



**SAYiIT**

registered charity no 1076951

*Transforming the lives of LGBT+ young people*

**Training, Education, Outreach and Resources Brochure  
2017 - 2018**

## **SAYiT's Vision**

To create an environment that supports the sexual and emotional wellbeing of young people and empowers LGBT+ young people and those affected by HIV to transform their own lives and that of their peers by addressing issues of awareness, developing knowledge and addressing organisational discrimination and inequality.

## **SAYiT's Mission**

To build an integrated youth led service that balances service delivery and activism in order to support the sexual health and emotional well-being of all young people through the provision of specialised support and social opportunities, with a particular focus on empowering LGBT+ young people and those young people affected by HIV.

## **Message from Steve Slack, Chief Executive Officer of SAYiT**

Dear Colleague, I am excited to be introducing SAYiT's first ever training, education, outreach and resources brochure. As an established charity SAYiT has been working with young people for almost twenty years, dedicated staff and trustees consistently demonstrating a commitment to all young people's sexual and emotional health and well-being. Whilst we specialise in our offer to young LGBT+ people, our inclusive training is relevant to those who work with all young people and to those who make decisions about the lives of young people. Our core values are about effectively engaging with young people and listening to them – and our training is grounded in the direct work we do with young people.

In my previous role as Director of The Centre for HIV and Sexual Health in Sheffield (CHIV) I was proud of the cutting edge and innovative training and resources we offered – proud of the reputation we had for creating positive and transformational learning opportunities and environments. Much of this was due to the highly motivated team and in particular the training manager Liz Wilson – whose passion, experience and creativity informed the training on offer. It will come as no surprise then at how delighted I am to be introducing Liz as one of our new managers at SAYiT who will be taking a lead on all training delivered by the charity.

No one needs reminding of the huge challenges faced by sexual health services nationally as a result of budget cuts and sadly the huge impact that these cuts have had upon prevention initiatives and training. Over the next few years, as the impact of these budget restrictions are felt even more keenly, it will become increasingly important to ensure all service providers working with young people are better informed and properly trained; better able to empower young people to make healthy choices about their sexual health and relationships.

I hope that you find the brochure informative and please do let us have any feedback. Please also tell us about the sort of training or resources you would like to see on offer - or talk to us about commissioning specific training courses to meet the needs of your organisation.

We look forward to working with you, to building support networks and to improving the sexual and emotional health and well-being of young people.

Best wishes,

Steve Slack  
CEO  
SAYiT





## **SAYiT Training, Education, Outreach and Resources Booklet 2017 - 2018**

SAYiT (formerly the Sheena Amos Youth Trust) is a registered independent charity, number 1076951, which has been running in Sheffield since 1999. We are a lesbian, gay, bisexual, trans plus (LGBT+) young people and sexual health charity and our core function is to transform the lives of LGBT+ young people up to the age of 25 through supportive group work, youth action, education and influence.

SAYiT offers:

- Training for workers and adult volunteers delivered at a central Sheffield venue
- Bespoke training courses to meet your specific needs at a venue of your choice in Sheffield, South Yorkshire, and nationally
- Education sessions delivered directly to all young people in school and youth settings in Sheffield and surrounding areas
- Support with developing and sustaining Gender and Sexualities (GSA) groups in Sheffield schools (previously called Gay Straight Alliance groups)
- Sex and Relationships Forum 4 times per year – free to Sheffield participants
- Group work and 1:1 for young people

If you are a young person and/or would like further information about our groupwork programmes and 1:1 work with young people please contact [info@sayit.org.uk](mailto:info@sayit.org.uk) or call 0114 241 2728.

To book training or education sessions, to commission bespoke training, purchase resources, gain support with developing GSA groups or for more information please contact SAYiT:

Email: [info@sayit.org.uk](mailto:info@sayit.org.uk)

Telephone: 0114 241 2728

Website: [www.sayit.org.uk](http://www.sayit.org.uk)

Address: SAYiT, Scotia Works,  
Leadmill Road, Sheffield, S1 4SE



## Training Programme

All SAYiT's training courses are LGBT+ inclusive and are mindful of inequalities and diversity. The courses are participative and use a variety of techniques to address the learning needs of trainees and the different ways that people learn and take in information.

### **Trans Awareness – Addressing the Needs of Trans Young People in Schools and Youth Settings** – ½ day course

#### **Course Objectives:**

- Learn about key terms, language and identities of trans young people
- Consider the impact of stigma, discrimination and transphobia on trans young people
- Identify key issues and how to address those in schools and youth settings to support young people, to promote inclusion and to address inequalities
- Identify key support organisations and resources

#### **Dates:**

Wednesday 11 <sup>th</sup> October 2017	9am - 1pm
Tuesday 9 <sup>th</sup> January 2018	9am - 1pm
Wednesday 18 <sup>th</sup> April 2018	9am - 1pm
Tuesday 3 <sup>rd</sup> July 2018	9am - 1pm

**Cost: Limited number of 'free'/funded places for Sheffield – please contact us to enquire**  
**£25 Sheffield participants**  
**£50 outside Sheffield participants**

### **Ensuring Services and Primary Care are Young People, Black and Minority Ethnic and Refugee (BAMER), and LGBT+ Inclusive** – ½ day course

#### **Course Objectives:**

- Sexual health, relationships, the law and confidentiality
- Exploring key values
- What young, BAMER and LGBT+ patients want from GP and sexual health services
- Patients' anxieties about accessing and using GP and sexual health services
- How to communicate effectively with groups who experience poorer sexual health (young people, BAMER groups, LGBT+ people)
- How to make services as good as they can be for all patients

#### **Dates:**

Thursday 18th January 2018	9am - 1pm
Thursday 5th April 2018	9am - 1pm

**Cost: Limited number of 'free' funded places for Sheffield – please contact us to enquire**  
**£25 Sheffield participants**  
**£50 outside Sheffield participants**

## HIV Education – ½ day course

### Course Objectives:

- Basic information about HIV and AIDS
- Teaching materials for a diversity of ages and groups
- Tackling HIV stigma in schools and youth settings

### Dates:

Friday 24th November 2017	9am - 1pm
Thursday 11th January 2018	9am - 1pm

**Cost: Limited number of 'free' funded places for Sheffield – please contact us to enquire**

**£25 Sheffield participants**

**£50 outside Sheffield participants**

## LGBT+ Young People with Additional Needs - ½ day course

### Course Objectives:

- Addressing the needs of LGBT+ young people with learning disabilities
- Young LGBT+ people with autism and Asperger's syndrome
- Young LGBT+ people who are physically disabled
- Ensuring SRE and services meet the needs of LGBT+ young people with additional needs
- The implications of transitioning for trans young people who have health issues

### Dates:

Tuesday 27 <sup>th</sup> February 2018	9am - 1pm
Wednesday 9 <sup>th</sup> May 2018	9am - 1pm

**Cost: £25 Sheffield participants**

**£50 outside Sheffield participants**

## Inclusive Sex and Relationships Education for Young People in Schools and Youth Settings

– 1-day course

### Course Objectives:

- Sex and Relationships Education – the current context
- Addressing the issues facing young people
- The context within which young LGBT+ people live their lives
- Teenage (sexual and brain) development
- Promoting the self-esteem, resilience and well-being of young people
- Teaching methods and practical activities to use with young people

### Dates:

Wednesday 29 <sup>th</sup> November 2017	9am - 4.30pm
Wednesday 2 <sup>nd</sup> May 2018	9am - 4.30pm

**Cost: £55 Sheffield participants**

**£120 outside Sheffield**



## Training the Trainers in Sexual Health, Young People and Inequalities – 5-day course

### Course objectives:

- The context for inclusive sexual health training
- Addressing inequality, oppression and diversity
- Sexual Health Values, Rights and Messages
- An inclusive model of sexual health
- How people learn and barriers/enablers to learning
- Core principles of excellent training
- Dealing with difficult situations as a trainer
- Time to practice
- Giving and receiving feedback
- Evaluation, Reflection
- Diversity of training delivery and style

**Dates:** Module One, 3 days: Wednesday 14<sup>th</sup> February – Friday 16<sup>th</sup> February 2018

Module Two, 2 days: Tuesday 13<sup>th</sup> March – Wednesday 14<sup>th</sup> March 2018

***NB - It is essential that you attend all 5 days***

**Cost: £275 per person for Sheffield based workers**

**£550 outside Sheffield**

For enquiries about bespoke training please contact: [info@sayit.org.uk](mailto:info@sayit.org.uk)

Cancellation policy: cancellations must be made in writing (by email or post) at least 2 weeks before the course date, otherwise the fee will be charged.



## Sheffield Future in Mind Training, Sheffield City Council

Sheffield Future in Mind recognises the importance of promoting good mental health and wellbeing in young people across Sheffield, not just focusing on mental illness and diagnosis. Future in Mind training prioritises prevention and early intervention, as there is evidence that building resilience through to adulthood and supporting self-care reduces the burden of mental and physical ill health over the whole life course.

### **SAYiT Mental Health and Lesbian, Gay, Bisexual and Trans + Young People training course**

Research shows that LGBT+ young people are at much higher risk of suicide and self-harm compared to heterosexual and cisgender young people. LGBT+ youth rates of suicide attempts can be between four and seven times those of their heterosexual and cisgender peers.

This half day participatory training session will:

- Present facts and statistics relating to LGBT+ young people, suicide, self-harm and mental illness
- Discuss the context within which LGBT+ young people live their lives
- Address how to build LGBT+ young people's resilience, self-esteem and emotional well-being
- Discuss how to support LGBT+ young people within schools and youth settings
- Address how to tackle homophobia, biphobia and transphobia in schools and youth settings, and how to provide a positive environment for LGBT+ pupils
- Present SAYiT services and support offered

#### **Training dates:**

Tuesday 10th October 2017	1pm - 4.30pm
Thursday 19th October 2017	1pm - 4.30pm
Tuesday 21st November 2017	1pm - 4.30pm
Wednesday 17th January 2018	9am - 12.30pm
Tuesday 6th February 2018	4pm - 7.30pm
Tuesday 13th February 2018	9am - 12.30pm
Thursday 22nd March 2018	4pm - 7.30pm

Sheffield applicants can either book on one of the sessions advertised via Eventbrite below, or if you would like a trainer to deliver a session to staff within school (SAYiT can offer sessions in 10 settings at no charge), please contact Liz Wilson at SAYiT, 0114 241 2728 or [info@sayit.org.uk](mailto:info@sayit.org.uk)

To book a place on the Future in Mind training, please use Eventbrite:

<https://www.eventbrite.co.uk/o/future-in-mind-sheffield-14385778446>



## Education Sessions in Schools and Youth Settings

SAYiT can deliver education sessions to children and young people in schools and youth settings across Sheffield. The sessions below can be adapted to address the needs of young people in key stage 3, 4 and 5 and are planned to be an hour in length.

- **STIs and Sexual Health**

- Names of most common STIs
- Signs and symptoms of STIs
- Treatment of STIs
- Condom demonstration
- Services

- **HIV Education**

- Routes of transmission of HIV
- Myth busting
- Reducing Stigma
- Services

- **LGBT+ Awareness**

- Appropriate terms and language
- Challenging stereotypes, homophobia, transphobia, biphobia and bullying
- What SAYiT offers

Within Sheffield we can offer a number of the above education sessions at no cost as we receive some limited funding. Otherwise SAYiT has to charge a small fee to cover staff time and costs. Please contact Judy Kelso, SAYiT charity manager at [info@sayit.org.uk](mailto:info@sayit.org.uk) or 0114 241 2728 for further information and to book sessions.

## Support to Develop GSA Groups in Schools

**Gender and Sexuality Alliances (GSAs)**, formerly known as Gay–Straight Alliances, are school-based groups that are intended to provide a safe, supportive - and campaigning or youth action - environment for lesbian, gay, bisexual, transgender, and queer/questioning (LGBT+) young people and their straight allies and friends. The groups are often led by the young people themselves. Historically they have been very popular in the USA and are growing in popularity here in the UK, with a number already established in Sheffield schools.

LGBT+ students routinely experience harassment in their schools. However, GSAs have been found to provide social support for LGBT+ students. Students report hearing homophobic and transphobic remarks within school, and the more harassment students report, the more likely the student is to experience higher levels of depression and lower self-esteem. Nearly half of LGBT+ pupils, including nearly two thirds of trans pupils, are bullied at school for being LGBT+. However, LGBT+ students attending a school with an active support group report experiencing less homophobia and transphobia and experience less victimisation than LGBT+ students attending a school without a GSA or support group. In addition, LGBT+ students with a GSA in their school report more positive outcomes when it comes to feelings of belonging.

SAYiT offers support to Sheffield schools to develop Gender and Sexuality (GSA) groups. This involves:

- One of SAYiT staff will meet with a named staff member in school – anyone from a teacher, a lunchtime supervisor to a support worker or the Head (the person just needs to be committed to the idea of GSA and have some time to give support to the group once established)
- SAYiT will give the school a pro forma poster and flyer for the school to input their own details for advertising purposes
- One of SAYiT staff will attend the first GSA group in school
- SAYiT will offer ongoing email and/or phone based support if needed

Please contact [info@sayit.org.uk](mailto:info@sayit.org.uk) or 0114 241 2728 for further information or for GSA support



## Out of the Shadows DVD

*Celebrating the 50<sup>th</sup> Anniversary of the partial decriminalisation of male homosexuality in England and Wales*

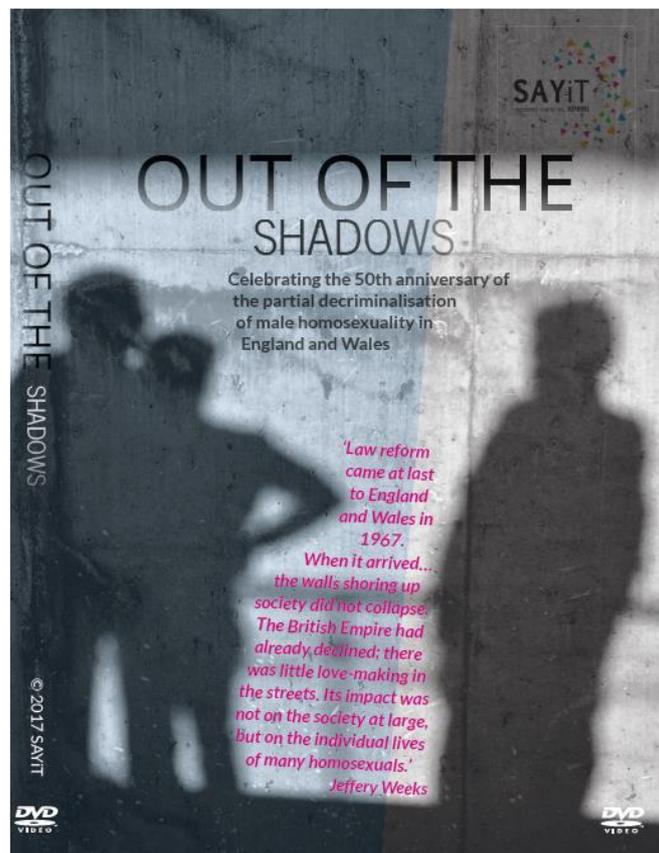
The past fifty years have witnessed many legal advances influencing the lives of LGBT+ people in England and Wales – including rights to marriage, civil partnerships, adoption, and protection from discrimination and the equalisation of the age of consent.

This film documents some of the stories of just some of those people whose lives were affected by the 1967 Sexual Offences Act through interviews conducted by young people from SAYiT. It is not a film of all of our stories – and by no means represents all of our experiences or all of our histories. Nonetheless, these are stories which need to be heard, need to be shared and histories we need to record.

This moving film will educate, inform and encourage further discussion and debate. An invaluable training resource for raising issues about the history of LGBT+ people and their experiences. First shown in Sheffield in February 2017 and then in Greece at The Lesbos Women's Festival in September 2017.

Cost – £6 (+ postage and packaging if applicable)

To order please contact [info@sayit.org.uk](mailto:info@sayit.org.uk) or call 0114 241 2728



# Trans Booklet

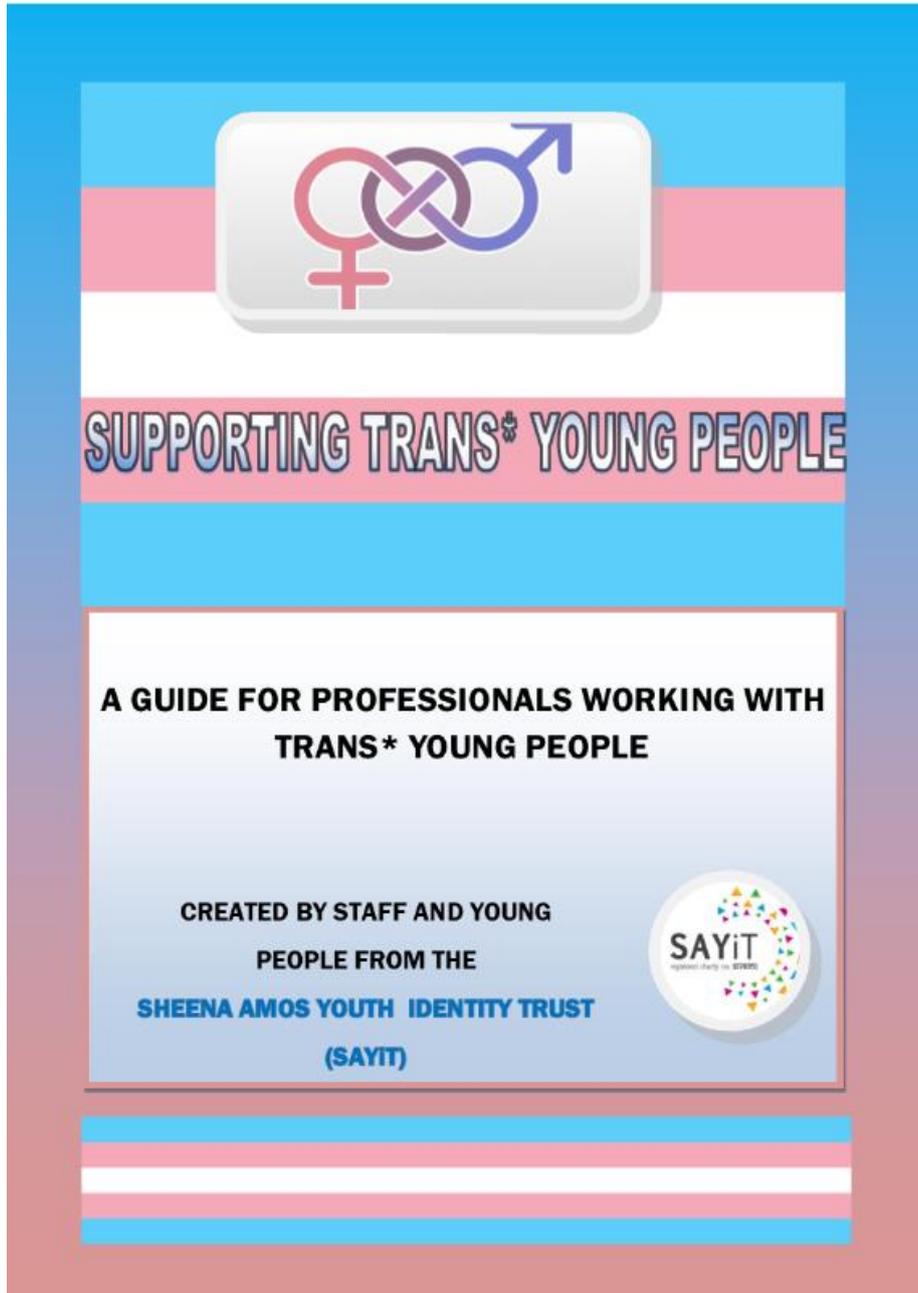
This short booklet has been written by SAYiT staff and young people to help professionals, including teachers and schools to support trans young people in their settings.

Cost – 20 x copies for £5

3 x copies for £1

(+ postage and packaging if applicable)

To order please email [info@sayit.org.uk](mailto:info@sayit.org.uk) or call 0114 241 2728





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