

**Presenter: Jackie Williams**  
**Blood Borne Virus/Sexual Health Trainer**  
**Health Protection Team/NHSG**

To book, please email:

**Email:** [nhsg.publichealthlearning@nhs.net](mailto:nhsg.publichealthlearning@nhs.net)

**Your Details**

**Date I wish to attend:**.....  
**Name:**.....  
**Job Title:**.....  
**Department/Address:**.....  
 .....  
**Contact No:**.....  
**Email Address:**.....

**Other Requirement:**  
**Manager's Name and email address:** .....  
 .....  
 .....

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# SEXPLANATION

Let's Get Better at Tackling Sex

And

Relationship Issues with Young People



**Date**                      **Time**                      **Venue**

15 August 2019 (Thursday)	10.00am - 4.00pm}	AGBC112 Moray College Moray Street, Elgin IV30 1JJ
22 October 2019 (Tuesday)	10.00am – 4.00pm}	Dunbarney House Doctor Gray's Hospital Elgin IV30 1SN

# SEXPLANATION

NHSG would like to invite you to attend a **free** training event on tackling the issues surrounding talking to young people about sex and relationship issues. The dates for these events are:

<b>Date</b>	<b>Time</b>	<b>Venue</b>
15 August 2019 (Thursday)	10.00am - 4.00pm}	AGBC112 Moray College Moray Street, Elgin IV30 1JJ
22 October 2019 (Tuesday)	10.00am – 4.00pm}	Dunbarney Rooms 1&2 Doctor Gray's Hospital Elgin IV30 1SN

**Refreshments will be available on this course**

## **AIM**

To increase participants awareness, confidence and skills to work more effectively on issues concerning sexual health with young people

## **LEARNING OUTCOMES**

By the end of the course participants will:

- Explore and be aware of personal values and attitudes
- Practice the skills to communicate effectively about sexual health
- Be able to effectively facilitate safer sex skills development
- Be familiar with relevant resources and know where to go for help and support

# COURSE PROGRAMME

The programme for the day will involve interactive sessions, discussions and clear guidance around signposting to other services.  
(Examples of the day's course include some of the sessions below)

10am to 4.00pm

**Session 1:** Icebreaker / Group Agreement

**Session 2:** What is sexual health

**Session 3:** Values Exercise

**Session 4:** Communication Skills

**Session 5:** Condom Skills

**Session 6:** Identifying Risks

**Session 7:** Negotiation / Saying No / Delay

**Session 8:** STIs / Contraception / Pregnancy

**Session 9:** Sex and the Law quiz

**Session 10:** Signposting and support