

BROOK TRAINING

Supporting you to work with children and young people

Brook has been training professionals who work with young people for more than 50 years. Our training equips professionals, parents and carers to support young people to live safe, healthy lives.

Why choose Brook training?

We create a stimulating learning environment which encourages reflection, challenge, sharing of best practice and personal development.

Our training:

- Directly addresses young people's needs around relationships and sex
- Deepens knowledge on key subjects
- Provides guidance on how to challenge discrimination around sexuality, race and disability
- Helps you to explore your own values, beliefs and religious, moral and ethical dilemmas

Training programmes include:

- Delivering Relationships and Sex Education (RSE)
- RSE and the 'whole school' approach
- RSE for young people with learning disabilities
- Puberty
- Sexuality and gender
- Homophobic bullying
- Sexual bullying
- Pornography
- Pleasure
- Sex, pressures and social networks
- Managing incidents involving youth produced sexual imagery & sexting
- CEOP Thinkuknow (staying safe online)
- Abortion; decisions and dilemmas
- Child Sexual Exploitation (CSE) and Child sexual abuse (CSA)
- CSE: Supporting boys and young men
- Spotting the signs of CSE/A & extra familial threats (gangs, County Lines, trafficking and modern slavery)
- Using the Sexual Behaviours Traffic Light Tool

“I thought it was absolutely fantastic. The trainers delivering were approachable, friendly, knowledgeable, and professional and really are a credit to your organisation. I have attended probably well over a hundred courses during my time in a school and now as a youth worker, and there's always a sense of dread about being sat in a room listening to things you already know, which completely wasn't the case. I learned new information in a completely relaxed and friendly setting, and I've come away with a wealth of information that will directly affect how I approach this topic with the young people in my sessions, and probably me personally!”

Brook's experienced, skilled staff can deliver off-the-shelf, in-house or bespoke training to a wide range of professionals, parents and carers, at locations across the UK. See brook.org.uk for more information or please email:

TRAINING@BROOK.ORG.UK

