

Nuts and Bolts of Sexual Health



Nuts & Bolts develops knowledge, confidence and skills to provide information and support for young people around respectful relationships, consent and sexual health.

This course has been designed for people who work with young people, including: youth workers, counsellors, teachers, nurses, health promotions officers, Aboriginal health practitioners, Aboriginal and Islander Education Officers, child protection workers, alcohol and drug workers and allied professionals.

Participants gain skills to:

- Create a safe space for young people to talk about respectful relationships, consent and sexual health
- Utilise a human rights, strengths based, sex positive approach
- Provide current information about sexual health
- Provide appropriate support and referrals

Resources Pack

At the end of the training, all participants receive a suite of downloadable information and resources.

Day One

Young people & their rights, LGBTIQ+ diversity and inclusion, respectful relationships, ethical sex, consent and communication, talking about sex.

Day Two

Pleasure perspective, young people's knowledge and behaviour, sexual and reproductive health, contraception, unintended pregnancy and options in WA, sexually transmissible infections, safer sex, sexting, porn and how to have the conversations with young people.

Day Three

Issues and priorities for young people, Guest speakers: contemporary issues in sexual and reproductive health for young people, youth sector panel, resources and referrals to support you in your work.



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Day One

Day One establishes foundations of young people's sexual & reproductive rights and working inclusively for all young people. We examine sexuality, sexual health, understanding LGBTIQ+ diversity, how to work inclusively, respectful relationships and consent.

Topics include:

- young people & their rights
- LGBTIQ+ diversity and inclusion
- respectful relationships
- ethical sex
- consent and the law
- communicating consent
- talking about sex

Day Two

Day Two considers working from a pleasure perspective, examines the landscape of young people and sexual health in Western Australia, builds key knowledge in contraception, unintended pregnancy and options in WA, sexually transmissible infections and safer sex for everybody.

Topics include

- pleasure perspective
- young people's knowledge and behaviour
- sexual and reproductive health
- contraception
- unintended pregnancy and options in WA
- sexually transmissible infections
- safer sex
- sexting & respect in online spaces
- porn
- conversations with young people

Day Three

Day Three focuses on bringing subject matter experts to present on contemporary issues in sexual & reproductive health and connecting you with the sector.

Day includes:

- guest presenters presenting contemporary issues,
- youth sector panel: representatives from leading sexual & reproductive organisations present on how their work supports young people and how they can support you in your work,
- resources and referrals.

Team Training

Nuts and Bolts can be delivered within your workplace and tailored to suit the needs of your team or organisation



For Enquiries: ed@shq.org.au

To Register: shq.org.au/course/nuts-and-bolts