

Axess sexual health education sessions

Contraception

Axess sexual health's Education Team are offering a free contraception briefing for professionals working with vulnerable groups and young people.

To support professionals, this presentation aims to increase confidence, knowledge and skills, to help initiate conversations and deliver educational aspects of contraception, while looking at wider sexual health considerations.

This non-clinical briefing will include a short Teams presentation (approximately one hour) aiming to expand knowledge and highlight the importance of talking about contraception and sexual health in your role.



The briefing will cover:

- Contraception and its significance
- The importance of discussing contraception
- How contraception works
- Long-acting reversible contraception (LARC) and methods of contraception
- Emergency contraception
- Safe sex and other considerations
- Local services and what they offer.

At the end of this briefing session you will have gained knowledge and understanding of:

- The value and importance of contraception
- The benefits of LARC methods
- Engaging in conversations around sexual health with discussion points
- Knowledge around sexually transmitted infections and the importance of testing
- Using correct terminology
- Increased knowledge of local services.

To book onto this training and to organise a suitable date for your staff team, please email both kelly.cartwright@liverpoolft.nhs.uk and hayley.tooley@liverpoolft.nhs.uk.

Visit axess.clinic for further information on sexual health services.