

Sexual Health: Speakeasy

Summary

The Speakeasy course aims to encourage parents and carers of young people to speak to them about sexual health and relationships, and to give them the confidence to do so.

Over the course of 8 weeks we cover a range of topics, including STIs and contraception, and help participants to identify opportunities to introduce discussion around sexual health within the home.

- 100% of participants reported increased awareness of the types of contraception available
- 100% increased their knowledge of changes that take place during puberty
- 100% increased their knowledge of STIs

Our impact

40 parents/carers have attended courses so far this year.

All those participating in the course felt more informed on the key objectives identified by HALE - increasing awareness of contraception available, increasing knowledge of STIs and increasing knowledge of the changes that take place during puberty.

On completing the course all participants reported that felt more able to talk freely to their young people about sex and relationships, and more confident in identifying day to day opportunities for initiating discussions around these issues.

Comments from participants

“It’s really interesting finding out about other cultural attitudes to sex”

“The contraception information has been really good for me personally because I’m considering a coil and I didn’t know anything about them before”

“I’m very open with my kids anyway but I am learning other ways to talk to them”