



**Teenage Pregnancy and Sexual Health
Training Programme 2015-16**



Training for professionals
working with young people vulnerable
to becoming teenage parents





Introduction

This programme aims to support workers to meet the needs of all young people who are more vulnerable to becoming teenage parents.

The training helps professionals to consider the health, social and emotional needs of the young people they work with, in relation to sexual health and teenage pregnancy. It also provides a variety of practical tools to meet these needs and to deliver effective sex and relationships education, interventions and workshops.

The training programme is managed and co-ordinated by Nottinghamshire County Council's Workforce Planning and Organisational Development Team. The training events are delivered by experienced external providers.

Booking information

All courses in the programme are free of charge to all those who work with young people in Nottinghamshire County. For others, who work outside the boundary of Nottinghamshire, there will be a standard charge of £100 per delegate per course.

Booking onto these training events is essential via this webpage:

<http://www.nottinghamshire.gov.uk/care/health-and-wellbeing/sexual-health/teenage-pregnancy-and-sexual-health-training>

You must use the Eventbrite link to book a course. When you book on a course you will be sent a confirmation e-mail. We ask that applicants hold dates in their diary at the point of application.

Make sure you have your manager's approval before booking on a course.

Business Support Team

Workforce Planning and Organisational Development
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Basic Sexual Health Awareness E Learning

The **Basic Sexual Health Awareness E Learning** course is available to all professionals. This E Learning course provides basic knowledge around young people's sexual health.

By successfully completing this course you will also become eligible to attend the C Card Training.

Learning Outcomes:

- To raise the profile of delay work in all sex and relationships education.
- To increase knowledge around STIs and contraception.
- To increase knowledge around sexual health services across Nottinghamshire, and enable effective signposting.
- To provide an insight into some of the barriers young people face when accessing services.
- To increase skills and knowledge on effectively communicating with young people around sexual health.



Safeguarding Children and Young People from Abuse by Sexual Exploitation E-Learning

This E-Learning is provided by the Nottinghamshire Safeguarding Children's Board via Virtual College.

Learning Outcomes:-

- To provide awareness of the background to the sexual exploitation of children and young people
- Knowledge of the grooming process; online exploitation and human trafficking
- To provide awareness of the key legislation, guidance and research findings
- To be aware of vulnerability factors to look for, especially in assessment
- To understand the risk assessment process including which elements are used to create a thorough document
- Have a basic knowledge of the responsibilities of the key agencies involved in helping children/young people that are being, or are at risk of being, sexually exploited.

Follow this link to access this e learning:-

<http://nottinghamshirescb.safeguardingchildren.co.uk/> ²

You will need to register with Virtual College in order to do this e learning.



Adolescent Sexual Behaviour

This is a one day training course examining the causes and effects of early sex and exploring practical strategies to support young people in delaying early sex.

Aim:

- To raise the profile of delay work in all sex and relationships education.

Intended for:

- Staff working with those young people who are considering engaging in sexual relationships.

Learning Outcomes:

- To explore and manage professional bias when working with young people and their sexual relationships and health.
- To explore communication styles when working with young people about their sexual relationships and health.
- Awareness of the brain development of young people and how this impacts upon their approach to sexual relationships.
- To help young people in how to say “no” and resist pressure.
- The role played by the media and peer pressure in young people having early sex.
- The impact of pornography on young people in sexual relationships.
- The importance of young people’s friendships.
- The ability to plan ways in which to implement the course learning in practice, and how to present and develop this work with other professionals and young people.

Date	Venue
08/12/2015	Hawtonville Children’s Centre, Bowbridge Road, Newark, Notts, NG24 4EG
12/01/2016	Southwell Library, The Bramley Centre, King Street, Southwell, Notts, NG25 0EH
23/02/2016	West Bridgford Library, Bridgford Road, West Bridgford, Nottingham, NG2 6AT
Time	10:00am – 16:00pm



Baby Think It Over

This is a one day course for those who want to use the ‘Baby Simulators’ in their workplace. The course is a requirement for any organisation wishing to loan the Baby Simulators from the Nottinghamshire Resource Centre.

Aim:

- To familiarise participants with the Baby Think It Over (BTIO) programme in order that it may be used as part of a planned sex and relationships education programme within a range of young peoples’ settings.

Intended for:

- Staff wishing to use Baby Simulators in their work with young people.

Learning Outcomes:

- Be familiar with the BTIO programme and gain some “hands on” experience of the ‘babies’.
- Consider the use of the ‘babies’ by young people and review diaries of their experiences when using them.
- Identify successful methods for the implementation of the programme and explore potential barriers, and ways to minimise these.
- Gain an understanding of how to loan the babies via resource centre.

Date	Venue
15/12/2015	West Bridgford Library, Bridgford Road, West Bridgford, Nottingham, NG2 6AT
20/01/2016	Mansfield Library, Four Seasons Centre, W Gate, Mansfield, Notts, NG18 1NH
01/03/2016	Southwell Library, The Bramley Centre, King Street, Southwell, Notts, NG25 0EH
Time	10:00am – 16:00pm



Pregnancy Choices

This one day training session explores how to incorporate the topic of abortion, and all aspects of pregnancy choices into sex and relationship education.

Aim:

- To enable participants to support young people to consider all pregnancy options.

Intended for:

- Staff working with a young woman to support her through her options when becoming pregnant.

Learning Outcomes:

- An opportunity for those working with young people to explore their attitudes and values around the issue of abortion.
- To understand some of the religious and cultural issues facing young women when deciding on pregnancy options.
- Provides essential signposting information in relation to pregnancy choices.
- Provides the support needed to develop professional practice in pregnancy choices in a range of settings.

Date	Venue
06/01/2016	South Forest Leisure Complex, Robin Hood Crossroads, Clipstone Road, Edwinstowe, Mansfield, Notts, NG21 9JA
16/03/2016	Portland College, Nottingham Road, Mansfield, Notts, NG18 4TJ
23/03/2015	The Well Retford Baptist Church and Community Centre, Hospital Road, Retford, Notts, DN22 7BD
Time	10:00am – 16:00pm



Sexual Health Awareness

This is a one day training course for those with some experience of sexual health work who are looking to further develop their knowledge and skills.

Aim:

- To take an in depth look at sexual health issues, and explore ways to support vulnerable young people.

Intended for:

- Staff wishing to develop their practice of working with young people around sexual health.

Learning Outcomes:

- Raise knowledge and awareness regarding effective ways of working with young people.
- Improve techniques when communicating with young people about their sexual health.
- To build on existing knowledge around young people's sexual health.
- To increase knowledge around issues of vulnerability including CSA and CSE.
- To develop skills in working with and supporting vulnerable young people.
- Understand the effects of risk-taking behaviour and develop skills in minimising risk for young people.
- Understand and minimise the barriers faced in accessing services including the power differential between young people and professionals in various settings.

Date	Venue
21/01/2016	South Forest Leisure Complex, Robin Hood Crossroads, Clipstone Road, Edwinstowe, Mansfield, Notts, NG21 9JA
17/03/2016	West Bridgford Library, Bridgford Road, West Bridgford, Nottingham, NG2 6AT
Time	10:00am – 16:00pm



Sexual Health, Self-Esteem and Resilience

This one day course helps increase the understanding of self-esteem in relation to young people's sexual health and raises awareness of the importance of resilience in this subject matter.

Aim:

- To support the improvement in young people's self-esteem so they can make choices which impact positively on their sexual health, and build in resilience factors.

Intended for:

- Staff wishing to increase their understanding of the impacts of self-esteem on sexual health and help build on resilience.

Learning Outcomes:

- To define self-esteem and resilience and consider why it is important to young peoples' sexual health.
- To better understand gender conditioning and the impact it can have on young peoples' attitudes and behaviour.
- To explore where young people get their information from regarding sex and what effect this can have on attitudes and self-esteem.
- To increase knowledge and understanding of the risks and consequences of unsafe sexual practice.
- To consider ways of working with young people that can increase self-esteem and resilience.

Date	Venue
10/12/2015	South Forest Leisure Complex, Robin Hood Crossroads, Clipstone Road, Edwinstowe, Mansfield, Notts, NG21 9JA
26/01/2016	The Brownsea Centre, Cobden Street, Kirkby in Ashfield Nottingham, NG17 7DN
15/03/2016	Hawtonville Children's Centre, Bowbridge Road, Newark, Notts, NG24 4EG
Time	10:00am – 16:00pm



Substance Misuse and Sexual Health

This one day course is for those who wish to develop their own working practice to help deal with the issues young people face with substance misuse and sexual health.

Aim:

- To enable those working with young people to better understand the link between substance misuse and sexual health, and develop their own working practice.

Intended for:

- Staff wishing to develop their practice of working with young people around substance misuse and sexual health.

Learning Outcomes:

- To explore the lifestyles and risk taking behaviour of some young people.
- To gain an understanding of the risks and effects of alcohol and drugs.
- To explore the link between substance misuse and sex in young peoples' lifestyles.
- To gain an understanding of the consequences and attitudes to sexual health.
- To explore ways of working with young people around these issues.
- To better understand the effects of substance misuse in pregnancy and on infants.
- To be able to signpost effectively.

Date	Venue
07/01/2016	Hawtonville Children's Centre, Bowbridge Road, Newark, Notts, NG24 4EG
04/02/2016	Mansfield Library, Four Seasons Centre, W Gate, Mansfield, Notts, NG18 1NH
31/03/2016	West Bridgford Library, Bridgford Road, West Bridgford, Nottingham, NG2 6AT
Time	10:00am – 16:00pm



Working with Young Fathers and Fathers to Be

This one day course is for those looking to develop their understanding of the issues facing young fathers and fathers to be.

Aim:

- To take an in depth look at ways we can support young fathers and fathers to be.

Intended for:

- Staff looking to improve services and develop their understanding of issues facing the young fathers and fathers to be that they work with.

Learning Outcomes:

- To ascertain gaps in service provision for young fathers and fathers to be, and look at ways these gaps can be minimised.
- To better understand young father's feelings, needs and vulnerabilities.
- Raise awareness of resources that help prepare young fathers to be for their responsibilities and role as parents.
- To increase knowledge of local and national policy and the law in relation to young fathers and young fathers to be.

Date	Venue
17/12/2015	Southwell Library, The Bramley Centre, King Street, Southwell, Notts, NG25 0EH
28/01/2016	West Bridgford Library, Bridgford Road, West Bridgford, Nottingham, NG2 6AT
08/03/2016	Hawtonville Children's Centre, Bowbridge Road, Newark, Notts, NG24 4EG
Time	10:00am – 16:00pm



Young Men's Sexual Health

This one day course is aimed at those working with young men who want to feel more competent and confident in dealing with young men's sexual health issues.

Aim:

- To raise participants awareness and increase confidence in working with young men's sexual health issues.

Intended for:

- Staff working with young men who wish to increase their competence around sexual health.

Learning Outcomes:

- To better engage with young men in a group or individual setting and develop ways to support their needs.
- To understand young men's attitudes, behaviour and issues, to enable workers to develop their practice when working with them.
- Increase knowledge of sexually transmitted infections, contraception and young men's health, including testicular cancer.
- To increase knowledge around issues of vulnerability including CSA and CSE.
- To build core competencies around working with young men's needs and to explore services that workers can signpost to.

Date	Venue
05/01/2016	West Bridgford Library, Bridgford Road, West Bridgford, Nottingham, NG2 6AT
13/01/2016	Hawtonville Children's Centre, Bowbridge Road, Newark, Notts, NG24 4EG
22/03/2016	Portland College, Nottingham Road, Mansfield, Notts, NG18 4TJ
Time	10:00am – 16:00pm



Young Parents and Proud

A one day training course for those who are already working with young parents or young people at risk of becoming pregnant.

Aim:

- The course will raise awareness and provide evidence of the issues around having an early pregnancy. To enable workers to actively and positively support young parents.

Intended for:

- People who work with young parents or young people at risk of becoming pregnant.

Learning Outcomes:

- To provide workers with the opportunity to actively promote the rights of young parents.
- Highlight the social disadvantages of becoming a young parent and how they are at an increased risk of social exclusion.
- Be able to signpost young parents to other support services.
- Consider ways to support young parents in order to reduce the risk of social exclusion.

Date	Venue
02/02/2016	The Well Retford Baptist Church and Community Centre, Hospital Road, Retford, Notts, DN22 7BD
11/02/2016	South Forest Leisure Complex, Robin Hood Crossroads, Clipstone Road, Edwinstowe, Mansfield, Notts, NG21 9JA
Time	10:00am – 16:00pm



Young People's Sexual Health Promotion

A full day training course offering practical ideas and resources that can aid sexual health promotion group work, in a fun but sensitive way.

Aim:

- To provide workers with ideas & opportunities around sexual health promotion.

Intended for:

- Staff seeking practical ideas and resources for sexual health promotion.

Learning Outcomes:

- To identify, and use new resources to promote sexual health work with young people.
- Highlight and explore some of the barriers that get in the way of young people accessing support.
- Value the importance of different learning styles.

Date	Venue
14/01/2016	West Bridgford Library, Bridgford Road, West Bridgford, Nottingham, NG2 6AT
09/02/2016	Hawtonville Children's Centre, Bowbridge Road, Newark, Notts, NG24 4EG
03/03/2016	The Brownsea Centre, Cobden Street, Kirkby in Ashfield, Nottingham, NG17 7DN
Time	10:00am – 16:00pm



