



'Let's Talk About... Safer Sex' Four-day Training for Trainers Programme

Dates: Commences on Tuesday 29th September 2015 and delivered over four days (29th September, 6th October, 13th October, 20th October)

Aim of the Programme

The primary aim of the programme is to train youth and community workers to deliver HIV, hepatitis, and sexual health education programmes to the groups in their care.

Objectives of the Programme

- To deliver training and provide information on HIV and HIV-related stigma.
- To deliver training and provide information on sexual health, Sexually Transmitted Infections (STIs) and condom use.
- To deliver training and provide information on Hepatitis.
- To explore and provide training on the factors that may influence sexual decision-making, identifying barriers that exist to negotiating safer sex practices.
- To provide participants with information on additional resources and support services available when working with groups around sexual health.
- To provide participants with a training resource to assist with the development and delivery of HIV, hepatitis and sexual health education programmes.

Who is the training for?

This training programme is primarily for trained trainers/facilitators who work with young people, and other groups/individuals, that may be at risk of HIV, STIs, hepatitis, and other negative sexual health outcomes. The programme will be beneficial to youth workers, and others in the voluntary, community and education sectors, that have a role in developing and delivering sexual health education programmes to the group(s) in their care.

Programme Structure

- This is a four-day programme, delivered one day a week over 4 weeks.
- Each day, the training commences at 10am until approximately 4:30pm.
- Each topic covered includes a presentation on the subject and interactive activities that will reinforce the learning from the information presented.
- HIV Ireland office, 70 Eccles Street, Dublin 7.
- A light lunch and refreshments (tea/coffee/sandwiches) are included on each day of the training.

Training Resource/Manual

On completion of the programme, participants will receive a Certificate of Completion/Attendance and the 'Let's Talk About... Safer Sex' training resource manual.



Programme Content *(subject to change)*

Day 1:

- **Let's Talk About...Getting Started:** Considerations when developing and delivering sexual health training with groups, and creating a safe learning environment.
- **Let's Talk About...Sexual Health:** Introducing the topic of sexual health and what it incorporates, and exploring/discussing sexual rights and responsibilities.
- **Let's Talk About...HIV:** Introducing the basic facts about HIV including transmission, prevention, testing and treatment.
- **Let's Talk About...HIV and Stigma:** Presenting an understanding of HIV-related stigma and exploring attitudes and beliefs, and addressing misinformation, that can fuel stigma.

Day 2:

- **Let's Talk About...Hepatitis:** Introducing the basic facts about viral Hepatitis (specifically A, B and C), including transmission, prevention, testing and treatment.
- **Let's Talk About...Sexually Transmitted Infections (STIs):** Introducing the basic facts about STIs including transmission, testing, prevention and treatment.
- **Let's Talk About...Condoms (and other barrier methods):** Introducing information about male and female condoms, and other barrier methods.

Day 3:

- **Let's Talk About...Negotiating Safer Sex:** Introducing three key areas and activities that can influence sexual decision-making and the negotiation of safer sex.
- **Contraception and Family Planning:** A guest speaker from the Irish Family Planning Association (IFPA) will present on contraception, family planning, and services in Ireland.

Day 4:

- **Guest Speakers:** A range of guest speakers to present on other resources and training available on a number of issues including relationships and sexuality education, LGBT issues, and best practice with regard to sexual health education programmes.
- **Using the 'Let's Talk About...Safer Sex' Training Resource Manual:** An introduction to the resource manual and how to use it, additional resources and support services.

Cost and Bookings

Cost: €220 per person.

(All payments must be made in advance of the training).

Bookings: Booking forms available at www.hivireland.ie or email sue.carter@hivireland.ie

Note that early booking is advisable as places are limited to 12 per programme.