

contraception
learning disabilities
STIs
practical skills
teenage pregnancy
law and policy
faith and values
training the trainers
looked after children
young men
young women
LGBT communities
Speakeasy



talking sense about sex

FPA training brochure 2010–11



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Our mission is to help establish a society in which everyone has positive, informed and non-judgemental attitudes to sex and relationships; where everyone can make informed choices about sex, relationships and reproduction so that they can enjoy sexual health free from prejudice or harm.

Why choose FPA training?

As the leader in sexual health training in the UK, we offer high quality training that enhances skills to support peoples' sexual health and rights. We offer:

- experience
- expertise
- unique resources.

Experience

- Established in 1930, we are the leading UK sexual health organisation.
- We have provided training for over 30 years to a diverse audience.
- The 50,000 plus enquiries we receive every year for information and advice and the projects we run at grassroots level help us to continually update our training programme and develop our trainers.

Expertise

- We specialise in a wide range of non-clinical subjects.
- All our courses are facilitated by expert and experienced FPA trainers. They have extensive understanding of sexual health and experience of working with a range of service users.
- FPA training standards guarantee courses of consistently high quality.

Resources

- FPA trainers are located all over the UK so we can deliver what **you** want where **you** want it. In 2009, we ran training courses in over 75 UK locations.
- We have training facilities in the centre of London plus training centres in Cardiff and Glasgow.
- Every year we distribute more than 10 million FPA publications.

“The training method and style was one of the best that I had experienced.”

Training course participant

We also run a wide range of training courses in Northern Ireland. For information contact Georgie McCormick. Tel: 028 90 316 105. Email: georgiem@fpa.org.uk. www.fpa.org.uk/Training.

The quality of our trainers

FPA trainers are recognised experts in their field. The knowledge and skills of our trainers guarantee the quality of FPA training.

“Very good, knowledgeable, approachable trainer – thought provoking.”

Training course participant

We guarantee that all FPA trainers:

- deliver training according to FPA training standards
- are supported throughout and kept well informed about the FPA policies and current work
- have expertise in their topic area
- are assessed against our Training the trainers: sexual health teaching and learning practice course
- are monitored and evaluated.

Choose the best option to suit you

Open training: Offered on pre-set dates, open to all and advertised to a wide market. These courses are detailed in our training brochure and on www.fpa.org.uk/Training.

On request training: As open training but delivered to a specific group or organisation, usually at a facility or a venue of the client's choice.

Tailor made training: Specifically designed and developed to meet a client's particular needs where a mix of training and consultation can be offered.

Consultancy: We have a strong team of experts in all aspects of sexual health. Our team is available to facilitate seminars or briefings. Furthermore, their expertise is available for specific advice or to assist with writing a relevant policy or guidelines.

Whatever your needs, our expert team will find a solution to suit you and your staff.

Tailor made training case study

The brief

This health authority manages a large-scale multi-agency condom distribution scheme. They want all staff involved to be more competent in discussing sexual health with clients.

The solution

The training needs assessment indicated a significant variation in skills and experience among staff. In response, we developed a basic and advanced level version of the training to meet these specific needs.

The feedback

“The evaluations are absolutely excellent from every angle. People have definitely got lots out of it especially in terms of skills, knowledge and confidence. Thanks so much for a brilliant piece of work.”

(NHS Lanarkshire)

Our client list includes:

- Barnardo’s
- Connexions Cumbria
- Cornwall Youth Service
- Dorset Healthcare NHS Foundation Trust
- East Sussex County Council
- Imperial College Healthcare NHS Trust
- ISIS Sexual Health Service, Liverpool
- Leicester City Primary Care Trust
- Liveability, Brackley
- Marie Stopes International
- Medway Council
- NHS Bedfordshire
- NHS Tayside
- Quarriers, Scotland
- Telford College of Arts and Technology
- Vale of Glamorgan Local Public Health Team
- Ymddiriedolaeth Cartref Bontnewydd

Consultancy

FPA offers a range of consultancy options for your organisation.

Training development

Sometimes organisations know they have staff who need training around sexual health but do not really know where to start. FPA can provide a skilled consultant to carry out a needs assessment with staff, managers and clients to assess the best way forward. Costs start from as little as £500 a day and this can be the most cost effective way to ensure your staff get the training they need.

Policy development

Often organisations are working without specific sexual health policies. This can make staff feel unsure of their boundaries and unclear on what work they can carry out with their clients. FPA has skilled consultants and policy developers who can support the creation, writing and implementation of a policy, adopting an organisation-wide approach. We can also help with policies that need updating or ratifying.

Session development

We can help plan the sexual health training you deliver to groups. The following is an example of a piece of work we completed with North East Lincolnshire Primary Care Trust (NELPCT).

NELPCT wanted to develop a programme of sex and relationships education sessions for vulnerable young people including looked-after children/young people and young people attending youth offending teams and pupil referral units. We helped them develop six sessions, the first three focusing on issues around self-esteem and aspiration-building, which provided a strong foundation for sexual relationships/contraception training. We helped them make sure the sessions were written in line with evidenced-based best practice and could be quality assured.

Accreditation

FPA provides university-level accreditation for some courses. In this way, participants who want to enhance their professional development or study can achieve credits by attending our courses.



Accreditation on any FPA course is *not compulsory* for attendance.

FPA courses are accredited through Staffordshire University. The fee for this accreditation is included in the course cost.

The courses which have accreditation are as follows:

Name of course	Level of course
Core competencies in sexual health for youth workers	Level two or three, 30 credits
Delivering sex and relationships education in the classroom	Level two or three, 30 credits
Delivering sex and relationships education with confidence	Level two or three, 30 credits
Delivering sex and relationships work with people with learning disabilities: practical approaches	Level two or three, 30 credits
Liberating life choices: promoting the positive sexuality of people with learning disabilities	Level one, 15 credits
Sexual health starts here	Level one, 15 credits
Training the trainers: sexual health teaching and learning practice	Level two or three, 30 credits

For further information contact Helen Shipley at helens@fpa.org.uk or 0845 122 8661.

Essential skills

► Revised and updated! Basics of contraception

Dates: Cardiff: 16–17 November 2010

Revised and updated two-day course. Includes information on new forms of contraception including the contraceptive vaginal ring.

This introductory course is for professionals who wish to gain an understanding of contraception and the skills needed to communicate about it. The course provides in-depth, non-clinical information about all forms of contraception and is particularly useful for youth workers, teachers, Connexions staff, outreach workers and nurses, midwives and health visitors who are not trained in contraceptive methods.

Please note that this course is **not** the Certificate in Family Planning offered by the Faculty of Sexual and Reproductive Healthcare.

Aim: To enable participants to support clients in their contraceptive decision-making using up-to-date information.

Learning outcomes:

- Gain introductory level knowledge about the full range of contraceptive methods currently available.
- Be able to raise the issue of contraception and communicate more confidently in response to questions that may be asked.
- Understand the factors that may influence contraceptive decision-making in the lives and relationships of clients.
- Review the way in which own environment or service supports clients in making contraceptive choices.
- Know what resources can be used to support work with clients.

Cost per place on open course	On request price for 12 people
£200	£1,600 plus trainer expenses
Number of days: Two	

The FPA **Contraceptive display kit** may also be of interest – see www.fpa.org.uk for details of all our publications and resources.

▶ Training the trainers in sexual health

Dates: London: 21–23 September, 19–21 October, 1–2 December 2010

“Marvellous course delivered by the best trainers from all sexual health training I have attended. We had a calm, safe environment for everyone to participate.”

Training course participant

This eight-day course is the complete ‘how to’ of sexual health design, development, delivery and evaluation. It focuses on training skills, not sexual health knowledge, so we expect that participants will have pre-existing knowledge in this area.

This is a course for anyone who trains, or is interested in training, professionals in sexual health. It covers introductory elements such as creating a safe, welcoming learning environment, learning cycles and styles, the context for sexual health training and group dynamics. It also addresses the design, delivery and evaluation of training courses, offering participants the opportunity to develop pieces of work to take away and use in the workplace. It helps participants develop or enhance their existing facilitation skills in a peer-led, safe environment. It also provides support in developing inclusive practice, dealing with difficult situations and challenges, and giving and receiving feedback.

Aim: To build on existing sexual health knowledge and experience developing confident and competent trainers with a strong theoretical understanding which informs practice.

Learning outcomes:

- Have increased awareness of the context in which sexual health training occurs. Covering anti discriminatory practice, impact of values/society and inclusive practice.
- Know how to consistently design well-structured training programmes. Covering group work theories, learning styles and comprehensive design process.
- Be able to understand and apply facilitation skills. Covering interventions, overcoming challenging situations and dealing with conflict.
- Become more aware of what makes a competent sexual health trainer. Covering self reflection and self awareness, building on strengths and giving and receiving effective feedback.

Accreditation: Staffordshire University (30 credits, level two or three).

Cost per place on open course	On request price for ten people
£800	£7,500 plus trainer expenses
Number of days: Eight	

▶ Sexually transmitted infections: an introduction

Date: London: 23 November 2010

“All the content was very informative and the hands-on methods used were excellent.”

Training course participant

In a survey of sexual attitudes and lifestyles in Great Britain, 10.8 per cent of men and 12.6 per cent of women aged 16–44 reported having a sexually transmitted infection at some time. In 2008, there were 399,738 new sexually transmitted infection diagnoses at genitourinary medicine (GUM) clinics in the UK, an increase of 53 per cent on 1999.

This one-day introductory course is designed for those with little or no knowledge of sexually transmitted infections. It is suitable for those working with adults and young people in any setting, including education, health, youth work and social care, who wish to work more effectively with their client group in raising awareness of sexually transmitted infections.

Aim: To enable workers to promote positive sexual health through increased knowledge of sexually transmitted infections, prevention and available support.

Learning outcomes:

- Gain a basic knowledge of common sexually transmitted infections – their signs, symptoms, transmission and treatment.
- Understand the relevance of sexually transmitted infections within sexual health promotion work.
- Identify barriers to service access.
- Consider strategies to prevent occurrences of sexually transmitted infections.
- Discuss attitudes towards sexually transmitted infections.

Cost per place on open course	On request price for 12 people
£120	£800 plus trainer expenses
Number of days: One	

FPA **sexually transmitted infections booklets** may also be of interest – see www.fpa.org.uk for details of all our publications and resources.

► First impressions count!

Date: London: 9 February 2011

“Brilliant course, giving me the opportunity to empathise with clients’ feelings and think about my role.”

Training course participant

This is a one-day course for the people on the front line of primary care including reception and administration staff working in surgeries, contraception or genitourinary medicine (GUM) clinics. Reception staff have a key role to play in providing a non-judgemental, confidential and sensitive sexual health service, especially to young people. Yet very few front-line workers are offered ongoing training and development in sexual health issues. The *NHS plan* and *The national strategy for sexual health and HIV* both emphasise the role that education and training play in equipping everyone working in the field to provide good quality sexual health services. This includes those who have a clinical/medical qualification, as well as those who do not.

This course seeks to enable front-line staff to develop those skills necessary for working in reception and for providing a good quality sexual health service. This course uses the ‘You’re welcome’ quality criteria throughout.

Aim: To further develop the confidence of reception staff in dealing with clients presenting with sexual health issues in general practice, contraception clinics, GUM and other settings.

Learning outcomes:

- Create and maintain a welcoming environment for clients.
- Demonstrate respect for privacy and confidentiality with clients.
- Confidently work with clients within current law and guidance, including the ‘You’re welcome’ quality criteria.
- Demonstrate an appreciation of the difference between personal attitudes and professional practices.
- Recognise and explain the boundaries and roles of team members.

Cost per place on open course	On request price for 12 people
£120	£800 plus trainer expenses
Number of days: One	

The FPA ***Handbook of sexual health in primary care*** may also be of interest – see www.fpa.org.uk for details of all our publications and resources.

▶ Promoting choice courses

Communicating about sexual health and contraceptive choices with teenage parents

It is estimated that 20 per cent of births to under-18-year-olds are second or subsequent births, many of which are unplanned pregnancies. Research shows this can limit life chances and negatively impact on the health of both mother and baby. We also know that some young parents may have missed out on sex and relationships education at school, are poorly informed about the range of contraceptive options and find it difficult to access services.

FPA offers two courses, one aimed at midwives and health visitors and one aimed at non-health professionals to enable you to communicate with teenage parents about their choices and options.

Midwives and health visitors

Aim: This one day course aims to enable midwives and health visitors to support young parents in preventing unplanned pregnancies and protecting their sexual health.

Learning outcomes:

- Recognise the factors that lead to unplanned pregnancies and second pregnancies.
- Identify opportunities within practice to promote sexual health.
- Discuss with young people the pros and cons of appropriate methods of contraception.
- Assist young people in making informed choices and securing further contraceptive services.
- Demonstrate a non-judgemental and inclusive approach in work.

On request price for 12 people

£800 plus trainer expenses

Number of days: One

Non-health professionals

“The amount of information learned was amazing. The trainer was knowledgeable, articulate and well-informed on all subjects covered.”

Training course participant

Aim: This two-day course aims to enable Connexions staff, Sure Start Plus personal advisers, Sure Start workers and other non-health professionals working with teenage parents to support them in preventing unplanned pregnancies and protecting their sexual health.

Learning outcomes:

- Recognise the factors that lead to unplanned pregnancies and second pregnancies.
- Identify opportunities within practice to promote sexual health.
- Discuss with young people the pros and cons of appropriate methods of contraception.
- Support young people in making informed choices and securing further contraceptive services.
- Demonstrate a non-judgemental and inclusive approach in work.
- Use the guidance for youth support workers from the Teenage Pregnancy Unit.

On request price for 12 people

£1,600 plus trainer expenses

Number of days: Two

The FPA booklet ***Your guide to contraceptive choices – after you’ve had your baby*** may also be of interest – see www.fpa.org.uk for details of all our publications and resources.

▶ Sex, law and policy

Dates: London: 13 May 2010; Glasgow: 2 November 2010

“Clarification on how to deal with questions on issues like disclosure and confidentiality ... thank you for a stimulating and informative course.”

Training course participant

The law around sex can be complex and confusing. Policy statements from individual organisations often add to this confusion and leave staff very unsure of what they can and cannot do. In particular, age can be a confusing factor when we are working with young people.

This one-day course is suitable for anyone wanting to clarify what the law currently says about sexual activity and how their organisation’s policy should support them. Participants can come from any setting where this information would be useful, either working with adults or young people. It is particularly helpful for those developing sex and relationships policies.

Aim: To clarify and explore the law relating to sex, especially the Sexual Offences Act 2003, and the context in which the law applies.

Learning outcomes:

- Understand the law as it applies to sex, young people and vulnerable adults.
- Understand the context in which the law applies.
- Consider implications for workplace policies and guidelines.

Sex, law and policy (Scotland)

The Sexual Offences (Scotland) Act 2009 will be implemented in Autumn 2010. FPA is offering a Sex, law and policy course for all staff in Scotland who need to understand the new legislation. This will run in Glasgow on 2 November 2010 or can be bought in for your organisation from April 2010. Please contact the FPA training department for more details.

Cost per place on open course	On request price for 12 people
£120	£800 plus trainer expenses
Number of days: One	

The FPA **Factfile** and **Factsheets** may also be of interest – see www.fpa.org.uk for details of all our publications and resources.

► Counselling skills in unintended pregnancy

Hosted in partnership with Adrienne Hannah

“I am feeling so confident about my new skills. Brilliant course, brilliant trainer.”

Training course participant

This four-day course is suitable for any professional – youth worker, nurse, doctor, support worker – who works with women at risk of unplanned pregnancies.

Participants will review and enhance their basic counselling skills – active listening, open questions, identifying and reflecting feelings, paraphrasing and summarising. Using case studies of women with unplanned pregnancies, they will develop non-directive ways to support women to make decisions which are right for them.

The course helps participants explore their own feelings around unplanned pregnancy and looks at why women take risks in the area of contraception and pregnancy. Participants also get the chance to try out ways to support themselves in what is often a very challenging and stressful area of work.

Aim: To help participants develop their counselling skills for unplanned pregnancy.

Learning outcomes:

- Identify the principles of basic counselling skills.
- Appraise own counselling skills and develop these further.
- Increase knowledge on why women risk unplanned pregnancy.
- Raise awareness of own attitudes to risk taking and abortion.
- Identify ways to apply the learning in the workplace.

On request price for 12 people

£3,200 plus trainer expenses

Number of days: Four

The FPA booklet *Pregnant and don't know what to do? A guide to your options* may also be of interest – see www.fpa.org.uk for details of all our publications and resources.

▶ Asylum seekers, refugees and sexual health

Date: London: 28 September 2010

A needs assessment carried out by FPA indicated a lack of support and information for professionals working with asylum seekers and refugees. Often staff struggle to make their services accessible and to engage with this hard-to-reach group of people. Some staff lack confidence in dealing with issues such as rape, HIV, female genital mutilation, forced marriage, trafficking and cultural issues. Other problems include lack of access to interpreters and finding resources to support service delivery. Staff also need support with knowledge around legislation and human rights. Negative attitudes and values (from society as well as personal opinion) towards working with this marginalised group of people need to be explored and discussed to ensure they do not impact on professional practice.

Aim: To increase participants' awareness of asylum seekers' and refugees' sexual health information needs.

Learning outcomes:

- Greater understanding of legislation and human rights relating to sexual health for asylum seekers and refugees.
- Explore societal pressures towards asylum seekers and refugees.
- Develop a greater understanding of cultural differences when working with asylum seekers and refugees.
- Increase confidence in dealing with challenging sexual health issues.
- Acquire practical techniques, ideas and resources for engaging hard-to-reach groups.

All participants on this course will receive a free copy of ***Sexual health, asylum seekers and refugees: a handbook for people working with refugees and asylum seekers in England*** (FPA).

Cost per place on open course	On request price for 12 people
£120	£800 plus trainer expenses
Number of days: One	

Young people

► **NEW! Sexual exploitation: safeguarding children and young people**

Date: London: 10 November 2010

Young people are increasingly being drawn into sexually exploitative situations. Internet grooming, peer pressure to get involved in paid sexual activity and trafficking of young people are all issues which professionals working with young people have to consider. This course aims to highlight some of these topics for staff working with young people, to make the risk indicators easier to spot and to discuss appropriate interventions.

Aim: To increase participants' awareness of sexual exploitation as a form of sexual abuse and enable them to identify vulnerability factors and risk indicators.

Learning outcomes:

- Identify what makes young people (male and female) vulnerable to sexual exploitation.
- Use an assessment tool to identify risk indicators.
- Understand the grooming process.
- Be aware of the law, Government guidance, policies and procedures around sexual exploitation and young people.
- Discuss society's values and attitudes to young people, sexual activity and sexual exploitation.
- Develop skills to advocate for young people at risk of sexual exploitation.

All participants on this course will receive a copy of **Safeguarding children and young people from sexual exploitation: supplementary guidance to working together to safeguard children** (DCSF, 2009).

Cost per place on open course	On request price for 12 people
£120	£800 plus trainer expenses
Number of days: One	

► Core competencies in sexual health for youth workers

In collaboration with
The National Youth Agency



Each set of eight days constitutes one course.

Dates: London: 14–15 September, 12–13 October, 16–17 November 2010,
25–26 January 2011

“The content of this course is excellent, I feel knowledgeable, skilled and confident.”

Training course participant

Working with the National Youth Agency, FPA has developed a set of core competencies which covers all the essential skills, information and values youth workers and people who work with young people need in order to run safe, informed, and practical sex and relationships work (SRW) sessions with young people.

This university-accredited training course equips participants to meet these competencies in delivering SRW.

The eight days break down into three training modules, an assessment day and a study day.

Module one: The self

- Day one**
- Exploring emotional, physical and behavioural sexual development.
 - Choice or chance: talking to young people about age and first sexual experience.
- Day two**
- Exploring the value of SRW with young people.
 - Gaining awareness of personal values and how they impact on professional practice.
 - Setting and maintaining appropriate professional boundaries.

Module two: Theory

- Day one**
- Information on relevant law and guidance and how it applies to work practice.
 - The history of sex and relationships education and how it impacts on SRW.
 - Setting effective working contracts.
 - Anti-discriminatory practice and SRW.

- How young people learn and SRW.
- Gaining confidence with one-to-one work.
- Day two**
 - Supporting group development.
 - Current information on contraception, condoms and sexually transmitted infections.
 - Delivering age appropriate SRW.
 - Young people's rights and accessing services.

Module three: Practice

- Day one**
- Planning a sex and relationships session.
 - SRW resources.
 - Exploring different evaluation methods.
 - Giving and receiving effective feedback.

- Day two**
- Facilitating a sex and relationships session.
 - Next steps for your SRW.

Assessment day

This day is for participants to come back and share the findings of their practical work.

Study day (optional)

This day is for participants to start to plan their written piece of work for accreditation with study skills input.

Accreditation: Staffordshire University (30 credits, level two or three).

Cost per place on open course	On request price for ten people
£680	£6,500 plus trainer expenses
Number of days: Eight	

FPA **young people's booklets** may also be of interest – see www.fpa.org.uk for details of all our publications and resources.

▶ Sexual health starts here

Dates: London: 25–27 May, 6 July 2010

This four-day introductory level course is for those working directly with young people in any setting who have the opportunity to promote the positive sexual health of young people and support them in their sexual health choices. School nurses, youth workers, primary care staff and voluntary sector staff will particularly benefit from this course.

The course provides a basic introduction to sexual health work with young people providing sexual health information, practising basic skills, and exploring values and attitudes. This course can be taken in conjunction with ‘Delivering sex and relationships education with confidence’ (see page 21) for participants wishing to develop facilitation skills.

Aim: To increase participants’ awareness, confidence and skills to work more effectively on issues concerning sexual health.

Learning outcomes:

- Demonstrate a critical understanding of key sexual health issues, including safer sex practices, contraception and sexually transmitted infections.
- Demonstrate an understanding of the law relating to young people and sexual health.
- Critically explore social influences on sexual development.
- Develop a clear awareness of how attitudes and values may affect practice.
- Communicate effectively and with confidence about sexual health and related issues.
- Identify, assess and use relevant resources for sex and relationships education.

Accreditation: Staffordshire University (15 credits, level one).

Cost per place on open course	On request price for 12 people
£350	£3,500 plus trainer expenses
Number of days: Four	

The FPA resource **4 boys, 4 girls: talking with young people about sex and relationships** may also be of interest – see www.fpa.org.uk for details.

▶ Delivering sex and relationships education with confidence

This course is an advanced facilitation course for anyone working with young people who wants to learn more about running group work sessions. The course teaches participants how to plan, develop, deliver and evaluate sessions working within good practice guidelines.

Anyone wishing to attend this course must have completed 'Sexual health starts here' (see page 20) or be able to show evidence of the equivalent.

Aim: To provide participants with the knowledge, skills and confidence to plan and deliver sex and relationships education (SRE).

Learning outcomes:

- Identify, plan, deliver and evaluate an SRE session.
- Critically examine theoretical frameworks and models underpinning group work including anti-discriminatory practice.
- Deliver an SRE session with confidence, demonstrating knowledge of policy and legal frameworks.
- Gain a critical understanding of the relationship between child development, key stages, age appropriate content and SRE.

Accreditation: Staffordshire University (30 credits, level two or three)

On request price for 12 people

£4,800 plus trainer expenses

Number of days: Five

The FPA **Girls out loud** video may also be of interest – see www.fpa.org.uk for details of all our publications and resources.

► **NEW! The pleasure principle**

Date: London: 5 October 2010

Sex and relationships education (SRE) for young people can focus on facts and figures, what not to do and how to avoid infections and abuse. Young people tell us they would like less factual information and want more on how to have positive relationships, how to pleasure their partner and how to get the most from an intimate relationship. It’s time to put the pleasure back into sex and this one-day course features some exercises for safe, educational work with young people around pleasure. It also encourages participants to adopt a sex-positive approach when communicating with young people about risk and safer sex.

Aim: To explore how supporting young people to have positive and enjoyable sexual relationships can fit into conversations about risk, and to enable young people to feel more engaged with sexual health messages.

Learning outcomes:

- Discuss the issues around promoting sex-positive SRE work.
- Explore personal and professional attitudes to sex-positive work.
- Consider sex-positive approaches to group work with young people.
- Communicate about safer sex with young people in a sex-positive manner.

Cost per place on open course	On request price for 12 people
£120	£800
Number of days: One	

► **NEW! Alcohol use, sexual activity and young people**

Date: London: 6 October 2010

Young people are up to three times more likely to have unprotected sex when they are drunk. Increasingly, professionals working with young people are becoming aware that young people's alcohol use has direct links with their sexual activity. As well as enabling easier interaction on a social level, alcohol use lowers inhibitions and sometimes causes young people to do things they would not do if had they not been drinking. Regret features largely in young people's description of sexual activity when they have been drinking. This course aims to look at young people's alcohol consumption, how alcohol affects risk taking and related sexual activity. It also aims to help professionals formulate strategies to work with young people around these issues.

Aim: This course aims to enhance participants' understanding of key issues and the links between sexual activity and alcohol use, and to increase confidence in addressing these issues with young people.

Pre-requisite: Basic sexual health and alcohol awareness.

Learning outcomes:

- Understand current research and resources around young people's sexual activity and alcohol use.
- Increase awareness of the links between alcohol use and sexual activity.
- Explore values and attitudes towards risk taking behaviour.
- Gain practical tools to support work with young people around alcohol use and sexual activity.

Cost per place on open course	On request price for 12 people
£120	£800 plus trainer expenses
Number of days: One	

Course order form

Please photocopy this form as needed. Please write in **BLOCK CAPITALS**.

Course title:	
Course date:	
Name of participant:	Job title:
Organisation:	
Address:	
	Postcode:
Tel:	Fax:
Email:	

I am a member and my FPA membership number is:

If you are an FPA member you will automatically receive a discount. See page 25 for information on FPA membership.

How to pay

You will be invoiced for your training course(s). The invoice can be paid by cheque, directly into our account or by credit card.

Cancellation policy

If you cancel a booking at any time before a month prior to the course you will have to pay 10 per cent of the course fee. Cancellation any time in the month leading up to the course will incur the full course fee. You may opt to send another staff member in your place. FPA reserves the right to cancel courses at its discretion.

Please specify any requirements that you have (for example, access or interpreters)

How did you find out about FPA training courses?

- Brochure
- Website
- Word of mouth
- Email reminder
- Other (please specify)
- Please tick this box if you would like your details to be kept on our database so that occasionally we can send you information about our work.

Please return this form to the address below.

FPA
50 Featherstone Street
London EC1Y 8QU
Tel: 0845 122 8661
Fax: 0845 123 2349
Email: helens@fpa.org.uk

Become an FPA member

There are three membership packages to choose from – **Individual** (£30 a year); **School**, including universities, colleges, Connexions, youth organisations and Sure Start (£50 a year); and **Organisation** (£90 a year).

Membership benefits include:

- Discounts on publications and resources – **20 per cent** for Organisation members, **15 per cent** for School members.
- Discounts on open training courses – **10 per cent** for Organisation and School members, **5 per cent** for Individual members.
- Free subscription to our members' only newsletters, *In brief* and *Sex talk*, to keep you up to date with sexual health news.
- Free *Factfile* containing factsheets on contraception and sexual and reproductive health worth £15.99.
- Free set of all contraceptive methods and sexually transmitted infections booklets.
- Free copy of all our best selling young people's booklets.

For more details, visit www.fpa.org.uk or call Membership Services on 020 7608 5256.

Paying for FPA membership by Direct Debit



If you wish to pay for your FPA membership by Direct Debit please fill in this form.

Name and full address of your bank or building society

To: The manager Bank/Building Society

Address:

Postcode:

Account number:

Sort code:

Instruction to your bank or building society

Please pay FPA Direct Debits from the account detailed in this instruction subject to the safeguards assured by the Direct Debit Guarantee. I understand that this instruction may remain with FPA and, if so, details will be passed electronically to my bank or building society.

For FPA official use only (not part of instructions to your bank/building society)

Date of first payment on or after:

Signature:

Date:

Banks and building societies may not accept Direct Debit instructions from some types of accounts.

Please make sure you keep a copy of the Direct Debit Guarantee below before you return this form.

The Direct Debit Guarantee

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▶ Building resilience in sexual health with young people

“This course has helped me understand the concept of resilience and its importance to young people. I will be using the practical exercises in my work.”

Training course participant

This is a two-day course for anyone working with young people but particularly those in targeted youth support, pupil referral units or those working with looked-after young people.

Resilience and competency building are central to helping young people navigate adolescence in healthy ways. Building on some previously published models of resilience work, this course looks at how to work with excluded, looked-after and targeted young people to nurture their resilience, maintain their sexual health and wellbeing and minimise their involvement in risk taking behaviours potentially damaging to themselves and others.

This course allows the participant to explore the issues around resilience work as well as experience some practical exercises and develop an assessment tool for work with young people.

Aim: This course aims to introduce core concepts of resilience to enable participants to work with young people to maintain their sexual health and wellbeing.

Learning outcomes:

- Look at an overview of resilience research.
- Examine different models of resilience.
- Experience specially designed exercises to build resilience in young people.
- Consider the personal and professional core qualities needed in this type of work and work environment.
- Develop an assessment tool for use with young people.

All participants on this course will receive a copy of ***Life happens: Health and wellbeing training exercises set within a resilience framework to encourage positive sexual and emotional development for young people*** a new FPA publication.

On request price 12 people

£1,600 plus trainer expenses

Number of days: Two

► Beyond Barbie: working with young women

“Fabulous course, I was able to stop and really think about what I am trying to achieve.”

Training course participant

What is it like being a young woman today? Increased choice and opportunity for young women means increased pressure and responsibility. How easy is it for young women to explore their sexuality and make informed sexual health choices?

Unplanned pregnancy, abortion, contraception, sexually transmitted infections, earlier onset of puberty, self-esteem, body image, media pressure, drugs and alcohol, myths and misinformation are just some of the issues facing young women today. Yet young women often say the sex and relationships education they receive is too little, too late and too biological.

Based on the FPA publication *Beyond Barbie: community based sex and relationships with girls and young women: a workers' compendium*, this two-day course is for anyone interested in promoting young women's sexual and emotional health needs – teachers, youth workers, social services staff, health workers and outreach workers in both the voluntary and statutory sectors.

Aim: To provide participants with the opportunity to explore specific issues that affect sexual health work with young women in a variety of settings.

Learning outcomes:

- Understand the key issues important to young women's sexual health.
- Understand the impact of social and personal values on professional practice.
- Build on tried and tested approaches to working with young women and sexual health.

All participants on this course will receive a free copy of ***Beyond Barbie*** (FPA) and ***Beyond Barbie: community based sex and relationships education with African–Caribbean girls and young women*** (FPA).

On request price for 12 people

£1,700 plus trainer expenses

Number of days: Two

► Moving the goalposts: working with young men

“This course has really changed the way I present SRE – it is outstanding and I would recommend it to anyone.”

Training course participant

Young men and boys often miss out on good sexual health education and promotion. Men can be more difficult to engage in health activities and information and services are often not aimed at them.

This two-day course is for those working with groups of young men or anyone wishing to engage young men in their work – teachers, youth workers, youth offender teams and social services staff.

The course offers a solid grounding on issues of masculinity and the opportunity to consider effective and appropriate strategies and resources.

Aim: To enable participants to have the knowledge and confidence to engage young men in sexual health work.

Learning outcomes:

- Understand the key issues important to young men’s sexual health.
- Understand the impact of societal and personal values on professional practice.
- Build on tried and tested approaches to working with young men and sexual health.

All participants on this course will receive a free CD containing a PDF of ***Moving the goalposts*** (FPA).

On request price 12 people

£1,600 plus trainer expenses

Number of days: Two

The FPA publication ***The boys are aw’right: young men and sexual health*** may also be of interest – see www.fpa.org.uk for details of all our publications and resources.

► Fantasy vs reality: the impact and influence of pornography on young people

Dates: London: 30 June 2010 ; London: 12 January 2011

“This course was excellent. It was refreshing to reflect on our own views and consider how our attitudes may affect young people. I feel much more confident now in approaching the subject with young people.”

Training course participant

Increasingly, young people are reporting that they get much of their sex and relationships education from pornography, particularly via the internet where it’s often uncensored and unrestricted. Communication via the internet, including social networking sites, and mobiles is the norm for young people. This means that sexualised imagery and content are increasingly common. Professionals identify pornography as increasingly influencing young people’s sexual expectations, attitudes and relationships. They often struggle to know what is legal and how to respond to issues that arise in relation to pornography.

This course covers the availability of pornography and the law as it relates to pornography. It addresses how the media can impact on young people’s attitudes, expectations, self image and sexual development. It demonstrates how professionals can respond and proactively facilitate discussion in this challenging area of work.

Pre-requisite: Participants are expected to have a basic sexual health knowledge.

Aim: To explore the impact and influence of pornography on young people’s attitudes to sex, safer sex, their sexual development and relationships.

Learning outcomes:

- Gain awareness of the scale of pornography, young people’s use and attitudes to it as well as its potential impact and influence.
- Increase knowledge of the law as it relates to pornography.
- Explore own attitudes towards pornography and how this may impact on own practice.
- Increase confidence in addressing issues around pornography with young people.

All participants on this course will be given a NEW teaching resource pack to help deliver sessions about the influence of the media and pornography.

Cost per place on open course	On request price for 12 people
£130	£900 plus trainer expenses
Number of days: One	

▶ One-day courses

FPA offers a range of one-day courses for organisations and professionals who do not have much time to commit to training. These are:

Autism and sexuality

This course promotes the rights of people with autism to have sexual health information and provides practical skills training in sex and relationships education (SRE).

Chance, choice and consequences

This course explores the reasons why people engage in risk-taking behavior and looks at how this information can improve participants' practice.

Condom card (C-card) training

This course aims to raise awareness of condom distribution (C-card) schemes and how condoms can be used effectively to promote sexual health.

Contraception, sexually transmitted infections and young people

This course provides a brief overview of information about contraception and sexually transmitted infections in relation to young people.

Faith, values and SRE

This course is for those delivering schools-based SRE which includes faith and values.

Sexual awareness and people with learning disabilities

This course gives staff an awareness of the rights of young people with learning disabilities to sexual health information and SRE.

Talking to young people about sex and relationships

This course helps to build the confidence of staff who talk to young people about sexual health, sexuality and sex and relationships.

Working with people with severe learning disabilities

This course enables staff to work more effectively with more severe learning disabled clients.

On request price for 12 people

£800 plus trainer expenses for each course

► **Pride and prejudice: working with LGBT young people**

Young people discovering and coming to terms with their sexuality are doing so at a difficult, emotional time in their lives. Young people discovering that they are (or might be) lesbian, gay, bisexual or transgender (LGBT) need extra support and acceptance to counteract feelings of alienation, exclusion, isolation and sometimes condemnation.

Almost 65 per cent of young lesbian, gay and bisexual pupils have experienced direct bullying at school and 98 per cent of young gay people hear the phrases “that’s so gay” or “you’re so gay” in school. Over half of lesbian and gay pupils don’t feel able to be themselves at school and 35 per cent of gay pupils do not feel safe or accepted at school. We need to look at strategies and skills to promote an inclusive environment within our workplaces. Youth workers, teachers, health professionals – anyone working with young people – can develop the confidence and skills to ensure that LGBT young people get the support, care and information they need.

Aim: To develop confidence, learn useful strategies and skills, and promote effective practice and interventions in positive work with LGBT young people.

Learning outcomes:

- Learn what LGBT young people identify as sexual health issues and what support they want from adults.
- Understand the links between discrimination of LGBT people and poorer sexual health outcomes.
- Learn practical skills/tools for establishing rights-based, inclusive practice within the work environment.
- Understand how to support young people throughout the process of coming out.
- Reflect on personal beliefs and attitudes and how these influence professional practice.

On request price for 12 people

£1,600 plus trainer expenses

Number of days: Two

The FPA **Challenging homophobia** training manual may also be of interest – see www.fpa.org.uk for details of all our publications and resources.

▶ Talking about sexual health, relationships and rights with looked-after children and young people

Date: London: 23 June 2010

“I found the information around attachment, resilience and identity hugely important for my work ... a very worthwhile day.”

Training course participant

This one-day course is aimed at anyone who works with and/or cares for children and young people in care. It is an opportunity to reflect on practical ways of working with children and young people to address their rights, relationship needs and sexual health questions. Young people who are looked after are more vulnerable to unplanned pregnancy, poorer sexual health outcomes and exploitative and/or abusive relationships than their non-looked after peers.

Aim: To increase the skills, knowledge and awareness that staff and carers need to talk to looked-after children and young people about sexual health, rights and relationships.

Learning outcomes:

- Gain information about national legislation, policy and guidance that promotes the rights of children and young people in care.
- Increase knowledge of the factors influencing the sexual health of young people in care from evidence and from young people themselves.
- Consider the role of self-esteem and resilience in addressing sexual health needs and supporting the development of healthy relationships.
- Practise skills to listen and talk to young people about their sexual health and relationship needs.
- Reflect on own values and attitudes to sex, relationships, sexual health and sexuality to establish appropriate boundaries when talking about sexual health and relationships.

Cost per place on open course	On request price for 12 people
£120	£800 plus trainer expenses
Number of days: One	

► Speakeasy facilitator training

“Speakeasy definitely helped me approach things more directly with my kids, and also about the emotional things about a caring loving relationship.”

Parent on Speakeasy course for parents and carers

The Speakeasy course for parents and carers has been delivered to over 10,000 parents since 2002. It is a structured programme of accredited learning that helps parents and carers gain the knowledge and confidence they need to talk with their children about sex, relationships and growing up in an age-appropriate way. The course is Open College Network (OCN) accredited.

Speakeasy facilitator training is designed to equip front-line parent support staff to deliver the Speakeasy course for parents and carers. It is particularly suited to staff who have little or no previous experience of delivering group work around sexual health. Training is relaxed and activity-based. The **Speakeasy facilitator's handbook** that supports the training provides an in-depth resource including session plans, parent worksheets, handouts and suggestions for developing the work further. The training complies with the National Occupational Standards for work with parents.

This course has been revised for 2010.

Aim: The aim of the course is to equip participants to deliver and assess the accredited FPA Speakeasy course for parents and carers.

Learning outcomes:

- Become familiar with the key concepts of sexual health and development – especially as these relate to puberty changes.
- Understand the role of parents in the delivery of sex and relationships education with particular attention to the inherent opportunities, challenges and the diversity of culture and values.
- Understand the principles, practice and delivery methods of the FPA Speakeasy programme.
- Understand the methodology of portfolio based learning and the requirements of OCN.
- Plan, deliver and assess a Speakeasy parents group with accredited learning.
- Understand and practice methods of assessment that comply with the requirements of OCN.

“A fantastic course made very engaging and educative by the trainer who teaches with passion, integrity and perfect pace – thanks.”

Participant on Speakeasy facilitator training course

Training requirements and time commitments:

- Participants must attend all three days. Day three is usually held 4–6 months after day two.
- Over the three days participants are expected to complete a series of assessments and homework tasks which count towards accreditation at level three.
- Each participant is expected to set up and run an eight-week parent course in between day two and day three and at least one parent on that course must be willing to gain accreditation at either level one or level two.
- Participants need to set aside time to prepare for each two-hour session which will include lesson planning, photocopying worksheets and handouts, and preparation of any additional resources.
- The OCN award is nine credits at level three. Participants are expected to spend up to 90 hours on training days, parent course delivery and home assessments.

“Very positive, I learnt a lot; facilitator was excellent and very hands on, very good at getting everyone to overcome their embarrassment. Excellent.”

Parent on Speakeasy course for parents and carers

Please contact David Kesterton, Project Manager Speakeasy, for information about training opportunities and costs in your area. Tel: 020 7608 5271.

For up-to-date information on Speakeasy and staff working on the project see www.fpa.org.uk.

Disabled people

► Liberating life choices: promoting the positive sexuality of people with learning disabilities

Dates: Glasgow: 31 August–1 September, 23 September 2010;
London: 29–30 September, 9 November 2010

“The content and facilitation were excellent. All the exercises were challenging, through provoking and very useful.”

Training course participant

Staff working with people with learning disabilities often have some anxieties when they start to think about sex and relationships work (SRW). There are many complex issues which need to be considered before starting to address SRW, such as sex and relationships policies, legal aspects, capacity to consent, assessment of sexual knowledge, and the skills that staff currently have.

This three-day course addresses the important issues in SRW and gives participants the opportunity to discuss complex areas of work and share useful skills and ideas with each other. Suitable for anyone working with people with mild–moderate learning disabilities who has little experience of SRW and wants an introduction to this area of work.

Aim: To increase participants’ awareness of the rights of people with learning disabilities and provide the knowledge, confidence and skills to apply inclusive practice.

Learning outcomes:

- Increase knowledge of rights, legislation and policy issues.
- Gain skills and awareness in addressing issues of sexuality.
- Address values and attitudes and the impact these have on work.
- Gain awareness of sources of help.

Accreditation: Staffordshire University (15 credits, level one).

All participants on this course will receive a free copy of *Sexuality and learning disability* (FPA).

Cost per place on open course	On request price for 12 people
£270	£2,500 plus trainer expenses
Number of days: Three	

▶ Delivering sex and relationships work with people with learning disabilities: practical approaches

Dates: Glasgow: 1–3 February, 2–3 March 2011;
London: 1–3 March, 27–28 April 2011

“Excellent course – content was very good. I feel I have gained so many skills to support my practice.”

Training course participant

Proactive and reactive group and one-to-one sex and relationships work (SRW) sessions with people with learning disabilities are often in demand in services. Staff with an interest in this area of work often feel they need some training to support them, help understand the theory of training sessions and also new ideas from other practitioners.

This five-day university-accredited course is the programme planning course for anyone working with people with mild–moderate learning disabilities who wants to learn how to plan, develop and deliver group or one-to-one educational SRW sessions. To gain a place on this course you must have completed ‘Liberating life choices: promoting the positive sexuality of people with learning disabilities’ (see page 36) or be able to show evidence of the equivalent.

Aim: To support participants to develop their current knowledge, skills and confidence to plan, deliver and evaluate SRW to groups and individuals with learning disabilities.

Learning outcomes:

- Examine own skill base and opportunities for development.
- Explore how to structure a programme of SRW for a group or an individual with learning disabilities.
- Design a session for delivery in the workplace.
- Examine a range of resources and practise exercises.
- Have an awareness of inclusive practice.

Accreditation: Staffordshire University (30 credits, level two or three).

Cost per place on open course	On request price for 12 people
£460	£4,800 plus trainer expenses
Number of days: Five	

The FPA **Talking together** series may also be of interest – see www.fpa.org.uk for details of all our publications and resources.

▶ Autistic spectrum disorder (ASD), sexuality and sex and relationships work

Dates: London: 9–10 March 2011

“A real thumbs up. Well done and thank you ... a real, true course relevant to our needs and the status of our organisation.”

Training course participant

Autism is a complex developmental disorder that affects the individual’s ability to understand and use social communication as a means of relating to others effectively. The condition may be accompanied by additional learning difficulties. Learners with Autistic Spectrum Disorder (ASD) tend to experience significant difficulty developing social understanding of themselves and others. This has a profound effect on all areas of the individual’s life – the ability to make sense of the world, to learn, and to establish and maintain social relationships effectively. The delivery of effective and meaningful sex and relationships education (SRE) to individuals with ASD can therefore be particularly problematic. This two day course addresses these issues and looks at ways of presenting information for learners with ASD so that they can understand and engage in social activities in safer and more appropriate ways.

Aim: To raise participants’ awareness of issues involved in SRE and autism, and to improve confidence and skills to work more effectively around sexuality with people across the autistic spectrum.

Learning outcomes:

- Understand how autism impacts on social awareness and sexual understanding.
- Be aware of roles and responsibilities in partnership with parents and other professionals, in understanding sex and relationships work (SRW).
- Have an awareness of how key legal issues and organisational guidance affect practice.
- Have an awareness of how values and beliefs may affect delivery of SRW.
- Be able to use different practical approaches and resources when delivering SRW with people with autism.

Cost per place on open course	On request price for 12 people
£200	£1,600 plus trainer expenses
Number of days: Two	

▶ Learning disabilities, sex, law and policy

Date: London: 17 June 2010

“I was not expecting such a small workshop type of training but I found it excellent!”

Training course participant

The laws around sex can be complex and confusing, and may be used to ‘hide behind’ as a reason not to approach sex and relationships work (SRW) with people with learning disabilities. Policy statements from individual organisations often add to this confusion and leave staff very unsure of what they can and cannot do. In particular, when working with people with learning disabilities consent can be a confusing factor.

This one-day course is for anyone wanting to clarify what the law currently says about sexual activity and people with learning disabilities. It also gives participants the opportunity to look at some policies, either their own or from other workplaces, and to consider how these can be of use in the workplace. Suitable for care workers, social workers, psychologists, teachers, school nurses and community nurses who work with vulnerable adults and young people.

Aim: To clarify and explain law, policy and other legislation relating to sex and people with learning disabilities.

Learning outcomes:

- Gain knowledge of the most up-to-date legislation in England and Wales on SRW and learning disability.
- Understand the importance and application of an SRW policy in an organisation.

All participants on this course will receive a free copy of **Learning disabilities sex and the law: a practical guide** (FPA) which was updated in 2009.

Cost per place on open course	On request price for 12 people
£130	£900 plus trainer expenses
Number of days: One	

▶ Sex and relationships education for young people with physical impairments

This course is offered in partnership with NCB and Contact a Family



Dates: London: 3–4 February 2010

“This course challenged my thinking and attitudes towards physical impairments in a safe, positive way.”

Training course participant

Around 770,000 children aged under 16 in the UK are disabled. They can be forgotten when it comes to sex and relationships education (SRE). Sometimes information is not thought to be relevant to them, so they don't get the level of information and support they need. The Every Disabled Child Matters campaign is calling for 'an education system that meets the needs of each child and enables them to reach their full potential', which includes good quality SRE. This course is suitable for anyone working with young people with physical impairments in a formal or informal education setting. This course is not suitable for anyone working with people with learning disabilities. For these courses please see pages 36–39.

Aim: The purpose of this course is to raise participants' confidence and skills in addressing sex and relationships issues with young people with physical impairments.

Learning outcomes:

- Discuss the difference between the medical and social models of disability and how this impacts on young people with physical impairments.
- Increase existing knowledge about the impact of impairments on sexuality, sexual health and self-esteem.
- Gain an awareness of societal, personal and professional values and attitudes in relation to SRE with young people with physical impairments.
- Gain confidence in addressing sexual health and sex and relationships issues with young people with physical impairments.
- Look at SRE resources and how these can be adapted for work with young people with physical impairments.

Cost per place on open course	On request price for 16 people
Contact NCB training on 020 7843 6084 for cost and booking form.	£2,500 plus trainer expenses. <i>Two trainers are required to run this course due to its content.</i>
Number of days: Two	

Schools and sex and relationships education

► Delivering SRE in the classroom

Dates: London: 20–21 April, 17–18 May, 7–8 July 2010

“Imagine if everyone had trainers like these to help with their SRE!”

Training course participant

A six-day, university-accredited training course for teachers, school nurses and other professionals involved in teaching sex and relationships education (SRE) in secondary schools.

This intensely practical training has been consistently well evaluated by teachers, schools nurses and learning mentors working with young people in school settings. The course will be delivered in an active and participatory way, modelling good classroom practice.

This skills- and values-based course is recognised as particularly suitable for inclusion in portfolios, and can be used as evidence for certification in personal, social, health and economics (PSHE) education as part of the teachers and community nurses PSHE education continuous professional development programmes. It is an accredited course, with 30 credits at level two or three with Staffordshire University.

Aim: To provide participants with the confidence necessary to deliver SRE as part of a PSHE education programme and apply this to their own setting.

Learning outcomes:

- Gain knowledge of the nature and scope of SRE within the context of PSHE education.
- Gain knowledge about legal, policy and guidance framework for SRE.
- Learn to plan, deliver and evaluate SRE programmes.
- Understand the experiential learning process and how it applies to SRE.
- Gain an awareness and understanding of the value of reflective practice.
- Increase confidence in addressing sensitive and controversial issues.

Accreditation: Staffordshire University (30 credits, level two or three).

Cost per place on open course	On request price for 12 people
£500	£5,200 plus trainer expenses
Number of days: Six	

► **NEW! Twilight sessions for teachers**

From 2011 personal, social, health and economics (PSHE) education is expected to be statutory in primary and secondary schools. In response to this FPA has developed a set of four new, exciting twilight sessions for teachers which are delivered in school. Designed to cover four main areas to help with the sex and relationships education (SRE) elements of a PSHE education programme, the sessions can be bought in individually or as a group.

Each session is delivered to a group of up to 12 teachers by an experienced FPA trainer. Each session comes with an information pack containing lesson plans which can be used straightaway in the classroom.

With different levels of information for primary and secondary schools these sessions are an essential element of any SRE training for teachers. There is also a programme of work for those working with young learning disabled people.

Primary schools

<p>Information</p> <ul style="list-style-type: none"> Puberty Reproductive biology The law and guidance School SRE policy 	<p>Skills</p> <ul style="list-style-type: none"> Saying no Managing emotions How to be a good friend Keeping safe
<p>Attitudes/Values</p> <ul style="list-style-type: none"> Sexual messages Separating personal and professional Valuing diversity 	<p>Handling sensitive issues</p> <ul style="list-style-type: none"> Faith and values Identifying good and bad touch How much information to give

Secondary schools

<p>Information</p> <ul style="list-style-type: none"> The law and guidance Contraception Sexually transmitted infections Communication technologies (for example, the internet including social networking sites) School SRE policy 	<p>Skills</p> <ul style="list-style-type: none"> Consent and saying no Communication How to be a good partner Pleasure Self-esteem Keeping safe/risk taking
---	--

<p>Attitudes/Values</p> <p>Sexual messages</p> <p>Separating personal and professional</p> <p>Valuing diversity</p>	<p>Handling sensitive issues</p> <p>Faith and values</p> <p>Sexual bullying</p> <p>Sexual abuse</p> <p>Prostitution and pornography</p>
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Young learning disabled people

<p>Information</p> <p>The law and guidance</p> <p>Public and private</p> <p>Contraception and sexually transmitted infections</p> <p>Body parts and language</p> <p>School SRE policy</p>	<p>Skills</p> <p>How to say no</p> <p>Identifying relationships</p> <p>Being a good friend/partner</p> <p>Keeping safe</p>
<p>Attitudes/Values</p> <p>Sexual messages</p> <p>Separating personal and professional</p> <p>Valuing diversity</p> <p>Parental involvement</p>	<p>Handling sensitive issues</p> <p>Faith and values</p> <p>Sexual bullying</p> <p>Sexual abuse</p> <p>Prostitution and pornography</p>

Costs:

Each session is two hours long and can be placed anywhere in a school day, not just in a Twilight session.

To buy one individual session for 12 staff costs £450 plus trainer expenses.

To buy all four sessions as a package for 12 staff costs £1,600 plus trainer expenses.

The four sessions can be delivered as a two-day package as well as four individual sessions, at a cost of £1,600 plus trainer expenses.

2010–11 Open training programme

2010

Dates	Course	Location	Cost	Page number
3–4 February	Sex and relationships education for working with young people with physical impairments	London	Contact NCB	40
20–21 April, 17–18 May, 7–8 July	Delivering SRE in the classroom	London	£500	41
13 May	Sex, law and policy	London	£120	14
25–27 May, 6 July	Sexual health starts here	London	£350	20
17 June	Learning disabilities, sex, law and policy	London	£130	39
23 June	Talking about sexual health, relationships and rights with looked-after children and young people	London	£120	33
30 June	Fantasy vs reality: the impact and influence of pornography on young people	London	£130	30
31 August–1 September, 23 September	Liberating life choices	Glasgow	£270	36
14–15 September, 12–13 October, 16–17 November 2010, 25–26 January 2011	Core competencies in sexual health for youth workers	London	£680	18
21–23 September, 19–21 October, 1–2 December	Training the trainers in sexual health	London	£800	9
28 September	Asylum seekers, refugees and sexual health	London	£120	16
29–30 September, 9 November	Liberating life choices	London	£270	36
5 October	The pleasure principle	London	£120	22

Dates	Course	Location	Cost	Page number
6 October	Alcohol use, sexual activity and young people	London	£120	23
2 November	Sex, law and policy (Scotland)	Glasgow	£120	14
10 November	Sexual exploitation: safeguarding children and young people	London	£120	17
16–17 November	Basics of contraception	Cardiff	£200	8
23 November	Sexually transmitted infections: an introduction	London	£120	10

2011

Dates	Course	Location	Cost	Page number
12 January	Fantasy vs reality: the impact and influence of pornography on young people	London	£130	30
1–3 February, 2–3 March	Delivering sex and relationships work with people with learning disabilities: practical approaches	Glasgow	£460	37
9 February	First impressions count!	London	£120	11
1–3 March, 27–28 April	Delivering sex and relationships work with people with learning disabilities: practical approaches	London	£460	37
9–10 March	Autistic spectrum disorder (ASD), sexuality and sex and relationships work	London	£200	38

FPA members' discount: Individuals receive a **5 per cent** discount on open course places. Organisations and schools receive a **10 per cent** discount on open course places. See page 25 for more information about membership.

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FPA training brochure 2010–11



talking sense about sex

Further information

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