community Space, or in training rooms, both of which are at **Keynsham Civic Centre, Market Walk, Keynsham, BS31 1FS**. There is pay and display parking available close by and Keynsham rail station is a 10 minute walk away. A map is here <https://goo.gl/maps/jJpprYAWZDH2>

## Booking and cancellation terms

Booking onto training indicates your commitment to attend the complete course and full acceptance of the following terms and conditions. These terms will apply at all times unless otherwise stated.

### If we cancel a course

We will endeavour to only cancel a course if the numbers applying are so small as to make the event unworkable – usually less than six people. You will be notified as early as possible.

### If you have to cancel

The training is provided free of charge and is usually in high demand. Non-attendance without prior notice can be really disruptive and affect the entire session for both delegates and facilitators.

Cancellations made less than 10 working days before the course date or non-attendance on the day will incur a charge of **£100** for a full day course (5 hours or more) and **£50** for a half day course (up to 5 hours).

You can transfer your place to a colleague if you are unable to attend, provided that you amend the booking on the Learning Pool or notify the Children and Adults Workforce Training Team of the change in advance. We make no exceptions so please let us know early if you intend to cancel!

## **Who should attend training?**

When booking can you please check all the information about the session including the target group so that you are aware of the content and who should be attending. If you need further information please contact [paul\\_sheehan@bathnes.gov.uk](mailto:paul_sheehan@bathnes.gov.uk)

Courses aim to start and finish on time so it is recommended that you arrive around ten minutes before the course is due to start to allow time for registration.

We do not provide refreshments but our venue is close to supermarkets, cafes and other venues where you can purchase your own food and drink beforehand.

## **Training sessions available on request and bespoke training**

In order to make training more accessible some courses are available on request to individual teams.

As above, these courses are provided free of charge but it is expected that a training venue or room is provided by the requesting organisation and a minimum of **six** participants (or the whole team) must attend the session. The following courses are available on request:

### **Condom Card (C-Card) training**

The C-Card scheme is a free condom distribution scheme, enabling young people between the ages of 13 and 24 to access free condoms from various locations across B&NES. This course will help you understand the rationale and process in becoming a C-Card scheme provider. If you are new to a service which provides the C-Card scheme, you must receive this training to enable you to provide the scheme. We are always encouraging new services to become C-Card providers – so this training is also for you!

#### **Learning Outcomes:**

By the end of the session participants will:

- Understand the sexual health and relationship behaviours of B&NES Young People, and how this links to the attitudes and values of C-Card trained staff
- Be able to implement safer sex and healthy relationship information and messages as part of a safe and sex positive approach to sexual health; and in line with safeguarding protocols
- Understand, implement and signpost to SAFE accredited venues, with an aim to delivering a young person friendly approach to relationship and sex education interventions and service

## **Becoming a SAFE Branded Service**

The SAFE branding scheme, based on quality criteria for young people friendly services, is for all organisations in BANES that provide sexual health information, support and advice to young people. It is vital that local services strive towards achieving and maintaining SAFE, to ensure young people know they'll receive a quality service.

If you are considering becoming a SAFE branded service, please request this training and we will be happy to provide help and support for your service to achieve branding.

### **Learning Outcomes:**

By the end of the session participants will:

- Understand the background and development of the SAFE branding scheme
  - Understand the SAFE branding criteria
- Have started to complete a SAFE action plan or
  - Will be working towards their SAFE review
  - Be up to date with SAFE resources

## **Pharmacy Sexual Health Enhanced Service training**

Community pharmacists wishing to provide the local sexual health enhanced service in B&NES pharmacies must complete the four part accreditation including CPPE Emergency Hormonal Contraception, CPPE Safeguarding Children, DBS check and attendance at the B&NES training event (this course!). The aim of the course is to provide community pharmacists with understanding on how to implement the local sexual health enhanced service in B&NES pharmacies.

### **Learning Outcomes:**

By the end of the session participants will be able to:

- Understand service provision including accreditation process, assessment, referrals and signposting
  - Understand why we need to provide EHC and how to improve provision
- Understand young people's sexual health behaviours, and how the SAFE accreditation for a 'young person friendly' service can decrease the barriers to young people accessing services.
- Understand patient group directions (PGDs) and the legal aspects of medication provision via this route

If you feel the training courses provided in this brochure don't meet your needs then please get in touch to discuss the possibility of us delivering bespoke training. It's still free of charge but we ask that a minimum of **six** participants attend and that you provide us with a training venue or room. If you have any further enquiries regarding any aspects of our training contact [paul\\_sheehan@bathnes.gov.uk](mailto:paul_sheehan@bathnes.gov.uk)

## **Course 1**

### **Supporting Young People with their Sexual Health**

A one day course for those who want to work more effectively with girls and young women and/or boys and young men. This course explores factors that need to be considered when planning sexual health interventions with young people and identifies the issues that arise when working with boys and young men and girls and young women.

The aim of the course is to develop basic knowledge and skills for those working with young people around sexual health and for those wishing to learn more about effective practice with girls and young women and boys and young men.

#### **Learning Outcomes:**

By the end of the session participants will be able to:

- Understand the sexual health issues of young people and how they can affect boys/young men and girls/young women
  - Recognise the impact of role models on sexual health and well-being
- Understand the importance of self-esteem and self-image when working with young people, and its links to risk taking behaviours.
- Understand the effects of masculinity as a barrier for boys and young men when accessing sexual health services
  - Develop practical skills and strategies to use when working with young people
  - Be able to signpost young people to appropriate services to meet their specific needs

#### **Course date, time and venue:**

**Mon 3rd February 2020; 10am – 3pm; Room W1.3, Keynsham Civic Centre, Market Walk, Keynsham, BS31 1FS**

#### **Course Facilitators:**

**Kate Murphy and Viv Crouch MBE**

## **Course 2**

### **Working with Lesbian, Gay, Bisexual and Transgender (LGBT) Young People and Sexual Health**

This course is designed for those who are involved with or planning to develop awareness and confidence in working with young LGBT groups or individuals. It will provide a basic understanding of issues surrounding LGBT young people, access to services and their individual health needs.

#### **Learning Outcomes:**

By the end of the session participants will be able to:

- Raise awareness of how homophobia, biphobia and transphobia can prevent LGBT+ young people from accessing services
  - Gain awareness of information and support available for those with LGBT needs
    - Explore strategies for creating inclusive services

#### **Course date, time and venue:**

**Thursday 7th November 2019; 10am – 3pm, The Community Space, Keynsham Civic Centre, Market Walk, Keynsham, BS31 1FS**

#### **Course Facilitators:**

**Harriet Rose and Natalie Retallick**



## **Course 3**

### **Alcohol, Drugs and Risk Taking Behaviours**

This course is designed to examine some risk taking behaviours which can impact on an individual's sexual health. Forty per cent of young people said they did not use contraception on at least one occasion whilst drinking and alcohol and drug use are increasingly interlinked with sexual health concerns in young people. It is important to therefore examine what the problems are, and how, as professionals, we can help young people to minimise any detrimental effects on their sexual health.

#### **Learning Outcomes:**

By the end of the session participants will:

- Understand the problems surrounding risk taking behaviours and how they can affect sexual health
  - Have increased confidence in discussing risk taking behaviours with young people
    - Know where to access drug and alcohol support for young people
  - Have familiarised themselves with the Drinkthink brief intervention toolkit

#### **Course date, time and venue:**

**Wednesday 11th March 2020; 10am – 3pm Room W1.3, Keynsham Civic Centre, Market Walk,  
Keynsham, BS31 1FS**

#### **Course Facilitators:**

**Kate Murphy and Stefan Lee**

## **Course 4**

### **Strategies to Support the Sexual Health Needs of Young People with Learning Disabilities**

A course aimed at improving skills when working with young people who have a learning disability in a sexual health and relationships context. Suitable for anyone who comes into contact with young people with learning disabilities in their sexual health role.

#### **Learning Outcomes:**

By the end of the session participants will:

- Have explored their own and others' attitudes around sexual health and learning disabilities
- Have explored the sexual health and relationships education needs of young people with learning disabilities and how these might best be met
- Considered some aspects of the law relating to sexual health and young people with learning disabilities
- Looked at some key resources for sexual health and relationships education for young people with learning disabilities
  - Have practised the skills needed to work with young people with learning disabilities

#### **Course date, time and venue:**

**Friday 4th December 2019; 10am – 3pm, Room N3.4, Keynsham Civic Centre, Market Walk, Keynsham, BS31 1FS**

#### **Course Facilitators:**

**Kate Murphy and Viv Crouch MBE**

## **Course 5**

### **Impact of the Internet and Pornography on Sex and Relationships**

This course aims to raise awareness of the issues associated with internet use and young people including online grooming, sexting and pornography.

The aim of the course is to provide an underlying understanding of how the media impacts on young people's behaviour and perception of body image, relationships, sex, risk and safety.

#### **Learning Outcomes:**

By the end of the session participants will be able to:

- Recognise the issues of sexualisation in the media on young people's self-esteem, self-image and perceptions of a healthy fulfilling relationship
- Recognise the short and long term impact that pornography has on young people in regard to understanding relationships, sex and consent
  - Understand the legal implications of sexting, pornography and grooming
- Understand young people's perception of risk, and identify ways that young people can protect themselves and minimise risks e.g. grooming
- Acquire skills to support young people and their parents/carers around issues associated with internet use

#### **Course date, time and venue:**

**Friday 7th February 2020; 10am – 3pm; Room W1.2, Keynsham Civic Centre, Market Walk, Keynsham, BS31 1FS**

#### **Course Facilitators:**

**Kate Murphy and Viv Crouch MBE**