



## **'Let's Talk About... Safer Sex'** **Three-day Training for Trainers Programme**

### **Aim of the Programme**

The primary aim of this programme is to train youth and community workers to deliver HIV, STIs, hepatitis, and sexual health education programmes to the service user group(s) in their care.

### **Objectives of the Programme**

- To deliver training and provide information on HIV and HIV-related stigma.
- To deliver training and provide information on sexual health, sexually transmitted infections (STIs) and condom use.
- To deliver training and provide information on Hepatitis.
- To explore and provide training on the factors that may influence sexual decision-making, identifying barriers that exist to negotiating safer sex practices.
- To provide participants with information on additional resources and support services available when working with groups around sexual health.
- To provide participants with a training resource to assist with the development and delivery of HIV, hepatitis and sexual health education programmes.

### **Who is the training for?**

This training programme is primarily for trained trainers/facilitators who work with young people, and other groups/individuals, that may be at risk of HIV, STIs, hepatitis, and other poorer sexual health outcomes. The programme will be beneficial to youth workers, and others in the voluntary, community and education sectors, that have a role in developing and delivering sexual health education programmes to the service user group(s) in their care.

### **Length of Training**

This is a three day training programme delivered from 9:30am to approx. 4:30pm each day.

### **Training Resource/Manual**

On completion of the programme, participants will receive a Certificate of Completion/Attendance and the 'Let's Talk About... Safer Sex' training resource manual.

### **Evaluation and Training Report**

Participants involved in the training are asked to complete a pre- and post-training evaluation form which includes a self-rating of knowledge acquisition of the topics covered in the training programme. A training report based on the evaluation forms is provided to organisations that avail of, and complete, this training programme.

<b>Training Programme Content</b> <i>(subject to change)</i>
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**Day 1:**

- **Let's Talk About...Getting Started:** Considerations when developing and delivering sexual health training with groups, and creating a safe learning environment.
- **Let's Talk About...Sexual Health:** Introducing the topic of sexual health and what it incorporates, and exploring/discussing sexual rights and responsibilities.
- **Let's Talk About...HIV:** Introducing the basic facts about HIV including transmission, prevention, testing and treatment.
- **Let's Talk About...HIV and Stigma:** Presenting an understanding of HIV-related stigma and exploring attitudes and beliefs, and addressing misinformation, that can fuel stigma.

**Day 2:**

- **Let's Talk About...Hepatitis:** Introducing the basic facts about viral Hepatitis (specifically A, B and C), including transmission, prevention, testing and treatment.
- **Let's Talk About...Sexually Transmitted Infections (STIs):** Introducing the basic facts about STIs including transmission, testing, prevention and treatment.
- **Let's Talk About...Condoms (and other barrier methods):** Introducing information about male and female condoms, and other barrier methods.

**Day 3:**

- **Let's Talk About...Negotiating Safer Sex:** Introducing three key areas and activities that can influence sexual decision-making and the negotiation of safer sex.
- **Sexual Health Policy:** an introduction to guidelines for developing a sexual health policy for organisations delivering sexual health education and services.
- **Using the 'Let's Talk About...Safer Sex' Training Resource Manual:** An introduction to the resource manual and how to use it, additional resources and support services.
- **Evaluation:** self-completed anonymous evaluation forms to be completed by participants.