



The Foundation Programme in Sexual Health Promotion (FPSHP) 2009-2025 - and running!





What is the FPSHP?

Aim- to enhance participants' capacity to incorporate sexual health promotion into their work through developing their comfort levels, confidence, knowledge and skills in relation to sexual health.

Target audience- health, education, youth and community professionals seeking to integrate sexual health promotion into their core work



What is the FPSHP?

Content

- Day 1 Introduction to the FPSHP / Establishing the group
- Day 2 Sexual health promotion in the Irish context/ Sex, gender & sexual orientation
- Day 3 Sexual health- a life course approach/ Healthy relationships & sexual pleasure
- Day 4 Broader issues around sexual health promotion- values, self esteem & law
- Day 5 Sexual & reproductive health-fertility, contraception, STIs
- Day 6 Working safely around sexual health

Methodology

- Based on adult learning and experiential learning theory
- Stimulus activity, paired/small group/ individual reflection, group processing.



Sex and Relationships- How I Learned





Ground Rules for FPSHP Workshop

- Participate actively- (allowing for individual learning style)
- Allow space for all to be involved
- Listen respectfully
- Challenge respectfully using an 'I' statement

What I see/experience-(describe the situation)

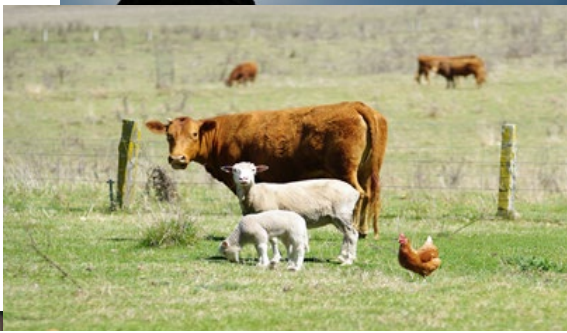
What I feel and why

What I want



Sex and Relationships – How I Learned

DALLAS



AMERICAN
PIE





Sex and Relationships – How I Learned

Think back on how you learned about sex

What are your earliest memories?

What feelings were associated with them?

What was your experience of...

- First period or wet dream?
- Finding out about sex?
- First attraction?
- Falling in love?

What was your sex education like? Where did it come from?

Were the messages silent or spoken?





Reflection – Think of one thing that you would like to take with you and one thing that you would like to leave behind in terms of the sexual health messages that you have received





The Story of the FPSHP



Foundation Programme in Sexual Health Promotion

Timeline of evolution from regional to national programme

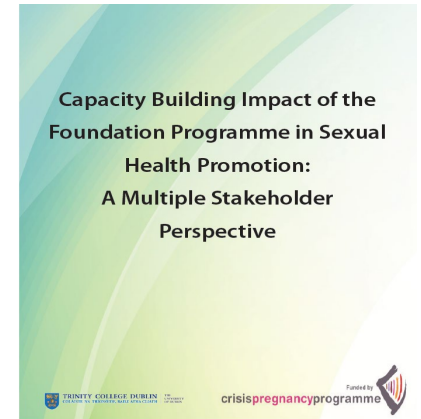
- 2007** **Observed need:** short topic focussed courses weren't enough to build capacity and confidence for professionals to incorporate sexual health promotion into their core work.
- 2008** **Feasibility study:** 702 questionnaires to staff and 59 questionnaires were sent to management across HSE departments and NGOs. Responses: 159 staff /19 managers
- 2008** **Development of the HSE South Sexual Health Promotion Training Policy:** based on *Recommended Quality Standards for Sexual Health Training 2007*-UK DoH 2007
- 2008-09** **Development of FPSHP programme and evaluation process**
- 2009** **1st programme delivery in SE and SW:** (3 x 10 day programmes over the 2009)



Foundation Programme in Sexual Health Promotion

Timeline of evolution from regional to national programme

- 2010** **1st internal academic evaluation:** *An Elucidation of the Informal Programme Theory Underpinning the Foundation Programme in Sexual Health Promotion*
(based on initial 2 deliveries of the programme in 2009)
- 2013** **1st external academic evaluation (TCD):** *Capacity Building Impact of the Foundation Programme in Sexual Health Promotion: A Multiple Stakeholder Perspective* (based on 12 deliveries of the programme 2009-2012)
- 2016** **2nd external academic evaluation (TCD) :** *The Development and Piloting of the Sexual Health Promotion Education Evaluation Tool (SH-PET)- 3 point evaluation tool (3 deliveries in Kerry, Waterford and Dublin)*





Foundation Programme in Sexual Health Promotion

Timeline of evolution from regional to national programme

- 2016** **Completion of FPSHP manual and appointment of a National Co-Ordinator** to enable the national roll-out (action under the National Sexual Health Strategy 2015-2020)
- 2019** **SHCPP evaluation of the FPSHP** as it rolled out nationally, *An Evaluation of the HSE's Foundation Programme in Sexual Health Promotion Training for Professionals 2016-2018*
- 2024** **Redeveloped FPSHP commenced delivery-** new 6 day version of the FPSHP programme rolled-out
- 2024** **Current situation-** approximately 13 programme deliveries p.a. across the country. Health Strategy





Foundation Programme in Sexual Health Promotion

Lessons learned

Development Process

Importance of

- identifying the need
- focussing on **capacity-building** rather than **training**
- building the case/ finding influential champions amongst decision-makers to move things along at various stages
- establishing a committed working group
- developing quality standards to guide all aspects of the programme development and implementation
- basing the format, content and methodology (theory-based) on national and international research and experienced practitioner knowledge and practice.
- developing an evaluation process as a part of the initial course development
- obtaining CPD accreditation for a number of key organisations.



Foundation Programme in Sexual Health Promotion

Lessons learned

Implementation process

Importance of:

- Developing of a detailed FPSHP manual -to enable the required level of programme fidelity in a national roll-out
- Appointing a national co-ordinator- to act as a hub of information and support to facilitators
- Building facilitator capacity- through a clear induction pathway/ ongoing peer-networking and CPD opportunities
- Using a structured participant recruitment process- this should be proportionate to programme duration & necessary commitment, including pre-course interviews
- Providing ongoing support to ex-participants- to enable them to incorporate sexual health promotion into their work



Foundation Programme in Sexual Health Promotion

Lessons learned

Overall learning:

- The lack of professionals' comfort and confidence is a bigger barrier to implementing sexual health promotion initiatives, than a lack of knowledge.
- Having a well researched, evidence-informed, rigorously evaluated, manualised programme allowed for sustained national roll-out.
- The national roll out of the FPSHP has generated a ecosystem in which many generic health promotion officers have been enabled to develop a sexual health promotion specialism. This has led to other sexual health promotion initiatives regionally.



Other sexual health promotion training delivered by the HSE

- **Working safely and effectively in sexual health promotion – Considerations for policy development-** 1 day training
- **Sexual Health Signposting Training for Professionals (IPA focused)-** 1 day training



Sexual health promotion training funded through the HSE Sexual Health Programme

- **Parent focussed:** IFPA - Speakeasy & Speakeasy Plus; NPC - Relationships and Sexuality Education (Primary & Post Primary)
- **Youth worker focussed:** Foroige - Real U ; NYCI - B4Udecide, Pornography/Consent:



For additional information on the FPSHP and other HSE sexual health information, training and resources go to:

sexualwellbeing.ie

