

**www.safebanes.com**

**Sexual Health**

**Training Programme**

**2021/22**

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**Introduction**

Supporting young people to have choice and control over their sexual relationships and ensuring sexually active adults and young people are free from sexually transmitted infections and unplanned pregnancies, are the key outcomes in the Bath and North East Somerset Council Sexual Health action plan. The sexual health training programme looks to support the attainment of these outcomes and has been successfully delivered since 2012.

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

**Our principles**

This training programme is based on the latest research and evidence, supporting current policies in relation to sexual health and young people. The evaluation results from previous training programmes have been used to review and develop courses within the programme. This programme aims to comply with the *Recommended Quality Standards for Sexual Health Training* which include:

* 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 an active role 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*

We always strive to ensure that our training programme is interactive, practical, and person-centred and we welcome any feedback.

**How to book**

All courses are free to anyone working with young people and/or parents and carers in the Bath and North East Somerset area.

Places are provided on a first come, first served basis with limited spaces available. To book a place on any of the courses on the programme, please visit the Eventbrite page at: <https://www.eventbrite.co.uk/e/sexual-health-training-programme-202122-tickets-163886197027>

If you have any problems making a booking, please contact billie\_turner@bathnes.gov.uk.

**Location**

This year we are offering a hybrid programme with a mix of online and face to face training. All online training courses will be delivered via Zoom. Details of how to access the courses will be sent to the email address registered on Eventbrite.

The location of in-person training sessions is yet to be confirmed. Further details will be available in due course.

**Booking and cancellation terms**

Booking a place 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. In the event of a cancellation, you will be notified as early as possible.

**If you cancel a course**

The Sexual Health Training Programme is free of charge to all those working in a professional and volunteer capacity the Bath and North East Somerset area. It is usually in high demand, so early booking is advised.

Cancellations made less than 10 working days before the course date or non-attendance on the day will incur a charge for the delegate (see below table of charges).

You can transfer your place to a colleague if you are unable to attend, please make sure that you cancel the booking on Eventbrite or the Learning Pool or notify billie\_turner@bathnes.gov.uk.

**We make no exceptions so please let us know early if you intend to cancel.**

**Cancellation charges for Public Health training programmes**

|  |  |  |
| --- | --- | --- |
| Organisation / Agency  | Full day course  | Half day course  |
| B&NES Clinical Commissioning Group B&NES Council Police | £70 | £35 |
| Agencies with an annual turnover of less than £100,000Home based Early Years setting | £35 | £20 |
| B&NES Maintained Schools B&NES Academy Schools B&NES Colleges Care Homes Domiciliary CareGPsGroup based Early Years settings Non – profit making Commissioned Services with an annual turnover of more that £100,000 (including Virgin Care and RUH staff) | £70 | £35  |
| B&NES Independent Schools B&NES University All Other Organisations (including independent contractors) | £100 | £50 |

**Who should attend training?**

When booking can you please check all the information about the session so that you are aware of the content. If you require further information about any of the courses please contact billie\_turner@bathnes.gov.uk

The online courses and face to face courses aim to start and finish on time, so it is recommended that you aim to sign in or arrive before the course is due to start to avoid any disruption.

For those attending in-person training sessions, we do not provide refreshments, but you are welcome to purchase your own food and drink beforehand.

**Training sessions available on request**

In order to make training more accessible, some online courses are available on request to individual teams. These courses are provided free of charge. A minimum of **six** participants (or the whole team) must attend the session with a maximum of **sixteen** participants per session.

The following online courses are available on request:

**Becoming a SAFE Branded Service (online)**

The SAFE branding scheme, based on quality criteria for young people friendly services, is for all organisations in B&NES that provide sexual health information, support, and advice to young people. It is vital that local services achieve and maintain SAFE accreditation, 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 provide help and support for your service to achieve SAFE accreditation.

**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 (online)**

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 a training on how to implement local sexual health enhanced services 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

**Regular Training**

**C-Card (Free Condom Card) training (online)**

 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 also receive this training to enable you to participate in C-Card. 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 deliver safe sex and healthy relationships information and messaging as part of a safe and sex-positive approach to sexual health, and in line with up to date safeguarding protocols

Understand the B&NES SAFE scheme and be able to signpost to SAFE accredited venues, as part of a young person friendly approach to relationship and sex education interventions and services

**Course dates, time and venue:**

**October 19th 2021– 14:00-15:30**

**December 9th 2021 – 10:00-11:30**

**February 7th 2022 – 10:00-11:30**

**March 15th 2022 – 14:00-15:30**

**April 6th 2022 - 11:00-12:30**

**Online – Zoom**

Book a place through Eventbrite: <https://www.eventbrite.co.uk/e/c-card-safe-sexual-health-training-tickets-166809167711>

**Course Facilitator:**

**Billie Turner**

**(Sexual Health Improvement Officer, B&NES)**

**Bespoke courses**

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. If you have any further enquiries regarding any aspect of our training programme, please contact: billie\_turner@bathnes.gov.uk.

**Main Training Courses**

**Course 1**

**Working with LGBTQ+ young people and sexual health**

This course is designed to develop awareness and confidence in working with young LGBTQ+ groups or individuals. It will provide a basic understanding of issues surrounding LGBTQ+ young people, barriers to accessing services and their individual sexual health needs.

**Learning Outcomes:**

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

* Understand more about LGBTQ+ young people’s identities and experiences including of homophobia, biphobia and transphobia
* Have some awareness of specific barriers LGBTQ+ young people may face in accessing sexual health information and services
* Gain awareness of information and support available for those with LGBTQ+ needs
* Explore strategies for developing and implementing more LGBTQ+ inclusive services

**Course date, time and venue:**

**5th October 2021**

**10:00-14:00**

(Incl. 2 x 10–15-minute breaks and a lunch break)

**Online - Zoom**

**Course Facilitators:**

**Harriet Rose and Jack Osborne**

**(Off the Record)**

Book a place through Eventbrite: <https://www.eventbrite.co.uk/e/supporting-lgbtq-young-people-with-their-sexual-health-tickets-164013712429>

**Course 2**

**Drugs, alcohol and sexual health**

This course is designed to explore factors that could lead to risk taking behaviour in young people, particularly in relation to alcohol, drugs, and sexual health. We will also discuss how to spot signs of substance use, and associated vulnerabilities including exploitation. We will discuss effective approaches to engaging YP in these discussions and promoting harm reduction behaviour.

**Learning Outcomes:**

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

* Have a wider understanding of the challenges experienced by young people today
* Explore factors that increase the likelihood of risk-taking behaviour in relation to substances and sexual health
* To have increased confidence in discussing risk taking behaviours with young people
* To know where/how to access drug, alcohol, and sexual health support for young people
* To be familiar with helpful resources for interventions with young people including the DrinkThink intervention toolkit

**Course date, time and venue:**

**3rd November 2021**

**10:00-14:00**

(Incl. 2 x 10–15-minute breaks and a lunch break)

**Online - Zoom**

**Course Facilitators:**

**Becky Tessier and Jess Hull**

**(Project 28)**

Book a place through Eventbrite: <https://www.eventbrite.co.uk/e/drugs-alcohol-and-sexual-health-tickets-164016542895>

**Course 3**

**Basic sexual health training**

A half day course that is designed to increase basic sexual health knowledge including recognising the different types of common sexually transmitted infections STIs and the appropriate prevention, testing and treatment methods.

We will describe what we do on a daily basis working as health professionals at the Riverside Sexual Health Clinic in Bath. We will explain how Riverside can be contacted for both advice and appointments.

We will discuss how you can help us promote good sexual health in B&NES by sharing information and advice with those you work with and signposting to the relevant local services.

**Learning Outcomes:**

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

* To recognise the different types of common STI symptoms
* To understand which STIs are the most common in the B&NES area
* To know how can STIs be prevented and treated
* To signpost to appropriate local sexual health services and advice in B&NES

**Course date, time and venue:**

**7th December 2021**

**13:30-16:30**

**Online – Zoom**

(Incl. 15-minute break)

**Course Facilitators:**

**Lucy Twigger**

**(Riverside Clinic)**

Book a place through Eventbrite: <https://www.eventbrite.co.uk/e/basic-sexual-health-training-tickets-164141755409>

**Course 4**

**Supporting 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 works with young people with learning disabilities in their work 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:**

**26th January 2022**

**10:00-14:00**

**Online - Zoom**

**Course Facilitators:**

**Viv Crouch MBE and Sally Derrick**

**(B&NES School Nursing Services)**

Book a place through Eventbrite: <https://www.eventbrite.co.uk/e/supporting-sexual-health-needs-of-young-people-with-learning-disabilities-tickets-164147065291>

**Course 5**
**Impact of the internet on young people's relationships and sexual health**

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 a base 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 regarding understanding relationships, sex and consent
* Understand the legal implications of sexting, pornography, and grooming
* Understand young people’s perceptions 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:**

 **9th February 2022**

**Location: TBC**

**Time: TBC**

**Course Facilitators:**

**Viv Crouch MBE and Sally Mitchell**

**(B&NES School Nursing Services)**

Book a place through Eventbrite: <https://www.eventbrite.co.uk/e/impact-of-the-internet-on-young-peoples-relationships-and-sexual-health-tickets-164151498551>

**Course 6**

**Supporting young people with their sexual health**

A one-day course for those who want to work more effectively to support young people with their sexual health needs. 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 young people.

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 when working with young people.

**Learning Outcomes:**

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

* Understand the sexual health issues of young people
* 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 different aspects of the law regarding young people
* Understand the effects of masculinity as a barrier for 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:**

**3rd March 2022**

**Location: TBC**

**Time: TBC**

**Course Facilitators:**

**Viv Crouch MBE and Sally Mitchell**

**(B&NES School Nursing Services)**

Book a place through Eventbrite: <https://www.eventbrite.co.uk/e/supporting-young-people-with-their-sexual-health-tickets-164153171555>