

# Sexual Health Trainings for Professionals

## Open Trainings in September 2020 via



- **Communication Skills around Sexual Health and HIV**  
Tuesday 8<sup>th</sup> September - 10am to 2pm
- **Sex - The Physical Dimension**  
Tuesday 15<sup>th</sup> September - 10am to 2pm
- **Sexual Health - Challenging Stigma and Inequalities**  
Thursday 17<sup>th</sup> September - 10am to 2pm

### Information:

- Please see below for course details, the price of joining a Zoom training and how to book
- 2 short breaks are built into each training
- Please read the Terms and Conditions of booking at [www.dhiverse.org.uk](http://www.dhiverse.org.uk)
- Please check out our full 'Sexual Health Trainings for Professionals 2020 – 2021 Programme' at [www.dhiverse.org.uk](http://www.dhiverse.org.uk)

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## ◆ CPD ACCREDITED TRAININGS

### • 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'

### • 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.

### • 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

## ◆ 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	Diverse certificate
An Introduction to the new RSE Curriculum	2 hours	£45 p.p.	£45 p.p. + return travel costs to venue	£30 p.p.	Diverse certificate
Supporting People Living with HIV	4 hours	£ p.p.	£45 p.p. + return travel costs to venue	£30 p.p.	Diverse 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.	Diverse certificate
Trans People and Sexual Health	4 hours	£45 p.p.	£45 p.p. + return travel costs to venue	£30 p.p.	Diverse certificate
PrEP and Sexual Health	2 hours	£45 p.p.	£45 p.p. + return travel costs to venue	£30 p.p.	Diverse certificate

## ◆ CONTACT DETAILS AND BOOKING ARRANGEMENTS

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

E: [enquiries@dhiverse.org.uk](mailto: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](http://www.dhiverse.org.uk) to find out a bit more about our organisation and our other services.