

Sexual Health Training Team Programmes

Relationship and Sexuality Education Project

The Sexual Health Team provide regional RSE training courses for teachers of post primary and special education across NI. The courses are designed to increase teachers' confidence and knowledge in order to facilitate effective RSE within their individual schools. For the primary sector, the courses are provided for BHSCT and SEHSCT areas only. There is an established training model, which consists of:

- 2 day training for teachers
- Whole school training programme
- Parents evenings
- Board of Governors meetings
- Individual policy development consultations
- Yearly seminars
- PGCE training University of Ulster

The Sexual Health Team has set up and currently chairs the RSE Stakeholder Forum. The forum includes partners from, health improvement and education and meets twice yearly.

Looked After Children's Project

The Sexual Health Team provides training for those involved in caring for Looked after children and young people. The training is based on the Attachment Theory Model; exploring early adverse childhood experiences and the impact on behaviour and decision-making skills, this training is currently offered to:

- NI Approved Social Worker Training Programme
- All registered social workers in family and childcare services
- Foster carers and adoptive parents

Destination Adolescence: Parents' Programmes

Destination Adolescence is a resource to help parents and teachers prepare their children for puberty and adolescence. The Sexual Health Team also offers short training programmes to support all trust staff who are caring for adolescents.

Youth and Community Programmes

Sexual Health Information Updates, Workshops, Seminars, and 1-Day Sexual Health Training Course for staff in youth and community settings.

HIV Awareness Project

The sexual Health Training Team has managed and co-ordinated the activities of the HIV Awareness Project, which operates within Northern Ireland's HSC Trusts, since the late 1980's. During this time the Project has engaged directly with over 40,000 HSC staff. In 2014, the Project made its way through to the finals of the prestigious UK Sexual Health Awards.

The training is still very much needed as there is evidence that highlights that despite the major advances in treatment, which can both increase life expectancy to normal levels and ensure that onward transmission becomes almost impossible (U=U undetectable viral load equals untransmittable), unnecessary stigma and discrimination towards this medical condition still happens today.

In response the overall aims of the HIV Awareness Project are to:

- Improve knowledge and raise personal awareness of HIV and STIs
- To provide information on the ways HIV and STIs can be transmitted and prevented
- To raise awareness of the impact of stigma for people living with or affected by HIV
- To encourage participants to share the learning with work colleagues, family and friends
- To have a fully informed HSC staff to ensure that the quality of care experienced by people living with HIV is of a high standard

HIV Awareness sessions take place in a variety of locations throughout the Trust and can be accessed in one of two ways.

1. Via the mandatory training section within the Belfast Trust HRPTS system
2. By request for staff teams through targeted training

The Project utilises a volunteer model to deliver the HIV Awareness Training. This involves HSC staff from a range of professions volunteering some of their time to

deliver HIV Awareness sessions to colleagues within the Trust. All HSC volunteer HIV Awareness Trainers must go through an intensive 3-day HIV Training for Trainers programme (HIV T4T), which is accompanied by mentoring and support for up to a year.

The range of services offered by the Sexual Health Training Team related to the HIV Awareness Project includes:

- HIV T4T
- Mentoring, support and assessment
- Delivery of Mandatory HIV Awareness Training for HSC Staff
- Seminars, Workshops and Master Classes
- Regional HIV Trainers' Update Day
- Periodic HIV Update Newsletter

For further information please contact a member of the Sexual Health Training Team on shealth.team@belfasttrust.hscni.net or telephone 028 950 47028.