



- Discuss and consider information regarding sexual orientation, sexual fluidity and the issues of labelling.
- Provide practical information on contraception and STIs and where to go for help, advice and support.

The course is delivered in these formats:

- Small group discussion
- Games and activities
- Larger group feedback
- Active participation

Course aims:

- Increase awareness of the promotion and support of positive self-esteem and confidence and the impact of the same on young people.
- Increase understanding and awareness of the law regarding consent and confidentiality.
- Empower participants to actively engage in conversations with young people about sexual choices, active decision making and keeping safe.

Course objectives:

- Provide opportunities for participants to review and share practical strategies for supporting self esteem and building confidence and its impact on early sex.
- Explore appropriate conversations around sex and relationships and when to have them with children and young people.

Appropriate participants:

Professionals and volunteers supporting young people. This could include foster carers, youth workers, leaving care workers, teachers and anyone working with young people.

Course Outline:

1. Welcome and introductions, name game and outline of the course.
2. Confidence and self-esteem – pressure, reality and delaying early sex.
3. What to say when – puberty, what's a wet dream? And other questions.
4. Risky sexual behaviour – who what and why.
5. Sexual orientation – terms and explanation.
6. An introduction to contraception and STIs.
7. Consent and the law.
8. Resources and where to go for more help.

Course duration:

10am to 4pm

Price: £699 (for 12 participants).



Be Magnificent

Always looking forward

SAY:

Supporting Awareness of Young People's Sexual Health

A one-day course exploring issues around supporting young people's sexual health and understanding. We focus on attitudes and values around sex and relationships including the impact on self-esteem and confidence. We also deal with the practical issues around what should be said when – and how – and by who. We cover where to go for help, knowledge gaps in contraception and STIs as well as covering the law around consent and confidentiality.

 enquiries@bemagnificent.uk

 07986 951154

 48 Foord Street, Rochester,
Kent ME1 2BX

 www.bemagnificent.uk



ABOUT US

Be Magnificent was set up to enable and empower women, children and young people. We are passionate about promoting change, challenging “the way it is”. We are determined to ensure that opportunities are open to all and not “under glass” for so many.

Our mission is to help all women, children and young people to recognise their full potential and power and be magnificent in whatever direction they choose to go.

At a time where misogyny is rife, where women face attack simply for walking home, and are abused online for speaking out or simply being female, we are determined to offer opportunities to gain skills and confidence for them to make their own choices and make their own way.

We are excited about working with partners in our communities to provide these programmes. We recognise that funding for community services is limited which is why we aim to work with our partners to identify and secure funds to provide these services to whoever wants to attend.

We live in challenging times. We understand that to be able to access education, activities and opportunities we must build enough self-confidence and self-belief to take the first step. We believe in women, children and young people. We believe in our communities. We look forward.



COURSES

Our courses can be commissioned by one organisation for a number of staff, but we believe in the high value of multi-agency working. For this reason we will provide a calendar of training opportunities whereby organisations of any size can book one or more of their team members on to the courses to train alongside other professionals and volunteers in their geographical location.

Our courses for professionals and volunteers concentrate on the appropriate knowledge, skills and attitudes to deliver exceptional work in demanding times.

Our service user programmes are designed to support women, girls and young people to see what they already are and what they already have, and be curious and ambitious about what is ahead.

MISSION

Be Magnificent is a not-for-profit company delivering training courses to benefit the community. Specifically our activities will provide benefit to women, children and young people, along with the organisations who work with them. We provide training courses for those working with women experiencing social exclusion or at risk of experiencing social exclusion.

We provide training programmes for professionals and volunteers alongside direct delivery courses for women and young people. As we grow, we intend to recruit women with lived experience, offering volunteering and supportive employment opportunities to survivors.