

# The Foundation Programme in Sexual Health Promotion

The six-day Foundation Programme in Sexual Health Promotion (FPSHP) is for health, education, youth work and community service providers who wish to develop their confidence, skills and knowledge in the area of sexual health promotion.

## Aim

The Foundation Programme in Sexual Health Promotion aims to enhance participants' capacity to incorporate sexual health promotion into their work through the development of their comfort levels, confidence, knowledge and skills in relation to sexual health.

## Learning outcomes

On completion of the 6-day programme participants will:

- have increased self-awareness in relation to sexual health issues and understand how this might impact on their work;
- have increased understanding of how their sexual socialisation impacts on their values and attitudes to sex;
- be aware that people are sexual beings through their life course and have needs with regard to sexual health, whatever their age or their level of sexual activity;
- have increased knowledge around sexual health issues;
- have increased understanding of sexual health in an Irish context.

## Certification/accreditation

This course is certified by HSE Health and Wellbeing and accredited by:

- The Nursing and Midwifery Board of Ireland as a Category 1 course awarding 35 Continuing Education Units (CEUs).
- Irish Association of Counselling and Psychotherapy awarding 36 CPD points.

For other health and social care professionals see CORU's CPD Support Document to demonstrate how the Foundation Programme in Sexual Health Promotion meets your CPD requirements under your Code of Professional Conduct and Ethics. [www.coru.ie](http://www.coru.ie)

## Note

Some previous experience of facilitation and /or one-to-one skills is desirable as this is not general skills training.

## Current courses

To read more about the course content and find a course being delivered near you scan the QR code. For additional sexual health related trainings see:

<https://www.sexualwellbeing.ie/for-professionals/training/sexual-health-promotion/>

## Content

Delivered in 3 x 2-day modules, this programme will look at sexual health promotion holistically throughout the life stages and covers the following topics:

- Sexual rights and inequalities
- Sexual health promotion within the Irish context
- Sexual diversity and inclusive practice
- A life course approach to sexual health
- Healthy and unhealthy relationships;
- Intimacy and sexual pleasure
- Consent and the law
- Physical sexual health
- The role of a sexual health promotion policy
- Raising the issue of sexual health with service users.

