



# Nuts and Bolts of Sexual Health Perth - 2020

## *Build your skills to work with young people around relationships and sexual health!*

Young people want to talk about these things, but it's not always easy! This course will help you open that potential can of worms and handle those tricky moments that might follow.

*Nuts and Bolts* develops the core knowledge, attitudes and skills required to provide information and support for young people around respectful relationships and sexual health issues.

This course has been designed for youth workers and others in the youth sector. It is suitable for a wide range of people working with young people including Aboriginal health workers, AIEOs, SEWB workers and other mental health workers, drug and alcohol workers, health promotion officers, nurses and teachers. (Note for nurses: SHQ's *Bare Essentials* is designed specifically for nurses, and is required for the Certificate in Sexual and Reproductive Health, or CNE points.)

*Nuts and Bolts* is made up of one core day and two full day electives. The core is a pre-requisite for all electives. All three days must be completed within 12 months for a Nuts and Bolts certificate.

Day 1 Core - *You and your role, sexual health, diversity and rights*

Day 2 Elective - *Bodies, pleasure and safety*

Day 3 Elective - *Contemporary sexuality: Respectful relationships, porn and the online world*

### All participants gain skills to:

- Create a safe space and talk about relationships and sexual health
- Provide information and discuss a range of sexual health topics and issues
- Promote informed choices, motivate positive choices and healthy behaviours
- Provide appropriate support and referral for young people with sexual health concerns

See over for more information about course details and topics covered each day.

**Dates:** March 10<sup>th</sup> – March 12<sup>th</sup>  
Sept 22<sup>nd</sup> – Sept 24<sup>th</sup>

**Times:** 9.00 - 4.30pm daily

**Venue:** SHQ  
70 Roe St, Northbridge, WA

**Fees:** See over

*"... a memorable and worthwhile learning experience and one that I would hugely recommend to anyone working alongside young people."* - Youth Worker

**Discount Available for WA Youth Workers!**  
WA organisations that commit to sustained improvements in youth work practice on sexual health issues (as per the YACWA YEP Youth Sector Guidelines) are eligible for a significant discount to this SHQ training.

**Contact:** Lorna - YEP Project Officer  
P: 08 9227 5440 | E: [yep@yacwa.org.au](mailto:yep@yacwa.org.au)

If you do not hear from YACWA, please contact SHQ.

For course enquiries or to register contact:  
Kat Duncan Information Officer  
SHQ | 9227 6177 | [katrina.duncan@shq.org.au](mailto:katrina.duncan@shq.org.au)



## Day 1 Core - *You and your role, sexual health, diversity and rights*

This core day sets the foundations for working inclusively and effectively to empower young people to make informed decisions about their relationships and sexual health. It includes an introduction to diversity in sex, gender and orientation, examines values and attitudes and presents an ethical framework for working.

Topics include:

- Sexual & reproductive health & rights
- Being a skilled helper
- Gender roles
- Ethical framework
- Diversity in sex, gender & orientation
- Safe and inclusive practice

Date: March 10<sup>th</sup> 2019  
September 22<sup>nd</sup> 2019

Time: 9.00am – 4.30pm

## Day 2 Elective - *Bodies, pleasure and safety*

This elective provides information on key sexual health topics including STIs and contraception. The workshop is jam packed with interactive activities that will increase your knowledge and confidence to provide appropriate information.

Topics include:

- Bodies, pleasure and sex
- Safer sex and STI prevention
- Contraception
- Unintended pregnancy
- Answering young people's questions

Date: March 11<sup>th</sup> 2019  
September 23<sup>rd</sup> 2019

Time: 9.00am – 4.30pm

## Day 3 Elective - *Contemporary sexuality: Respectful relationships, porn and the online world*

This elective explores contemporary issues in sexual health. We look at building young people's capacity for respectful relationships. We explore consent and how young people can communicate what they want and what they don't. We examine the messages young people get from pornography and consider how to enhance digital resilience and respect.

Topics include:

- Respectful relationships
- Consent
- Pornography
- The online world
- Supporting young people with sexual health concerns
- Referral pathways

Date: March 12<sup>th</sup> 2019  
September 24<sup>th</sup> 2019

Time: 9.00am – 4.30pm

**Fees:** Full course if booked and paid together - \$300 GST free  
Each individual day - \$120 GST free

**YEP Youth Sector discount:**  
Full course if booked and paid together - \$150 GST free  
Each individual day - \$70 GST free

Sign up to the YEP Youth Sector Guidelines to take advantage of this great discount offer!