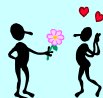


## "LETS TALK ABOUT SEX"



"Dumfries & Galloway's Local Sexual Health Week"

Monday 28<sup>th</sup> January to Sunday 3<sup>rd</sup> February 2008

## Free Multi Agency Sexual Health Awareness Day(s)

These days are aimed at those who are interested and would like to receive an introductory insight into and understanding of sexual health. The topic of sexual health is often perceived as controversial and contentious and can raise complex issues. It is often portrayed in a negative manner with the emphasis on underage pregnancies and high rates of sexually transmitted infections (STIs). It is an aspect of health that affects us all throughout our lives and requires to be viewed in a positive way thus enhancing our overall health and wellbeing.

These awareness days will cover the following topics: -

- Risk Taking Behaviour & Self Esteem
- Confidentiality & Legal Issues
- Contraception & Condoms
- LGBT Issues
- STI's



These are awareness days and anyone who has attended a C4U training day will have covered the above topics.

Sexual Health Awareness Day  
on Tuesday 29<sup>th</sup> January 2008  
Woodland House Hotel  
DUMFRIES  
09:15 to 16:00



Sexual Health Awareness Day  
on Thursday 31<sup>st</sup> January 2008  
North West Castle Hotel  
STRANRAER  
09:15 to 16:00

Lunch will be provided on both days and anyone interested in attending should complete the tear off slip and return it to: -

**Adele Hannah, C4U Co-ordinator**, Dept of Family Planning & Sexual Health  
NHS Dumfries & Galloway, Nithbank, Dumfries DG1 2SD or email: [adele.hannah@nhs.net](mailto:adele.hannah@nhs.net)  
**NO LATER THAN Friday 18<sup>th</sup> January 2008**



Name: ..... Designation: .....

Organisation & Address: .....

Office Tel: ..... Mobile: .....

Any special dietary requirements? (please give details) .....

Please tick ☒ the awareness day you would like to attend

☐ Tuesday 29.01.08 at DUMFRIES



☐ Thursday 31.01.08 at STRANRAER