

# Axess sexual health education sessions

## Sexual health awareness

This full-day (five hours) education and training session is aimed at those who work and care for young people. Sexual health is a significant part of health and wellbeing where discussions are vital to raise awareness and promote positive decision making. It is also important to help reduce incidence of sexually transmitted infections including HIV, reduce unintended pregnancies including teenage pregnancy and promote healthy relationships and sex education.



### **This briefing will cover:**

- Healthy relationships, LGBTQ+ sexuality and gender
- The laws around sex, consent, sexual activity and risk taking behaviours including pornography and image based abuse
- Methods of contraception, focusing on long-acting reversible contraception (LARC), including emergency contraception
- Condom awareness and effective use
- Sexually transmitted infection (STI) transmission, symptoms and treatment including the importance of screening
- Local services and how to signpost.

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

- Normalising conversations around sex and sexual health
- Talking confidently with increased awareness and knowledge around sexual health topics
- Promoting positive sexual health and wellbeing
- Understanding what happens when a young person attends a sexual health service
- Feeling supported by sexual health professionals
- Knowing what services are available locally.

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

Visit [axess.clinic](http://axess.clinic) for further information on sexual health services.