



Nuts and Bolts of Sexual Health PERTH 2017

Build your skills to work with young people around relationships and sexual health!

Young people want to talk about these things, but it's not always easy! This course will help you open that potential can of worms and handle those tricky moments that might follow.

Nuts and Bolts develops the core knowledge, attitudes and skills required to provide information and support for young people around respectful relationships and sexual health issues.

This course has been designed for people in the youth sector. It is suitable for a wide range of people working with young people including Aboriginal health workers, AIEOs, SEWB workers and other mental health workers, drug and alcohol workers, health promotion officers, nurses, midwives and teachers. (Note for nurses: SHQ's *Bare Essentials* is designed specifically for nurses, and is required for the Certificate in Sexual and Reproductive Health, or CNE points.)

Nuts and Bolts is made up of one core day and two full day electives. **The core is a pre-requisite for all electives.** All three days must be completed within 12 months for a Nuts and Bolts certificate.

Day 1 Core - *You and your role: young people's sexual health and rights*

Day 2 Elective - *Sex and drugs, safety and pleasure*

Day 3 Elective - *Contemporary sexuality: sex and ethics, diversity and technology*

All participants gain skills to:

- Create a safe space and talk about relationships and sexual health
- Provide information and discuss a range of sexual health topics and issues
- Promote informed choices, motivate positive choices and healthy behaviours
- Provide appropriate support and referral for young people with sexual health concerns

See over for more information about course details and topics covered each day.

Dates:	8-10 May 2017 15-17 August 2017 13-15 November 2017
Times:	9.00 - 4.30pm daily
Venue:	SHQ 70 Roe St, Northbridge, WA
Fees:	See over

"... a memorable and worthwhile learning experience and one that I would hugely recommend to anyone working alongside young people." - Youth Worker

Discount Available for WA Youth Workers!

WA organisations that commit to sustained improvements in youth work practice on sexual health issues (as per the YACWA YEP Youth Sector Guidelines) are eligible for a significant discount to this SHQ training.

Contact: Anania Tagaro YEP Project Officer
M: 0406 648 865 | E: anania@yacwa.org.au

For course enquiries or to register contact:
Kat Duncan Information Officer
SHQ | 9227 6177 | katrina.duncan@shq.org.au



Day 1 Core - *You and your role: young people's sexual health and rights*

This core day focuses on recognising and understanding your role in informing and supporting young people around relationships and sexual health issues. The workshop examines working ethically and effectively to empower young people to make informed decisions about their relationships and sexual health in their real life contexts.

Topics include:

- Creating a safe space and opening conversations about relationships and sexuality
- Being a skilled helper
- Sexual decision making and motivating healthy behaviours
- Effective support and referral

Dates: Monday 8 May 2017
Tuesday 15 August 2017
Monday 13 November 2017

Time: 9.00am – 4.30pm

Day 2 Elective - *Sex and drugs, safety and pleasure*

This elective provides up to date information on key sexual health topics including STIs and contraception. The workshop is jam packed with interactive activities and experiential learning that will increase your knowledge and build your confidence to provide appropriate support and promote informed choice.

Topics include:

- Bodies, sex and pleasure
- STI prevention and safer sex
- Blood borne virus prevention and harm reduction
- Contraception and unintended pregnancy

Dates: Tuesday 9 May 2017
Wednesday 16 August 2017
Tuesday 14 November 2017

Time: 9.00am – 4.30pm

Day 3 Elective - *Contemporary sexuality: sex and ethics, diversity and technology*

This elective explores contemporary issues in sexual health. The workshop provides an introduction to sexual and gender diversity and looks at strategies for inclusivity. A model for ethical decisions around sex and relationships is also applied to sexting and pornography.

Topics include:

- Sexual and gender diversity
- Working with diversity and inclusive practice
- Respectful relationships, ethics and consent

Dates: Wednesday 10 May 2017
Thursday 17 August 2017
Wednesday 15 November 2017

Time: 9.00am – 4.30pm

Sign up to the YEP Youth Sector Guidelines to take advantage of this great discount offer!

Fees: Full course if booked and paid together - \$300 GST free
Each one day elective - \$120 GST free

YEP Youth Sector discount
Full course if booked and paid together - \$150 GST free
Each one day elective - \$70 GST free



Nuts & Bolts of Sexual Health (1400) - Perth 2017 Registration Form

Name _____ Job Title _____
 Organisation _____
 Postal Address _____
 Suburb/Town _____ Post code _____
 Phone _____ Mobile _____
 Email _____

Please tick the modules and dates you wish to attend. All fees GST free.

Module	Date	Full fee	YEP dis- count
Core - You and your role: young people's sexual health and rights	Mon 8 May <input type="checkbox"/>	\$120 <input type="checkbox"/>	\$70 <input type="checkbox"/>
	Tues 15 Aug <input type="checkbox"/>		
	Mon 13 Nov <input type="checkbox"/>		
Elective 1 - Sex and drugs, safety and pleasure	Tues 9 May <input type="checkbox"/>	\$120 <input type="checkbox"/>	\$70 <input type="checkbox"/>
	Wed 16 Aug <input type="checkbox"/>		
	Tues 14 Nov <input type="checkbox"/>		
Elective 2 - Contemporary sexuality: sex and ethics, diversity and technology	Wed 10 May <input type="checkbox"/>	\$120 <input type="checkbox"/>	\$70 <input type="checkbox"/>
	Thur 17 Aug <input type="checkbox"/>		
	Wed 15 Nov <input type="checkbox"/>		
	Total	\$	\$
Full course (all 3 days, dates can be split)		\$300 <input type="checkbox"/>	\$150 <input type="checkbox"/>

Venue: SHQ, 70 Roe St, Northbridge (Corner Lake & Roe St) WA 6003

Payment Method (please tick):

- Cheque: please make payable to The Family Planning Association of WA (Inc.)
 Credit Card EFT Please email katrina.duncan@shq.org.au for details.

Card Type : VISA / MASTERCARD

Full name on card: _____

Card Number: _____ / _____ / _____ / _____ Exp Date ____/____

Amount to be paid: _____

Name of person or organisation making payment: _____

I identify as an Aboriginal or Torres Strait Islander person Yes No

I identify as Male Female Other

Is there anything that may be helpful for the trainers to know, e.g. hearing difficulty, difficulty with reading/writing? _____

Do you have any special food requirements _____

(Morning and afternoon tea provided—not lunch)

This registration becomes a tax invoice on payment. Keep a copy for your records.

ABN 152 750 99 026

Prices valid until 30/12/2017

Your Manager needs to sign their approval for you to attend over page.

Declaration *(all applicants must complete)*

I declare that to the best of my knowledge the information given in this application is correct and complete. I have read and agree to abide by the *Fees and Refunds Policy* of SHQ. I understand my registration will not be confirmed until full payment has been received by SHQ prior to course.

Signature: _____ Date: _____

Fees and Refunds Policy

An applicant's place in a course is not confirmed until SHQ has received full payment of course fees.

Please read the SHQ Refunds Policy at our website:

shq.org.au/bookings-and-refunds-policy/

Please also note:

A cancellation for a course or a deferral must be given in writing.

Privacy Statement

SHQ respects your privacy. In line with the Privacy Act 1988, SHQ will store all personal information in a secure manner to be accessed by authorised staff only. Personal and sensitive information collected by SHQ is not shared with other organisations or government bodies except where there is a legislative requirement to do so. The above information is required for administrative purposes only.

Manager approval to attend

Manager name _____ Phone _____

I give approval for _____ to attend this training.

I have read the *Fees and Refunds policy*.

Manager signature _____

Call Kat Duncan on 08 9227 6177 for more information.

Please email this registration form to katrina.duncan@shq.org.au or fax to Kat on 08 9227 6871.