# Adolescent Sexual Health Training Course

Professional Development Training Course Outline

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|---|---|---|---|
| **Category** | Public Health | **Duration** | 5 Days |
| **Base Fee** | $1,500 USD | **Delivery Mode** | Online / On-site Hybrid |

## Course Introduction

Adolescent Sexual Health is a critical public health and youth development issue that focuses on empowering young people with accurate knowledge, life skills, emotional intelligence, and access to safe healthcare services. In today's rapidly evolving digital world, adolescents are exposed to social media influence, online relationships, cyber risks, gender-based violence, sexually transmitted infections (STIs), HIV/AIDS, teenage pregnancy, mental health challenges, and misinformation about sexuality. Adolescent Sexual Health Training Course is designed to strengthen awareness, prevention strategies, reproductive health education, consent culture, healthy relationships, digital safety, and youth empowerment through evidence-based learning and interactive engagement. The course integrates global best practices aligned with youth-friendly healthcare, gender equality, child protection, and sustainable development goals (SDGs).

The training equips educators, healthcare professionals, counselors, NGO workers, social workers, community leaders, and youth facilitators with practical tools to address adolescent reproductive health, puberty education, sexual rights, emotional wellbeing, menstrual hygiene management, LGBTQ+ inclusion, online safety, and prevention of sexual abuse. Through case studies, role plays, participatory workshops, peer education, and real-world interventions, participants will gain the confidence to create safe environments that promote healthy behaviors, informed decision-making, respect, inclusivity, and adolescent wellbeing. The course emphasizes trauma-informed care, safeguarding policies, communication strategies, and youth-centered advocacy to build resilient and informed communities.

## Programme Curriculum

**Adolescent Sexual Health Training Course**

**Introduction**

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**Course Duration**

5 days

**Course Objectives**

1. Understand Adolescent Sexual and Reproductive Health (ASRH) concepts and global health trends.
2. Promote awareness on puberty education, body positivity, and emotional wellbeing.
3. Strengthen knowledge of STI prevention, HIV/AIDS awareness, and safe practices.
4. Develop skills for addressing teenage pregnancy prevention and reproductive rights.
5. Enhance understanding of consent education, healthy relationships, and gender equality.
6. Build strategies for preventing sexual abuse, cyber exploitation, and online grooming.
7. Improve communication on mental health, peer pressure, and adolescent resilience.
8. Promote menstrual hygiene management and reproductive healthcare access.
9. Foster inclusive approaches toward LGBTQ+ youth support and diversity awareness.
10. Equip participants with life skills education and youth empowerment techniques.
11. Develop effective community outreach and peer education programs.
12. Apply child safeguarding, trauma-informed care, and crisis response strategies.
13. Strengthen advocacy for digital safety, youth rights, and comprehensive sexuality education (CSE).

**Target Audience**

1. Teachers and School Administrators
2. Healthcare Professionals and Nurses
3. Youth Counselors and Psychologists
4. NGO and Community Development Workers
5. Social Workers and Child Protection Officers
6. Parents and Caregivers
7. Peer Educators and Youth Leaders
8. Government Health and Education Officials

**Course Modules**

**Module 1: Fundamentals of Adolescent Sexual Health**

- Understanding adolescent development stages
- Physical, emotional, and social changes during puberty
- Sexual and reproductive health rights
- Myths and misconceptions about sexuality
- Importance of youth-friendly health services
- **Case Study:** Addressing misinformation about puberty among rural adolescents.

**Module 2: Puberty, Body Image, and Emotional Wellbeing**

- Puberty education for boys and girls
- Body image and self-esteem challenges
- Emotional intelligence and stress management
- Managing peer pressure and social anxiety
- Building healthy confidence and resilience
- **Case Study:** Supporting adolescents facing bullying related to body changes.

**Module 3: STI, HIV/AIDS, and Pregnancy Prevention**

- Common sexually transmitted infections (STIs)
- HIV/AIDS prevention and awareness
- Safe behaviors and risk reduction strategies
- Teenage pregnancy prevention approaches
- Access to reproductive healthcare services
- **Case Study:** Community intervention to reduce teenage pregnancy rates.

**Module 4: Consent, Healthy Relationships, and Gender Equality**

- Understanding consent and personal boundaries
- Respectful and healthy relationships
- Gender stereotypes and discrimination
- Prevention of dating violence and abuse
- Promoting equality and mutual respect
- **Case Study:** Handling relationship abuse in secondary schools.

**Module 5: Mental Health and Adolescent Wellbeing**

- Adolescent mental health challenges
- Depression, anxiety, and emotional distress
- Suicide prevention awareness
- Coping mechanisms and support systems
- Counseling and referral pathways
- **Case Study:** School-based mental health support program for teenagers.

**Module 6: Digital Safety and Online Protection**

- Cyber safety and responsible social media use
- Online grooming and exploitation risks
- Sexting, cyberbullying, and privacy protection
- Digital consent and online behavior
- Reporting mechanisms and legal protections

- **Case Study:** Preventing online exploitation among adolescents.

**Module 7: Child Protection and Safeguarding**

- Child protection principles and policies
- Identifying signs of abuse and exploitation
- Trauma-informed care approaches
- Reporting and referral procedures
- Creating safe environments for adolescents
- **Case Study:** Responding to a disclosure of sexual abuse in a school setting.

**Module 8: Youth Empowerment and Community Engagement**

- Peer education and youth leadership
- Advocacy and awareness campaigns
- Community mobilization strategies
- Inclusive education for marginalized youth
- Monitoring and evaluation of youth programs
- **Case Study:** Successful peer-led sexual health awareness campaign.

## Training Methodology

This course employs a participatory and hands-on approach to ensure practical learning, including:

- Interactive lectures and presentations.
- Group discussions and brainstorming sessions.
- Hands-on exercises using real-world datasets.
- Role-playing and scenario-based simulations.
- Analysis of case studies to bridge theory and practice.
- Peer-to-peer learning and networking.
- Expert-led Q&A sessions.
- Continuous feedback and personalized guidance.

**Register as a group from 3 participants for a Discount**

**Send us an email: info@fineskilltrainingcenter.org or call** *+254769199797*

***Certification***

*Upon successful completion of this training, participants will be issued with a globally- recognized certificate.*

***Tailor-Made Course***

*We also offer tailor-made courses based on your needs.*

**Key Notes**

**a.** The participant must be conversant with English.

**b.** Upon completion of training the participant will be issued with an Authorized Training Certificate

**c.** Course duration is flexible and the contents can be modified to fit any number of days.

**d.** The course fee includes facilitation training materials, 2 coffee breaks, buffet lunch and A Certificate upon successful completion of Training.

**e.** One-year post-training support Consultation and Coaching provided after the course.

**f.** Payment should be done at least a week before commence of the training, to Fineskill Training Center account, as indicated in the invoice so as to enable us prepare better for you.

## Upcoming Scheduled Sessions

| Start Date | End Date | Location | Price |
|---|---|---|---|
| **23 Nov 2026** | 27 Nov 2026 | Online | $1,000 |
| **23 Nov 2026** | 27 Nov 2026 | Physical | $1,500 |
| **23 Nov 2026** | 27 Nov 2026 | Physical | $3,000 |
| **23 Nov 2026** | 27 Nov 2026 | Physical | $3,000 |
| **23 Nov 2026** | 27 Nov 2026 | Physical | $6,000 |
| **23 Nov 2026** | 27 Nov 2026 | Physical | $4,500 |
| **23 Nov 2026** | 27 Nov 2026 | Physical | $6,000 |
| **23 Nov 2026** | 27 Nov 2026 | Physical | $6,000 |

Ready to enroll or request a customized program? Book online or contact us:

**Register Online Now**

Email: info@fineskilltrainingcenter.com | Website: www.fineskilltrainingcenter.com