

FPA training brochure 2012–13



contraception

faith and values

law and policy

learning disabilities

LGB and T
young people

parents and carers

STIs

teenage pregnancy

training the trainers

young men

young women

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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.

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2012–13 Open training programme

2012

Dates	Course	Location	Cost	Page number
19 April	Scotland, sex, law and policy	Glasgow	£120	17
20 April	Alcohol use, sexual activity and young people	Glasgow	£130	22
23–24 April	Pride and prejudice	London	£200	30
15 May	Confidentiality, sex, the law and young people	London	£120	24
17 May	Supporting healthy sexuality through pregnancy and beyond	London	£120	19
22–24 May, 21 June	Sexual health starts here	London	£350	32
22 June	Fantasy vs reality	London	£130	28
10 July	Domestic violence, relationship abuse and young people	London	£120	27
12–13 September, 17–18 October, 14–15 November 2012, 23–24 January 2013	Core competencies in sexual health for youth workers	London	£680	13
18–20 September, 23–25 October, 20–21 November	Training the trainers in sexual health	London	£800	20
25–26 September, 7 November	Liberating life choices	London	£290	39
9 October	Sexual exploitation: safeguarding children and young people	London	£120	31
10 October	The pleasure principle	London	£120	33
11 October	Alcohol use, sexual activity and young people	London	£130	22
15–16 October, 22–23 November	Counselling skills in unintended pregnancy	London	£380	15

Open training programme dates and costs

Dates	Course	Location	Cost	Page number
6 November	Learning disabilities, sex, law and policy	London	£130	38
13–14 November	Basics of contraception	Cardiff	£200	12
16 November	Sexually transmitted infections: an introduction	London	£120	18
4 December	Dreaming about relationships, expressing sexuality	London	£120	36
5 December	Understanding and managing sexual harassment in the workplace	London	£120	21
10 December	First impressions count!	London	£120	16

2013

Dates	Course	Location	Cost	Page number
8–10 January, 7–8 March	Delivering SRE with confidence	London	£460	26
11 January	Fantasy vs reality	London	£130	28
15–16 January, 12–13 February, 16–17 April	Delivering SRE in the classroom	London	£500	41
29–30 January	Basics of contraception	London	£200	12
31 January	Non-consensual sexual activity	London	£120	29
5–7 February, 19–20 March	Delivering sex and relationships work with people with learning disabilities	London	£460	35
26 February	Contraception, STIs and young people	London	£120	25
28 February	Engaging partners	London	£120	37
5–6 March	Autistic spectrum disorder, sexuality and SRW	London	£200	34

See page 46 for information about training products discounts available through FPA membership.

Why choose FPA training?

As the leader in sexual health training in the UK, we offer high quality training that enhances skills to support people's 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 35,000 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 2011, we ran training courses in a range of locations throughout England, Scotland and Wales.
- Every year we distribute more than eight million FPA publications.

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

Course participant

We also run a wide range of training courses in Northern Ireland. For information contact Beverly Thompson. Tel: 028 90 316100. Email: beverlyt@fpa.org.uk. www.fpa.org.uk/professionals/trainingcourses.

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.

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.

“The trainer was brilliant. Excellent knowledge, delivery and passion for the subject made for great training.”

Course participant,
Royal Borough of
Kensington and
Chelsea

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/professionals/trainingcourses. An FPA open training course is the perfect place to network and share ideas with other professionals.

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 2011 client list included:

- Barnardo's, Nuneaton
- Bracknell Forest Council
- Bradford Workforce Development
- Brighton and Hove City Council
- Caerphilly County Borough Council
- Chelsea and Westminster NHS Foundation Trust
- David Lewis
- East Dunbartonshire Community Health Partnership
- Enfield Integrated Learning Disabilities Team
- Eversley House Children's Homes
- Flintshire County Council
- Guernsey SHARE
- London Borough of Havering
- Marie Stopes International
- Merthyr Tydfil County Borough Council
- Newport Social Care Workforce Development Partnership
- NHS Cumbria
- NHS Northamptonshire
- NHS South West London
- Royal Borough of Kensington and Chelsea
- Salford City Council
- Salisbury NHS Foundation Trust
- Wrexham Community Safety Team

Training 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.

For more information please contact the FPA Training Manager on 020 7608 5277.

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.

FPA courses are accredited through Staffordshire University. The fee for this accreditation is included in the course cost. Accreditation on any FPA course is *not compulsory* for attendance.

The courses which have accreditation are as follows:

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

For further information contact Helen Shipley.
Email: helens@fpa.org.uk. Tel: 0845 122 8661.

Revised and updated! Basics of contraception

Dates: Cardiff 13–14 November 2012; London 29–30 January 2013

Revised and updated two-day course. Includes new guidance on different forms of contraception including the 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, 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: £200

On request price for 12 people: £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.

Core competencies in sexual health for youth workers

In collaboration with
The National Youth Agency



The set of eight days constitutes one course.

Dates: London 12–13 September, 17–18 October, 14–15 November 2012, 23–24 January 2013

Working with the National Youth Agency, FPA has developed a set of core competencies which covers all the essential skills, information and values that 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.

“I feel very confident about delivering SRE sessions.”
Course participant,
Tameside Youth Service

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, including 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 five or six).

Cost per place on open course: £680

On request price for ten people: £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.

Counselling skills in unintended pregnancy

Hosted in partnership with **Adrienne Hannah**

Dates: London 15–16 October, 22–23 November 2012

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.

Cost per place on open course: £380

On request price for 12 people: £3,200 plus trainer expenses

Number of days: Four (an abridged two-day version is also available as an on request course)

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.

First impressions count!

Date: London 10 December 2012

This is a one-day course for 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. Organisational strategies often 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.
- Be able to 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: £120

On request price for 12 people: £800 plus trainer expenses

Number of days: One

"The exercises made me stop and think about my actions."

**Course participant,
Medway Council**

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.

Scotland, sex, law and policy

Date: Glasgow 19 April 2012

The Sexual Offences (Scotland) Act 2009 was implemented at the end of 2010. This course aims to take the information contained within this act, and other areas of Scottish law, and make them accessible for anyone working with young people, adults and vulnerable adults.

The course will also look at the most recent Scottish guidance around sexual activity and young people. Along with this guidance the course addresses the development of organisational policies and how these can be best written to support staff and clients when working in sexual health.

“Beyond my expectations, excellent and informative.”

**Course participant,
Shetland Youth
Information Service**

Aim:

To understand the changes in the law around sex and sexual activity focussing on the Sexual Offences (Scotland) Act 2009 and how this applies to policies and procedures in the workplace.

Learning outcomes:

- Discuss the new laws in Scotland around sex, sexual activity and sexual behaviour.
- Apply this learning to case studies of specific client groups and situations.
- Examine sexual rights and how these can be supported.
- Identify the elements of a strong and robust sex and relationships education policy.

Cost per place on open course: £120

On request price for 12 people: £800 plus trainer expenses

Number of days: One

Sexually transmitted infections: an introduction

Date: London 16 November 2012

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 2009, there were 482,696 new sexually transmitted infection diagnoses at genitourinary medicine (GUM) clinics in the UK, almost 12,000 more than in 2008.

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.

“The trainer brought the subject to life.”
**Course participant,
West Berkshire
Council**

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: £120

On request price for 12 people: £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.

New! Supporting healthy sexuality through pregnancy and beyond: a course for midwives, doulas and other pregnancy support staff

Delivered in partnership with Susan Quilliam, relationship psychologist, agony aunt, writer and broadcaster

Date: London 17 May 2012

Conception can be a wonderful moment in a couple's life but the challenges of pregnancy, childbirth and the post-partum period may have a significant effect on sexual feelings and activity. The result can be a distressing and long-term impact on individual emotional health and on relationship stability.

Pregnancy and post-pregnancy staff such as midwives, doulas and health visitors are in a unique position to help couples who need support. This new course not only offers the relevant framework of information, but also develops participants' skill in how to discuss sexual issues with women and their partners.

Aim:

To help pregnancy and post-pregnancy health professionals increase their knowledge and confidence in helping women and their partners maintain an active and healthy sexual connection.

Learning outcomes:

- Gain up-to-date information about sexual health issues.
- Understand how offering support during and post-pregnancy will benefit the couple's sexual health.
- Identify and understand the potential blocks to the couple's continuing sexual health.
- Increase awareness about sexual dysfunction and know how, when and where to refer on for specialist support.
- Gain increased confidence in facilitating conversations about how to maintain positive sexual activity.

Cost per place on open course: £120

On request price for 12 people: £800 plus trainer expenses

Number of days: One

Training the trainers in sexual health

Dates: London 18–20 September, 23–25 October, 20–21 November 2012

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. 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.

"I feel confident and inspired."

**Course participant,
Cornwall Youth
Service**

Prerequisite: Participants should have pre-existing knowledge in this area.

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 five or six).

Cost per place on open course: £800

On request price for ten people: £7,500 plus trainer expenses

Number of days: Eight

Understanding and managing sexual harassment in the workplace

Date: London 5 December 2012

Sexual harassment in the workplace can be a very difficult issue to manage as there can be moral, legal and financial implications for employers. This course aims to support staff to recognise, challenge and deal with issues of sexual harassment effectively. It is for anyone who wants to understand what sexual harassment is and clarify what the law currently says about this issue.

As well as receiving relevant information about sexual harassment, participants will learn to recognise what may constitute sexual harassment. They will also learn practical ways of responding to allegations and when to refer to others for advice or support in what can be a very challenging area. This course is suitable for anyone who wishes to gain greater knowledge about sexual harassment and who wants to practise ways of responding in a safe environment.

Aim:

To increase participants' knowledge, awareness, confidence and skills in dealing with issues concerning sexual harassment at work.

Learning outcomes:

- Understand definitions of sexual harassment.
- Understand how sexual harassment may impact on someone's health.
- Understand the law relating to sexual harassment in the workplace.
- Have greater awareness of own attitudes towards sexual harassment.
- Increase confidence in recognising behaviours that may constitute sexual harassment.
- Practise responding to someone who makes an allegation of sexual harassment.

Cost per place on open course: £120

On request price for 12 people: £800 plus trainer expenses

Number of days: One

Alcohol use, sexual activity and young people

Dates: Glasgow 20 April 2012; London 11 October 2012

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.

"The resource pack will be hugely beneficial."

**Course participant,
Royal Borough of
Windsor and
Maidenhead**

Aim:

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.

All participants on this course will be given a behaviour change resource for work with young people around risk taking.

Cost per place on open course: £130

On request price for 12 people: £800 plus trainer expenses

Number of days: One

Building resilience in sexual health with young people

This is a one-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:

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.

All participants on this course will receive a copy of *Life happens: health and wellbeing training exercises to encourage resilience and development in young people* an FPA publication.

On request price for 12 people: £900 plus trainer expenses

Number of days: One

“An excellent thought-provoking day.”

**Course participant,
Birmingham Brook**

Confidentiality, sex, the law and young people

Date: London 15 May 2012

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 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 working with young people. It is particularly helpful for those working in settings where confidentiality is important and for those developing sex and relationships policies.

Aim:

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

Learning outcomes:

- Understand the law as it applies to sex and young people.
- Understand the context in which the law applies.
- Explore the meaning of confidentiality and how to foster a confidential environment.
- Consider implications for workplace policies and guidelines.

Cost per place on open course: £120

On request price for 12 people: £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.

Contraception, STIs and young people

Date: London 26 February 2013

This one-day course is for anyone working with young people who is new to sexual health, or any experienced staff who need a refresher. The day starts by looking at reproductive biology, making sure that all participants know the correct terms and functions. The course then looks at contraception and sexually transmitted infections (STIs) as they relate to young people.

Participants explore the context of their work, including statistics on teenage pregnancy and rising numbers of sexually transmitted infections diagnoses among young people. The course ends by looking at how to share this information with young people in different settings.

“All areas covered in depth with relevant resources.”

Course participant,
Bridgend Youth
Service

Aim:

To provide information about contraception and sexually transmitted infections in relation to young people.

Learning outcomes:

- Identify how the reproductive system works.
- Explore contraception for young people.
- Gain information about sexually transmitted infections including HIV in relation to young people.
- Discuss ways of sharing this information with young people.

Cost per place on open course: £120

On request price for 12 people: £800 plus trainer expenses

Number of days: One

The FPA booklet **Love S.T.I.ngs** may also be of interest – see www.fpa.org.uk for details of all our publications and resources.

Delivering SRE with confidence

Dates: London 8–10 January, 7–8 March 2013

This course is an advanced facilitation course for anyone working with young people outside of the school setting 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 32) 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 five or six).

Cost per place on open course: £460

On request price for 12 people: £4,800 plus trainer expenses

Number of days: Five

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

New! Domestic violence, relationship abuse and young people

Date: London 10 July 2012

The ‘*Standing on my own two feet*’ research (2011) from the University of Bristol and the NSPCC looked at intimate partner violence in the relationships of 82 disadvantaged young people. Over half of the girls and just over a quarter of the boys in the research reported that they had been a victim of violence in at least one of their relationships; two-thirds of the girls and one third of the boys reported experiencing emotional violence, most often controlling behaviour; and, half of the girls reported that they had experienced some form of sexual violence in their relationships.

FPA has developed a course which aims to provide professionals working with young people with the skills to recognise different forms of abuse and develop strategies to support young people to make decisions which help keep them safe.

Aim:

To increase participants’ awareness, knowledge, confidence and skills in working with young people who are experiencing domestic violence or relationship abuse.

Learning outcomes:

- Recognise the different forms and possible indicators of abuse in young people’s relationships.
- Understand what current research says about young people’s experiences of domestic violence and relationship abuse.
- Learn strategies for working with young people who are experiencing abuse in their relationships so that they are able to make safer choices.
- Identify own attitudes and values concerning domestic violence and relationship abuse issues in young people’s relationships.

Cost per place on open course: £120

On request price for 12 people: £800 plus trainer expenses

Number of days: One

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

Dates: London 22 June 2012; London 11 January 2013

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.

“Very insightful,
an eye opener!”
Course participant,
South East Essex
Primary Care Trust

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.

Prerequisite: 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 teaching resource pack to help deliver sessions about the influence of the media and pornography.

Cost per place on open course: £130

On request price for 12 people: £900 plus trainer expenses

Number of days: One

Non-consensual sexual activity, young people and teenage pregnancy

Date: London 31 January 2013

Recent studies, *A missing link, an exploratory study of the connections between non-consensual sex and teenage pregnancy* (London Metropolitan University, 2010) and *Where is your line?* (The Havens – Sexual Assault Referral Centres, 2010), show concerning statistics about young people's understanding of consent to sexual activity and their interpretation of their partners' actions. *Where is your line?* found that almost a quarter (22 per cent) of those aged 18–25 would expect another person to have sex with them after oral sex. The London Metropolitan University study also discusses the links to teenage pregnancy.

This new one-day course uses these studies and the experiences of young people to help formulate strategies. The course is for anyone working with young people in sexual health to help equip them to support young people around decision making and consent.

Aim:

To enable participants to support young people with issues around decision making and consensual sexual activity.

Learning outcomes:

- Look at research and the law around non-consensual sexual activity.
- Discuss the links between consent, young people and teenage pregnancy.
- Identify own attitudes and values around non-consensual sexual activity.
- Experience exercises for working with young people around consent and sexual activity.
- Develop strategies and session plans for working with and supporting young people around consent, decision making and safer sexual activity.

Cost per place on open course: £120

On request price for 12 people: £800 plus trainer expenses

Number of days: One

Revised and updated! Pride and prejudice: working with LGB and T young people

Dates: London 23–24 April 2012

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 and trans (LGB and T) 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. Organisations need to look at strategies and skills to promote an inclusive environment within the workplace. Youth workers, teachers, health professionals – anyone working with young people – can develop the confidence and skills to ensure that LGB and T young people get the support, care and information they need.

“One of the best courses I’ve been on in a long time.”

Course participant,
Royal Borough of
Kensington and
Chelsea

Aim:

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

Learning outcomes:

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

Cost per place on open course: £200

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.

Sexual exploitation: safeguarding children and young people

Date: London 9 October 2012

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.

“Excellent, I will put new skills into practice.”

**Course participant,
East Sussex
County Council**

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, 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.

Cost per place on open course: £120

On request price for 12 people: £800 plus trainer expenses

Number of days: One

Sexual health starts here

Dates: London 22–24 May, 21 June 2012

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 SRE with confidence' (see page 26) 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 four).

Cost per place on open course: £350

On request price for 12 people: £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.

The pleasure principle

Date: London 10 October 2012

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.

“Really useful, enjoyable, engaging.”

Course participant,
Worcestershire
County Council

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.
- Gain information about the physiology of sexual pleasure.
- 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: £120

On request price for 12 people: £800 plus trainer expenses

Number of days: One

The FPA booklet *Love sex life* 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 5–6 March 2013

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 disabilities. 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.

“Brilliant, I will be better equipped to respond to referrals.”

Course participant,
Nottingham City
Asperger Service

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: £200

On request price for 12 people: £1,600 plus trainer expenses

Number of days: Two

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

Dates: London 5–7 February, 19–20 March 2013

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.

“So many ideas to take forward in my new role.”

**Course participant,
Hesley Group,
South Yorkshire**

Prerequisite: 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 39) 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 skills 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 five or six).

Cost per place on open course: £460

On request price for 12 people: £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.

New! Dreaming about relationships, expressing sexuality: supporting people with severe learning disabilities and complex needs

Date: London 4 December 2012

People with severe learning disability, complex and high support needs have feelings and desires towards the same stimuli as people from the general population. How a person expresses these is unique and those in a supporting role may wonder how to address this need. This course explores what sexuality may mean for someone with severe learning disability. It will also explore the issue of access to developing relationships for people whose primary connections are with themselves and with the people in their supportive environment. The course is based on the principle that the right to express sexuality safely means acquiring information and skills through structured, person-centred approaches, and requires particular responses and attitudes from services, staff and carers.

This course is suitable for anyone who supports people with severe learning disabilities.

Aim:

To raise awareness and understanding of the wanted relationships and sexuality needs communicated by people who have severe learning disabilities and complex needs.

Learning outcomes:

- Explore service user relationship needs within the current legal and policy framework.
- Identify own attitudes and values concerning issues of sexuality and people with severe learning disabilities and how these may impact on practice.
- Recognise the impact of individual and community values on person-centred approaches in this work.
- Increase the range of effective responses to service users' wanted relationships and developing sexuality.

Cost per place on open course: £120

On request price for 12 people: £800 plus trainer expenses

Number of days: One

New! Engaging partners: realising the hopes of adults with learning disabilities – the staff and parent/carer partnership in sex and relationship support

Date: London 28 February 2013

People with learning disabilities have hopes for making friends, having good relationships and having a special person in their life. Communicating those wishes, including their sexuality needs, requires those involved in supporting their lifestyle to work together. Parents and carers are a valuable resource in creating positive partnerships with staff and with the person with learning disability. Working together, parents/carers and staff can gain a full understanding of the sexuality needs of the person with learning disability, address the issues identified, and respond using a consistent approach. This course considers what is required to develop a dialogue and working relationship on this sensitive aspect of personal life with an adult with learning disability.

This course is for people directly supporting adults with learning disabilities in the community, home or service provider settings and for those involved in creating a person-centred support plan with people with disabilities.

Aim:

To examine the relationship between staff and parents/carers as supportive partners in working with the sex and relationship desires and needs of adults with learning disability.

Learning outcomes:

- Examine the barriers and benefits of staff and parents/carers working together.
- Consider how sexuality impacts on the partnership approach.
- Generate ideas for engaging parents, carers, staff and the adult with disability on sexuality and relationship concerns.

Cost per place on open course: £120

On request price for 12 people: £800 plus trainer expenses

Number of days: One

Learning disabilities, sex, law and policy

Date: London 6 November 2012

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.

"Nice to have reference to *real* situations and cases."
Course participant, Cambridgeshire County Council

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).

Cost per place on open course: £130

On request price for 12 people: £900 plus trainer expenses

Number of days: One

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

Dates: London 25–26 September, 7 November 2012

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.

“Probably the best course attended in 25 years of service.”

**Course participant,
Newport City
Council**

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 four).

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

Cost per place on open course: £290

On request price for 12 people: £2,500 plus trainer expenses

Number of days: Three

Sex and relationships work with people with learning disabilities

This one-day course is for experienced staff who would like a refresher in their sex and relationships work (SRW) with people with learning disabilities. The course covers up-to-date legislation in this area, addresses attitudes and values, and looks at practical exercises, session planning and resources for staff working with people with learning disabilities.

Prerequisite: Participants on this course are expected to have a level of experience in this area of work and be carrying out SRW with groups or individuals with learning disabilities.

Aim:

To enhance and confirm the existing skills of experienced practitioners working with people with learning disabilities in the area of sexual health.

Learning outcomes:

- Update knowledge of legal issues and government guidance regarding people with learning disabilities.
- Address values and attitudes and the impact these have on work.
- Examine a range of current resources and experience examples of exercises.
- Look at programme planning and development.

On request price for 12 people: £800 plus trainer expenses

Number of days: One

The award winning FPA CD-ROM or DVD-ROM *All about us* may also be of interest – see www.fpa.org.uk for details of all our publications and resources.

Delivering SRE in the classroom

Dates: London 15–16 January, 12–13 February, 16–17 April 2013

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 in personal, social, health and economic (PSHE) education as part of the teacher's and community nurse's own continuous professional development. It is an accredited course, with 30 credits at level five or six 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 five or six).

Cost per place on open course: £500

On request price for 12 people: £5,200 plus trainer expenses

Number of days: Six

Twilight sessions for teachers

FPA has developed a set of four 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 personal, social, health and economic 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 people with learning disabilities.

There are four sessions available covering:

- Attitudes/Values
- Handling sensitive issues
- Information
- Skills.

“Thoroughly enjoyable education experience.”

Course participant,
Newport City
Council

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.

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.

Speakeasy facilitator training

The Speakeasy course for parents and carers has been delivered to over 15,000 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* supports the training and 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.

Aim:

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 Speakeasy.
- Understand portfolio based learning and the requirements of OCN.
- Plan, deliver and assess a Speakeasy parents group with accredited learning.
- Understand and practise methods of assessment that comply with the requirements of OCN.

Please contact David Kesterton, Parenting and Community Project Manager, for information about training opportunities and costs in your area.

Tel: 020 7608 5271. Email: davidk@fpa.org.uk.

For up-to-date information on Speakeasy see www.fpa.org.uk.

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).

Beyond Barbie (two-day course)

This course provides participants with the opportunity to explore specific issues that affect sexual health with young women in a variety of settings.

Chance, choice and consequences

This course explores the reasons why people engage in risk-taking behaviour 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.

Faith, values and SRE

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

Moving the goalposts (two-day course)

This course will enable participants to have the knowledge and confidence to engage young men in sexual health work.

Promoting choice

This course looks at discussing the issues of second pregnancies with teenage parents.

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

This course looks at ways of working with looked-after children and young people.

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.

On request price for 12 people:

£800 plus trainer expenses for each one-day course

£1,600 plus trainer expenses for each two-day course

Course booking 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:	_____

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If you are an FPA member you will automatically receive a discount. See page 46 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 access needs that you have:

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- Brochure
 Website
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- 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.

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



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 **0845 122 8600**
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For FPA official use only (not part of instructions to your bank/building society)

Date of first payment on or after:

Signature:

Date:

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You can cancel a Direct Debit at any time by writing to your bank or building society. Please also send a copy of your cancellation letter to FPA, 50 Featherstone Street, London EC1Y 8QU.

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FPA training brochure

2012–13

Further information

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talking sense about sex