

Sexual Health Foundations

This comprehensive five day theory course is designed for nurses and other health professionals wishing to develop a sound understanding of core sexual and reproductive health issues, and skills to work effectively with individuals to promote sexual health. It provides a solid foundation on which to build further skills in sexual health education or clinical practice. The interactive mode of delivery makes this graduate level course appropriate, accessible, challenging and engaging for professionals from a range of backgrounds.

Many nurses and a range of other professionals find this course invaluable to their work.

- School health nurses
- Women's health workers
- Nurses working in youth health, sexual health, gynaecology, corrective services, drug and alcohol services, etc.
- Midwives

Course outline

- **Day 1** Sexuality and sexual health through the lifespan; talking about sex; diversity of personal values and experiences of sexuality and their impact on working with others
 - **Day 2** Contraception: Sexual and reproductive systems; menstrual cycle and fertility awareness; hormonal and non-hormonal contraception; facilitating informed choices
 - **Day 3** Sexual function; culture, gender, diversity and sexuality; working effectively with people in sexual health; sexual abuse/assault
 - **Day 4** STI/BBV prevention: STIs, HIV and other blood-borne viruses; STI prevention and safe sex; adolescent sexual health; working with risk behaviours - sex, drugs and harm reduction
 - **Day 5** Motivating healthy behaviours; working with Aboriginal people; unintended pregnancy; managing challenging situations.
- Pre-requisite:** Tertiary studies in nursing or other relevant area. Pre-course reading and assignment. Commitment to attend all five days

- Dates:** 12-16 March 2012
3-7 September 2012
- Venue:** FPWA 70 Roe Street, Northbridge WA 6003
- Time:** 9.00am – 5.00pm each day
- Cost:** \$700 (GST free)

One off opportunity!
Places still available
Cost reduced to \$600
for March course

Sexual Health Foundations provides a solid foundation for any further training in sexual health. Participants wanting to provide sexual health education can go on to **Sexual Health Education**, a sexual health group work and education skills course. Nurses (and Aboriginal Health Workers) wishing to develop clinical skills in sexual health can continue with **Sexual Health Practice, Pap Smear Provider Course**, or complete the full **Certificate in Sexual and Reproductive Health (Nursing)**.



Contact

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