

Sexual health



Themes

Talking about sex

Sexually transmitted infections

HIV and AIDS

Safer sex

Contraception

Getting help /
accessing services



Skilled for Health



Please be aware:

These materials have been designed by and for the use of sexual health and adult learning professionals, to address a number of different issues relating to adult sexual health. They will be used with adult learners who have chosen sexual health as a learning topic. You should be aware that some of the content of these resources is sexually explicit.

Welcome to *Skilled for Health* Sexual health



Introduction

Skilled for Health (SfH) is the national programme that embeds Skills for Life learning into health improvement topics. It aims to address both the low skills and health inequalities prevalent within traditionally disadvantaged communities.

This *Skilled for Health* topic is one of ten topics. This, and all the other topics, are available for download via the web at:

http://rwp.excellencegateway.org.uk/embeddedlearning/skilled_health/index.cfm

This site also features additional information including an extended version of this introduction, and resources such as *Making the Case*, the background document that explains the purpose of the *Skilled for Health* approach to integrating health and learning skill development.

The attached CD-ROM contains PDF and Word versions of this topic, for you to access electronically. The Word version enables adaptation of the resources to meet your individual needs.

Skilled for Health is a partnership which has been developed and managed jointly by the Department of Health, the Department for Business, Innovation and Skills (BIS) and the community learning NGO *ContinYou*:

http://www.continyou.org.uk/what_we_do/healthy_active_learning_communities/skilled_health

How these materials are intended to be used

The materials in this file have been designed for use by a wide range of sexual health practitioners who may not have literacy, language and numeracy specialist knowledge. It is hoped that these practitioners will have had training in awareness of adult literacy, language and numeracy (LLN) issues and how to support learners whose skills are approximately in the Entry 2 – Level 1 range. Practitioners working with these materials are referred to in these materials as teachers, as they are in a broadly teaching role. Individuals and groups with whom practitioners are working in this sexual health context are referred to as learners.

It is good practice and supportive for sexual health practitioners/teachers as well as their learners, if there is close liaison with qualified and experienced LLN teachers. This liaison should include support for planning sessions and developing strategies for supporting learners outside sexual health teaching sessions, if this seems advisable. Co-teaching may also be appropriate. Sexual health and community practitioners should not underestimate the impact that low LLN levels has on learners' ability to understand information, particularly where much of it is complex and technical.

LLN teachers should not use these materials unless they have relevant and recent health education training or are co-delivering with an experienced sexual health practitioner.

Information sources for *Skilled for Health*

The Department of Health and BIS wish to make it clear that the Departments and their agents accept no responsibility for the actual content of any materials suggested as information sources in this document, whether these are in the form of printed publications or on a website. In these materials, products, icons, logos, software and websites are used for contextual and practical reasons. Their use should not be interpreted as an endorsement of particular companies or their products. The websites referred to in these materials existed at the time of going to print. Users should check all website references carefully to see if they have changed and substitute other references where appropriate.

Acknowledgements

We would like to thank The Sheffield Centre for HIV and Sexual Health whose excellent materials provided the basis for these, and who provided expert advice and feedback throughout their development. We would also like to thank staff at HMP Holloway who piloted an early version of materials and gave expert advice in the planning stages, as well as those who took part in expert review and the clinical governance checks.

Further copies

Further copies of this file can be obtained from LSIS publications.

Telephone: 0845 270 2238

Web: www.excellencegateway.org.uk

Please quote reference: Embedded/SFH3

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A brief introduction to the *Skilled for Health* materials

The approach

The approach taken in the *Skilled for Health* materials is to identify general health topics that are relevant to a wide range of learners and to use these as a lever for developing literacy, language and numeracy skills.

This particular topic has been added following the release of earlier topics, as a response to requests from the field. The structure of the materials and teacher notes were based on an existing sexual health programme developed by The Sheffield Centre for HIV and Sexual Health. The content and approach of these materials are largely determined by these Sheffield materials and subsequent piloting in a women's prison.

Where to access the materials

In the file The Teacher notes and Learner resources for all themes can be found in the main sections of the file. Black-and-white versions of all the Learner resources, printed at an appropriate resolution that optimises the quality of reproduction when photocopied, are provided in the final section of the file.

On the CD-ROM or via the internet PDF and Word versions of the materials are provided on the CD-ROM on the inside rear cover of the file and via a comprehensive website that gives access to all *Skilled for Health* resources.

Learners for whom the resources are intended

The materials have been written for people who experience disadvantage in a sexual health context because they have poor LLN skills. For example, they may not understand the appointment system in a sexual health clinic; to explain their symptoms clearly to the doctor or health worker; or to understand given instructions. They could also be at risk through not understanding written instructions (for example, on condom packets) or other text-based information, or the implications of not following them diligently.

The materials are mainly intended for learners in the attainment range from Entry 2 to Level 1 of the Adult Core Curriculum. However, most of the Learner resources have been designed with a minimum of text to enable use with a wide range of learners. This could include lower Entry and Pre-entry Milestone levels, as long as appropriate support is in place and the resources have been adapted to suit learners' needs.

Using the materials

The materials are intended as a resource to dip into rather than a course; it is not intended that learners should address every page of the material in the file. A group of learners and their teacher should agree the most appropriate content to address in the sessions. This will ensure relevance of the content and will give learners a sense of ownership. The teacher needs to work closely and sensitively with learners to find out about the sexual health issues that impact most on their lives. Learners can then be encouraged to explore the sexual health topics that are of most relevance to them.

For sessions with learners, teachers can make copies of the Learner resources using either the master pages or the black-and-white photocopy masters from the file, or from the PDF and Word resources on the CD or website. The Word versions of the resource can be adapted by the teacher to meet the needs and interests of their learners more appropriately.

Guide to Teacher notes

Topic and theme numbers

TOPIC 7 THEME 1

Talking about sex






The title of the theme

LEARNING OUTCOMES

- To understand the meaning and importance of sexual health
- To discuss the language of sex and become familiar with sexual language
- To agree language and ground rules for the programme
- To begin to feel comfortable and supported in talking about sex and sexual health
- To consider the positive and negative reasons people have sex
- To develop understanding and respect for the views of others

Materials needed for this theme

RESOURCES

- Flipchart paper, small sticky notes and pens
- **Resource 1: *Why do people have sex?***
You may need copies for each person on the

RELATED THEMES

Sexually transmitted infections
HIV and AIDS
Safer sex

Key health and learning objectives for the theme

HEALTH SKILLS

Health promotion work giving people information about sexual health issues and signposting them to specialist sexual health services needs to be underpinned by work on the meaning of sexual health and how this relates to the lives of learners, their partners and their friendship networks. In particular, people need the language to talk about sex and sexual health, they need to feel comfortable and supported in talking about sex and sexual health and they need to know the sex

SKILLS FOR LIFE

In order to understand issues around sexual health, learners need to be able to discuss matters freely. There are several barriers to this, some of which may be experienced by literacy learners:

- Learners may be shy or embarrassed about talking about intimate matters.
- Learners may use a wide range of

Health and LLN rationale for the theme

HEALTH SKILLS

Related health information
All these sites have good information about sexual health. Some have leaflets you can order.
www.hpa.org.uk
www.nhs.uk/Livewell
www.fpa.org.uk
www.tht.org.uk
www.lgbthealth.org.uk
www.lgf.org.uk

SKILLS FOR LIFE

learners as well.

Core curriculum
Activities in this theme will contribute to learning in the following curriculum areas:

- Listening to other points of view (SLlr/E3.5)
- Respecting turn-taking in discussions (SLd/E2)

Skills in the Adult Core Curriculum covered by this theme, with curriculum references

HEALTH SKILLS

SKILLS FOR LIFE

Recommended sources of related information

Ideas for introducing the content of the theme and encouraging learners to share experiences and knowledge

Engage

Introduction

- Introduce the purpose of the programme (to improve sexual health) and why this might be important to them. Ensure that learners are willing to participate.
- Describe briefly the whole of the programme (6 themes: Talking about sex and sexual health; Sexually transmitted infections; HIV and AIDS; Safe sex; Contraception; Getting help; Accessing

Activities for developing learners' LLN skills and confidence

Enable

ACTIVITY 1

Why do people have sex?

- Using **Resource 1: Why do people have sex?** diagram, talk through the reasons given by people about why they have sex. You should read out each of the speech bubbles. Learners may want to discuss some of the reasons, for clarification, or if the reasons raise particular issues. For instance, the bubble about

The purpose of the activity

Suggestions for supporting learners who find the main activity challenging

Support

- Learners with literacy skills at Entry 3 or below may find learning sessions like this threatening, as there is always a risk that someone is going to expose what they may perceive as poor or inadequate reading or spelling skills.

ESOL

- Issues for ESOL learners are likely to revolve around selecting and understanding the shared vocabulary of sexual health.
- There may also be

Suggestions for adapting the activity for ESOL learners

Suggested stimulus questions

ACTIVITY 2

The language of sex

- Divide the group into three small groups. Give one group a flipchart sheet headed **Men's bits**, another group one headed **Women's bits** and the third group one headed **Types of Sex**. Ask for a volunteer from each group to write words down – confirm that correct spelling is not needed.
- Ask each group to think about words they know to describe men's

Can I have a volunteer to write the words?
Don't worry, this isn't a spelling test – and it's OK to write rude words!

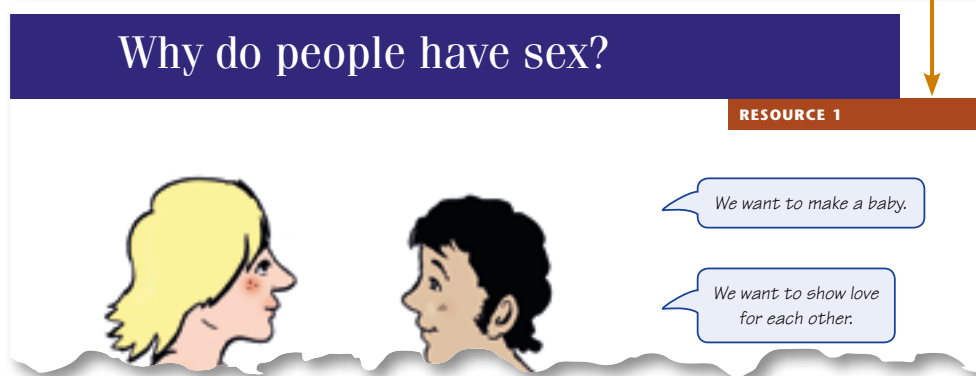
Activities for encouraging learners to apply knowledge and skills

Action

- Look again at the flipchart notes you made at the beginning (Engage) section of this theme. Are there any similarities or differences between initial thoughts, the cards used in this activity and final thoughts? This activity gives you the opportunity to confirm that learners have a solid basis of understanding for the next theme.
- As an extension to work in this theme, ask learners to make a note of any words to do with **sexual** or **sexual health** they do not

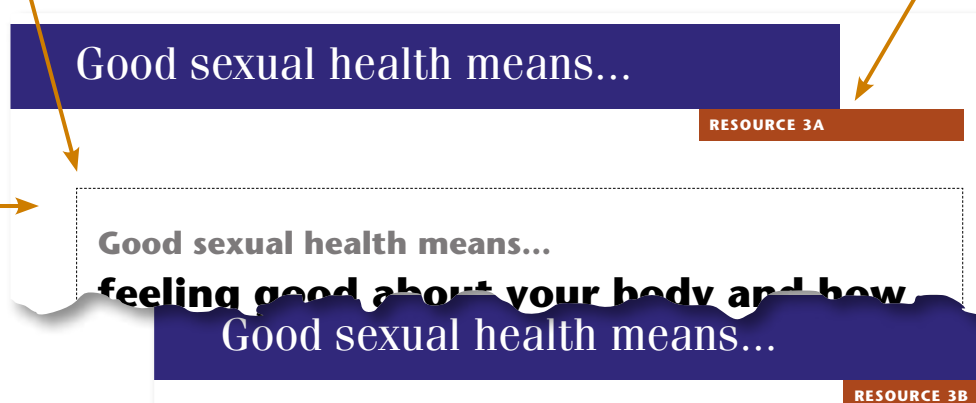
Guide to Learner resources

The number of the Resource; the Resources in a theme are numbered in sequence so that they are easy to identify



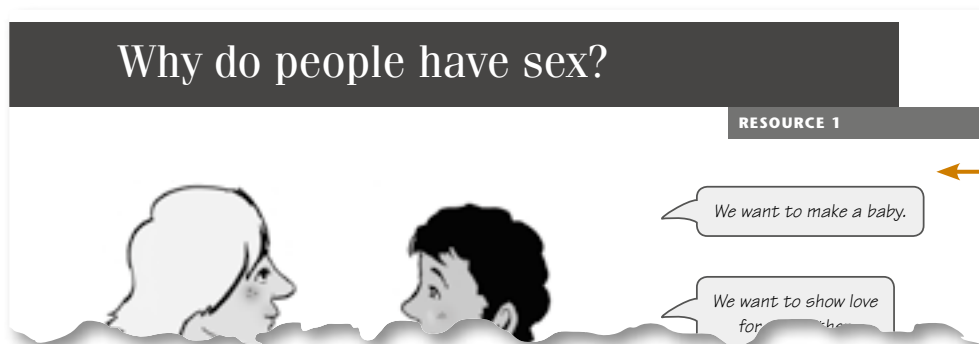
Some Resources require preparation before the session – this one needs to be cut up into cards

Numbering with a letter indicates that the Resource covers more than one page



First page of the Resource

Second page of the Resource



All the Resource pages are also reproduced in black and white to make them suitable for black-and-white photocopying