

Sex and Substances



A double session that examines the connection between sex and substances as well as the many myths that exist. The sessions set out to explore the truth about how substances affect both males and females and the possible risks involved while being out of control.

Target Group	16-18, single sex or mixed. Adaptable for all needs
Group Size	4-30 Mixed groups or single sex
Outcomes	<ul style="list-style-type: none"> • Increased understanding of the myths and realities about substance use and sex • Increased up to date knowledge of sexually transmitted infections and any connections between STIs and substance use • Increased awareness of the risks to their sexual health through being out of control or under the influence of substances • Increased knowledge of support services and how to access them, including emergency/'morning after' help • Increased understanding of short or long term consequences of unsafe sexual activity and STIs • Increased understanding of the concept of consent and its meaning in a range of circumstances.
Format	Interactive Facilitated group discussions Presentations Dilemma work Small group work
Key Skills	Communication Working with others Reasoning skills Evaluation skills Information processing skills
Duration/time	2 x 1- 1.5 hr session (2-3hrs total)
Required environment	Large room. Whiteboard or Projector and screen. Laptop or computer
Evaluation Method	Dedicated young person's evaluation form

