

Speakeasy Facilitators Training Programme

What is Speakeasy?

The **fpa** Speakeasy parents' course is a fun and relaxed course that helps parents and carers become more confident in talking to their children about sex, relationships and growing up. The parents learn together, building on what they already know, as well as gaining new information and ideas for how to talk to their children. The course is accredited at Levels 1 and 2 through the Open College Network but accreditation is optional for parents.

The Department for Children, Schools and Families points out that "Our children learn about sex and relationships from the very youngest age, even if we don't talk with them. Some of the things they learn are incorrect, confusing and frightening. In a world where sex is used to sell things from food to fast cars, and celebrities' lives become everyone's business, we should talk to our children to help them make sense of it all."

What is the Speakeasy Facilitators Training Programme?

The Cornwall Healthy Schools Team, working in partnership with Cornwall's Teenage Pregnancy Coordinator, is so sure of the impact of Speakeasy that we are providing courses that deliver **free, accredited training to anyone in a position to work directly with parents**. This training will enable participants to deliver Speakeasy in their local settings. The training is suitable for people who are enthusiastic in supporting parents in talking with their children about sex and relationships. This programme is accredited at Level 3 through the Open College Network.

Participants learn how to deliver the Speakeasy course locally to parents who are then able to speak with their children about all relevant elements of Sex and Relationships Education. They become confident with the subject and are able to discuss facts and issues with their children in a calm and well-informed way.

The training programme

The training is delivered over three days and days 1 and 2 are usually delivered on consecutive days. Participants then facilitate their first Speakeasy course with parents and come back for Day 3 to talk about their experience of delivering their first course and to check that they have assessed the parents' work appropriately.

It is preferable that two individuals per centre or organisation attend the training so that they can work together in delivering their first Speakeasy course.

By the end of the training, participants will have gained:

- an understanding of the importance of the parental role in helping to develop children's attitudes, values and knowledge around Sex and Relationships Education (SRE);
- an introduction to the meaning of sexual health, sexuality and the impact of personal values, attitudes and beliefs on the delivery of SRE;
- an introduction to the Speakeasy approach, including portfolio-based learning;
- an understanding of Speakeasy session outlines, learning objectives, group and individual activities;
- an understanding of the possible difficulties and obstacles in setting up an effective Speakeasy programme and how these might be overcome;
- an introduction to the principles and practice of Open College Network (OCN) accreditation and assessment.

Expectations of participants

There are only sixteen places on each course so it is important that participants are committed to all aspects of the course. Commitment to the course includes:

- attending all elements of the three-day training programme (extremely important); Days 1 and 2 provide the foundations for delivering the Speakeasy course. Day 3 allows participants to reflect on the courses they set up and delivered, in addition to becoming familiar with the OCN marking process. Throughout the three training days participants will be completing exercises and worksheets necessary to fulfil the accreditation requirements;
- completing a personal portfolio to gain OCN accreditation to Level 3 to be handed in on Day 3 of the training programme;
- setting up a Speakeasy course with a view to delivering it between Day 2 and Day 3. There will be at least a ten-week gap between Day 2 and Day 3 to allow for this;
- supporting parents through the Speakeasy course and encouraging them to complete the accreditation if interested. It is important that at least one parent commits to accreditation as this is part of the facilitators' Level 3 training criteria.

Time commitment for participants which may impact on the working day

These expectations require participants to make an essential time commitment. We hope that, with the support of the participant's workplace, the majority of the work can be completed within the job role. A breakdown of time commitments includes:

- three training days, split as above;

- recruitment of parents to the Speakeasy course;
- planning and preparation time during the Speakeasy parents' course, one to two hours per week;
- delivery of the Speakeasy parents' course, usually two hours per session for eight weeks, making a total of sixteen hours contact time with parents, excluding pre-course taster sessions;
- time to assess the parents' folders after the course has been completed, and time to prepare the folders for moderation.

If you would like to know more about Speakeasy and the Facilitators Training Programme, or if you are interested in discussing the possibility of having free training for your staff to enable them to deliver Speakeasy courses, please contact Mandy Lancaster 01209 313419 mandy.lancaster@ciospct.cornwall.nhs.uk

The training is free and participants will be given all training materials and resources needed to run their first course.