

R U Ready?

Background

Would you like to encourage and support young people to delay early sexual intercourse? Enable them to feel confident and happy in making their own decisions about sexual activity? Enable them to feel confident and comfortable seeking advice, support and contraception? This one day training course will enable professionals to develop their knowledge and confidence to support young people in making healthy choices with regards to their sexuality and sexual activity.

Learning Outcomes

All participants will have the opportunity:

- To understand the causes and effects of early sex and current research findings.
- To explore the influence of the media and peer pressure on young people and early sex.
- To come to an understanding of what the 'delay' approach is.
- To practice a range of practical ways of working with young people to help them make positive and healthy decisions for themselves.
- To consider the concept of 'readiness' for young people and to introduce a decision-making resource for them to use in accessing this.
- To reflect on ways in which we can offer guidance and support to young people about delaying early sex.

The methodologies that are used to deliver the 'R U Ready?' training include discussions, group work, and activities that can be done with young people. A Manual of the activities used and a range of resources will be given to all participants on the day.

Level 2

Trainer

Amanda Jones
LSCB Training Manager

Duration

09:15

09:30

16:30

Full Day

Registration

Start

Finish

Dates

Thursday 3rd May 2018

Thursday 13th December 2018

Venue

[Committee Room 2, Town Hall](#)

