

Freedom to Explore Sexual Health (FRESH) Course: Youth and Community Services Focus

SHINE SA's Sexual Health Course for Youth Workers

This course provides workers with an opportunity to share learning and build their confidence around sexual and reproductive health.

On completion of the FRESH Course you will have:

- an increased level of confidence working with clients in the area of sexual health
- a better understanding of how values and beliefs may influence your practice
- practical skills to address clients' sexual health needs through assessment, program development, delivery and evaluation
- become familiar with current resources available and how to use them effectively with clients to explore the many areas of sexuality and sexual health
- developed an understanding of current resources available and how to use them effectively and more.

WHEN: 13–15 February 2019 & 23–25 October 2019

WHERE: SHINE SA, 64c Woodville Road, Woodville

TIME: 9.00 am – 5.00 pm

COST: \$399 (February 2019) \$410 (October 2019)

Topics include:

- Introduction to sexual health
- Attitudes to sex and sexuality
- Anatomy and physiology
- Sexually transmissible infections (STIs)
- Contraception
- Pregnancy options
- Consent and sexual violence
- Sex and the law
- Sexual and gender diversity
- Resources

FURTHER INFORMATION & ONLINE ENROLMENT

www.shinesa.org.au/courses/youth-and-other-community-services-workers/

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