

## Target Audience

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Care and Support staff in a variety of settings and Housing Support Teams who are providing direct care and support.

This course has been developed to provide the learner with the knowledge of how to support people to discover and express their own sexual identity and experience relationships of their own choosing.

**This course is delivered using a range of methods and resources including:**

- ◆ Face to Face tutor facilitation, questionnaires, scenarios for breakout groups, questioning and participation and an end of session assessment.

**This course has been developed and mapped to current occupational standards, qualification frameworks and the following documents and resources:**

- ◆ Human Rights Act 1998
- ◆ Sexual Offences Act 2003
- ◆ Guidance from Mencap and British Institute of Learning Disabilities

## Course Content

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- ◆ Definitions
- ◆ Legislation
- ◆ Supporting people with their sexual identity and sexual health
- ◆ Supporting people to establish and maintain positive relationships
- ◆ Statement of values
- ◆ Influences on supporting individuals
- ◆ Capacity and consent
- ◆ Safeguarding vulnerable individuals
- ◆ Empowerment
- ◆ Confidentiality
- ◆ Record keeping

## Learning Outcomes

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**After attending this course, learners will be able to:**

- ◆ Give an example of how you can support people to discover and express their own sexual identity
- ◆ Describe the issues of sexual health and how these can be supported
- ◆ Explain factors affecting the capacity of individuals to develop and/or maintain relationships
- ◆ Explain how to support individuals to identify beneficial relationships
- ◆ Explain how the sexual development of people can differ
- ◆ List relevant legislation
- ◆ Give an overview of the importance of confidentiality and accurate record keeping in relation to a person's choices around relationships

**Duration: 4 Hours**