



Sexual Health

Change 4Life is a national public health programme, which aims to support individuals to make healthier choices and improve their health and wellbeing by promoting a positive health message to the public to encourage health behaviour change.



This session provides attendees with a wider understanding of local and national agendas in Sexual and Reproductive Health. It will also allow the opportunity to learn more about the legislation involved in this area and provide opportunities to develop behaviour change techniques relevant to the field.

Objectives:

- Offer a definition of Sexual Health
- Understand legislation around Sexual Health
- Explore issues relating to sexual health especially with regards to young people including “sexting”
- Risky sexual behaviour and groups at greater risk
- Contraception and emergency contraception
- How can we make a difference?
- Effective and clear signposting in the area

Date	Time	Venue
Tues 17 th Mar 2020	10.00 – 13.00	Centre for Change, Stanhope Parade, South Shields, NE33 4BA

To book your **free** place please visit our website
www.firstcontactclinical.co.uk/Courses/Change4Life

For more information contact **0191 4329838** or training@firstcontactclinical.co.uk

