

If our programmes do not reflect your current training needs then please ring or e-mail to arrange for an informal training needs analysis to identify your particular development requirements. We tailor our work to complement your organisational training requirements.

For further information or discussion on

Your or your organisations needs

Please contact 4TS.

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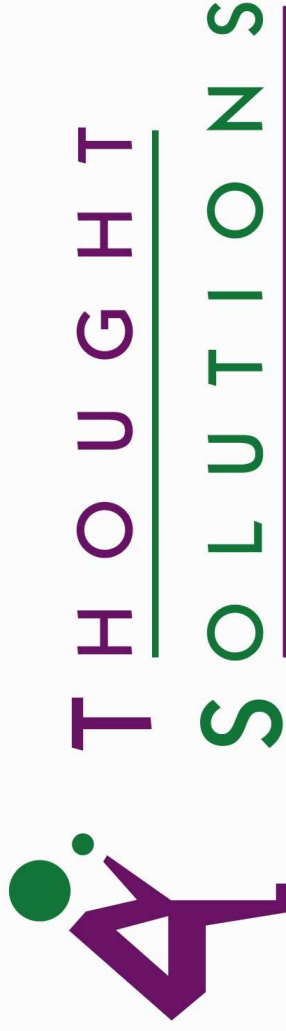
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THOUGHT SOLUTIONS



THOUGHT

SOLUTIONS

Sex and Relationships

Education

Specialist Sexual Health Training





4 Thought Solutions is based in Cuddington and operates throughout the Northwest region. We provide specialised training on sexual health matters. **4 Thought Solutions** has over 14 years of experience in the field of sexual health. Our objective is to share our knowledge with others who are interested in learning about a range of sexual health matters. Our aim is to achieve this through the provision of learning opportunities for individuals, non-professionals and professionals.

Our work is intended to promote the health and well being of young people, to raise awareness of sexual health issues. Learning is achieved through a mixture of exercises, presentations and group discussions using a variety of media to explore matters relating to sexual health and sexual well being.

Since the National Strategy for Sexual Health and HIV was introduced in 2001 there has been an improvement in the access and delivery of sexual health care. One aspect of sexual health that has not been successfully addressed relates to training not of the professional but of the non professional, young people and public in general.



The Ofsted report in April 2007 clearly supported Sex and Relationship Education (SRE) and while teachers have had access to training within the Physical, Social, Health Education (PSHE) the standard and provision of SRE in schools apparently remains a concern. The latest statistics released on the 23rd July 2007 clearly demonstrate that Ofsted's concern is based on reality. Knowledge of sexual health matters and negotiation skills are necessary to build relationships, our children need to have this knowledge and these skills, before they leave school. The statistics provide evidence that the 16-19 year olds continue to be the highest group affected by the most common sexually transmitted infections (STI's).

How can these concerns be addressed? Through ensuring the provision of quality education in sexual health matters 4 Thought Solutions provides a number of educational workshops and courses that can be tailored to the needs of different groups. Courses are run within the school setting for pupils and in other training or meeting facilities for teachers and parents.

If you as an individual, a parent, a teacher, or if you work with young people and wish to learn more then try our informative basic sexual health days. These

sessions are for any one with an interest in developing their own knowledge and skills in relation to sexual health matters. Some of the benefits of these courses are improved health promotion and better access to information on sexual health, in order to;

- Prevent acquisition and transmission of sexually transmitted diseases
- Reduce unintended pregnancy rates and reduce abortion rates
- Improve knowledge around contraceptive choices and safer sex issues
- Building relationships and negotiating safe sexual practices
- Assisting schools to achieve success in SRE
- Assisting individuals to make life changing decisions

Some of the Sexual Health Topics included in our programmes

- Introduction to Sexual Health - safe sex / condom - test your skills when under the influence!
- Contraception and sexual health issues
- Sexually Transmitted Diseases
- Blood Bourn Virus – Syphilis and HIV
- Working with Young Men around sexual health
- Working with Young Women around sexual health
- Sexual health awareness and supporting young Teenage parents
- Introduction to skills in sexual health care including communication and relationship building

Presentations, workshops and courses are designed to be interactive and informative; the level of delivery will be relevant to those participating. Specialist tutors can be invited to participate in the programmes if a need is identified by the programme commissioner.

Courses are delivered by personnel with professional experience in a variety of sexual health settings. All personnel involved in delivering the programme have had a Criminal Records Bureau (CRB) check.