

Risk and Resilience Strategy Training Programme 11/12

Dates for your diary



Flyers and booking forms will be sent out by the course administrators nearer the dates.



Working Together with Children,
Young People and Families

A Guide to the City of York Risk and Resilience Strategy Training 2011/12

Work force development is a key element of the Risk and Resilience Strategy. All the training within this programme will be delivered on a multi agency basis and is free to all staff working with children and young people in York.

Although the training is free, a cancellation fee of £50 will be charged to anyone failing to give 5 days notice of non attendance (except in exceptional circumstances). We will endeavour to give at least 2 weeks notice if a course has been cancelled.

Dates for your diary

Date	Training session	Administrator
26 th and 27 th October 2011 2 Day Course	Drugs and Alcohol – Identification and Brief Advice	Drug Train
16 th November 2011	Delay	Workforce Development Unit (WDU)
2 nd & 3 rd Nov; 9 th & 10 th Nov 23 rd Nov 5 Day Course	Promoting Recovery from Substance Misuse	Drug Train
1 st December	Sexual Exploitation and Sexually Active Young People	City of York Safeguarding Children Board (CYSCGB)
6 th December 2011	Basic Sexual Health and Condom Distribution	WDU
11 th January 2012	Delay	WDU
23 rd February	Sex and Substance Misuse	Drug Train
13 th March	Basic Sexual Health and condom Distribution	WDU

Guide to Risk and Resilience Strategy Training

Basic Sexual Health Awareness and Condom Distribution

Aim:

A one day course for anyone who works with young people and would like a basic awareness of young people's sexual health issues

This one day course will include:

- The latest policy and guidance on working with young people around sexual health and relationships. E.g. legal issues, professional boundaries, confidentiality, sexuality.
- The role of staff when working with young people around sexual health and relationship issues
- Exploring a range of practical ways of working with young people to help them make positive decisions for themselves.
- Providing a basic understanding of teenage pregnancy and sexual health issues, including contraception and sexually transmitted infections
- Signposting young people to sexual health services and what is available locally
- How to distribute free condoms to young people as part of North Yorkshire and York condom distribution scheme (Optional – is at the end of the session)

Delay – 'Leave it til later'

By the end of this session practitioners will have had the opportunity to:

- Look at the causes and effects of early sex and current research findings
- Understand the role played by media and peer pressure in early sex
- Explore a range of practical ways of working with young people to help them make positive and healthy decisions for themselves
- Gain skills to hand on to young people in how to say 'no' and resist pressure.
- Focus on alternatives to having sex
- Consider the role played by friendships and supportive adults in supporting delay
- Consider and clarify the values we bring to this work

Sexual Exploitation and Sexually Active Young People

Aim:

To raise professional awareness, develop practice skills and facilitate effective integrated working in order to safeguard and promote the welfare of young people who may be sexually exploited and/or sexually active, or vulnerable via use of the internet.

Sex and Substance Misuse

Aim:

To enable those working with young people to engage in discussions with regard to sexual health and substance use.

By the end of the session, participants will:

- Understand the relationship between substance use and sexual health;
- Understand the relationship between sex and sexuality and the development and maintenance of problematic drug use;
- Know about the appropriate interventions to engage in effective discussions around sex and substance use;
- Feel more confident in raising the issue of sex and substance use;

Drugs and Alcohol: Identification and Brief Intervention. 2- Day Course

Aim: To enable participants to identify and offer brief advice and interventions to young people who use drugs and alcohol.

This Two-Day Course will equip participants with the skills to identify potential substance use, raise the issue and give advice to promote abstinence and/or safer use.

Promoting Recovery from Substance Misuse. 5- Day Course

The aim of this 5-day course is to enable practitioners to feel confident to work with substance users and liaise with specialist treatment services. This Five-Day Course is for practitioners who work with young people in a more 'in depth' way

For more information about each programme contact:

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