



FREEDOM TO EXPLORE
SEXUAL HEALTH



> YOUTH FOCUS <

THE FRESH COURSE

SHINE SA'S SEXUAL HEALTH COURSE FOR YOUTH & COMMUNITY WORKERS

This dynamic 3-day course aims to update workers to include relationships and sexual health education and support in their work.

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 in this area of work
- › a new vocabulary about sexual health and relationships to use when talking with your clients
- › 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

A further optional module, FRESH Assessment, relates to planning, delivering and evaluating a multi-session education program in the workplace.

WHEN 10, 11 & 12 May 2017

WHERE SHine SA, 64c Woodville Road, Woodville

TIME 9am – 5pm

COST \$399 Student Concession: \$199

Early Bird Concession: 10% off if registered 2 months ahead

TOPICS INCLUDE

Introduction to Sexual Health

Attitudes to Sex & Sexuality

Anatomy & Physiology

Contraception

Pregnancy Options

Safer Sex & STIs

Gender & Diversity

Sexual Violence

Pleasure

Resources

Interactions between mental health and sexual health

FURTHER INFORMATION & ONLINE ENROLMENT

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

ENQUIRIES Phone 8300 5324 / Email shinesacourses@shinesa.org.au