

Empowering Educators: Supporting Young People's Sexual Wellbeing

IN PERSON

Duration: 2.5 hours

For: Schools and alternative education providers who want to confidently support their ākonga to navigate their sexual wellbeing

This training covers exploring your personal values and how to keep them in check when supporting young people with their sexual wellbeing, an easy-to-remember approach and set of principles to follow when having these conversations, skill-building and opportunities to practice responding to tricky scenarios in order to build your confidence and competence and practical tools to integrate into daily practice and conversations.

All of our courses are completely **FREE**, offering you the opportunity to learn without any cost.

Intellectual Disability course

IN PERSON or ONLINE

For: Teachers, educators and professionals working with intellectually disabled young people and adults.

Training in how to deliver an 8-module programme designed for intellectually disabled young people which covers a broad range of relationships, sexual and reproductive health topics.

Topic based self-directed courses

ONLINE ONLY

Duration: Approximately 30 minutes – 1 hour depending on course

For: Professionals working with young people, educators and adults supporting young people (e.g. parents, caregivers).

These self-directed online courses cover the basics of a range of sexual and reproductive health topics such as STIs, contraception, consent and anatomy.

COMING
SOON



Email Sexual Wellbeing Aotearoa
Health Promotion

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MAY25

sexualwellbeing.org.nz



Ask us about... Professional development



Talking About Sexual Wellbeing: Foundation Courses One and Two

ONLINE ONLY

Duration: Approximately 30 minutes

For: Professionals who work with young people (teacher, counsellor, social worker, youth worker, etc).

Online self-directed course for professionals who want to increase their knowledge of sexual wellbeing and are working with young people. *Foundation Course One* introduces Sexual Wellbeing Aotearoa and explores sexual health and wellbeing across different age groups. *Foundation Course Two* builds on this foundation, focusing on communicating about sexual wellbeing with young people, improving public health outcomes, and being aware of personal values in conversations.

Find out more:
Course One



Supporting Young People with Sexual Wellbeing

IN PERSON

Duration: 8 hours

Prerequisites: Please complete our self-directed online course: *Talking about Sexual Wellbeing: Foundation Course One*.

For: Professionals who work with young people (teacher, counsellor, social worker, youth worker, etc).

This full-day training focuses on increasing the knowledge, skills, and confidence of professionals to support the young people they work with to navigate their sexual wellbeing. This training focuses on topics relating specifically to sexual wellbeing, such as contraception, STIs, and pregnancy options.

Find out more:



Navigating the Journey Te Takahi i te Ara Professional Learning Development: Primary and Secondary

IN PERSON or ONLINE

Duration: 3 hours in person or 2.5 hours online

Navigating the Journey is a curriculum aligned, comprehensive programme for educators delivering relationships and sexuality education in school-based settings.

Prerequisites: Have read *Navigating the Journey* relevant year levels. Have watched our pre-recorded webinar *Introduction to Navigating the Journey: For Teachers and Educators*.

For: Primary and secondary school teachers.

This professional training is for schools that have purchased *Navigating the Journey* Years 1-10 and would like guidance and training on how to utilise it with their students. This training can be delivered in person at your school, or online, and is facilitated by Sexual Wellbeing Aotearoa Community Health Promoters.

Find out more:
PLD In person



PLD Online



Navigating the Journey Te Takahi i te Ara Forum: For Primary schools and Secondary Schools

ONLINE ONLY

Duration: 1 hour

Prerequisites: Have read *Navigating the Journey* relevant year levels. Have watched our pre-recorded webinar *Introduction to Navigating the Journey: For Teachers and Educators*.

For: Primary and secondary school teachers.

This forum is open to any teacher or educator wanting to discuss *Navigating the Journey* and how to use it. It is an opportunity for you to connect with other schools, and to get advice from our experienced Community Health Promotion team about how to utilise *Navigating the Journey* in a way that works for your students.

Find out more:
Primary



Secondary



Relationships and Sexuality Education (RSE) Forum for School Leaders

ONLINE ONLY

Duration: 1 hour

Prerequisites: Participants should watch our pre-recorded webinar *Introduction to Navigating the Journey: For Teachers and Educators* before attending this.

For: This free forum is open to any Principal, Senior and Middle leadership, Health Education curriculum leaders and Board of Trustees members wanting to discuss their school's relationships and sexuality education programme.

It is an opportunity for you to connect with other school leaders, and to get advice from our experienced Community Health Promotion Team about how to implement your relationships and sexuality education programme.

Find out more:
RSE Forum

