Sexual & Reproductive Health Education Training Course

Professional Development Training Course Outline

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

Course Introduction

Sexual & Reproductive Health Education Training Course is designed to equip participants with comprehensive knowledge, practical skills, and evidence-based approaches to address reproductive rights, family planning, STI/HIV prevention, adolescent health, consent education, and menstrual health management. It integrates global best practices aligned with WHO standards, SDG 3 (Good Health and Well-being), and SDG 5 (Gender Equality), ensuring learners can respond effectively to modern SRH challenges.

In today's rapidly evolving digital and social environment, misinformation and stigma around sexuality remain major barriers to health access. This course emphasizes rights-based sexuality education, digital health literacy, inclusive SRH services, and community-based interventions. Participants will gain competencies in delivering age-appropriate, culturally sensitive, and scientifically accurate SRH education while promoting behavior change

Programme Curriculum

Sexual & Reproductive Health Education Training Course

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Course Duration

5 days

Course Objectives

1. Understand comprehensive Sexual & Reproductive Health (SRH) frameworks
2. Apply rights-based sexuality education principles
3. Promote HIV/AIDS and STI prevention strategies
4. Strengthen knowledge on family planning and contraceptive technologies
5. Address adolescent sexual and reproductive health (ASRH) needs
6. Integrate gender equality and empowerment approaches
7. Develop skills in behavior change communication (BCC)
8. Implement menstrual health and hygiene management (MHM) programs
9. Enhance understanding of sexual consent and safeguarding practices
10. Utilize digital health and e-learning tools for SRH awareness
11. Improve access to youth-friendly health services
12. Combat sexual and reproductive health misinformation
13. Support policy advocacy for reproductive rights and health equity

Target Audience

1. Teachers and school health educators
2. Community health workers
3. NGO and humanitarian staff
4. Public health officers
5. Youth leaders and peer educators
6. Social workers and counselors
7. Medical and nursing students
8. Government health program coordinators

Course Modules

Module 1: Foundations of Sexual & Reproductive Health

- Definition and scope of SRH
- Global SRH indicators and SDGs
- Human rights and health linkages
- Cultural sensitivity in SRH education
- **Case Study:** Community SRH awareness success in rural Kenya improving contraceptive uptake

Module 2: Adolescent Sexual & Reproductive Health (ASRH)

- Puberty and adolescent development
- Risk behaviors and vulnerability factors
- Youth-friendly health services

- School-based SRH programs
- **Case Study:** School ASRH program reducing teenage pregnancies in East Africa

Module 3: Family Planning & Contraception

- Types of contraceptive methods
- Myths and misconceptions
- Counseling techniques
- Access and availability challenges
- **Case Study:** Community contraceptive outreach increasing uptake in underserved regions

Module 4: HIV/AIDS & STI Prevention

- Transmission and prevention methods
- Testing and treatment services
- Stigma reduction strategies
- Safe sexual practices
- **Case Study:** Successful HIV awareness campaign among youth populations

Module 5: Gender Equality & Sexual Rights

- Gender norms and power dynamics
- Sexual and reproductive rights framework
- Gender-based violence prevention
- Empowerment strategies
- **Case Study:** Gender equality intervention reducing GBV cases in communities

Module 6: Menstrual Health & Hygiene Management (MHM)

- Menstrual cycle education
- Hygiene and sanitation practices
- Breaking menstrual stigma
- Access to sanitary products
- **Case Study:** School MHM program improving attendance among girls

Module 7: Communication & Behavior Change Strategies

- Behavior Change Communication (BCC) models
- Counseling and interpersonal communication
- Community engagement techniques
- Use of media and digital platforms
- **Case Study:** Social media SRH campaign increasing youth awareness

Module 8: Policy, Advocacy & SRH Program Design

- SRH policy frameworks
- Program planning and implementation
- Monitoring and evaluation (M&E)
- Advocacy and stakeholder engagement
- **Case Study:** National SRH policy reform improving reproductive health access

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

Start Date	End Date	Location	Price
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