

Sexual Health Trainings for Professionals

June to December 2021 Programme



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dhiverse
sexual health matters

◆ INTRODUCTION

Dhiverse has been offering high quality training around sexual health for over thirty years. Alongside our Dhiverse non-accredited trainings, we are now able to offer **CPD accredited** sexual health trainings for professionals; these are also useful for anyone who wants to further their knowledge in these areas.

We offer 6 accredited trainings. Each of modules 1 to 5 are worth **4 CPD points**. Module 6, is worth **2 CPD points**. The modules can be taken as a course or as 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 – free in Cambridgeshire & Peterborough)

Dhiverse General Trainings

1. How to engage effectively with Children and Young People around Relationships & Sex (including keeping safe online) - a helpful training for both professionals and parents
2. Understanding the SLIP Programme
3. Supporting People Living with HIV
4. Bespoke trainings – we can work with you to design a training to meet your needs

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 dimension.

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 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 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 NON-ACCREDITED TRAININGS

'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.

1. How to engage effectively with Young People around Relationships & Sex

This workshop aims to support 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 are usually 2 hours, with time to share experiences and chat with other parents and professionals.

2. 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

3. Understanding SLIP

SLIP stands for—Sex, the Law, the Internet and Pornography. Our SLIP programme has been developed to help young people who have educational and/or behavioural challenges which affects/or affected their ability to engage with Relationship and Sex Education (RSE) in school, and where this lack of engagement has resulted in, or could result in, the young person offending or engaging in risky behaviour (please see the Our Services tab on our website for further information on SLIP).

4. Bespoke trainings

We can design and deliver a bespoke training to include any element of our CPD or general trainings, to meet your needs.

◆ 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 making this happen to ensure that people are equipped to make informed choices which help them to prevent sexual ill-health, from engaging in unhealthy relationships and keeps them and others safe.

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 or qualification. All staff have an enhanced DBS check, and have undertaken training which includes Safeguarding (refreshed annually), Mental Health First Aid, Understanding and Communicating around Sexual Health, Professional Boundaries.

◆ TESTIMONIALS

“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 grey areas. Excellent trainer - possibly the best I have ever had. Fantastic – 5 stars!”

“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

◆ PRICING

Please note: For organisations based outside of Cambridgeshire who book on site trainings there will be an additional charge for return travel from our Cambridge office.			
CPD Accredited Trainings	Course length	Group Fee for on site delivery	Group Fee for online delivery
Communication Skills around Sexual Health	3.50 hrs	£525.00	£445
Sex – The Physical Dimension	3.50 hrs	£525.00	£445
Sexual Health – Challenging Stigma and Inequality	3.50 hrs	£525.00	£445
Consent – Sex & Sexual Health	3.50 hrs	£525.00	£445
Sex Online	3.50hrs	£525.00	£445
Understanding the ABC Project (<i>this is free to organisations in Cambridgeshire and Peterborough</i>)	1.5 hrs	£112.50	£95.00
Diverse Non-Accredited Trainings	Course length	Group Fee for on site delivery	Group Fee for online delivery
How to engage effectively with Young People around Relationships & Sex (including online safety)	2hrs	£250.00	£212.00
Supporting People Living with HIV	3hrs	£375.00	£319.00
Understanding SLIP	1.50hrs	£112.50	£95.00
Bespoke trainings <i>The length of a bespoke training will depend on your requirements and what you want to cover.</i>	£100 fee for content design and training plan	£125.00 per hour	£106 per hour

◆ CONTACT DETAILS AND BOOKING ARRANGEMENTS

To discuss your requirements and to check availability please contact:

E: enquiries@dhiverse.org.uk or T: 01223 508805

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.