



COURSE OUTLINE

COURSE TITLE: Sex and sexuality

COURSE LEVEL: 3

DURATION: One day

Introduction

Children and young people are sexual beings and are developing their sexuality as they grow. They will experiment sexually and will be influenced by their family, their peers and by their experiences. Children who have had difficult experiences in their lives may well develop difficult, distorted or dangerous views and practices around sex and sexuality. The course aims to explore this subject and provide discussion.

Benefits of Attending

The course will introduce learners to different theories of sexual development and will look at the sexual behaviour of children and young people. The course will spend time looking at sexuality in all its various guises. These days sexuality often refers to homosexuality and heterosexuality but the course aims to widen these ideas out and look at a range of views and practices. The course looks at sexualised behaviour and gives some guidelines about what might be considered "normal" and what might be considered "problematic" or "dangerous". The day also looks at issues of vulnerability and issues of sexual exploitation

Programme Highlights

- A chance to explore our attitudes and values
- Sex and diversity. Sex and the law
- Sexual development of children and young people
- Sex education
- Sexualised behaviour
- Sexual exploitation. Vulnerability and consent

Who Should Attend

Any worker who works with children and young people

Special Notes

Sex and sexuality

Learning outcomes

- To allow learners an opportunity to explore and discuss this topic in depth
- To give learners some knowledge and skills around sexual development and sexual behaviour

Introductions. (15 mins)

Session 1 (1 hour) Sex and sexuality

- Values and attitudes. Sex and diversity
- Sex and the law
- Sexual health

Coffee. (15 mins)

Session 2. (1 hour) Sexual development and sexuality

- Sexual development theories. Puberty
- Human sexuality. Adolescent sexuality
- Children's sexual behaviour
- Sex education

Lunch (1 hour)

Session 3. (1 hour) Sexualised behaviour

- Normal, problematic and harmful sexualised behaviour
- Child abuse and sexualised behaviour
- Learning difficulties and disabilities

Coffee (15 mins)

Session 4. (1 hour) Sexual exploitation

- The law. Consent. Understanding the risks
- Pro-active work. Safeguarding

Any Questions (15 mins)

Close