

Hounslow Teenage Pregnancy Partnership

Sexual Health Training Brochure

September 2009 – July 2010

About Sexual Health Training

This booklet contains information about training which is available to anyone working with young people in the London Borough of Hounslow. Training outlined in this brochure is free for professionals working in Hounslow, with the exception of the BASHH accredited Sexually Transmitted Infections Foundation (STIF) course facilitated by the Sexual Health Clinic at West Middlesex University Hospital. For more information on the STIF course, please contact the Sexual Health Clinic directly on 020 8321 2592.

Further training dates may be offered at a later date depending on capacity and demand. New dates will be released via the KISS Email Newsletter. To be added to the mailing list, please send an email to richardwest@nhs.net

All training is conducted in a safe working environment. Bespoke Sexual Health Training or extra dates may be offered to a team within your organisation. To arrange training or for further details, please contact the Public Health Manager for Children and Young People at the Civic Centre on 020 8583 2076

To apply for training in this brochure, please use the application form at the end of this booklet. Please note that failure to attend a confirmed booking space will levy a £30 per day administration fee.

HOUNSLOW TEENAGE PREGNANCY PARTNERSHIP TRAINING STRATEGIC VISION

For young people to feel they have a choice of professional when asking or obtaining sexual health information by ensuring all professionals coming into contact with young people are trained in sexual health and relationship issues and know how, when and where to refer young people into sexual health services.

TRAINING CURRENTLY OFFERED

Introduction to Sexual Health and Young People – Level 1

Sexual Health and Young People – Level 2

C-Card Condom Distribution Training

R U Ready? Let's Leave it 'Til Later Delay Training

Be Wise 2 Sexual Exploitation

Abortion: Decision and Dilemmas

SpeakEasy for Parents and Carers

Working with Young People in Healthcare Settings

Sexually Transmitted Infections Foundation (STIF) Course

Sexual Health Training Team

The Sexual Health Training Team is co-ordinated by Hounslow Teenage Pregnancy Partnership using local specialists in sexual health and safeguarding young people from across the London Borough of Hounslow, NHS Hounslow and West Middlesex University Hospital Trust.

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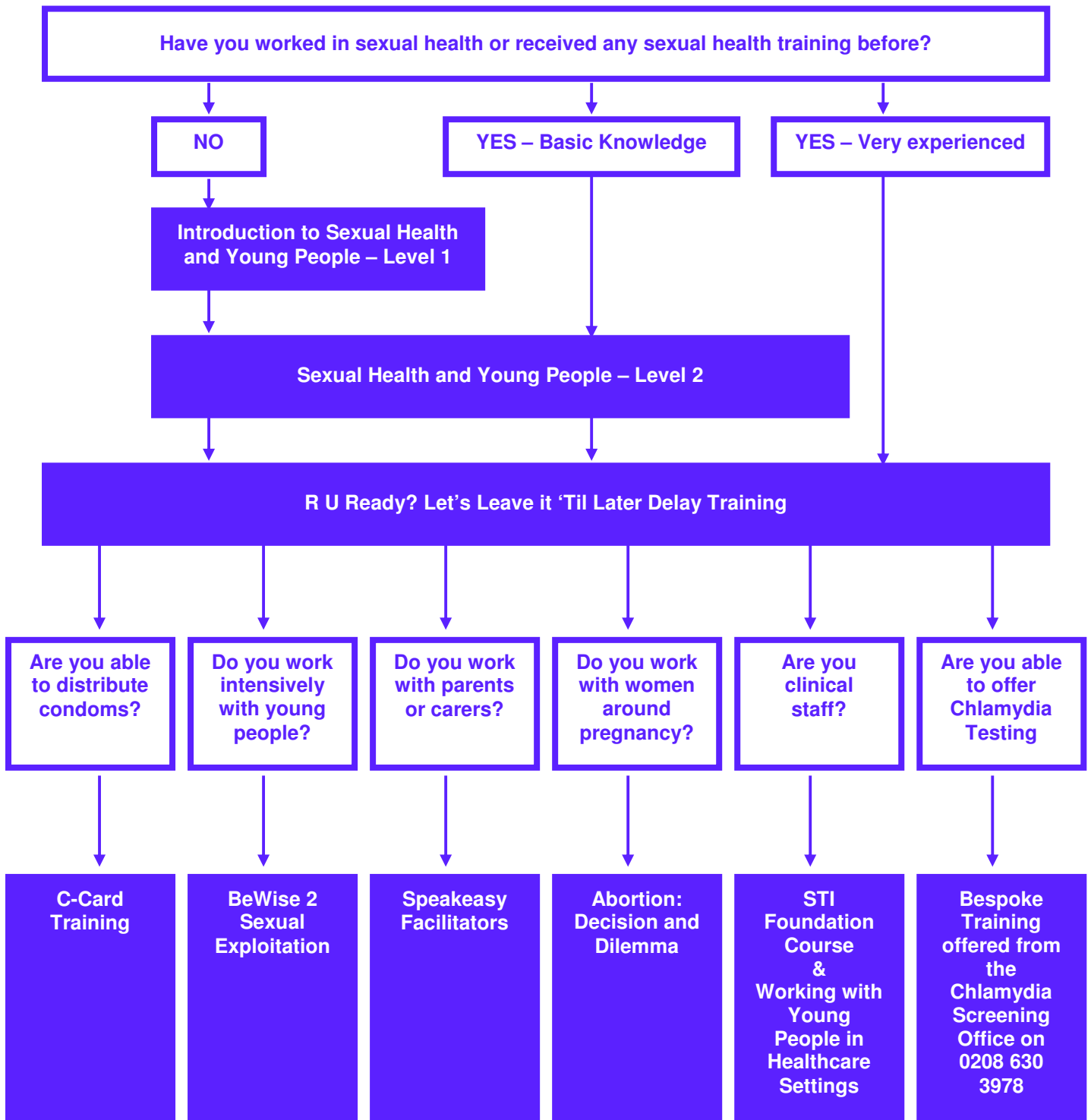
**Sexual Health Nurse
West Middlesex University Hospital**

Heather Hall

**Head of Women's and Sexual Health Services
West Middlesex University Hospital**

Training Pathway

This pathway has been developed for participants to identify their sexual health training needs. There are no compulsory requirements for sexual health training, however, basic knowledge of sexual health issues are strongly recommended for courses beyond Sexual Health and Young People - Level 2.



Introduction to Sexual Health and Young People in Hounslow – Level 1

This one day course is designed for front line staff working with young people including receptionists, youth workers, school support staff and Connexions personal advisers

Aim

To provide a basic understanding of issues relating to young people's sexual health and have an opportunity to explore their own feelings to sexual health.

Learning Outcomes

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

- Identify what Sexual Health and Relationships Education is.
 - Demonstrate awareness of national and local policy on Sexual Health and Sexual Health Services.
 - Demonstrate how attitudes, media, cultural differences and values affect our perceptions of sexual health.
 - Consider the law in relationship to Sexual Health.
 - Differentiate where professional and personal limitations in sexual health and young people are.
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Course dates

Thursday 10 th September 2009	Isleworth	Full Day
Tuesday 1 st December 2009	Hounslow Heath	Full Day
Thursday 11 th March 2010	Hounslow Heath	Full Day

Sexual Health and Young People in Hounslow – Level 2

The one day course is for professionals having conversations with young people around their sexual health or relationships in either one to one or group settings, in particular Connexions personal advisers, youth workers and public health nurses. The course is designed to give participants resources to be able to facilitate group/project work on sexually transmitted infections, contraception and the anatomy.

Aim

To provide professionals with the knowledge required to give appropriate and correct sexual health information and explore methods of working with young people regarding their sexual health in one to one and group settings.

Learning Outcomes

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

- Demonstrate appropriate language when referring to sex and the sexual.
 - Identify the male and female reproductive body parts and how they work.
 - Understand the different contraceptive choices for young women.
 - Identify the options for a young woman who is unintentional pregnant.
 - Describe different types of Sexually Transmitted Infections, how they are transmitted and treated.
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Course dates

Thursday 24 th September 2009	Isleworth	Full Day
Thursday 21 st January 2010	Hounslow Heath	Full Day
Thursday 10 th June 2010	Hounslow Heath	Full Day

C-Card Training

The C card scheme aims to provide young people under the age of 20 with access to free condoms through the establishment of a co-ordinated, targeted condom distribution network, increasing the availability and use of condoms.

Half day C-card training is for professionals who either work as a lone detached worker or in an agency able to offer a condom distribution service to young people. Once trained professionals will be able to register and distribute condoms under the scheme.

Aim

To enable participants to provide an effective condom distribution service within their setting, as part of a wider condom distribution scheme.

Learning Outcomes

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

- List the aims of a condom distribution service
 - Understand Fraser Competency in relation to condom distribution
 - Demonstrate the correct way of using a condom
 - Register, monitor and distribute condoms to young people aged 13-19
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Course dates

Thursday 17th December 2009

Feltham

Half Day

Training can also be offered bespoke for teams please contact the Public Health Manager for Children and Young People for more information.

R U Ready? Let's Leave it 'til Later Delay Training

This 2 day nationally developed course aims to equip professionals with the understanding and skills to help young people delay early sex until they feel ready to make a positive and informed choice.

It is for anyone working with sexual health issues, those delivering Personal, Social and Health Education (PSHE), or Sex and Relationships Education, Teachers, Youth and Community Workers, Connexions Personal Advisors, Nurses, Health Visitors, Residential Home and Key Workers, Teenage Pregnancy Workers and others.

Aim

This course is designed to give staff very practical strategies for discussing delaying early sex while continuing to offer excellent and confidential SRE and support to those who do become sexually active.

Learning Outcomes

By the end of the session, participants would have had the opportunity to:

- To look at the causes and effects of early sex and current research findings on this issue
 - To explore a range of practical ways of working with young people to help them make positive and healthy decisions for themselves
 - To gain skills to hand on to young people in how to say 'no' and resist pressure.
 - To focus on alternatives to having sex
 - To consider the role played by friendships and supportive adults in supporting delay
 - To share methodologies and insights drawn from our own experiences
 - To consider and clarify the values we bring to this work
 - To plan ways in which to implement the course learning in practice and how to present and develop this work with other professionals and with young people themselves
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Course dates

Monday & Tuesday, 7 & 8th December 2009

Feltham

2 Days

Be Wise to Sexual Exploitation

Developed by Barnardo's for anyone coming into contact with young people including Professionals in Key Agencies working with young people aged 12-17 years – Health, Police, Education/Early Years; Probation; Social Workers; Youth Workers; Foster Carers; Residential Workers; Drug, Alcohol, and Substance Misuse Workers, General Practitioners, Psychologists, Counsellors, Paediatric Doctors/Nurses, School Nursing or Health Visitors and multi-disciplinary practitioners working regularly with children and young people and their parents/carers. Be Wise 2 Sexual Exploitation training enables professionals to do preventative work with young people around the issue of sexual exploitation with honesty and realism.

Aim

Young people who have been sexually exploited say that nobody ever told them how to recognise risky people or situations. Young people who are being exploited are often unable to recognise their own vulnerability. This one day course aims to widely disseminate materials and skills to enable our workforce to prevent or minimise the risks of young people being sexually exploited.

Learning Outcomes

By the end of the session, participants will have

- Creatively explored the resources in the Bwise2 Sexual Exploitation programme through experiential learning
 - Developed an understanding of the nature of sexual exploitation by identifying the vulnerability factors and risk indicators
 - Gained awareness that sexual exploitation can affect boys and girls and young people from all social and ethnic groups.
 - Developed strategies to increase confidence in direct work with young people regarding sex and relationships
 - Had the opportunity to develop ideas on how the resource can be adapted to suit different individuals, groups or settings
 - Feel prepared and empowered to carry out prevention education work about sexual exploitation with young people
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Course dates

Monday 14th December 2009
Thursday 1st April 2010

Hounslow Heath 1 Day
Hounslow Heath 1 Day

Abortion: Decisions and Dilemmas

A one day course of professionals across both health and youth sectors who may be working with young women who are unintentionally pregnant and are not aware of their options.

Aim

To raise awareness and understanding of teenage pregnancy and abortion so that professionals can facilitate constructive discussion of the issues and equip young people to make and act on informed choices

Learning Outcomes

By the end of the session, participants will

- Be able to explain the importance of addressing abortion with young people and professionals
 - Have considered their own and others' view points on pregnancy and abortion and reflected on how these might influence their work with young people
 - Feel more confident in delivering abortion education within Sex and Relationships Education
 - Know about abortion provision and understand abortion in relation to physical and emotional health
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Course dates

Tuesday 29th September 2009

Hounslow

1 Day

SpeakEasy Facilitator's Course

Backed by the FPA, SpeakEasy is accredited at Level 3 with Open College Network (OCN). The SpeakEasy Facilitator's Course trains professionals to offer a flexible and relaxed course for parents and carers about speaking to their children and young people around sexual health and relationships.

Training is targeted at Parent Support Workers, Mentor Staff and any other staff that regularly work with parents and carers. The training is free but requires line manager agreement with an expectation that professionals would go on to deliver the SpeakEasy course to parents and carers between day 2 and day 3 of the training.

Aim

Understand key aspects of sexual health and sexuality – especially as it relates to work with parents in talking with their children & equip participants to deliver and assess the FPA SpeakEasy programme for parents including the OCN accreditation.

Learning Outcomes

By the end of the session, participants will have:

- An understanding of the physical and emotional changes taking place at puberty
 - Have considered their awareness of what sex and relationships education means in the context of family life
 - Confidence and skills in identifying and responding to the needs of the parents they are working with
 - Explored societal and cultural attitudes towards sex and sexuality as it relates to children
 - Gained information and knowledge on child protection strategies
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Course dates

Speakeasy is a 3 day course spread over six months. Participants are expected to facilitate a course with parents between day 2 and day 3.

Tuesday 23 rd February 2010	Day 1
Wednesday 24 th February 2010	Day 2
Wednesday 14 th July 2010	Day 3

Working with Young People in Healthcare Settings

A one day workshop for healthcare professionals, including GPs, practice nurses, community contraception, public health and sexual health nurses, to develop their skills working with young people in healthcare settings. Primarily with a sexual health focus this course will cover how to engage, encourage and work with young people effectively in healthcare settings to meet the NICE and You're Welcome guidelines on managing under 18 year olds.

Aim

For health professionals to develop the skills required to work effectively with under 18 year olds.

Learning Outcomes

By the end of the session, participants will:

- Understand what it means to be a confidential service and use the confidentiality toolkit in their place of work
 - Identify vulnerable young people and carry out a risk assessment
 - Have knowledge on services that support healthcare services for young people
 - Have explored how to speak to young people around health issues
 - Know how sexually transmitted infections impact upon young people and be aware of how to test for STIs in healthcare settings
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Course dates

Monday 23rd November 2009

West Middlesex Hospital

1 Day

Sexually Transmitted Infections Foundation (STIF) Course

This British Association for Sexual Health and HIV (BASHH) course has been designed to improve provision of sexual health care in Primary Care Settings by providing multidisciplinary training in the prevention and management of STIs. Topics include national and local epidemiology of STIs and related pathologies; principles of STI service provision; sexual history taking, HIV testing and counselling; Partner notification and management.

This course is recommended for doctors, nurses and health advisers from primary care, community sexual health and family planning services and secondary clinicians who may teach or encounter patients with an STI e.g. gynae, rheumatology, ophthalmology, A&E and School Nurses.

Aim

To equip participants with the basic knowledge, skills and attitudes for the effective management of sexually transmitted infections (STIs) outside the GUM setting

Learning Outcomes

By the end of the session, participants should

- Be aware of the issues relating to confidentiality, partner notification and treatment
 - Understand basic knowledge of the epidemiology and the factors involved in the transmission of STIs and how to prevent transmission
 - Basic knowledge of common Sexually Transmitted Infections (STIs), their presentation, diagnosis and management
 - Be competent, and feel comfortable, taking a sexual history
 - Have develop the skills necessary to inform patients on reducing their risk of sexual infections and their risk of unplanned pregnancy
 - Show appreciation of the lifestyle and circumstances of others and how this may reflect in their presentation and impact on their management.
 - Have an appreciation and acceptance of the range of human sexuality, lifestyles, culture and the impact this has transmission/prevention counselling
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Course dates

Monday 1 st & 8 th February 2010	West Middlesex Hospital	2 Days
Monday 7 th & 14 th June 2010	West Middlesex Hospital	2 Days

Course Fees

£150 for employees of NHS Hounslow and West Middlesex University Hospital
£200 for all other staff (fees include course materials, lunch and tea).

Hounslow Teenage Pregnancy Training Application Form 2009-2010

To book a place compete and return this form at least 2 weeks before the training date you have chosen, email enquires will only be confirmed on receipt of a paper copy.

Name:

Job Title:

Line Manager:

Organisation:

Local Authority & No:

Address:

Post Code:

Email:

Telephone:

Special Requirements (dietary/access/interpreter):

Please tick course required where possible please select a 1st and 2nd choice

Introduction to Sexual Health and Young People – Level 1

10 September 2009

1 December 2009

11 March 2010

Sexual Health and Young People – Level 2

24 September 2009

21 January 2010

10 June 2010

C-Card Condom Distribution Training

17 December 2009

I would like to arrange training for my team

R U Ready? Let's Leave it 'Til Later Delay Training

7 & 8 December 2009

Be Wise 2 Sexual Exploitation

14 December 2009

1 April 2010

Abortion: Decisions and Dilemmas

29 September 2009

SpeakEasy Facilitator's Course

23, 24 February & 14 July 2010

Please return to:

**Public Health Manager for Children and Young People, Teenage Pregnancy Partnership
Training, LB Hounslow, Civic Centre, Lampton Road, Hounslow, TW3 4DN**

Sexually Transmitted Infections Foundation (STIF) Course

1 & 8 February 2010

7 & 14 June 2010

Working with Young People in Healthcare Settings

23 November 2009

Please return to:

**STIF Course Administrator, Sexual Health Clinic, West Middlesex University Hospital,
Twickenham Road, Isleworth, TW7 6AF**

If you are offered a place on training and you are unable to attend, a colleague may attend on your behalf. If no one from your organisation is able to attend, please inform us at least 48 hours in advance, failure to do so will result in a £30 per day administration fee.