

Young People's SRE Sessions and Workshops

Contraception

FACT: Only 57% of young people aged 16-19 years, said they used regular contraception during sexual activity (FPA, 2010)

Who is this workshop for?

This workshop is aimed at young people age 11 to 19 (up to 25 where relevant) and is tailored to be age appropriate. At DHIVERSE we recognise that all classes and participants are different, we are able to make modifications to ensure that we are able to deliver information which remains sensitive to individual organisations and their participants.

What will be covered in the workshop?

With thanks to modern medical advances there are numerous different forms of contraception. This talk aims to discuss them and to help participants navigate their way through this important decision in their sexual relationships to prevent unwanted pregnancy and sexually transmitted infections (STIs).

The first activity involves groups being asked to identify any contraceptives they know from pictures. From here we can gauge the level of knowledge that the class has and areas where they might need additional information/training. We find most groups are able to identify the male condom but are not familiar with the wide range of other options and we try to encourage more familiarity with these so they feel informed enough to then go and talk to their doctor, parent and/or partner about these options. To assist participants in navigating so many options we break the contraception options down to their main method of protection, these being hormonal, barrier or other (surgical, natural family planning) and most importantly we look at some of the myths surrounding contraceptives. While we are unable to give a full and extensive lesson to the class on each contraceptive, we attempt to highlight the major pros, cons and effectiveness of each option and the correct use (particularly regarding condoms). Participants are encouraged to take a brochure which includes further information, do home research or talk to their doctor. The discussion centres around how these methods may only protect from unwanted pregnancy and how it is still important to utilise condoms for prevention of STIs.

As most participants are unfamiliar with what some of these options actually look and feel like, we have dummy contraceptives so they are able to see the actual size, shape and feel and ask questions about them. Emergency contraception is discussed including the different types, where to obtain them and the importance of correct use, as well as briefly discussing unbiased pregnancy options, however, prevention plays the major theme throughout this talk.

Condoms are frequently discussed as the best method to prevent the transmission of STIs including where to obtain them. If it's age appropriate and with the consent of the staff, we make condoms available (free of charge) to the class, to ensure they can put this new information into practice. While most people are familiar with the male condom and its use, often their practical skills in using one are flawed. To help with this, we demonstrate correct condom use, utilising a condom demonstrator, and then help participants as they practice on the demonstrators handed out. Although this portion of the talk frequently causes a lot of giggles and some shyness, by the end there is always a marked improvement in their technique.

By discussing open communication within sexual relationships we endeavour to promote good healthy consent and a culture where shame and embarrassment around sexual concerns is reduced. This in turn can increase the ability of both participants to make informed choices to protect themselves or their partners from unwanted STIs and/or unintended pregnancy.

By utilising question time and group discussion it keeps the topics open and flowing and that way we can adapt the topic to the class and their questions.

Testimonial:

Feedback shows that we are able to deliver this important message:

"... they said they found it really useful, learnt things they hadn't heard in school and felt that they were spoken to like grown-ups, which they enjoyed; really positive feedback :)"

Quote from teacher at Cambridge Regional College (CRC).

How is the workshop delivered?

We use PowerPoint to display information and throughout the session participants are encouraged to be involved in group discussion/activities, question time and hands on learning.

Workshops are best delivered to participant groups of no more than 30 to enable good class discussion and interactions. A workshop typically runs for 45-50 minutes, however as we find that most groups often have a lot of questions and open discussions, we do ask for 60 minutes to be set aside for the workshop. Our contact details are given out to all participants, so if anyone is unable to have a question answered in the time available we make it known that they are able to email, text or phone us for more information.

What are the workshop objectives?

- ✓ Enable young people to critically analyse their contraception choices and sexual health
- ✓ Enable young people to understand informed consent and develop the skills to resist pressure to engage in unwanted sexual activities, being pressured not to use contraception and the importance of open communication
- ✓ Promote a positive view of sex and relationships which includes mutuality, pleasure, and the importance of negotiating and using contraception and having safer sex
- ✓ Equip young people with the skills to promote their own sexual health
- ✓ Give young people information on related support available

DHIVERSE works in line with our Children & Young People's Safeguarding Policy and Procedures.

How do I book a session/workshop?

Please contact our Young People's team:
on: **01223 508805** or at **youngpeople@dhiverse.org.uk** or
visit our website **www.dhiverse.org.uk** and complete the booking form.



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