



**Essex Sexual
Health Service**

Relationships, Sex and Health Education (RSHE) Training

**Delivered by the Essex Sexual Health Service
Outreach and Education Team**

 provide.eshsoutreachteam@nhs.net



About Essex Sexual Health Service (ESHS) Outreach and Education Team

Essex Sexual Health Service Outreach and Education team work on the frontline delivering sexual health promotion in a variety of settings, relationships, sex and health education to young people and educators, and the one to one education and early intervention programme.

Training provide by the ESHS

ESHS provides **FREE** specialist training to professionals, carers and parents living or working in Essex (excluding Thurrock and Southend)

ESHS training is delivered either as:

Multi-Agency training - this is training that individual participants can sign up to, on specific dates, and is currently being delivered online (via Microsoft Teams).

How to book onto multi-agency training: These are held on a regular basis with dates and booking available on the  **Essex Sexual Health Service Outreach and Education Eventbrite page.**

PLEASE NOTE: Microsoft Teams joining details are sent to those booked to attend ahead of the session date.

In-house training - this training is available to organisations working in the Essex and can be delivered face to face or virtually online. We ask that a **minimum of 8 people** be in attendance for any sessions you wish to book.

How to book in-house training: The dates and times of these courses are arranged directly with the ESHS Outreach and Education Team - subject to availability of our trainers. To enquire about or book a 'in-house' session please contact us directly at:  **provide.eshsoutreachteam@nhs.net**

Please find details of the training packages we offer both via our multi-agency training and in-house training within this brochure.

The service also delivers a RSHE Recognition award scheme for secondary school and further educational establishments in Essex.

For more information about the scheme go to the ESHS website:

 [**eshs.org.uk/relationships-sex-and-health-education**](https://eshs.org.uk/relationships-sex-and-health-education)

Some of the training packages may be available in bitesize on request, but we strongly encourage participation of the full sessions. **Please be aware that bitesize courses will not count towards the RSHE recognition award.**

PLEASE NOTE THE MEANING OF THE FOLLOWING SYMBOL:



The training package would count as a session for RSHE recognition award criteria.

ESHS has a Parents and Carers section on their website. This offers a wealth of resources to support parents and carers in having conversations about relationships and sex, ensuring access to the latest information and best practices in sexual health education as well as keeping updated on RSHE.

The ESHS Parents and Carers website can be accessed via:

 [**eshs.org.uk/parents-and-carers**](https://eshs.org.uk/parents-and-carers)

Introduction to Sexual Health

This session is designed for anyone working with young people or adults that may disclose or need support around their sexual health in Essex. This session will provide a brief overview of services offered by the Essex Sexual Health Service, including the Personal Health Record (PHR) and the eC-Card scheme.

This session will also provide an introduction to consent and the law (including the Fraser Guidelines), all types of contraception (including barrier methods), vaccination updates, as well as an overview of sexually transmitted infections (STIs), including symptoms, testing, and treatment. The session also highlights local support available for people living in Essex and signposts to sexual health clinics across Essex.

SESSION LENGTH:

2.5 hours

BOOKING MULTI-AGENCY TRAINING (ONLINE):

Via the  **Eventbrite page**

BOOKING IN-HOUSE TRAINING (EITHER F2F OR ONLINE) OR FOR MORE INFO:

provide.eshsoutreachteam@nhs.net

AVAILABLE TO:

Anyone working with individuals where sexual health topics may arise.

Sex, Consent and Confidentiality



Understanding consent is a key factor in enabling young people to sustain healthy relationships.

'Sex, Consent & Confidentiality' explores the factors that can affect a person's capacity to consent. It will look at verbal and non-verbal ways of giving and receiving consent, and different ways of saying no, giving you the confidence to approach these subjects with the young people you support.

This session will also provide an overview of the boundaries of confidentiality for young people accessing advice and support through sexual health services, and information about local support available for young people.

SESSION LENGTH:

3 hours

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AVAILABLE TO:

Anyone supporting young people in Essex

STIs, Contraception and local sexual health services



This session provides an overview of current STI trends and rates of prevalence. During the session you will learn more about symptoms, testing, treatment and prevention: with the aim of equipping you to support and signpost individuals you work with in to sexual health services.

This session additionally looks at some of the most common preventative methods aimed at reducing the risk of unplanned pregnancies and sexually transmitted infections. The workshop reviews free contraceptive options available through the Essex Sexual Health Service and also address what support is available should unplanned outcomes occur.

SESSION LENGTH:

2 - 3 hours

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AVAILABLE TO:

Anyone supporting young people in Essex

Growing up in an online world



Modern technology such as the internet and mobile phones bring with them unique risks that can negatively impact young people.

The session looks at risky behaviours such as intimate photo sharing and exposure to pornography and the negative impact this can have on young people's expectations and relationships. It provides tools you can use to assist young people through these obstacles as well as raising awareness to the variety of support platforms available.

SESSION LENGTH:

3 hours

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AVAILABLE TO:

Anyone supporting young people in Essex

Delivering Relationship and Sexual Health Education (RSHE)



This training is suitable for anyone having conversations or delivering sessions around relationships and sexual health with and/or to young people.

This session will explore the need for age and stage appropriate relationships and sexual health education and is designed to improve confidence and develop your skills and knowledge around the topic. There will also be opportunities to identify situations where a young person may be at risk, and information about what services are available to support locally.

SESSION LENGTH:

4 hours

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AVAILABLE TO:

Anyone supporting young people in Essex

LGBTQ+ Inclusivity and Sexual Health



In order to be inclusive of each individual's own characteristics it is important to have an understanding of how people identify and some of the challenges that people may face in society based on their sexual orientation and gender identity.

This session provides a whistle stop tour of LGBTQ+ terminology including using pronouns and different sexualities. It will give you the opportunity to explore the barriers LGBTQ+ individuals may face when accessing services and offer the chance to reflect on your own practise in a safe learning environment.

This session will also explore LGBTQ+ specific sexual health related information and provide resources and information on local LGBTQ+ support services.

SESSION LENGTH:

3 hours

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AVAILABLE TO:

Professionals in Essex

Discussing Relationships and Sexual Health with People with Additional Support Needs and Disabilities



This full day interactive workshop is designed for professionals working with people that have additional support needs or disabilities, where it may be appropriate to provide relationships, sex and health education (RSHE), or have discussions around relationships and sexual health. This workshop would be suitable for educational staff delivering RSHE to those with Special Educational Needs and Disabilities (SEND), as well as those working in a care setting where they may be having more informal conversations with those they are supporting around their relationships and sexual health.

The workshop provides a safe space to explore different approaches that can be used to navigate conversations in a way that is non-judgmental, inclusive and that meets the needs of those you are supporting. There will be opportunity to trial some practical resources that can be used in both small group settings and also on a one to one basis, as well as opportunity to discuss some case studies to explore appropriate responses and considerations in a variety of situations. The workshop aims to increase attendees overall confidence in discussing relationships and sexual health, and to have a thorough understanding of the local sexual health service offer in Essex.

SESSION LENGTH:

Full Day (7 hours including a lunch break)

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AVAILABLE TO:

Professionals in Essex

eC-Card Training

The eC-Card programme provides access to free condoms for young people in Essex aged 16 – 24.

This session is designed for professionals or organisations who are looking to become eC-Card assessors and/or outlets.

The training will provide an understanding of how the eC-Card scheme operates as well as exploring how to conduct an effective sexual health consultation, using the platform to talk about healthy relationships and help to identify safeguarding concerns. Attendees will look at how to apply Fraser Guidelines effectively, how to signpost into Essex Sexual Health Service, and give them the information they need to become an eC-Card assessor and/or venue.

SESSION LENGTH:

2 hours

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AVAILABLE TO:

Anyone supporting young people in Essex

HIV Today

There are an estimated 107,000 people living with HIV in the UK in 2023.

This training programme is designed to increase knowledge on HIV and is suitable for anyone who works with the general public, or has an interest to learn more about HIV.

'HIV Today' addresses stigma's that surround HIV and impact those that live with the virus, as well as covering the effects of HIV, HIV transmission, HIV testing and treatment. This session also provides information about accessing local sexual health services.

SESSION LENGTH:

2.5 hours

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AVAILABLE TO:

Anyone working with the public or has an interest in HIV or Sexual Health

Introduction to Chemsex

This short training session provides an introduction into sexualised substance misuse by gay, bisexual and other men that have sex with men (MSM).

This session will explore what chemsex is, motivations for engaging in chemsex, risks and harm reduction, and where and how to access support.

This course is designed for anyone who wishes to improve their knowledge on chemsex as well as people that support those that may be engaging in chemsex.

SESSION LENGTH:

2 hours

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AVAILABLE TO:

Anyone working with the public or has an interest in HIV or Sexual Health

PrEPared for PrEP

Today there are more preventative methods to stop HIV transmission than ever before.

'PrEPared for PrEP' is a short bitesize overview of one of the most recently available drugs that can be used by HIV negative people to dramatically reduce the chances of a HIV transmission taking place.

PrEP is now freely available through the local sexual health services and this session is ideal for those thinking of starting PrEP or those that might be signposting for further information.

SESSION LENGTH:

30 minutes

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AVAILABLE TO:

Anyone interested in accessing more information about PrEP

Exploring the Impacts of Sexist Language

From a perspective of Violence Against Women and Girls (VAWG)

This session examines how sexist language and gender stereotypes contribute to a culture that enables violence against women and girls, and how such behaviour can escalate into wider harms, including public sexual harassment, sexual abuse, and assault.

Through scenario-based activities, participants will gain practical tools and strategies – including the 5 Ds of bystander intervention – to effectively challenge sexist language and disrupt harmful behaviour, in a way that prioritises personal safety. The session will also explore effective ways to manage and respond to difficult questions and statements.

Participants will be signposted to national and local support services for individuals who have experienced or been impacted by harmful sexual behaviour, including sexual abuse and assault.

SESSION LENGTH:

1 hour

BOOKING MULTI-AGENCY TRAINING (ONLINE):

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AVAILABLE TO:

Professionals in Essex