

	<p>Cambridgeshire and Peterborough</p> <p>There is a charge to anyone outside of the above areas.</p>	<p>pornography”.</p> <p>SLIP is a 6 session programme delivered around Cambridgeshire and Peterborough in small groups.</p> <p>The programme includes sessions on communication, healthy sexual development, healthy relationships including LGBT+, consent, staying safe online and sexting and pornography.</p> <p>The sessions are fun, non-judgemental, interactive and there is absolutely no writing!</p>	<p>and including age 18 who have not been able to access relationships and sex education through school and are at risk of/experiencing harm because of this.</p> <p>The programme regularly works with victims and those at risk of CSE, as well as young offenders in appropriate groups.</p>	<p>made up of 6 sessions delivered to small groups.</p> <p>Professionals either can refer individuals into one of our ongoing groups, or book us to deliver to an established group.</p> <p>We are only able to see young people on a 1-1 basis in special circumstances e.g. for a safeguarding reason.</p>	<p>To give the young people wider and more accurate knowledge about sex and relationships to encourage positive and informed choices.</p> <p>To give the young people tools to navigate their own sex and relationships in a healthy and legal way.</p> <p>The programme is tailored to the group and is always LGBT+ inclusive and age appropriate.</p>
<p>Relationships & Sex Education (Mainstream)</p>	<p>FREE to anyone in Cambridgeshire who is eligible.</p> <p>There is a charge to anyone outside of the above area including Peterborough schools/provisions.</p>	<p>Workshops on the following topics:</p> <ul style="list-style-type: none"> • Contraception • STIs and HIV • Consent • #isafety • Healthy Relationships • Pornography • Body image and Self Esteem 	<p>Workshops to schools, colleges, youth groups, supported housing projects – any young people’s setting.</p> <p>Year 11 to age 25</p>	<p>We deliver workshops to groups of up to 35 students.</p>	<p>To have a better understanding of the following topics: Contraception STIs and HIV Consent #isafety Healthy Relationships Porn Body image and Self Esteem Am I normal?</p>

		<ul style="list-style-type: none"> • Am I normal? (healthy bodies and healthy sexual development) 			
Sexual Health Communication Skills Training for Professionals	<p>FREE to anyone in Cambridgeshire who is eligible.</p> <p>There is a charge to anyone outside of the above areas including Peterborough provisions.</p>	<p>Delivering small group trainings to promote communication skills around sexual health</p> <p>Delivering small group trainings to facilitate sexual health champions</p> <p>Delivering small group trainings to promote HIV awareness and to challenge stigma around HIV</p>	<p>Teaching and other school/college/uni staff</p> <p>Student welfare officers, PSHE coordinators, LGBT officers, anyone in a pastoral or mentoring role</p> <p>Anyone in another provision e.g. drug and alcohol services; looked after children, mental health services - who is supporting young people</p>	<p>Small groups</p>	<p>Widespread disseminations of basic communication skills around sexual health; knowledge of motivators and barriers to sexual health</p> <p>Disseminated awareness of sexual health resources</p> <p>Normalisation of sexual health as part of general well-being</p> <p>Reduction of stigma around sexual health and HIV</p> <p>Promotion of early HIV testing and diagnosis and general sexual health check-ups.</p>
Stir it Up	<p>There is currently a charge for this programme – please check our website for details.</p> <p><i>Please note that we are looking for projects to take part in a second pilot for this project and</i></p>	<p>'STIR IT UP' is a programme for young people in supported housing, foster homes and other relevant settings, that uses cooking as a way to bring young people together and build their skills around relationships, with</p>	<p>16-26 year olds living in supported housing</p>	<p>Delivered in kitchens attached to the project for young people in Cambridgeshire and Peterborough.</p>	<p>SIU aims to normalise talking about sex and relationships and to bring the conversation into an everyday setting that more closely mirrors everyday life.</p> <p>It is a chance for young people to learn skills to help</p>

	<p><i>we would be able to run and initial programme for free for the first 6 projects to sign up!</i></p>	<p>themselves and others. The programme lasts for 10 sessions, each is around 2- 2.5 hours to give us time to chat, cook and eat our food!</p> <p>This programme is perfect for young people who need time and encouragement to open up and take on board information about relationships, and who may have missed out on learning skills necessary for their journey towards independence.</p>			<p>them move towards independence, when it comes to managing their diet, budgeting, but also in how they handle communication and skills around looking after their bodies.</p>
<p>Parents Programme</p>	<p>There is a charge for this programme – please check our website for details</p>	<p>Workshops and seminars for parents and guardians around keeping children safe online and communicating to children and young people about sex and relationships.</p> <p>A portion of the programme is delivered and supported by young people themselves so we can hear their voice and opinions on the matters directly.</p>	<p>Parents and guardians of young people around Cambridgeshire and Peterborough and other bordering counties</p>	<p>Delivered to small groups of parents and guardians through schools and community centres.</p>	<p>For parents and guardians to gain a better understanding of the issues and challenges faced by today's young people around relationships, sex and staying safe online. And to develop skills to be able to talk to young people about these issues effectively.</p>