Bromley Healthcare was established on 1 April 2011 to provide out-of-hospital health services in Bromley. We now also care for people in Bexley, Croydon and Lewisham - and our reach continues to grow.

In six years we’ve grown from working in just one borough to being one of the UK’s leading providers of community health services. We’re a community interest company formed of over 800 people delivering high-quality NHS services.

Our ethos and unique approach has contributed to our success. We believe in putting clinicians in the driving seat and empowering front-line staff to make decisions about how services should be run. This has made us patient-focused and efficient, taking the best that the NHS has to offer, removing some of the bureaucracy and focusing on quality healthcare.

We provide services in clinics, hospitals, community settings, nursing homes and many other places. You can find out more about us by exploring our website: bromleyhealthcare.org.uk.
## Sexual health training programme contents

### Introduction

<table>
<thead>
<tr>
<th>Page</th>
</tr>
</thead>
<tbody>
<tr>
<td>4</td>
</tr>
</tbody>
</table>

### Why choose us?

<table>
<thead>
<tr>
<th>Page</th>
</tr>
</thead>
<tbody>
<tr>
<td>5</td>
</tr>
</tbody>
</table>

### The training programme

| An introduction to SRE, pornography and social media for primary school teachers | 6 |
| SRE: the basics for secondary school teachers | 7 |
| Consent, sexual harassment and SRE | 8 |
| London C-Card training (young people’s condom scheme) | 9 |
| Pornography, Child sexual exploitation and social media | 10 |
| Self esteem, body image and young people | 11 |
| Sexual health and young people with disabilities | 12 |
| Time to talk | 13 |
| Understanding HIV | 14 |
| Confidentiality and the law around sex and young people: training for general practice | 15 |

### Map of how to find Global House

<table>
<thead>
<tr>
<th>Page</th>
</tr>
</thead>
<tbody>
<tr>
<td>16</td>
</tr>
</tbody>
</table>
**Introduction**

Bromley Healthcare’s Sexual Health team provides specialist health promotion support to local organisations and individuals to improve the sexual health and well-being of Bromley residents.

Our aim is to empower individuals and their communities to make informed choices in order to improve their sexual health and well-being. This is why our Sexual Health team is here to support you.

Through a range of training, support and guidance, the Sexual Health team can help you to work with the local community. The programmes are FREE to all Bromley Healthcare professionals, social workers, youth workers, teachers, volunteers, third sector workers and other professionals or community practitioners who work with people in Bromley every day.

Our training aims to build knowledge and skills, and to support you in being hands-on with health improvement. We offer a diverse range of training, from confidentiality when working with young people to specific training for teachers.

If you work for an agency outside Bromley, there is a charge of £45.00 for a half day course and £80.00 for a full day. Priority will be given to Bromley based agencies and individuals.

**Venues**

Courses are held at Global House, 10 Station Approach, Hayes, Kent BR2 7EH, next to Hayes train station and a public car park. If you have an audience of 10 or more we can facilitate bespoke sessions to suit.

**Bookings**

If you work for an organisation in Bromley you can book a place on any of our courses by sending an e-mail to the Sexual Health team at: bromh.sexualhealth@nhs.net or by calling 020 8315 8711.

Staff from organisations outside the borough of Bromley should complete the training application form which can be found at bromleyhealthcare.org.uk/his training
CANCELLATION POLICY

If you have booked a place but are unable to attend, you must contact us at least two working days prior to the course date.

If you have received confirmation for a place on one of our courses, you have committed yourself to attend and you are expected to attend.

If you fail to contact us to cancel your place on any of our training courses, you will incur a charge for the full cost of the training.

If you have any queries regarding these courses or are unable to attend, please contact the Sexual Health team; details as above.

Why choose us?

- We have over 10 years experience of health promotion and are the leading provider of health improvement related courses in the London Borough of Bromley
- We train over 5,000 adults and young people each year. All of our courses are delivered by trainers who are highly skilled practitioners in their field, and who have extensive experience
- We can design and deliver bespoke training for clients based on organisational needs
- Our courses contribute to a range of occupational and national guidance and standards
- Participants will receive a certificate upon receipt of the course follow-up, as evidence of their Continuing Professional Development

Access and extra help

Global House is accessible to wheelchair users. If you need this brochure in larger print, or need help with making our courses or materials more accessible to you in some way, please let us know and we will do what we can to help you. To talk to us about it call 020 8315 8711 or email: bromh.sexualhealth@nhs.net
An introduction to SRE, pornography and social media for primary school teachers
1/2 day course

About this course
A two hour training session for primary school teachers and teaching assistants who are involved in the delivery of PSHE sessions to KS1 and KS2 pupils. This training can be delivered as part of an inset day or as a twilight session after school.

This course aims to provide teaching staff with the knowledge and resources to enable them to deliver educational sessions to primary school aged children around sex and relationships, pornography and social media. The course aims to raise teachers’ confidence in addressing issues related to social media and pornography.

Objectives
By the end of this course, participants will:

- Be aware of the different types of social media used by young people
- Have looked at the possible risks associated with these including viewing pornography
- Have raised confidence in educating young people in SRE, pornography and social media
- Have knowledge of the resources available to support the delivery of SRE
- Have raised awareness of the scale of pornography and its use by young people

Dates and locations
Training is delivered at each school at dates and times which are convenient.
Sexual Health Training Programme April - September 2017

SRE: the basics for secondary school teachers

Three 2-hour sessions

About this course
We have developed a series of three 2-hour training sessions for secondary school teachers who are involved in the delivery of PSHE sessions to KS3 and KS4 pupils. This training can be delivered as part of an inset day or as twilight sessions after school. The aim of these sessions is to provide teaching staff with the knowledge and resources to enable them to deliver educational sessions to secondary school aged children.

Session one - Looking at your own values, STIs, HIV and contraception, confidentiality, local services

Session two - Pornography and social media, relationships, sex and pleasure; how to raise the issue of sexual pleasure appropriately with young people

Session three - Child sexual exploitation

Objectives
By the end of this course, participants will have:

Session one
- Considered their own and others’ view points on issues relating to young people and sex and reflected on how these might influence their work with young people
- Increased knowledge of STIs, where to access testing and treatment and the types of contraception available and where they can be accessed
- Increased knowledge of confidentiality guidelines and procedures

Session two
- Raised awareness of the scale of pornography and its use by young people
- Raised confidence in addressing issues of pornography with young people
- Raised awareness of social media sites that young people are using and issues that can arise from social networking
- Increased confidence in talking to young people about relationships, positive sex and sexual pleasure

Session three
- Raised awareness of how technology can be used to abuse, and how to help protect young people
- Increased awareness of CSE risk indicators in young people
- An understanding of different grooming techniques

Dates and locations
Training is delivered at each school at dates and times which are convenient.
Consent, sexual harassment and SRE
1 day course (09:30-16:30hrs)

About this course
This course provides an introduction to sex and relationships education (SRE), looking at STIs, contraception, consent and how personal values can impact on the service young people receive. Participants will explore the ways that we can work with young people around consent and healthy relationships, as well as sex and pleasure. The course will also look at the government report into sexual harassment and sexual violence in schools published in 2016 which reveals the scale of sexual harassment and sexual violence in schools. 5,500 sexual offences were recorded in UK schools over a three-year period, including 600 rapes.

This course is suitable for youth workers, family workers, carers, health professionals, secondary school and college staff, those working with looked after children and anyone who wishes to increase their understanding and awareness of relationship and sex issues.

Objectives
By the end of this course, participants will:

- Have had the opportunity to explore their own values, attitudes and beliefs and how they can prevent these impacting on the service provided to young people
- Have an increased knowledge around STIs including signs, symptoms and treatment
- Understand how contraception works and the different methods available including LARC
- Be aware of what is included in the SRE curriculum
- Have explored the ways in which we can work with young people around both sex and pleasure and sexual harassment and violence
- Have looked at the importance of consent, what is meant by sober informed and explicit consent and the laws around consent.
- Have raised awareness of the levels of sexual harassment in schools and how we can support young people

Dates and locations
Friday 7 July 2017 at Global House
London C-Card training  
(young people’s condom scheme)  
1/2 day course (09:30-13:00hrs)

About this course
The London C-Card is aimed at young people aged 14-24. This scheme gives young people access to free condoms in Bromley as well as any other participating borough. Currently 26 boroughs in and around London are part of the scheme. In Bromley the London C-Card is co-ordinated by Bromley Healthcare’s Sexual Health team.

This 3 1/2 hour course should be attended by staff that distribute condoms as part of the London C-card scheme. Staff from organisations that work with young people and that are interested in becoming a condom distribution point should also attend.

Objectives
By the end of this course, participants will:

- Have an understanding of the law in relation to sex and young people
- Be able to demonstrate an understanding of the key principles of the Fraser Guidelines and how they apply to young people
- Understand the rights of young people to confidential, impartial advice and support on sexual health and be able to relate this to your own practice
- Have gained awareness of contraception and STIs, including where to access services in the borough of Bromley
- Be able to state the contraceptive methods that are commonly prescribed to young people and where to access services in Bromley
- Have had the opportunity to practice condom demonstration
- Have discussed and practiced techniques for communicating effectively with young people

Dates and locations
Delivered on request to organisations that wish to be a part of the London C-Card scheme and distribute condoms to young people.
Pornography, child sexual exploitation and social media
1 day course (09:30-16:30hrs)

About this course
Suitable for anyone working with young people (particularly those who are vulnerable) including: youth workers, teachers, teaching assistants, support workers, family workers, carers and looked after children staff and carers.

Children and young people are exposed to an unprecedented range of media content on computers, mobile phones, tablets and play consoles. More and more young people report that they are learning about sex and relationships from pornography. This course aims to explore the impact and influence of pornography on young peoples’ attitude to sex, relationships, and their sexual development to enable participants to work with young people to minimise this impact.

This course will look at the links between pornography, social media and child sexual exploitation (CSE), increasing your awareness of CSE, the risk indicators, differing types of grooming and what to do if you suspect a young person is being sexually exploited. This course will also increase your awareness of the vast array of social media and their associated risks.

Objectives
By the end of this course, participants will:

- Have raised awareness of the scale of pornography, its use by young people and the laws relating to it
- Have raised confidence in addressing issues of pornography with young people
- Have explored our own attitudes towards pornography and how this may impact on our practice
- Have increased awareness of child sexual exploitation and the range of social media that young people use
- Be able to identify what makes young people vulnerable to sexual exploitation and identify risk indicators
- Be aware of the law, guidance, policies and procedures around sexual exploitation
- Understand the different grooming models
- Have investigated resources for working with ‘at risk’ young people
- Know how to respond to concerns

Dates and locations
Wednesday 3 May 2017 at Global House
Self-esteem, body image and young people
1 day course (09:30-15:00hrs)

About this course
The course is suitable for anyone working with young people (particularly those who are vulnerable) including: youth workers, teachers, teaching assistants, support workers, family workers, carers and looked after children staff and carers.

This course aims to examine why many young people have low self-esteem and, in particular, lack aspirations. We will look at some practical ideas to support young peoples’ self-esteem and raise their aspirations. Body image issues affect nearly all young people, undermining their confidence and lowering their self-esteem further. Young people with low self-esteem are more likely to be teenage parents, victims of domestic violence or have an STI.

Objectives
By the end of this course, participants will have:

- Increased awareness of the effect that low self-esteem has on young people
- An understanding of the self-esteem cycle
- Investigated resources and practical ideas that can be used with young people to support their self-esteem and raise aspirations
- Looked at the importance of support for young people to actively delay early sexual activity

Dates and locations
Monday 19 June 2017 at Global House
Sexual health and young people with disabilities

1 day course (09:30-16:30hrs)

About this course
This course is suitable for anyone working with young people with disabilities including: youth workers, teachers, teaching assistants, support workers, family workers, carers and looked after children staff.

This course looks at the issues that young people with physical and/or learning disabilities may face when dealing with sexuality and their sexual health. The need for intimate emotional, physical and sexual closeness is a basic human need, and people with disabilities often have few opportunities to socialise, develop loving relationships and have their sexual needs met. They may also find it difficult to get the information they need about relationships and sex.

People with learning disabilities are around four times more likely to be abused than the general population, and people with profound disabilities and complex communication needs are especially vulnerable. Peoples’ sexuality is shaped by their environment, experience and personal history. The way that an individual’s sexuality is expressed (e.g. masturbation, sexual touching) may have been adversely affected by years of institutional/communal living, with a significant lack of privacy and very little sex and relationship education.

Objectives
By the end of this course, participants will have:
- Explored the needs and rights of disabled young people to experience a full range of relationships
- An introduction to the mental capacity act
- Looked at research about sex and relationships in relation to young people with disabilities
- Examined some resources for working with young people around sex and relationships
- Thought about how our own feelings may influence how or if we deliver sex and relationship education
- Raised awareness of safeguarding responsibilities and procedures

Dates and locations
Monday 25 September 2017 at Global House
Time to talk
2-3 hour course

About this course
Time to talk will help you to communicate with children and young people in an open and honest way about sex and relationships, help them to resist peer pressure and have accurate information on growing up and relationships that is right for their age.

This course takes 2-3 hours and is suitable for parents, carers, foster carers, crèche workers, teachers, teacher assistants, youth workers and anyone working with children and young people between the ages of 0 to 24 years.

Objectives
By the end of this course, participants will:

- Have looked at what children and young people may ask about relationships and sex and at what age they may ask
- Have refreshed their knowledge of puberty
- Feel more comfortable talking and answering questions about relationships and sex education
- Be aware of resources to help talk about relationships and sex education
- Have had an introduction to contraception and sexually transmitted infections
- Be aware of the use of pornography by young people and the media used to access this

Dates and locations
Can be delivered on request to parents or teachers in schools, children centres, and in voluntary and community settings.
Understanding HIV
1 day courses (09:30-16:30hrs)

About this course
This course provides an opportunity for those working with people who are, or may be at risk of becoming HIV positive. The course aims to raise awareness of HIV and how it is transmitted, and to help participants understand more about HIV, how it is treated and possible side effects of treatment. The course will include:

- Introduction to and short history of HIV
- What is HIV/AIDS and stages of infection
- Prevalence of HIV
- Transmission/infection control
- The HIV test and the need to promote it
- Stigma
- Implications for health care and support services
- Viral loads and CD4 counts
- HIV treatments, side effects and adherence
- Implications for health care and support services
- PEP
- Pregnancy
- Case studies

Objectives
By the end of this course, participants will:

- Understand more about HIV and its treatment
- Have improved awareness of HIV, how it is transmitted and how to prevent transmission
- Understand who is most at risk of having HIV and why
- Appreciate the need to promote testing and where to get tested
- Have looked at recent changes to treatment and side effects
- Have greater awareness of the stigma of being HIV positive

Dates and locations
Thursday 21 September 2017 at Global House
Confidentiality and the law around sex and young people: training for General Practice
45 minute session

About this course
This course has been designed to be delivered as a ‘whole practice’ approach and is suitable for all levels of staff from GPs and practice nurses, to reception and administrative staff.

The concise, 45 minute training session has been designed to fit into a team meeting and provides those working in General Practice with the confidence and important non-clinical skills, to clarify and explore confidentiality and the law relating to sex and young people.

Objectives
By the end of this course, participants will be able to:

- Give an example of the law as it applies to sex and young people
- Name an entitlement young people have with regards to confidentiality
- Briefly describe the Fraser Guidelines
- Name at least one way their practice does or can support confidentiality around young people
- Following the completion of this training, a leaflet and poster targeting young people will be available to the practice. The key message will be that your practice offers a confidential service to young people in order to reduce any anxieties they may have in this area.

Dates and locations
Training is delivered at each practice at dates and times which are convenient.
Map showing the location of Global House
10 Station Approach, Hayes, Kent BR2 7EH

You will find Global House located within the public car park behind the high street. (If you use the car park, please make sure you purchase a ticket).