

INFORMING
CHOICES NI



TRAINING
COURSES

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WHO WE ARE

Informing Choices NI (ICNI) are a sexual and reproductive health charity. Our vision is a society where individuals have the right and freedom to make informed choices about their sexual and reproductive health.

Underpinning our work is the principle that ALL citizens have the right to access high-quality information, education, and sexual and reproductive health services without prejudice or discrimination.

We offer a unique portfolio of training and believe training is essential for any individual who wants to play a positive role in the choices people make by giving them factual, non-judgmental and non-directive information.

Through our award-winning education and research projects, and over 30 years' experience, we offer participants the opportunity to discuss topics normally viewed as taboo, in a safer environment.

Our training programmes are targeted at professionals or volunteers working with either individuals with a learning disability or autistic people, young people, men of any age, and individuals working within healthcare settings.

All training programmes can be facilitated either in-person or online via Zoom. Further information, including programme outlines, costs, and accreditation is contained within this brochure.

If you would like to discuss our training further, please email **training@informingchoicesni.org** or call **028 90 316 100**

Training for professionals and volunteers working with individuals with a learning disability or autistic people



Relationships & Sexuality Education Awareness Training

Aims

- To enable participants to look at what RSE means for them;
- To examine how their values and attitudes can influence their work;
- To enable participants to become increasingly confident in their use of appropriate language when discussing topics relating to sex and sexuality with individuals with a learning disability or autistic people;
- To examine the barriers regarding the implementation of sexuality topics within their workplace;
- To develop an understanding of the importance of an individual's role around RSE; and
- To develop an understanding of the importance of an RSE policy within your organisation.

**This course can be completed with or without accreditation –
Open College Network NI Level 2.**

Duration: Full day or two half days

Costs: Individual £120 or €140 / Accredited £150

Discount is available for group bookings, up to a maximum of 20 participants. Contact us for further details.

Programme Development Training

Aims

- To enable participants to identify the need for an RSE programme within their workplace;
- To enable participants to design, plan, deliver and evaluate an RSE programme suitable for individuals with a learning disability or autistic people within their organisation; and
- To enable participants to know how to evaluate the impact of programmes on the lives of service users.

All participants must complete Relationships & Sexuality Education Awareness Training prior to undertaking this course.

This course can be completed with or without accreditation – Open College Network NI Level 2.

Duration: Full day or two half days

Costs: Individual £120 or €140 / Accredited £150

Discount is available for group bookings, up to a maximum of 20 participants. Contact us for further details.

Access to Abortion and Contraception Awareness Training

Aims

- To explore values and attitudes in relation to abortion and contraception, and how these can influence our work;
- To understand the various methods of contraception available and where contraception can be accessed;
- To understand the law regarding abortion, and how to access services, including non-directive pregnancy counselling; and
- To enable participants to provide factual and accessible information on access to abortion and contraception and facilitate open, honest, and respectful conversations to enable individuals to make informed choices.

**This course can be completed with or without accreditation –
Open College Network NI Level 2.**

Duration: Half day

Costs: Individual £65 / Accredited £95

Discount is available for group bookings, up to a maximum of 20 participants. Contact us for further details.

Loss & Bereavement Awareness Training

Aims

- To enable participants to look at what loss and bereavement means for them;
- To examine how our values and attitudes towards loss and bereavement can influence our work;
- To enable participants to become increasingly confident in supporting people with learning disabilities and autistic people around loss and bereavement; and
- To understand the importance of an individual's role when supporting someone around loss and bereavement.

This course was developed in response to one of the key recommendations from the Informing Choices and Ulster University Talk Together Project report 'It's Difficult, But It's Not Rocket Science.'

Duration: Half day

Costs: Individual £65 or €75

Discount is available for group bookings, up to a maximum of 20 participants. Contact us for further details.

Supporting Women with a Learning Disability Through Menopause Training

Aims

- To enable participants to increase their knowledge and confidence around menopause;
- To enable participants to support women with a learning disability through their menopause journey;
- To understand the importance of an individual's role when supporting someone through menopause; and
- To enable participants to recognise signs and symptoms of menopause.

This course was developed in response to recommendations from the Informing Choices and Ulster University Menopause Project report 'The Development of a Menopause Education Programme for Women with a learning disability.'

Duration: Half day

Costs: Individual £65 or €75

Discount is available for group bookings, up to a maximum of 20 participants. Contact us for further details.

Training for professionals and volunteers working with young people



Relationships & Sexuality Education Awareness Training

Aims

- To enable participants to look at what RSE means for them and their role as an RSE educator;
- To examine how their values and attitudes can influence their work;
- To enable participants to become increasingly confident in their use of appropriate language when discussing topics relating to sex and sexuality;
- To examine the barriers regarding the implementation of sexuality topics within their workplace; and
- To gain a better understanding around permission, consent and their own responsibilities concerning safeguarding.

**This course can be completed with or without accreditation –
Open College Network NI Level 2.**

Duration: Full day or two half days

Costs: Individual £120 or €140 / Accredited £150

Discount is available for group bookings, up to a maximum of 20 participants. Contact us for further details.

Programme Development Training

Aims

- To enable participants to identify the need for an RSE programme within their workplace;
- To enable participants to design, plan, deliver and evaluate an RSE programme suitable for young people within their organisation; and
- To enable participants to know how to evaluate the impact of programmes on the lives of service users.

All participants must complete Relationships & Sexuality Education Awareness Training prior to undertaking this course.

**This course can be completed with or without accreditation –
Open College Network NI Level 2.**

Duration: Full day or two half days

Costs: Individual £120 or €140 / Accredited £150

Discount is available for group bookings, up to a maximum of 20 participants. Contact us for further details.

Access to Abortion and Contraception Awareness Training

Aims

- To explore values and attitudes in relation to abortion and contraception, and how these can influence our work;
- To understand the various methods of contraception available and where contraception can be accessed;
- To understand the law regarding abortion, and how to access services, including non-directive pregnancy counselling; and
- To enable participants to provide factual and accessible information on access to abortion and contraception and facilitate open, honest, and respectful conversations to enable young people to make informed choices.

**This course can be completed with or without accreditation –
Open College Network NI Level 2.**

Duration: Half day

Costs: Individual £65 / Accredited £95

Discount is available for group bookings, up to a maximum of 20 participants. Contact us for further details.

Training for professionals and volunteers working with or supporting men and boys



Masculinity Awareness Training

Aims

- To examine our own and societal values and attitudes when working with men, and how these can influence our work;
- To understand the importance of challenging stereotypical roles associated with masculinity;
- To understand the importance of emotional attachment and masculinity; and
- To examine how we play a part in shaping the future of the men we work with.

This course was developed after successfully piloting our Understanding Masculinity: Emotional Wellbeing and Men programme and is suitable for professionals and volunteers working with or supporting men of all ages and abilities.

This course can be completed with or without accreditation – Open College Network NI Level 2.

Duration: Full day or two half days

Costs: Individual £120 or €140 / Accredited £150

Discount is available for group bookings, up to a maximum of 20 participants. Contact us for further details.

Training for individuals working within healthcare settings



Making Healthcare Accessible

Aims

- Explore values and attitudes and how they can impact on individuals;
- Look at the ways in which we communicate information;
- Ensure information is given in a clear manner that individuals will understand; and
- Develop staff teams' confidence in all the above areas.

Duration: Full day or two half days

Costs: Individual £120 or €140

Discount is available for group bookings, up to a maximum of 20 participants. Contact us for further details.

Open College Network Accreditation

Our training courses can be completed with or without accreditation. Individual learning hours outside of the training days will be required to complete accreditation.

All accreditation is through Open College Network NI (OCN NI).

“OCN have a long-established relationship with Informing Choices NI (formerly the Family Planning Association in Northern Ireland). Their team of experienced tutors adapt training to the needs of each client group and have consistently delivered our qualifications to a high standard over the years.”

Martin Flynn, CEO, OCN NI



Feedback

“Very informative, relaxed learning environment. Approachable yet professional staff. Challenged my own fear of objectivity and reinforced the need for critical thought in our daily practice/lives.”

Social Worker

“The training was delivered in such a way as to put us at ease and it felt more like a group of adults having a conversation than the usual teacher/class dynamic. Really, really enjoyed it and would highly recommend to anyone else working in this area.”

Senior Youth Officer

“The training caused critical reflection on complex issues and when circumstances arise, I will reflect on the training received today.”

Nurse

“A great afternoon having hard, challenging but very worthwhile conversations that need to take place in order to be open, learn and give the right support”

Associate Psychologist

“The training was humorous and entertaining yet also raw and hard hitting in educating us on the importance of RSE and how to deliver it to our children/young people as well as the consequences that can happen if not.”

Teacher

Impact

Before attending training, 85% of professionals stated that they did not feel confident in supporting someone who is autistic or has a learning disability through a loss or bereavement. Following the training, 98% stated that it had increased their knowledge and confidence in this area.

**I realised how
my own opinions
can impact my work
and never**

**let my personal values
influence others.**

Central Office

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