

Our trainings are for anyone who would like to know more about any aspect of sexual health and to feel more equipped to be able to support people around issues relating to relationships, sexual health and sex. Although our trainings are aimed at professionals they are also suitable for, and beneficial to, parents, foster carers and anyone supporting young people in an informal environment. Our trainings will equip you with the skills and information you need to feel comfortable talking to your children/young people.

In addition to our Open Trainings, each of our trainings can be delivered specifically for your organisation or group at your venue or in our training room in Cambridge- please visit our website [www.dhiverse.org.uk](http://www.dhiverse.org.uk)

Open Trainings Charges	Charge for professionals and individuals outside of Cambridgeshire	Charge for professionals and individuals inside of Cambridgeshire
Half day training with refreshments	£55 per person	£10 per person
Full day training with lunch	£95 per person	£20 per person

If you would like more information or to book on to any of our open trainings please contact us at [enquiries@dhiverse.org.uk](mailto:enquiries@dhiverse.org.uk) or on 01223 508805 or visit our website at [www.dhiverse.org.uk](http://www.dhiverse.org.uk)

Please note that because we receive some funding for some elements of these workshops in Cambridgeshire the charges to professionals and individuals in the county are minimal.

## COMMUNICATION SKILLS AROUND SEXUAL HEALTH AND HIV

You will explore ways to develop a range of good communication skills around sexual health, identify some of the barriers to good sexual health, and work through strategies to overcome these barriers.

26 June 2019  
10am to 4pm  
Cambridge

27 Nov 2019  
10am to 4pm  
Cambridge

## SEX – THE PHYSICAL DIMENSION

This training will enable you to explore what we mean by sex and sexual health and to understand how specific sexual activities are associated with specific risks. You find out about common sexually transmitted infections and how to protect yourself. You will explore issues around contraception and fertility. You will also explore how a range of non-infectious physical conditions can affect sexual health.

25 Sept 2019  
10am to 2pm  
Cambridge

3 Dec 2019  
1pm to 5pm  
Huntingdon

## SEXUAL HEALTH – CHALLENGING INEQUALITIES

You will understand how stigma and inequality can affect sexual health and we will explore ways of challenging these inequalities. These will include the legal provisions of the Equality Act and other relevant legislation, but we also explore a range of other strategies: individual support and empowerment, workplace training, campaigning, creating and providing access to resources and sexual health champions.

24 Oct 2019  
10am to 2pm  
Huntingdon

28 Nov 2019  
1pm to 5pm  
Cambridge

## SEX AND CONSENT

You will develop an understanding of what consent means and the legal framework for establishing consent. You will also understand some of the practicalities of giving and withholding consent and the relationship of pleasure to consent. You will also explore the pyramid of violence and develop strategies to challenge this pyramid.

24 Sept 2019  
10am to 2pm  
Cambridge

21 Nov 2019  
1pm to 5pm  
Huntingdon

## SEX ONLINE

You will understand how social media can affect sexual health; the culture of on-line dating and the legal framework which impacts online behaviour. You will gain an understanding of how online dating algorithms can potentially affect the psychological dimensions of sexual health. You will explore why people send nudes and how to do it safely. You will also explore how the porn industry functions and which laws affect it.

29 October  
1pm to 5pm  
Huntingdon

5 December  
10am to 2pm  
Cambridge

## UNDERSTANDING 'ABC'

( How to support people with a learning difficulty around their relationships and sexual wellbeing)

'ABC' is our relationships and sexual wellbeing programme for anyone with a learning difficulty or autism. The 'Understanding ABC' workshop is for people who support people with a learning difficulty or autism and gives participants the confidence and strategies needed to better them with their relationships and sexual wellbeing. You will find out how the ABC Programme makes information accessible through bespoke resources to enable participants to make informed choices about their relationships. You will also gain a better understanding of what is meant by having capacity to consent.

18 Sept 2019  
2pm to 4pm  
Cambridge

11 Feb 2020  
10am to 12pm  
Huntingdon

**PLEASE NOTE THAT THERE IS NO CHARGE FOR THIS WORKSHOP IF YOU LIVE OR WORK IN CAMBRIDGESHIRE OR PETERBOROUGH**