



LGBTQIA and trans awareness training offer

Belito (he/him)

Who is Spectra?

Sexual health testing and outreach

HIV prevention services and social groups

Counselling

Sex work service

Trans peer mentoring and social groups

Trans health advocacy

Youth sexual health and wellbeing services

Who are these trainings for?

- ☐ Healthcare services
- ☐ Charities and organisations
- ☐ Schools, colleges and universities
- ☐ Front line staff

LGBT awareness training

- 2 hours
- Be able to use LGBTQ+ identity terminology more confidently
- Have greater awareness of the barriers LGBTQIA people face accessing public services
- Feel more confident signposting and supporting LGBTQIA service users
- Bitesize one hour training offered

Trans awareness training

- 2 hours
- Be able to use trans specific terminology more confidently
- Gain awareness of the trans healthcare system in the UK, and its physical and mental health impacts on the community
- Improve trans accessibility in your organisation
- Have greater awareness of the barriers trans people face accessing public services
- Feel more confident supporting and signposting trans service users
- Bitesize one hour training offered

- 1.5-2 hours
- Gain an understanding of what barriers LGBTQIA people face accessing front line support services, and how previous experiences can shape current encounters
- Take part in group discussions and scenarios
- Q and A
- Self care essentials for front line work

Trans inclusive sexual healthcare

Module 1: Barriers to access

Learning Objectives

- 2 hours
- Gain confidence using trans terminology and language to make your service more inclusive
- Develop a further understanding of trans identity
- Examine how data/ referrals are collected
- Gain further understanding of what obstacles trans people face accessing SH services

Trans inclusive sexual healthcare

Module 2: HIV and safer sex

2020-2021

- 2 hours
- Gain further understanding of how HIV/AIDS affects the trans community
- Discuss strategies for reaching members of the community who may be more at risk
- Learn more about the interactions between HIV, ART, PreP and PEP

Trans inclusive sexual healthcare

Module 3: Fertility, contraception and consent

2 3 4 5 6 7 8 9 10 11 12

- 2 hours
- Gain further understanding of fertility and contraception options for trans people
- Learn about the impact of medical transition on sex and sexuality
- Practice having conversations with trans service users about safer sex practices

Trans inclusive sexual healthcare

Module 4: Space, place and facilities

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- 2 hours
- Gain further understanding of how to make physical and digital service provision more trans inclusive
- Learn about trans inclusive organisations in your area and how they can support service users
- Discuss the impact of recent legislation/ guidance on trans people's lives

Trans inclusive sexual healthcare

Module 5: Planning for a trans inclusive future

2 3 4 5 6 7 8 9 10 11 12

- 2 hours
- Test your skills quiz
- Create charter with colleagues to encourage further trans inclusivity at the organisation
- Q and A

Further information

- ❖ Trainings can be delivered online, or in person
- ❖ Can be adapted to suit different needs or learning outcomes specific to your organisation
- ❖ Slides shared and digital resource packs sent to participants after every session

For any further questions or to book, please do contact me Belito at Belito.bale@spectra-london.org.uk

Thanks for listening

www.spectra-london.org.uk @Spectra_London



Spectra
Peer services, improved lives