

Sexual Health Trainings for Professionals 2020 – 2021 Programme



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dhiverse
sexual health matters

◆ INTRODUCTION

Diverse has been offering high quality training around sexual health for over thirty years. Alongside our **Diverse Certificated Trainings**, we are now able to offer **CPD accredited** sexual health trainings for professionals.

We offer 6 accredited trainings. Each of modules 1 to 5 are worth **4 CPD points**. Module 6, 'Understanding ABC' is worth **2 CPD points**. The modules can be taken as a 6 module course, or as one or more standalone trainings.

CPD Accredited Trainings

1. Communication Skills around Sexual Health and HIV
2. Sex - The Physical Dimension
3. Sexual Health - Challenging Stigma and Equality
4. Consent and Sexual Health
5. Sex Online
6. Understanding ABC (supporting people with a learning difficulty or autism around sex and relationships)

Diverse Certificated Trainings

- ◆ Understanding SLIP
- ◆ An Introduction to the new Relationships & Sex Education (RSE) Curriculum
- ◆ How to engage effectively with Young People around Relationships & Sex
- ◆ Supporting People Living with HIV
- ◆ Trans People and Sexual Health
- ◆ PrEP and Sexual Health

You can find out more about each of these trainings, prices and details of how to book below. However if you have any questions or if you have any training needs around sexual health which you feel are not being met and which are not covered in our training schedule, contact us and have a chat. We are keen to meet new and unexpected needs through devising new and effective trainings.

◆ CPD ACCREDITED TRAININGS

1. Communication Skills around Sexual Health and HIV

This training explores what it means to communicate well around sexual health and **how** we can communicate well around sexual health. We will look at different **types** of communication: written, spoken, linguistic, non-linguistic, and situational. We will also look at how communication conveys information, expresses feelings, establishes register, reinforces and challenges boundaries and assumptions and you will gain an understanding of how it can help to normalise on-going discussions around sexual health.

We will then take a look at how this works in practice, focussing on how we can develop appropriate communication skills in two key areas:

- Promoting consent
- Promoting 'safer sex'

2. Sex: The Physical Dimension

The famous 1946 WHO definition of health states that health is not only the absence of disease or infirmity, but a state of complete physical, mental, and social well-being. This training will take a look at the physical dimension of sexual health, but it will frame this within a wider emotional and social context.

We will explore what we mean by 'sex' - the diversity and range of sexual activities, and look at how the risk of infection is associated with specific sexual activities rather than groups or individuals. We will explore the notion of 'safer sex' and look at a range of different ways of preventing sexually transmitted infections and unwanted pregnancies. We will also explore how some chronic health conditions can affect sexual health.

We will gain a basic knowledge of common STIs in the UK and explore how we can use that knowledge to reinforce motivators around safer sex and challenge barriers to safer sex.

This will be framed within a context which promotes autonomy and consent.

3. Sexual Health - Challenging Stigma and Inequality

The 1946 WHO definition of health goes on to define health as a state of total physical, mental and social wellbeing.

This module will focus on the **social** dimension of sexual health and explores how stigma and inequality can affect sexual health, and how we can challenge these inequalities.

We will look at the evidence for inequalities in sexual health and identify groups and individuals who may be particularly vulnerable to sexual ill health. We will explore the nature of stigma and examine how stigma can act as a barrier to good sexual health. We will also look at inequalities around access to sexual health and sexual health resources.

We will then explore how we can challenge inequality and stigma through:

- Using appropriate non-discriminatory resources
- Engaging vulnerable or seldom heard groups
- Promoting sexual health champions

4. Consent and Sexual Health

There are many fears, misunderstandings and confusions around consent: this training will provide an up-to-date knowledge of the legal framework around consent and sex, and a framework to explore ethics and best practice around consent - to demystify consent!

We will look at definitions of consent and how they roll out in specific sexual health contexts - we will include up-skirting (the act of taking a sexually intrusive photograph up someone's skirt without their permission), cyber-flashing (a crime which involves sending obscene pictures to strangers through media), and stealthing (the act of removing a condom during sex without the consent of the partner. It's illegal in many countries, and is a form of sexual assault).

We will explore the link between consent as part of our everyday lives and consent within a specific sexual context. We will explore practical ways of modelling consent, communicating consent and saying 'no' and we will also look at situations where consent can never be given.

5. Sex Online

'Sex Online', 'Sex and the Internet', 'Online Porn', 'Sexting' are often topics which can cause panic and confusion. This course provides a balanced overview of some of the issues involved, including the legal framework, and explores strategies to educate and support around sexual health and electronic media'.

The course will consider:

- Privacy and Confidentiality - how we can ensure that we control access to private information when using the Internet, tips on how to navigate 'terms and conditions', and how to ensure that we don't make ourselves vulnerable to abuse or exploitation.
- How the use of algorithms (particularly on dating sites) can covertly affect our sense of self-worth and our body image.
- What do we need to know about porn on the internet? What is legal and what is not legal? What are the differences between porn sex and 'real' sex?
- What are some of the legal issues around sharing sexual images and revenge porn?

6. Understanding ABC

The Diverse 'ABC Project' directly supports and educates people living with a learning difficulty (LD) or autism, around relationships, consent, online and face to face safety and sexual health. 'Understanding ABC', aims to help parents, carers and professionals explore the relationship and sexual needs of people with a LD or autism. It will enable you to understand some of the barriers people with a LD or autism face when learning about relationships, sex and sexual health and to consider more effective ways to communicate with someone with a LD or autism about sex and relationships. We will cover:

- The legal rights around relationships and sex of someone with a LD or autism
- Strategies to support someone with a LD or autism with their relationships, sex and sexual health
- Communicating more effectively with someone with a LD or autism around the subject of relationships and sex
- Understanding what is meant by "Having Mental Capacity" to make decisions with regard to sexual relationships
- Exploring when an individual's rights need protecting and when safeguarding measures need to be put in place

◆ DHIVERSE CERTIFICATED TRAININGS

◇ Understanding SLIP

SLIP stands for—Sex, the Law, the Internet and Pornography. Our SLIP programme has been developed to help young people who, for whatever reasons, are unable or have been unable, to access or engage with Relationship and Sex Education (RSE) in school, and where this lack of access or engagement has resulted in, or could result in, the young person offending or engaging in risky behaviour. 'Understanding SLIP' is a workshop for professionals and parents who want to understand the aims of the Programme so that they can make an informed decision if/when considering a referral.

◇ **An Introduction to the new Relationships & Sex Education (RSE) Curriculum**

This workshop is for any educators or other professionals who would like to gain a better understanding of the new RSE curriculum - mandatory in secondary schools from September 2020. The workshop explores the curriculum guidance and content, what schools need to do to bring their RSE in line and how Dhiverse can support schools to do this.

◇ **How to engage effectively with Young People around Relationships & Sex**

This workshop aims to support parents, guardians and professionals to feel more equipped to have open and ongoing conversations with their children about relationships, sex, sexual health and all related topics, without feeling embarrassed or uneasy.

We are keen to offer short, practical and informative sessions on topics such as:

- Online safety - building awareness, setting boundaries and encouraging responsible browsing – to cover issues such as social media, pornography and the law
- Consent - how to build your child's consent skills and model consent in your parenting
- Communication skills - how, when and where to talk about sensitive topics, difficult questions
- Talking to your child about puberty, periods, STIs, contraception
- The new Relationships and Sex Education curriculum and parents' rights

Sessions can be tailored to meet your needs and usually last 2 hours, with time to share experiences and chat with other parents and professionals.

◇ **Supporting People Living with HIV**

HIV is now a very treatable condition and most people diagnosed with HIV in the UK can look forward to a normal life expectancy. However, many people living with HIV can experience stigma and discrimination based on their HIV status. Also, someone who is newly diagnosed might have a limited knowledge of HIV and not be aware of how effective the treatments can be. HIV can have a particularly negative impact on people who are already marginalised - the poor and homeless, ethnic minorities, and those people living with mental health issues.

This training will provide you with the skills to offer basic support and information to someone living with HIV. It will cover

- What is HIV and how is it transmitted?
- HIV treatments – some basic issues
- Stigma and prejudice around HIV
- The rights of people living with HIV
- HIV in the workplace
- How HIV intersects with other types of social marginalisation

◇ **Trans People & Sexual Health**

There is an increasing awareness of transphobia as a basic issue of human rights and equalities. This training will investigate some of the specific challenges trans people may face when addressing their sexual health needs, and how we can help to overcome these challenges.

This training will enable to you offer appropriate information around sexual health to trans people and to help make your work environment more trans friendly. It will cover:

- Some basic facts around sexual health and trans people
- Accessing sexual health services and resources - issues for trans people
- Exploring assumptions around gender identity and sexual health
- How trans people might experience discrimination in a sexual health setting - what can we do about it?
- The legal framework protecting trans people
- Recent issues and developments

◇ **PrEP & Sexual Health**

PrEP (Post-exposure Prophylaxis for HIV) is an important tool in preventing HIV transmission. Many people are currently buying PrEP privately, some are accessing it through the 'PrEP Clinical Impact Trial' and it should shortly be made available to more people through the Health Services. This training will give you an understanding of what PrEP is, how it can be obtained and how it can be taken. It will also explore different ways in which it might impact on our sexual health and look at some recent developments and trends. It will cover:

- What is PrEP - how does it work and is it safe and effective?
- How to access PrEP and medical support around PrEP
- Different ways of taking PrEP
- Different ways in which PrEP might impact on our sexual health
- Recent issues and developments around PrEP

◆ OUR STAFF

We aim for inclusivity and equality in everything we do and we want everyone to have the opportunity to be equipped to make informed decisions around sexual health, consensual and pleasurable sexual activity, healthy relationships and personal safety.

Our staff are passionate about ensuring that we all have the skills and knowledge which will help us to make informed choices which promote sexual health.

Our staff have experience of working with a wide range of people and communities. Our trainings provide the most up to date information and legislation around sex, relationships and sexual health.

All key staff have a teaching or training qualification. All staff have an enhanced DBS check, and have undertaken training in Safeguarding Children & Young People and Adult Safeguarding (refreshed annually).

◆ TESTIMONIALS

“The service you have given us has always been excellent, which is why we are always so keen to rebook your workshops. We are that impressed with Diverse, we would like you to continue to deliver training for our staff.”

Kingsmere School, Cambridgeshire 2020

“We have worked closely with Liz MacKenzie and the ABC Project at Diverse for 2 years now. Diverse, and Liz in particular, has provided a safe space where people feel comfortable enough to talk openly about any issues of concern, including online safety, boundaries, friendships, sex and contraception. Thank you Liz and Diverse!”

Safe Soulmates, Cambridgeshire 2020

“Provided additional information about HIV, AIDS and Hepatitis that I didn’t already have. Excellent presenter - engaging, informative, knowledgeable well-structured session. Excellent high quality training. High quality in content, pace and delivery.”

Cambridge University 2019

*“Outstanding Training - very detailed but accessible and left no gray areas. Excellent trainer - possibly the best I have ever had. Fantastic*****!”*

A lovely easy-going session which made it easy to learn information. Raised issues around communication skills, I had never discussed.

LGSS Training, Huntingdon 2019

“We hold a ‘leaving interview’ with our volunteers. One of the questions is: ‘How did you find the training provided by Cyrenians, and how did you find the training provided by ‘outside’ organisations?’ 5 out of 6 recent leavers said that your courses were BY FAR the best and most useful training they had during the whole year. You must be doing something right... “

Cyrenians, Cambridge 2018

◆ PRICING AND COURSE DETAILS

The minimum number of participants required for any training is 4 and the maximum is 16 and we offer a 15% discount if you make a booking for 8 or more people.

COURSE TITLE	COURSE LENGTH	COURSE FEE CAMBRIDGESHIRE	COURSE FEE OUTSIDE OF CAMBRIDGESHIRE	COURSE FEE FOR WEBINAR	CERTIFICATE
Communication Skills around Sexual Health	4 hours	£65 p.p.	£65 p.p. + return travel costs to venue	£45 p.p.	CPD Accredited
Sex – The Physical Dimension	4 hours	£65 p.p.	£65 p.p. + return travel costs to venue	£45 p.p.	CPD Accredited
Sexual Health – Challenging Stigma and Inequality	4 hours	£65 p.p.	£65p.p. + return travel costs to venue	£45 p.p.	CPD Accredited
Consent – Sex & Sexual Health	4 hours	£65 p.p.	£65 p.p. + return travel costs to venue	£45 p.p.	CPD Accredited
Sex Online	4 hours	£65 p.p.	£65 p.p. + return travel costs to venue	£45 p.p.	CPD Accredited
Understanding ABC	1.5 - 2 hours	FREE (funded in this area)	£100 per group + return travel costs to venue	£60 for a group session.	CPD Accredited
Understanding SLIP	1.5 - 2 hours	£100 per group	£100 per group + return travel costs to venue	£60 per group	Dhiverse certificate
An Introduction to the new RSE Curriculum	2 hours	£45 p.p.	£45 p.p. + return travel costs to venue	£30 p.p.	Dhiverse certificate
Supporting People Living with HIV	4 hours	£ p.p.	£45 p.p. + return travel costs to venue	£30 p.p.	Dhiverse certificate
Communicating Effectively with Young People around Relationships and Sex	2 hours	£45 p.p.	£45 p.p. + return travel costs to venue	£30 p.p.	Dhiverse certificate
Trans People and Sexual Health	4 hours	£45 p.p.	£45 p.p. + return travel costs to venue	£30 p.p.	Dhiverse certificate
PrEP and Sexual Health	2 hours	£45 p.p.	£45 p.p. + return travel costs to venue	£30 p.p.	Dhiverse certificate

◆ CONTACT DETAILS AND BOOKING ARRANGEMENTS

To discuss your requirements, to check availability and for booking information please contact:

E: enquiries@dhiverse.org.uk or T: 01223 508805 to speak to one of our training staff. You can also email us to ask us to call you back at a time that works for you.

You might also like to take a look at our website www.dhiverse.org.uk to find out a bit more about our organisation and our other services.