



Nottinghamshire  
County Council

# Workforce Learning and Development C-Card and Sexual Health Training Programme 2011-2012





# FOREWORD

We are pleased to present the 7th C-Card & Sexual Health Training Programme (Formerly the Teenage Pregnancy Partnership).

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

The training helps workers 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 and to deliver effective sex and relationships education, interventions and workshops.

In addition to the array of training listed in the following programme, the Workforce Development team are also able to offer bespoke training packages to support the specific needs of an organisation. This training can be delivered at a time and venue convenient to each organisation. For further information on bespoke training or on any of the courses listed here, please don't hesitate to contact the Workforce Development team to discuss.



Chris Warren, Group Manager, Young People's Support Service.

*All the courses in the Programme are free of charge to ALL workers in Nottinghamshire County.*

*We ask that applicants hold dates in their diary at the point of application.*

*If applicants cancel their place within 5 working days from the course date, charges will be made for subsistence and course costs.*

*When you book on a course you will initially be sent a confirmation letter that states that you have been allocated a place. Then 4 weeks before the course date you will be sent final confirmation of the course with full details of the venue.*



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# SEXUAL HEALTH AWARENESS 1

This is a one day training course for those who are new to sexual health work. It's recommended that people attend this prior to attending C-card training.

## AIM

A basic introduction to sexual health, raising participants awareness of young people's issues

## LEARNING OUTCOMES

- Raise participants knowledge and awareness regarding effective ways of working with young people
- Understand the barriers young people face in accessing services and consider ways to minimise these
- Be aware of resources available for working with young people
- Increased knowledge around teenage pregnancy, sexually transmitted infections and HIV

Contributes to the following CWDC Common Generic Transferable Units for the Children's Workforce

- *Know and understand the value, legal and ethical requirements when working with children and young people and why it is important to comply with them*
- *Know and understand the importance of providing appropriate support to children and young people*

## DATE AND VENUE

Tuesday 21st September, 2011.

Hucknall Interchange.

# SEXUAL HEALTH AWARENESS 2

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

## AIM

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

## LEARNING OUTCOMES

- To build on existing knowledge around young people's sexual health
- Increased knowledge around current issues of concern understand issues of vulnerability
- Understand the effects of risk taking behaviour and develop skills in minimising risk
- To have developed new skills in working with and supporting vulnerable young people

Contributes to the following CWDC Common Generic Transferable Units for the Children's Workforce

- *Know and understand the importance of providing appropriate support to children and young people*
- *Understand how to help children and young people to explore concerns and issues about their own development*
- *Know and understand the importance of promoting and supporting a healthy lifestyle for children and young people*

## DATE AND VENUE

Tuesday 6th March 2012.

The Core, Southwell.

# READY OR NOT?

Formerly known as Lets Leave it Till Later, this is a one day training course looking at 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

## LEARNING OUTCOMES

- Skills to hand on to 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
- Ability to plan ways in which to implement the course learning into practice and how to present and develop this work with other professionals and young people
- The importance of young people’s friendships.

Contributes to the following CWDC Common Generic Transferable Units for the Children’s Workforce

- *Know and understand the importance of providing appropriate support to children and young people*
- *Understand how to help children and young people to explore concerns and issues about their own development*
- *Know and understand the importance of promoting and supporting a healthy lifestyle for children and young people*

## DATE AND VENUE

Wednesday 18th January 2012.

Cotgrave Enterprise & Community Centre

# PREGNANCY CHOICES

Formerly called Education for Choice, this one day training session that explores how to incorporate the topic of abortion as a choice into SRE delivery. It also provides workers with the skills to support a young woman through her options when becoming pregnant.

## AIM

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

## LEARNING OUTCOMES

- The course offers an opportunity for those working with young people to explore their own attitudes and values around the issue of abortion
- Provides the support needed to develop professional practice in a range of settings.

Contributes to the following CWDC Common Generic Transferable Units for the Children's Workforce

- *Know and understand the importance of providing appropriate support to children and young people*

## DATE AND VENUE

Wednesday 1st February 2012.

Mansfield Woodhouse Children's Centre.

# SUBSTANCE MISUSE & SEXUAL HEALTH 1

A one day course co-facilitated by the Workforce Development and Lets Build. It is designed for those that engage with young people and would like to develop their own working practice to help deal with the issues that young people face around substance misuse and their 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

## 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 be able to signpost effectively

Contributes to the following CWDC Common Generic Transferable Units for the Children's Workforce

- *Know and understand the importance of providing appropriate support to children and young people*
- *Know and understand the importance of promoting and supporting a healthy lifestyle for children and young people*

## DATE AND VENUE

Tuesday 11th October, 2011.

MyPlace, Mansfield

# SUBSTANCE MISUSE & SEXUAL HEALTH 2

This 1 day course is for those who have attended the Sexual health & Substance Misuse part 1 course. It will provide a more in-depth look at substance misuse and its implications on sexual health. The training is run in partnership with Lets Build.

## AIM

To increase knowledge and understanding of substance misuse and sexual health issues.

## LEARNING OUTCOMES

- To understand the effects of substance misuse on sexual health.
- To increase knowledge and understanding of some of the main health implication resulting from substance misuse and unsafe sex.
- To better understand the effects of substance misuse in pregnancy and on infants.
- To explore ways to effectively engage with young people, regarding sexual health and substance misuse.

Contributes to the following CWDC Common Generic Transferable Units for the Children's Workforce

- *Know and understand the importance of providing appropriate support to children and young people*
- *Understand how to help children and young people to explore concerns and issues about their own development*
- *Know and understand the importance of promoting and supporting a healthy lifestyle for children and young people*

## DATE AND VENUE

Wednesday 25th January 2012.

Highfields Fire Station. Beeston.

# YOUNG PARENTS & PROUD

What it's like to be a Young Parent Today

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.

## 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

Contributes to the following CWDC Common Generic Transferable Units for the Children's Workforce

- *Know and understand the importance of providing appropriate support to children and young people*
- *Know and understand the importance of promoting and supporting a healthy lifestyle for children and young people*

## DATE AND VENUE

Thursday 10th November 2011.

Valley Youth Centre. Worksop.

# WORKING WITH YOUNG FATHERS AND FATHERS TO BE

This is a one day course for those working with young fathers and fathers to be, looking to improve services and develop their understanding of 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.

## 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 their role as parents.
- To increase knowledge of local and national policy and the law in relation to young fathers and young fathers to be.

Contributes to the following CWDC Common Generic Transferable Units for the Children's Workforce

- *Know and understand the importance of providing appropriate support to children and young people*
- *Know and understand the importance of promoting and supporting a healthy lifestyle for children and young people*

## DATES AND VENUES

Thursday 29th September 2011. Summerhouse Children's Centre. Sutton in Ashfield  
Tuesday 25th October 2011. Highfields Fire Station. Beeston.  
Wednesday 7th February 2012. Warsop Children's Centre.

# YOUNG MEN'S SEXUAL HEALTH

This one day course is aimed at those working with young men, who want to build upon their competencies and feel more 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.

## 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.
- Increase knowledge of sexually transmitted infections, contraception and young men's health including testicular cancer.
- To build core competencies around working with young men's needs and to explore realities of services that workers can signpost to

Contributes to the following CWDC Common Generic Transferable Units for the Children's Workforce

- *Know and understand the importance of providing appropriate support to children and young people*
- *Understand how to help children and young people to explore concerns and issues about their own development*
- *Know and understand the importance of promoting and supporting a healthy lifestyle for children and young people*

## DATE AND VENUE

Tuesday 22nd November, 2011.

MyPlace, Mansfield.

## DOING IT!

This is a one 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

## LEARNING OUTCOMES

- To have identified (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

Contributes to the following CWDC Common Generic Transferable Units for the Children's Workforce

- *Know and understand the importance of providing appropriate support to children and young people*
- *Know and understand the importance of promoting and supporting a healthy lifestyle for children and young people*

## DATE AND VENUE

Thursday 1st March 2012.

Redhill Youth Centre. Arnold.

# BABY THINK IT OVER

This is a one day course for those who want to use the Baby Simulators in their workplace. This course is a requirement for anybody who wants to borrow the babies from the resource centres.

## 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

## LEARNING OUTCOMES

- Be familiar with the BTIO programme and gain some "hands on" experience of the "babies"
- Considered the use of the "babies" by young people and reviewed diaries of their experience
- Identified 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 centres.

Contributes to the following CWDC Common Generic Transferable Units for the Children's Workforce

- *Know and understand the importance of providing appropriate support to children and young people*
- *Understand how to help children and young people to explore concerns and issues about their own development*

## DATES AND VENUES

Tuesday 13th September, 2011. Mansfield Woodhouse Children's Centre.  
Thursday 16th February, 2012. Highfields Fire Station. Beeston.

# WORTH TALKING ABOUT

This is a one day course around helping parents talk to their children about relationships and sex.

## AIM

To provide workers with the skills to support and encourage parents to talk to their children and young people about relationships and sexual health.

## LEARNING OUTCOMES

- Raise participants knowledge and awareness regarding effective ways of working with parents to support them to talk with their young people.
- Understand concerns parents have and examine strategies to overcome these concerns.
- Give workers the skills to be able to increase parents knowledge around sexual health.
- Be aware of resources available for working with parents.

## DATE AND VENUE

Wednesday 16th November 2011. Redhill Youth Centre. Arnold.

# YOUNG MEN'S SELF-ESTEEM & SEXUAL HEALTH

A one day course aimed at those working with young men who want to better understand self-esteem and its effects young men's sexual health

## AIM

To better understand Self-Esteem and its relation to sexual health

## LEARNING OUTCOMES

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

Contributes to the following CWDC Common Generic Transferable Units for the Children's Workforce

- *Know and understand the importance of providing appropriate support to children and young people*
- *Know and understand the importance of promoting and supporting a healthy lifestyle for children and young people*

## DATE AND VENUE

Wednesday 19th October 2011.

The Core, Southwell.

# YOUNG PEOPLE, SELF-ESTEEM AND SEXUAL HEALTH

This one day course helps increase understanding of what self-esteem is

## AIM

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

## LEARNING OUTCOMES

- Develop an understanding of what self-esteem is and the correlation it has with behaviour.
- Develop an understanding of what can effect self-esteem and be able to identify what can interrupt the cycle of low self-esteem.
- Identify activities which can promote increased self-esteem.

## DATE AND VENUE

Wednesday 22nd February 2012.

MyPlace. Mansfield.

# C-CARD REGISTRATION POINT TRAINING

This is a one day training course for those who already do face-to-face work with young people and wish to register young people onto the C-Card scheme. If people are new to sexual health work it is recommended that they attend "Sexual Health Awareness 1" prior to attending C-card training.

## AIM

To enable participants to obtain information about the C-Card Scheme, and to provide role clarification and sexual health information to enable them to successfully implement the C-Card scheme in their location.

## LEARNING OUTCOMES

- To have the confidence and skill to successfully register young people onto the C-Card scheme
- Raised awareness of some of the complex issues that young people may have with regards to their sexual health
- Increased knowledge of specialist sexual health services, and be able to signpost young people to them

Contributes to the following CWDC Common Generic Transferable Units for the Children's Workforce

- *Know and understand the value, legal and ethical requirements when working with children and young people*
- *Know and understand the importance of providing appropriate support to children and young people*
- *Understand how to help children and young people to explore concerns and issues about their own development*
- *Know and understand the importance of promoting and supporting a healthy lifestyle for children and young people*

## DATES AND VENUES

Tuesday 6th September, 2011.	MyPlace. Mansfield.
Tuesday 4th October, 2011.	Cotgrave Enterprise & Community Centre.
Thursday 24th November, 2011.	The Core Southwell.
Tuesday 10th January, 2012.	Interchange Hucknall.
Tuesday 28th February, 2012.	Highfields Fire Station. Beeston.

*All participants must be CRB (Criminal Record Bureau) cleared and have up to date Child Protection/Safeguarding training. This course assumes that people already do some sexual health work.*

*Trained C-Card workers can also gain an OCN level 3 qualification. If you are interested in working towards this qualification then contact the office and discuss with a member of the team.*







### Contacting us

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