

Contraception

Why do we need to talk about it?

axess sexual health outreach team are offering a 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, whilst looking at wider sexual health considerations.

Aims of the briefing

This briefing will include a short Teams presentation aiming to expand knowledge and highlight the importance of talking about contraception and sexual health within your role, covering:

- Contraception and its significance
- The importance of discussing contraception
- How contraception works
- LARC and methods of contraception
- Emergency contraception and other considerations
- Local services and what they offer

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

- ✓ 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 and increased knowledge of local services

Upcoming sessions

| Date | Time (approx. 30/40 minutes) |
|------|------------------------------|
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To book onto a staff briefing session or to arrange a briefing date for your staff team, please email both hayley.tooley@liverpoolft.nhs.uk & Kelly.cartwright@liverpoolft.nhs.uk

For further information on sexual health services please visit: