



LAYC Training Scheme Young People, Sex and Relationships – Practical Course



Introduction

This course will offer an introduction to sex and relationships issues for young people and build the skills and confidence to engage with this topic.

The course is run for LAYC by staff from Healthy Respect.

The course is suitable for youth workers of all levels of experience

Content

The Young People Sex and Relationships course looks at how you can address this potentially difficult issue with at your club or group.

The course is based around practical exercises and includes:

- Presentation
- Group discussion
- Individual reflection
- Group exercises and paired work
- Case studies
- Quiz
- Handouts

Outcomes

By the end of the course participants will have:

- Clarified issues relating to sex, young people and the law
- experienced a range of exercises that can be used with young people in relation to sexual health
- increased knowledge of sexually transmitted infections, contraception and issues of sexuality
- gained awareness of the services that are available to young people
- developed their skills and confidence in carrying out sexual health work with young people