

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

fpa training brochure 2008–09

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As the UK's leading sexual health charity our purpose is to enable people in the UK to make informed choices about sex and to enjoy sexual health.

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 100,000 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 2007, we ran training courses in over 100 UK locations.
- We have training facilities in the centre of London plus training centres in Cardiff and Glasgow.
- Every year we distribute ten 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 guarantees 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**'s training standards
- are supported throughout and kept well informed about **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:

- Barnados
- Barnsley PCT
- Brighton and Hove City Teaching PCT
- Caerphilly Local Health Board
- Careers Wales West
- Cumbria County Council
- Ealing Healthy Schools Programme
- East Cheshire Health Promotion Service
- East Thames Housing Group
- Henshaws College for Blind People
- Hertfordshire Youth Service
- Home Farms Trust
- Marie Stopes International
- Newport School Nurses
- NHS Orkney
- NHS Lanarkshire
- North East Lincolnshire Care Trust Plus
- North London Connexions
- Southampton City Council
- Southend Teenage Pregnancy Team
- The Scout Association
- West Berkshire Mencap
- Wirral Social Services

Accreditation

fpa provides university-level accreditation for many 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 either Staffordshire University or the University of Greenwich. 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	Accrediting body
Core competencies in sexual health for youth workers	Level two or three, 30 credits	Staffordshire University
Delivering sex and relationships education in the classroom	Level three, 30 credits	University of Greenwich
Delivering sex and relationships education with confidence	Level two or three, 30 credits	Staffordshire University
Delivering sex and relationships work with people with learning disabilities: practical approaches	Level two or three, 30 credits	Staffordshire University
Liberating life choices: promoting the positive sexuality of people with learning disabilities	Level one, 15 credits	Staffordshire University
Sexual health starts here	Level one, 15 credits	Staffordshire University
Training the trainers: sexual health teaching and learning practice	Level three, 30 credits	University of Greenwich

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

Essential skills

► Basics of contraception

Dates: Cardiff: 25–27 November 2008

“A very relaxed and informative atmosphere. I feel much more confident in my ability to give contraceptive advice now. Thank you!”

Training course participant

This three-day introductory course is for professionals who wish to gain an understanding of contraception as well as 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, Connexions staff, outreach workers, and any nurses, midwives and health visitors who are not trained in contraceptive methods.

Aim: The purpose of this course is to provide practitioners with the ability to support clients to make informed choices about contraception.

Learning outcomes:

- Gain a basic understanding of current contraceptive methods.
- Understand the factors that influence contraceptive choices.
- Understand what resources are required to support practice.
- Communicate with clients about contraceptive choices in a supportive, non-judgemental way.

Cost per place on open course	On request price for 12 people
£250	£2,400 plus trainer expenses

Support your work with our *Contraceptive display kit*.

▶ Training the trainers: sexual health teaching and learning practice

Dates: Glasgow: 22–24 April, 13–15 May, 3–5 June 2008;
London: 13–15 January, 10–12 February, 10–12 March 2009

“The opportunity to take risks, learn from the skills in the group and watch some excellent training skills from the trainers was invaluable.”

Training course participant

This nine-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 participants to have pre-existing knowledge in this area.

This is a multidisciplinary course for professionals (clinical and non-clinical) in sexual health who train, or are interested in training, other professionals. It is an accredited course, with 30 credits at level three with the University of Greenwich.

Aim: To develop competence and confidence in the design, development, delivery and evaluation of sexual health training.

Learning outcomes:

- Understand learning theory and practice.
- Understand the context in which training in sexual health occurs.
- Develop facilitation skills.
- Understand how to engage an audience.
- Practise planning and delivering training.
- Understand the importance of building time for reflection.

Module one (three days): This module introduces the main concepts of training and focuses on the process of training design and development.

Day one

- Creating an environment conducive to learning.

- Experiential learning cycle and Kolb’s learning styles.
- Social and strategic context for sexual health training.

Day two

- Group dynamics.
- Instructional systems design.
- Analysis: needs assessment and target analysis.
- Design: learning outcomes.

Day three

- Impact of personal and professional values on sexual health training.

Day three

- Resources for sexual health training.
- Development: training methodologies.

- Evaluation.
- Task assignment for Module two.

Module two (three days):

This module focuses on facilitation and group interaction skills.

- Day four**
- Facilitation skills.
 - Diversity and inclusiveness.
 - Managing time, space and equipment.
 - The experiential learning cycle.

- Day five**
- Presentation skills.
 - Challenging skills.
 - Dealing with difficult situations.

- Day six**
- Preparing presentations.
 - Giving and receiving feedback.
 - Small group presentations.
 - Review of group dynamics.
 - Preparation for main task.

Module three (three days):

This module offers opportunities for putting skills into practice.

- Day seven**
- Review of materials covered.
 - Preparation of facilitation.

- Day eight**
- Group facilitation.

- Day nine**
- Course review.
 - Closing exercises.
 - Accreditation requirements.
 - Graduation ceremony.

Accreditation: University of Greenwich (30 credits, level three).

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

▶ Sexually transmitted infections: an introduction

Dates: London: 19 November 2008

“This course was real ‘hands on’ learning, easy to understand and well presented.”

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 2006, there were 376,508 new sexually transmitted infection diagnoses at genitourinary medicine (GUM) clinics in the UK, an increase of 63 per cent on 1997.

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

Read our sexually transmitted infections booklets.

► First impressions count!

Date: London: 24 February 2009

“Fantastic training, accessible, interactive and non-threatening.”

Training course participant

This is a one-day course for the people on the front line of primary care: reception and administration staff working in surgeries, family planning 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.

Aim: To further develop the confidence of reception staff in dealing with clients presenting with sexual health issues in general practice, family practice, 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.
- 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

Read our *Handbook of sexual health in primary care*.

▶ 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 unintended 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 unintended pregnancies and protecting their sexual health.

Learning outcomes:

- Recognise the factors that lead to unintended 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

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 unintended pregnancies and protecting their sexual health.

Learning outcomes:

- Recognise the factors that lead to unintended 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.
- Utilise the guidance for youth support workers from the Teenage Pregnancy Unit (TPU).

On request price for 12 people

£1,600 plus trainer expenses

Number of days: Two

Read our booklet *Your guide to contraceptive choices – after you've had your baby*.

▶ Sex, law and policy

Dates: London: 15 May 2008; Cardiff: 17 June 2008

“An excellent and useful course. I feel motivated to make changes and involve my team in a discussion of what I have learnt.”

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.

Cost per place on open course	On request price for 12 people
£120	£800 plus trainer expenses

Buy our *Factfile* and *Factsheets* to support your work.

▶ Sexual health, diversity and anti-discriminatory practice

Hosted in partnership with Kasco Associates

“I’d recommend these trainers to anyone.”

Training course participant

‘The promotion of equality and human rights is a task for everyone in society. Businesses, employers, education centres, public authorities and service providers have specific responsibilities to their staff, customers and those under their care. A key aim for organisations is to end discrimination and harassment of people because of their disability, age, religion or belief, race, gender, or sexual orientation.’

(Equality and Human Rights Commission)

Some identities, and combinations of identities, have been associated with disadvantage and discrimination in the past. The links between this and poorer sexual health outcomes are well documented. This course will help participants reflect on how they can recognise and deal with multiple areas of discrimination within sexual health services. It will also provide an opportunity to identify and share current good practice and look at ways of building a culture of inclusion, through anti-discriminatory practice that values diversity.

Suitable for anyone in statutory or voluntary organisations who has a responsibility to promote aspects of sexual health or sex and relationships work when working with a range of diverse groups.

Aim: To achieve a culture of inclusion within sexual health services where clients and staff from a range of diversities that include ethnicity, gender, age, sexual orientation, ability and faith can feel equally valued.

Learning outcomes:

- Understand how recent European and domestic anti-discriminatory legislation relates to the workplace.
- Identify direct and indirect discrimination in the workplace and explore strategies to deal with these sensitively and effectively.
- Practise styles of communicating which avoid acting on assumptions.
- Explore how an individual’s values, beliefs, culture and background can impact on their professional behaviour.

On request price for 16 people

£2,500 plus trainers’ expenses

Two trainers are required to run this course due to its content.

Number of days: Two

► Counselling skills in unintended pregnancy

Hosted in partnership with Adrienne Hannah

This four-day course is suitable for any professional – youth worker, nurse, doctor, support staff – who works with women at risk of unintended 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 unintended pregnancies, they will develop ways in which to support women, in a non-directive way, to make decisions which are right for them.

The course helps participants explore their own feelings around unintended 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 unintended pregnancy.

Learning outcomes:

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

On request price for 12 people

£3,800 plus trainer expenses

Number of days: Four

Read our booklet *Pregnant and don't know what to do? A guide to your options*.

Young people

► **NEW! Sexual exploitation and young people**

Hosted in partnership with Sara Swann

Dates: London: 16 October 2008

This training day raises awareness about safeguarding children and young people from all forms of sexual exploitation including the exploitation of children through the internet, pornography, trafficking and prostitution.

Pre-requisite: Participants on this course are expected to have basic child protection knowledge.

Aim: This one day course aims to explore all forms of sexual exploitation including the impact of abusive coercive relationships on young people's development by understanding current policy and legislation.

Learning outcomes:

- Explore own attitudes to prostitution and sexually active young people.
- Recognise all forms of sexual exploitation.
- Understand through the sex offences legislation (Sexual Offences Act 2003) when young people have committed a sexual offence and/or when a sexual offence has been committed against a young person.
- Understand the importance of sharing information as highlighted in *The Bichard inquiry report*.
- Confirm the importance of young people's participation in decisions affecting their own safety and the level of abuse involved in sexual exploitation.
- Recognise vulnerability and warning signs of young people's involvement.
- Understand that protection and confidentiality need not conflict.

Cost per place on open course	On request price for 12 people
£120	£800 plus trainer expenses

► Core competencies in sexual health for youth workers

In collaboration with
The National Youth Agency



Dates: Leicester: 23–24 April, 14–15 May, 10–11 June 2008, September date TBC; London: 10–11 September, 7–8 October, 11–12 November 2008, 3 February 2009; Cardiff: 13–14 January, 10–11 February, 10–11 March, 19 May 2009

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 seven days break down into three training modules and an assessment 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.

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

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

Enhance your work with our young people's booklets

▶ Sexual health starts here

This three-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 the 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).

On request price for 12 people

£3,200 plus trainer expenses

Number of days: Three

Read our manual [4 boys, 4 girls: talking with young people about sex and relationships](#).

▶ 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 people 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/three)

On request price for 12 people

£4,800 plus trainer expenses

Number of days: Four

Watch our *SexFM* video to enhance your practice.

▶ Beyond Barbie

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? Unintended 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 (SRE) 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 professionals 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

“Informed, nurturing, stimulating, fun!”

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 professionals 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.

On request price 12 people

£1,600 plus trainer expenses

Number of days: Two

Read our booklet *The boys are aw’right: young men and sexual health*.

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

Membership

Become a member of **fpa** and you not only support the important work that we do, you receive a discount on every open training course you attend, plus many other benefits.

Individuals (£30 per year): Receive a 5 per cent discount on open training courses.

Organisations (£90 per year): Receive a 10 per cent discount on open training courses.

Schools (includes universities, colleges, Connexions, youth organisations, SureStart) (£50 per year): Receive a 10 per cent discount on open training courses.

fpa members also keep up to date with all the latest news on sexual health and **fpa** and receive:

- our quarterly newsletters – *In Brief* and *Sex Talk*, free of charge
- a complete set of our contraceptive and sexually transmitted infections booklets
- a copy of all of our best selling young people's booklets
- a complete set of all of our factsheets.

For information on how you can become a member of **fpa**, tel 020 7608 5256, email membership@fpa.org.uk or if you want to pay by Direct Debit, fill in the form on page 26.

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

This guarantee is offered by all banks and building societies that take part in the Direct Debit Scheme. The efficiency and security of the scheme is monitored and protected by your own bank or building society. If the amounts to be paid or the payment dates change, **fpa** will notify you at least ten working days in advance of your account being debited or as otherwise agreed. If an error is made by **fpa** or your bank or building society, you are entitled to a full and immediate refund from your branch of the amount paid.

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.

The Family Planning Association is a registered charity, number 250187, and a limited liability company registered in England, number 887632.

► **NEW! Growing strong: developing resilience in sexual health with young people**

Dates: London: 20–21 January 2009

This is a two-day course for anyone working with young people but particularly those in targeted youth support, pupil referral units or youth offending teams. Doing work around resilience is a concept which is used in many settings and lends itself well to sexual health work with young people. Building on some previously published models of resilience work this course looks at how to work with excluded and targeted young people to nurture their resilience, maintain their sexual health and wellbeing, and minimise their involvement in risk taking behaviours which are potentially damaging to themselves and others. This course allows the participant to explore the issues around resilience work, experience 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 an approach to this work and in relation to the work environment.
- Develop an assessment tool for use with young people.

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

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

Dates: London: 24 September 2008

Increasingly, young men are saying that they get much of their sex and relationships education from pornography. With most young people using the internet and mobile phones, pornography is more accessible than it has ever been. Professionals working with young people sometimes struggle to know what is legal, and how and whether to support young people using pornography. This course provides factual information about the types and availability of pornography, looking at what is legal and what is not. It addresses how the media can impact on young people and provides strategies for working with young people in this difficult area of work.

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

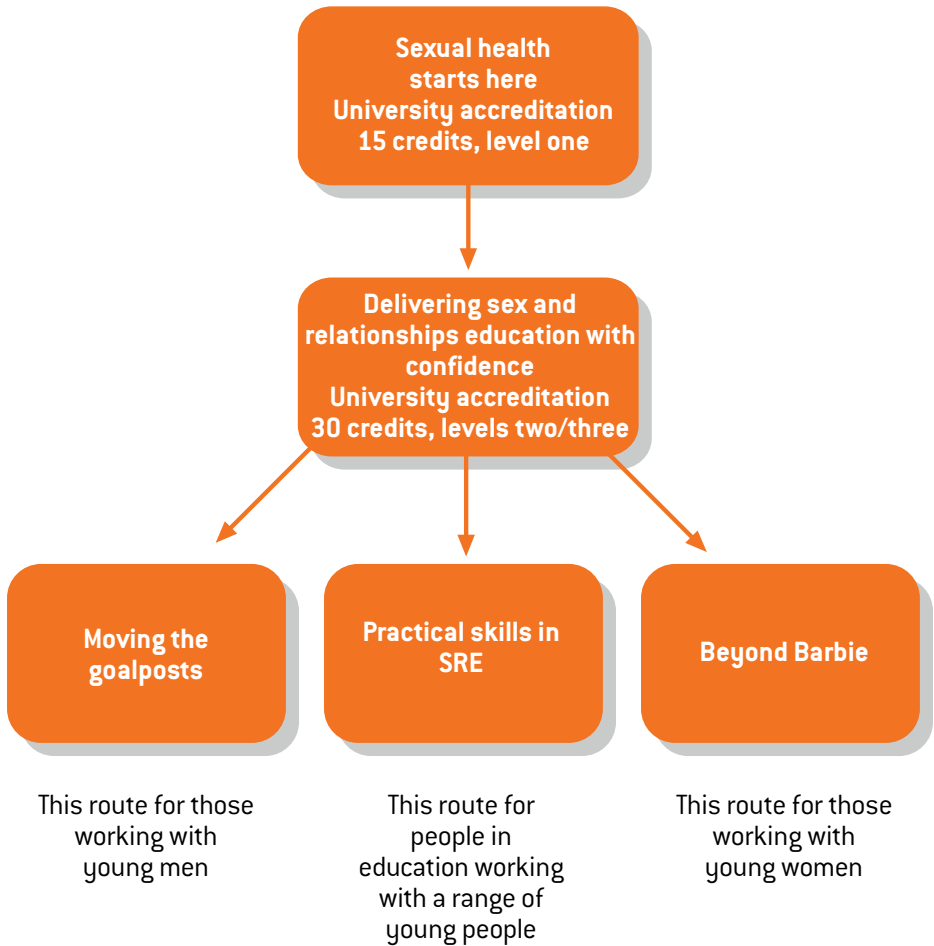
Aim: To explore the impact and influence of pornography on young people's attitudes to sex, safer sex, their sexual development and relationships.

Learning outcomes:

- Gain awareness of the scale of pornography, how young people are using pornography and its potential impact.
- Increase knowledge of the law as it relates to pornography.
- Explore own attitudes towards pornography and how this impacts on own practice.
- Increase confidence in addressing issues of pornography with young people.

Cost per place on open course	On request price for 12 people
£120	£800 plus trainer expenses

Programme progression for those working with young people



▶ 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.

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.

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.

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 sex and relationships education.

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.

Unintended pregnancy and young people

This course enables staff to work more effectively with young people at risk of unintended pregnancy.

On request price for 12 people

£800 plus trainer expenses for each course

► Pride and prejudice: tackling prejudice and promoting pride in identity

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.

Many who work with young people feel ill-equipped, untrained or unqualified to discuss LGBT sexuality and sexual health. Are you worried that you may do more harm than good, or concerned about legal issues and workplace guidelines and policies (or the absence of them)?

Almost 65 per cent of young lesbian, gay and bisexual people experience homophobic bullying in school. Almost 58 per cent of these never report it but, if they do tell a teacher, 62 per cent of the time nothing is done. Half of teachers fail to respond to homophobic language when they hear it. 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

Read our *Challenging homophobia* training manual.

▶ Let's make it happen: training the trainers

“Once again, excellent training from **fpa**. My future work has been made easier thanks to your professionalism.”

Training course participant

Looked after children need access to current, accurate information about sex and relationships from someone that they trust. They often experience barriers to getting this information, even though government guidance states the necessity for this to happen. *Care matters: transforming the lives of children and young people in care* (DfES, 2006) states organisations should be ‘providing toolkits for carers and designated teachers, setting out their responsibilities for offering sex and relationships education to children in care and effective techniques for offering this education.’

This two-day course does just that and is for trainers working in social services, health, education and the voluntary sector.

Aim: To enable **trainers** to deliver courses on sex, relationships, pregnancy and parenthood for those working with vulnerable young people; and to enhance the quality of service provision for vulnerable young people around sex, relationships, pregnancy and parenthood.

Learning outcomes:

- Understand sexual health issues that have an impact on the lives of looked after children and young people.
- Recognise and implement best practice for looked after children and young people when training in sexual health.
- Recognise the impact value systems have on work as trainers in sexual health.

On request price for 12 people

£1,600 plus trainer expenses

Number of days: Two

► What can I say? Supporting fostered children and young people around sex, relationships and sexual health

Hosted in partnership with
The Fostering Network



The UK has the highest teenage birth and abortion rates in western Europe and increasing rates of sexually transmitted infections. However, we know that many carers are still apprehensive about talking about sex and relationships with young people in their care, often due to embarrassment or uncertainty. Lack of knowledge about sex and the law (*Sexual Offences Act 2003, Children Act 2004*) and key guidance (*DFES LAC Guidance; Every child matters/Change for children (2004); Safeguarding children: the second joint Chief Inspectors' report on arrangements to safeguard children (2005)*), and lack of clarity around the key issues of confidentiality and child protection, are also major concerns.

Aim: To enable those who work with fostered children and young people to communicate with them with confidence around sexual health, sex and relationships.

Learning outcomes:

- Identify the range of influences on the lives of fostered children and young people around sex, relationships and sexual health.
- Explore current legislation, key guidance and implications for foster care.
- Consider how personal values and beliefs about sexual relationships and sexual health can affect how professionals communicate.
- Develop practical skills to communicate with fostered children and young people about relationships and sexual health.
- Identify key partnerships to ensure sexual health services offer a young people-friendly service provision.

On request price for 12 people

£1,600 plus trainer expenses

Number of days: Two

▶ Speakeasy facilitator training

Dates: London: Course one 20–21 May, 18 November 2008; Course two 4–5 November 2008, 24 March 2009 – supported by the Department for Children, Schools and Families (for staff in voluntary/community sectors)

Cardiff: Course one 14–15 May, 13 November; Course two 17–18 September, third day TBC; Course three 18–19 November, third day TBC 2008 – supported by The Big Lottery Fund (for professionals working within a 35 mile radius of Cardiff)

Glasgow: Contact **fpa**'s Speakeasy team for details (see table on page 35)

“Since doing the course, I feel much less embarrassed and more able to answer questions ... I can explain things in an age-appropriate way without giving too much or too little information.”

Parent

The Speakeasy course for parents and carers has been delivered to over 6,500 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 frontline 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 for the delivery of the Speakeasy course for parents and carers including session plans, parent worksheets, handouts and suggestions for developing the work further. The course and handbook were completely revised in 2007. The training complies with the National Occupational Standards for work with parents.

Purpose

The purpose of the course is to equip participants to deliver and assess the **fpa** Speakeasy course for parents and carers.

Learning outcomes

By the end of the course, participants will be able to:

- Understand aspects of sexual health and development that are covered in the Speakeasy course for parents and carers.
- Understand the role of parents in the delivery of sex and relationships education.

- Understand the principles, practice and delivery methods of the **fpa** Speakeasy programme.
- Understand learning and assessment through portfolio-based learning that meets the requirements of the OCN.
- Plan and deliver a Speakeasy course for parents and carers with OCN accreditation.

“The findings indicate that professionals have gained significant benefits from their Speakeasy training and that these extend to their respective workplaces.”

Trust for the Study of Adolescence evaluation of Speakeasy training, 2006

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 made up of two units at level one. Exploring sexual health – three credits, Planning and leading your first Speakeasy course for parents and carers – six credits. Participants are expected to spend up to 90 hours on training days, parent course delivery and home assessments.

“Overall, the outcomes of the Speakeasy parents’ programme are impressive.”

Trust for the Study of Adolescence external Speakeasy evaluation, 2007

Cost per place on open course	On request price for a group of people
£750 or free if covered by funding criteria	Contact fpa 's Speakeasy team on 020 7608 5270 or speakeasy@fpa.org.uk

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

Disabled people

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

Dates: Glasgow: 3–4 September 2008; London: 14–15 October 2008

“I have no doubts that I will strongly recommend, without reservation, this course to any other organisation.”

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 two-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 give staff an awareness of the rights of people with learning disabilities and 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	£2,000 plus trainer expenses

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

Dates: London: 27–29 January, 17 March 2009; Glasgow: 3–5 February, 25 March 2009

“Very relevant to my work and experience – it has reinforced what I do and given me confidence.”

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 four-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. It is an accredited course, with 30 credits at level two/three with Staffordshire University.

Aim: To provide participants with the knowledge, skills and confidence to plan, deliver and evaluate SRW to groups and individuals with learning disabilities.

Learning outcomes:

- Learn to plan, deliver and evaluate an SRW session.
- Understand group work with people with learning disabilities.
- Highlight key content areas for SRW with people with learning disabilities.

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

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

Use our *Talking together* series when planning your SRW.

▶ Autistic spectrum disorder (ASD), sexuality and SRE

Dates: London: 4–5 February 2009

“I thought the trainers were very sensitive, respectful, participant-focused and modest. I think you did a brilliant job.”

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 with regard to 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 increase participants' awareness and knowledge around the spectrum of autism and how this affects SRE with people with ASD; to improve confidence and skills to enable participants to work more effectively around issues of sexuality with people with ASD.

Learning outcomes:

- Gain awareness and understanding of the diverse nature of the spectrum of autism and the 'Triad of Impairments'.
- Gain awareness of the key difficulties people with autism face when expressing their sexuality.
- Learn about the legal considerations when delivering SRE to people with ASD.
- Examine values and beliefs around sexuality and sexual expression.
- Increase professional effectiveness in the delivery of sex and relationships information to people with autism.

Cost per place on open course	On request price for 16 people
£200	£2,500 plus trainer expenses <i>Two trainers are required to run this course due to its content.</i>

► Enhancing expression: working with people with severe learning disabilities

Working with people with severe and profound learning disabilities in the area of sexuality is a very distinct skill requiring different resources and activities. This two-day course gives participants the opportunity to discuss some of the issues they encounter in their work and learn some new skills to take back to the workplace. It is suitable for anyone working at the more severe end of the learning disability spectrum in any context.

Aim: To raise awareness and enhance skills in working more effectively in the area of relationships and sexuality with people with severe learning disabilities.

Learning outcomes:

- Understand the legal/policy context of sex and relationships work (SRW) with people with severe learning disabilities.
- Develop skills and gain confidence in delivering SRW with people with severe learning disabilities.
- Understand and be aware of the special challenges and complexity of SRW with people with severe learning disabilities.

On request price for 12 people

£1,600 plus trainer expenses

Number of days: Two

► Learning disabilities, sex, law and policy

Dates: London: 5 June 2008

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).

Cost per place on open course	On request price for 12 people
£130	£900 plus trainer expenses

▶ Sex and relationships education for young people with physical impairments

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



contact a family
for families with disabled children

Dates: London: 6–7 November 2008

Around 770,000 children aged under 16 in the UK are disabled. Disabled young people face multiple barriers which make it more difficult for them to reach their potential, achieve the outcomes their peers expect and succeed in education. 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 36–40.

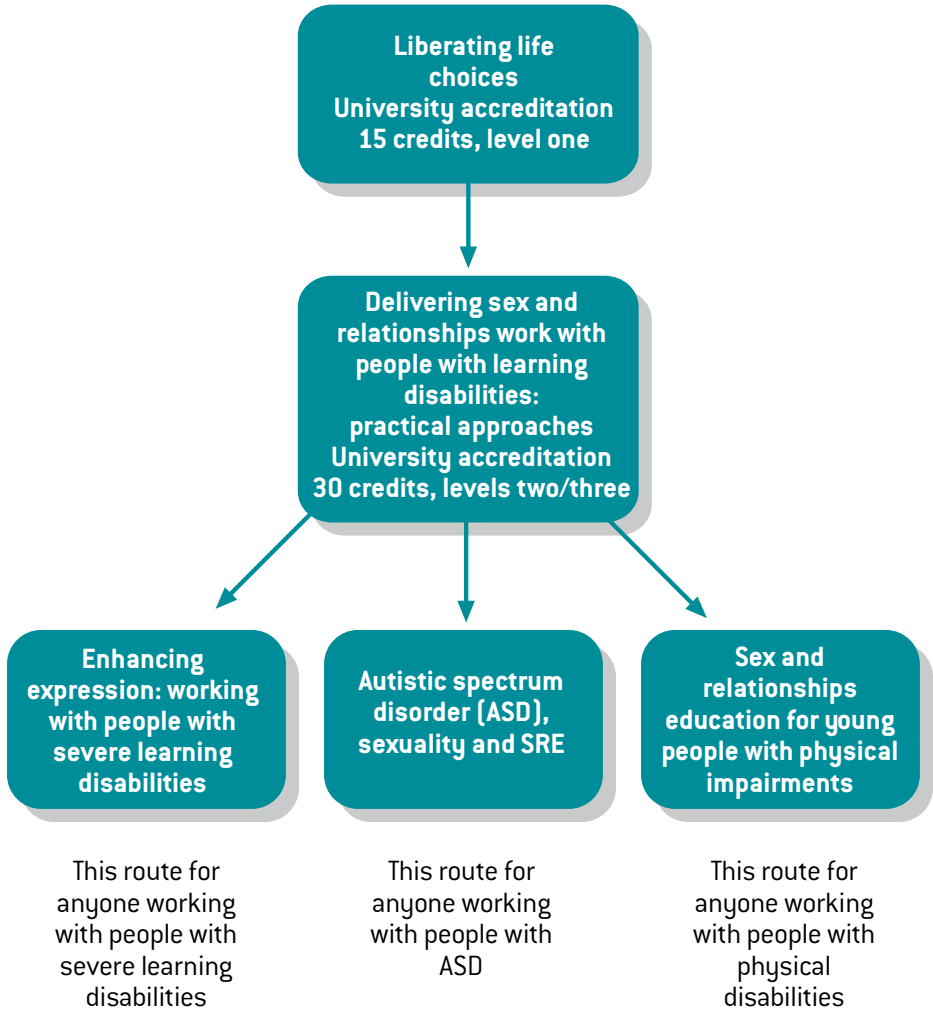
Aim: To explore the sex and relationships issues around supporting young people with physical impairments; to develop practical approaches to meeting their needs.

Learning outcomes:

- Gain an awareness of issues relating to SRE and young people with physical impairments.
- Acquire information related to SRE as it pertains to young people.
- Gain an awareness of social, personal, and professional values and attitudes in relation to SRE.
- Learn ways to implement SRE 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>

Course progression for those working with disabled people



Schools and sex and relationships education (SRE)

► Practical skills in SRE

“These two days should be done by everyone before doing the PHSE/SRE certification.”

Training course participant

Some sex and relationships education (SRE) practitioners have a lot of experience in education and training. This course is not designed to reaffirm values or provide up-to-date information, but is for those who want some new ideas for exercises and practical skills. It is divided into three sections and focuses on activities to carry out with young men and women, including young people with learning disabilities, giving new ideas and sharing good practice from the training group. We don't recommend this course for people who are new to SRE, but it is highly suitable for experienced teachers, learning support staff, youth workers, community workers and school nurses. *Please come willing to share practical exercises and take part in group facilitation.*

Aim: To give participants knowledge, skills and confidence to deliver SRE to a range of young men and women, including young people with learning disabilities.

Learning outcomes:

- Understand the dimensions of SRE.
- Learn exercises to use when working with young women, young men and young people with learning disabilities.
- Look at how to adapt resources.
- Practise facilitation skills.

On request price for 12 people

£1,600 plus trainer expenses

Number of days: Two

▶ Delivering SRE in the classroom

Dates: London: 29–30 April, 3–4 June, 10 July 2008

“I feel much more confident in planning and delivering schemes of work and lesson plans after this course.”

Training course participant

A five-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 and health education (PSHE) as part of the teachers and community nurses PSHE CPD programmes. It is an accredited course, with 30 credits at level three with the University of Greenwich.

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

Learning outcomes:

- Gain knowledge of the nature and scope of SRE within the context of PSHE.
- 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: University of Greenwich (30 credits, level three).

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

► Faith, values and SRE

Hosted in partnership with Zarine Katrak

A one-day course for those who want to deliver or support the delivery of schools-based sex and relationships education (SRE) which includes faith and values. This course is suitable for personal, social and health education (PSHE) advisers, teachers, school nurses, sexual health educators and anyone working in SRE.

Aim: To highlight how faith and values can contribute to ensuring entitlement to inclusive SRE for all children and young people.

Learning outcomes:

- Consider perspectives on SRE from six major world religions and Humanism.
- Revisit the values framework for SRE and its role in effective consultation and inclusive anti-discriminatory practices.
- Explore attitudes towards faith perspectives.
- Rehearse responses for commonly experienced situations of misunderstanding about SRE.

All participants on this course will receive a free copy of *Faith, values and sex and relationships education* (NCB).

On request price for 12 people

£900 plus trainer expenses

Number of days: One

2008–09 Dates and costs

Dates	Course	Location	Cost per place on open course
23–24 April, 14–15 May, 10–11 June 2008 September date TBC	Core competencies in sexual health for youth workers	Leicester	£680
22–24 April, 13–15 May, 3–5 June 2008	Training the trainers: sexual health teaching and learning practice	Glasgow	£800
29–30 April, 3–4 June, 10 July 2008	Delivering SRE in the classroom	London	£460
13 May 2008	Sex, law and policy	London	£120
14–15 May, 13 November 2008	Speakeasy facilitator training	Cardiff	Free for local professionals
20–21 May, 18 November 2008	Speakeasy facilitator training	London	£750 or funded places available
5 June 2008	Learning disabilities, sex, law and policy	London	£130
17 June 2008	Sex, law and policy	Cardiff	£120
3–4 September 2008	Liberating life choices: promoting the positive sexuality of people with learning disabilities	Glasgow	£270
10–11 September, 7–8 October, 11–12 November 2008, 3 February 2009	Core competencies in sexual health for youth workers	London	£680
17–18 September 2008, Third day TBC	Speakeasy facilitator training	Cardiff	Free for local professionals
24 September 2008	Fantasy vs reality: the impact and influence of pornography on young people	London	£120
14–15 October 2008	Liberating life choices: promoting the positive sexuality of people with learning disabilities	London	£270
16 October 2008	Sexual exploitation and young people	London	£120

Dates	Course	Location	Cost per place on open course
4–5 November 2008, 24 March 2009	Speakeasy facilitator training	London	£750 or funded places available
6–7 November 2008	Sex and relationships education for young people with physical impairments	London	Contact National Children's Bureau on 020 7843 6084
18–19 November 2008, Third day TBC	Speakeasy facilitator training	Cardiff	Free to local professionals
19 November 2008	Sexually transmitted infections: an introduction	London	£120
25–27 November 2008	Basics of contraception	Cardiff	£250
13–14 January, 10–11 February, 10–11 March, 19 May 2009	Core competencies in sexual health for youth workers	Cardiff	£680
13–15 January, 10–12 February, 10–12 March 2009	Training the trainers: sexual health teaching and learning practice	London	£800
20–21 January 2009	Growing strong: developing resilience in sexual health with young people	London	£200
27–29 January, 17 March 2009	Delivering sex and relationships work with people with learning disabilities: practical approaches	London	£460
3–5 February, 25 March 2009	Delivering sex and relationships work with people with learning disabilities: practical approaches	Glasgow	£460
4–5 February 2009	Autistic spectrum disorder (ASD), sexuality and SRE	London	£200
24 February 2009	First impressions count!	London	£120

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.

fpa training brochure 2008–09

Further information

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fpa publications

fpa offers a complete mail order service for health and education professionals and the public. Our extensive stock includes books, booklets and resources on sex and relationships education, learning disabilities, contraception, and sexual health.

For further information on publications see www.fpa.org.uk/shopping, email fpadirect@fpa.org.uk or call 0845 122 8600.

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