



Teenage Conception Prevention  
Training Programme  
July 2010 - March 2011



## Contents

1. Aim, Structure, Booking Instructions	3
2. Foundation Skills for Sexual Health Development	4
3. Delivering Effective Sex and Relationship Education (SRE) to Young People	5
4. Cultural and Religious Issues in Sex and Relationships for Young People from Indian, Pakistani and Bangladeshi Communities	6
5. Providing Effective Contraceptive Advice to Young People	7
7. Other Organisations Providing Sexual Health Training	8
8. Venue details	10

## Aim

By offering this programme, we aim to ensure that the frontline staff working with young people are equipped with the knowledge, understanding, skills and confidence to implement the teenage conception prevention strategy. Although the focus is on teenage pregnancy, the training takes a broad perspective in order to improve a wider range of outcomes related to sexual health, relationships and personal development for young people.

## Outcomes for Young People

Through this work we aim to contribute to the following outcomes for young people:

- Young people are able to make informed choices about their sexual health, sexual behaviour and parenthood.
- Young people are free from sexually transmitted infections, unplanned pregnancies and avoidable terminations.
- Young people have the confidence and skills to ask for information, gain support and to access advice and sexual health services when needed.
- Young people are able to form healthy and fulfilling personal relationships, free from coercion and exploitation.

## Structure

We have developed the strategy around a tiered model of prevention so that training levels can be effectively matched to take into account different roles and types of intervention, described as introductory, intermediate and specialist.

Courses will be delivered on a multi-agency basis and are available to anyone working with young people.

*you are required to register on the Foundation Skills for Sexual Health Development course before attending any*

*of the other programmes, (unless you have completed it within the last 2 years).*

## Booking Instructions and Conditions

To apply for a course, please complete a booking form and post to:

Business Support Officer  
Teenage Pregnancy Team  
3rd Floor, Charter House, 100 Broad Street, Birmingham, B15 1AE

Telephone: 0121 464 2954

Fax: 0121 675 5953

Email: [teenagepregnancy@birmingham.gov.uk](mailto:teenagepregnancy@birmingham.gov.uk)

1. *Courses are available to professionals (and volunteers) who work in Birmingham or with Birmingham residents. They are not suitable for young people or members of the public.*
2. *A separate form must be submitted for each participant and for each course.*
3. *Applications will only be accepted if they have been countersigned by the participant's line manager.*
4. *Applications will only be accepted if the participant can stay for the duration of the course.*
5. *After the closing date, places are allocated in the order of which they are received.*
6. *In all cases it is the participants' responsibility to ensure that the training administrator is notified of non-attendance. In an emergency we must be notified by 9.00am on the day of the training course (0121 464 2954).*
7. *A minimum of five working days notice is required if a participant wishes to cancel a booking.*
8. *In the event of non-attendance or late cancellation the participant's line manager will be informed and we reserve the right to make a £75 per day charge.*
9. *Unless otherwise stated, lunch and refreshments are provided.*
10. *The closing date for all applications is four weeks prior to the start of the course.*
11. *Should you be unable to attend, a substitute may attend in your place at no extra cost.*
12. *Confirmation and course details will be sent by email unless the administrator is advised otherwise.*

## Course Venue

All courses are being held at Network House, 174–178 Barford Street, Digbeth, Birmingham B5 7EP

# Foundation Skills for Sexual Health Development

Basic course for all front-line staff to gain knowledge of young people's sexual health and relationship issues.

**Level** – Introductory **Duration** - Two consecutive days

## Target Audience

Open to anyone providing services to young people in either the voluntary or statutory sector - e.g. youth workers, Connexions workers, residential child care officers, YOS workers, supported housing workers, school nurses, training providers, teachers, learning mentors, advice workers.

## Course Aims

To enable all staff working with young people to be able to discuss sexual health and relationship issues comfortably and appropriately; to recognise young people's sexual health needs and support them to access relevant services and interventions in order that those needs are met.

To understand the correlation between drug - alcohol consumption and risk of teenage conception.

## Learning Outcomes

- To define sexual health and explore its wider context.
- To gain awareness of some key legal and policy issues relating to sexual health work.
- To understand how personal values and attitudes can impact on the delivery of sexual health services.
- To recognise the importance of self-esteem, communication and negotiation in relationships.

- To develop and practice the skills needed to empower service users to resist pressure and to develop and maintain healthy relationships.
- To understand and develop skills in sensitive and appropriate sexual health promotion to diverse groups.
- To develop an awareness of choices around safer sexual behaviours, contraception and pregnancy for young people.
- To develop an understanding of some common STI's, their transmission, symptoms, consequences and treatment.
- To be aware of the range of local sexual health resources and services and how to access and signpost.
- To have a good understanding of risk factors for teenage pregnancy.
- To have developed skills in supporting young people to delay sexual activity and parenthood and to build their self-esteem.

## This course is being delivered five times:

- 8 & 9 July 2010
- 14 & 15 September 2010
- 24 & 25 November 2010
- 18 & 19 January 2011
- 3 & 4 March 2011

# Delivering Effective Sex and Relationship Education (SRE) to Young People

Good SRE enables young people to make informed choices on healthy lifestyles and positive relationships.

**Level – Intermediate Duration** - Two consecutive days

## Target Audience

For any staff working proactively to deliver Sex and Relationship Education/ Teenage Pregnancy Prevention Programmes in a group setting.

Participants should have completed the Foundation Skills for Sexual Health Development Course or equivalent.

## Course Aims

To equip participants with the knowledge, understanding, skills and confidence to design, deliver and evaluate Sex and Relationship Education/Teenage Pregnancy Prevention Programmes in a group setting.

## Learning Outcomes

- To be able to structure a programme with clear aims, objectives, learning outcomes and evaluation methods.
- To be able to work confidently in a group setting, managing group dynamics.
- To be able to use a variety of interactive and creative methods appropriate to different learning styles.
- To have knowledge of a wide range of group-work resources and how to access them.
- To have sufficient knowledge to introduce and explore the following topics with young people:
- Relationships, including dealing with

pressure, delaying sexual activity and reducing risk

- Sexuality and sexual diversity
- Contraception, abortion and STIs (including HIV)
- Healthy pregnancies
- Realities and responsibilities of parenthood
- Risk-taking behaviour, including effects of alcohol and other substances

## This course is being delivered twice:

28 & 29 September 2010

15 & 16 November 2010

# Cultural and Religious Issues in Sex and Relationships for Young People from Indian, Pakistani and Bangladeshi Communities.

Exploring parents and carers myths and realities of sexual behaviour within the above Communities and how we can help them understand what SRE is really about.

**Level** – Specialist **Duration**- Two consecutive days

## Target Audience

These courses are for any professionals working face to face with young people from Indian, Pakistani and Bangladeshi Communities around sex and relationships. Participants will need to have some level of experience of delivering SRE within a multi-faith environment.

**Non-experienced staff should undertake basic Sex and Relationship training before attending this course as prior knowledge of SRE in a school and/or community setting is required.**

## Course Aims

To provide front-line staff and professionals with an overview of cultural and religious issues impacting on young people from Indian, Pakistani and Bangladeshi Families.

## Learning Outcomes

By the end of this course participants will have:

- Explored the significance of religious and cultural perspectives on sex and relationships for young people from Indian, Pakistani and Bangladeshi Families.
- Discussed the myths and realities of sexual behaviour within Indian, Pakistani and Bangladeshi Communities

- Clarified information relating to different faiths about sex and relationships
- Explored values and attitudes to sex and relationships regarding young people
- Commenced action planning to further develop sex and relationship work with young people from these communities

## This course is being delivered three times:

12 & 13 October 2010

30 November & 1 December 2010

1 & 2 February 2011

# Providing Effective Contraceptive Advice to Young People

There is growing concern that the increase in number of under 18 terminations and repeat terminations is due to a lack of informed choice of contraceptive methods.

**Level** – Specialist **Duration**- Half day (Lunch not provided)

## Target Audience

Health professionals and front-line services staff.

Participants should have completed the Foundation Skills for Sexual Health Development Course or equivalent.

## Course Aims

To equip health professionals and front-line staff/workers with the necessary knowledge, confidence and skills so that they can provide effective contraception advice to young people in order to prevent unplanned pregnancies, terminations and repeat terminations.

## Learning Outcomes

- To understand current research evidence relating to teenage pregnancy, in particular second pregnancies.
- To be able to identify barriers that may prevent young people from accessing or using contraception and have strategies for overcoming them.
- To be able to identify different contraceptive methods, their pharmacological content, contraindications, therapeutic use and side effects of each method.
- To be able to use effective communication skills that will help to engage young people.

- To be able to use appropriate resources to support communication about contraception.
- To have considered legal and ethical issues when discussing contraception with young people.
- To be able to advise young people about sexually transmitted infections and how they can be avoided.
- To know about relevant services for onward referral.

**This course is being delivered three times:**

2 June 2010

6 October 2010

20 January 2011

# Other Organisations Providing Sexual Health Training

## C Card (condom) Scheme Training provided by Brook



### For further information please contact

**Sue Pritchard at Brook**  
**Susan.p@brookinbirmingham.org.uk**  
**Tel: 0121 634 1495.**

All clients aged under 20 (and in some cases under 25) can get free condoms.

**Duration** – 1 day

### Target Audience

For any staff working with young people who require:

- Confidential advice and access to condoms
- Emergency contraception
- Pregnancy testing
- Chlamydia and sexually transmitted infections (STI) testing and treatment.

### Course Aims

To train new advisors on everything they need to know about the C-Card scheme, build confidence and understanding and to share knowledge. By the end of the training, advisors should be comfortable and confident with the distribution of condoms and have enough knowledge to be able to answer any questions from their young people, including signposting to other organisations.

### This course is being delivered on:

22 July 2010  
25 August 2010  
29 September 2010  
14 October 2010  
26 November 2010  
12 January 2011  
2 Feb 2011  
25 Feb 2011  
14 March 2011

## Other Organisations Providing Sexual Health Training

### **Sexual Health Promotion Service – provided by Heart of Birmingham PCT**

The Specialist Sexual Health Promotion Service run a programme of courses throughout the year including:

- Sexual Health and Young Men
- Sexual Health and Young Women
- Sexual Health and Alcohol Use
- Sexual Health Skills for Drug Workers
- Sexual Health and South Asian Communities
- Sexual Health and the African Caribbean Community
- Sexual Health and Learning Disabilities
- HIV and African Communities
- Sexual Health and the Law
- Making the Most of Sexual Health Resources
- Understanding Female Genital Mutilation

**For further information contact Tina Lewis**

**Tina.Lewis@hobtpct.nhs.uk**

**Tel: 0121 446 1018 or 0121 446 1088**

### **National PSHE CPD Programme**

This accredited course is available to teachers, nurses and other professionals delivering PSHE (Personal, Social and Health Education) in schools and wider education settings. It is designed to improve the confidence and competence of those delivering PSHE in order to raise the quality of teaching and learning in PSHE to improve the knowledge, understanding and skills of children and young people.

**For further information and to register interest please contact Andrew Cooper at the Health Education Service.**

**Andrew\_Cooper@birmingham.gov.uk**

**Tel: 0121 303 8200**

# Venue Details

All courses are being held at Network House Birmingham, recently refurbished facilities within half a mile from Birmingham's Bullring, New Street and Moor Street stations. Easily assessable from the regions main road networks with two convenient local car parks.

A "conference host" will be ready to meet you at the main entrance, and will show you to the meeting room. If a host is unavailable please use the door bell at the smaller entrance and somebody will be with you right away.

### Venue Address:

Network House  
174 – 178 Barford Street  
Digbeth, Birmingham B5 7EP



### Directions:

#### Walking from the Bullring (approx 8 minutes)

- From St Martins Church walk through the markets and right onto Upper Dean Street
- Turn left into Pershore Street, walking past the Arcadian on your right
- At the roundabout turn right into Sherlock Street and cross the road

- Just before 'Access Storage' turn left into Macdonald Street
- Barford Street is the second turning on the right
- Network House is next to the 'Queens Arms' pub opposite Macdonald Street car park

#### Walking from Moor Street Station (approx 10 minutes)

- Turn left out of the station and cross over the road heading towards the Bullring
- Walk into Moor Street with Selfridges on your right (Building covered with large silver discs)
- Follow the road round to the left (Park Street) and then proceed into the pedestrian road (Edgbaston Street) with St Martins Church on your right
- From St Martins Church walk through the markets and right onto Upper Dean Street
- Turn left into Pershore Street, walking past the Arcadian on your right
- At the roundabout turn right into Sherlock Street and cross the road
- Just before 'Access Storage' turn left into Macdonald Street
- Barford Street is the second turning on the right
- Network House is next to the 'Queens Arms' pub opposite Macdonald Street car park

#### Walking from New Street Station (approx 10 minutes)

- From the main entrance walk out through the car park, turn right onto Smallbrook Queensway and continue up the hill
- Take the next left into Hurst Street
- Continue past the Hippodrome theatre, Tesco's and various bars
- At the bottom, turn right onto Sherlock Street and cross the road
- Just before 'Access Storage' turn left into Macdonald Street
- Barford Street is the second turning on the right
- Network House is next to the 'Queens Arms' pub opposite Macdonald Street car park

## Bus Routes

**Some bus routes pass close to Network House: 61, 62, 63, 45, 47, 8A and 8C.**

For more detailed bus timetables and information visit [www.centro.org.uk](http://www.centro.org.uk), [www.transportdirect.info](http://www.transportdirect.info) or [www.travelwm.co.uk](http://www.travelwm.co.uk)

## Parking at Network House

Both Barford Street and Macdonald Street (opposite venue) car parks charge 20p per hour, Monday - Sat-urday from 8am to 6pm.

**Free parking is available on the streets around the building but can get busy during office hours.** Please allow extra time to find a free space and check the road markings as some of the yellow lines are slightly faded.

## From Birmingham City Centre

- Take the A38 Bristol Street South from Holloway Circus
- Turn left into Wrentham Street (just before the car showroom on the left)
- Cross the road into Macdonald Street ('Access Storage' on right)
- Barford Street is the second turning on the right
- Network House is next to the 'Queens Arms' pub opposite Macdonald Street car park

## From the South – M42

- Leave the M42 at Junction 2 and take the A441 to Birmingham (Pershore Road)
- Continue on this road for approximately 8 miles
- The road comes to a large roundabout where it crosses the A4540 Middleway (Police station on the left)
- Take the second exit (straight across) into Sherlock Street
- At the traffic lights drive straight on. Look for Access Storage on your right
- Turn right into Macdonald Street
- Barford Street is the second turning on the right.

- Network House is next to the 'Queens Arms' pub on the corner opposite Macdonald Street car park

## From the North – M6/A38

- Leave the M6 at Junction 6 ('Spaghetti Junction') and take the A38(M) to Birmingham (Aston Expressway)
- After 1.5 miles, continue on A38 up over Lancaster Circus (Aston Uni on left) and under three separate underpasses. The last of these is Holloway Circus
- On exiting Holloway Circus underpass cross over to the left hand lane
- Take the second turning on the left into Wrentham Street (just before the car showroom)
- Cross straight over into Macdonald Street. (Access Storage on right)
- Barford Street is the second turning on the right
- Network House is next to the 'Queens Arms' pub on the corner opposite Macdonald Street car park

## From the West – M5

- Leave the M5 at Junction 3 and take the A456 into Birmingham (Hagley Road)
- After approx 5 miles, take the left hand lane up to the Five Ways Junction
- Take the 3rd exit A4540 (Islington Row)
- After 3/4 mile take the left hand lane up to the junction with A38
- Cross straight over into Belgrave Middleway
- Immediately you will approach a large roundabout (Matthew Boulton College on the left)
- Take 1st exit (left) down A441 Sherlock Street
- At the traffic lights continue straight on. Look for Access Storage on your right
- Turn right into Macdonald Street
- Barford Street is the second turning on the right
- Network House is next to the 'Queens Arms' pub on the corner opposite Macdonald Street car park

## From the East – M42

- Leave M42 at Junction 6 and take the A45 into Birmingham (Coventry Road)
- After approx 8 miles, you will approach a large intersection with the A4540 Bordesley Middleway (McDonalds on right)
- Take 2nd exit (straight over) continuing on A45 toward Birmingham
- You will pass under a railway bridge
- Turn right down A45 High Street, at the lights turn left down Alcester Street (Hire Shop on left)
- Alcester Street bends significantly to the right and becomes Macdonald Street
- Look out for the grass on the left and continue into the industrial area
- Barford Street is the third turning on the left (just after a van repair centre)
- Network House is next to the 'Queens Arms' pub on the corner opposite Macdonald Street car park

