

Context

This training resource pack has been developed in consideration of government strategies and programmes including the:

- Executive's Programme for Government under the theme 'Working for a Healthier People'
- Investing for Health Strategy 2002
- Sexual Health Promotion Strategy published by the Department of Health, Social Services and Public Safety (DHSSPS)

Why work to promote sexual health?

'Sexual health is an important part of physical and mental health, as well as emotional and social well-being. Sexual health is not just about the absence of disease or dysfunction of sexual or reproductive function, but also embraces the capacity to enjoy relationships and express sexuality without feelings of guilt or shame; to have pleasurable and safe sexual experiences; to control fertility and to avoid the risk of unintended pregnancy'.

Source: DHSSPS Sexual Health Draft Strategy

Sexual health in Northern Ireland is generally regarded as poor, and the UK has the highest rate of teenage pregnancy in Western Europe (Family Planning Association, 2004).

We recognise that many factors have a negative impact on our sexual health, including poverty, unemployment, poor education, poor living and working environments and social exclusion. This in turn may mean that parents do not have the knowledge, information or confidence to discuss sexual health with young people.

Recent research by the Family Planning Association (fpa) and the University of Ulster found that young people who were less able to talk to their parents about personal or sexual matters were less likely to use contraception when they first had sex.

Source: 'Towards Better Sexual Health: a survey of sexual attitudes and lifestyles of young people in Northern Ireland', Schubotz, D., Simpson, A., Rolston, B. fpaNI in partnership with University of Ulster. 2002

Aims of the programme

The aims of this training resource pack are to provide a 'whole-person' approach to sexual health promotion and:

- To raise awareness and knowledge of sexual health amongst adults.
- To increase the confidence of course participants to communicate with children and young people on relationships, sexuality and sexual health.

TRAINING RESOURCE PACK

PARENTS PROMOTING SEXUAL HEALTH[©]

CONTENT OF SESSIONS

Session 1: Communication

- Have You Got A Minute?
- Helps & Hinders
- Dear Parent

Session 2: Attitudes to Sexuality

- Sexuality - What Do You Think?
- Sexuality Is!
- Comfort Levels

Session 3: Relationships

- What's In A Relationship?
- Self Esteem In Relationships
- Media Watch
- Sexual Orientation & Gender Identity

Session 4: Pregnancy and Contraception

- Facilitator Notes
- Exploring Myths
- Thinking About Pregnancy & Parenthood
- Contraception Workshop
- Abortion
- Pregnancy & Young People

Session 5: Sexually Transmitted Infections (STI's)

- Facilitator Notes
- What Do We Know About STIs?
- Sexual roulette
- STI Quiz
- The GUM Clinic
- Protecting Young People From STIs