

# The Nitty Gritty:

Specialised reproductive and sexual health training for youth workers



**CENTRAL COAST | 5 JUNE 2019**  
**9:00AM-5:00PM**

Participants will gain valuable knowledge and skills to build their capacity to improve the sexual health outcomes of young people.

This course has been designed to build on and complement 'Sticky Stuff' training. Participants will develop their knowledge of specific areas of reproductive and sexual health and develop skills to confidently apply that learning to assist young clients.

The course includes a focus on developing strategies to work effectively with priority populations to support their needs.

## For more information

Family Planning NSW

Education Services

T | 02 8752 4300 (option 1)

E | [education@fpnsw.org.au](mailto:education@fpnsw.org.au)

W | [www.fpnsw.org.au/education-training/courses](http://www.fpnsw.org.au/education-training/courses)

**Register here**

## The Nitty Gritty topics

### Core modules:

- Communicating with young people about reproductive and sexual health
- Defining and negotiating consent
- The low down on STIs
- Contraceptive options

### Working with priority groups to support good reproductive and sexual health:

- young people with disability
- young Lesbian, Gay, Transgender, Intersex and Queer people
- young Aboriginal and Torres Strait Islander people
- young people from culturally and linguistically diverse backgrounds

## Course fee information

This training is fully funded by NSW Health so there is no charge to registered participants.

