**Pieces of training offered by the National Health Programme in the National Youth Council of Ireland**

MindOut

Mindout: Promoting Social and Emotional Wellbeing: A Programme for Young People in Youth Work Settings

This 2-day interactive training is based on the evidence-based MindOut resource developed in 2004 and recently revised by NUI Galway and the HSE Health and Wellbeing Division with support from NYCI. The resource was developed to support the social, emotional, and mental well-being of young people.

Social and emotional well-being has been shown to contribute to young people’s academic outcomes, social development, capacity to contribute to the community, and their ability to secure employment in adulthood. Social and emotional well-being is a protective factor against a range of health problems. There is an extensive amount of international evidence demonstrating that social and emotional wellbeing programmes can produce long-term benefits to the health and wellbeing of young people and provide the skills base for the prevention of a wider range of problem behaviours such as substance misuse, emotional distress, disruptive behaviour and risky health and sexual behaviours.

The programme focuses on developing the 5 core competencies for social and emotional learning: self-awareness, self-management, social awareness, relationship management and responsible decision-making. All participants will receive a copy of the MindOut 2.0 resource pack.

For more information, visit- [www.youth.ie/training/mindout](https://eur03.safelinks.protection.outlook.com/?url=http%3A%2F%2Fwww.youth.ie%2Ftraining%2Fmindout&data=05%7C01%7CKevinOD%40nyci.ie%7C6d3fe6143d664c2b584908daee6b5aa7%7C866d05286cf14cb4bd91e89aca1b0bf0%7C0%7C0%7C638084442110017192%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C3000%7C%7C%7C&sdata=EDs9i3ZWwmiEKEr5a5sjuRgk%2BaxtYHsBYdgQugpD710%3D&reserved=0)

Understanding Young People & Pornography

This interactive one-day training aims to support practitioners’ understanding and knowledge of the topic of pornography and its implications for young people. Current research, legislation, the impact of media and good practice guidelines for organisations are some of the issues discussed on the day. This course supports the objectives of the National Sexual Health Strategy 2015- 2020, with particular reference to Goal 1: Sexual Health promotion, education, and prevention where everyone living in Ireland will receive comprehensive and age-appropriate sexual health education and/or information and will have access to appropriate prevention and promotion services.

For more information, visit- [https://www.youth.ie/training/understanding-young-people-and-pornography/](https://eur03.safelinks.protection.outlook.com/?url=https%3A%2F%2Fwww.youth.ie%2Ftraining%2Funderstanding-young-people-and-pornography%2F&data=05%7C01%7CKevinOD%40nyci.ie%7C6d3fe6143d664c2b584908daee6b5aa7%7C866d05286cf14cb4bd91e89aca1b0bf0%7C0%7C0%7C638084442110017192%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C3000%7C%7C%7C&sdata=FmzLTv0W7AoI5M8aB8SauPB8ftOES1uceUc20%2BdTb7Q%3D&reserved=0)

Let’s Talk About Consent

This interactive one-day training aims to support youth workers to feel confident and competent to address the concept of consent with young people in their organisations. Youth workers are uniquely placed to understand the complexities that young people are facing in relation to consent and how they are trying to deal with this concept.

A rapid needs assessment was conducted by the National Youth Health Programme (NYHP) in 2019 with youth workers entitled ‘Young People, Youth Workers and Consent’. The results of this rapid appraisal informed this consent training programme.

This training supports the objectives of the National Sexual Health Strategy 2015- 2020; with particular reference to Goal 1: Sexual Health promotion, education and prevention where “everyone living in Ireland will receive comprehensive and age-appropriate sexual health education and/or information and will have access to appropriate prevention and promotion services.

For more information, visit- [https://www.youth.ie/training/lets-talk-about-consent/](https://eur03.safelinks.protection.outlook.com/?url=https%3A%2F%2Fwww.youth.ie%2Ftraining%2Flets-talk-about-consent%2F&data=05%7C01%7CKevinOD%40nyci.ie%7C6d3fe6143d664c2b584908daee6b5aa7%7C866d05286cf14cb4bd91e89aca1b0bf0%7C0%7C0%7C638084442110017192%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C3000%7C%7C%7C&sdata=7h%2BRgdT6621AbrHDBh%2BfUGF2i8fVzaG1f%2BdbiTsp22Y%3D&reserved=0)

B4U Decide

This is a two-day course offered in conjunction with the HSE’s Sexual Health and Crisis Pregnancy Programmes B4uDecide campaign.

This training and accompanying resource will explore the concept of delaying early sex among young people by supporting the development of sexual health competencies. Through the B4u Decide, young people are supported to delay their first sexual experience until they feel confident, comfortable and ready. The B4u Decide accepts that some young people will become sexually active at an early age, so the B4u Decide ensures that young people will receive:

**Education about sexuality | Education on contraception | Education on the importance of healthy relationships**

This course supports the objectives of the National Sexual Health Strategy 2015- 2020, with particular reference to Goal 1: Sexual Health promotion, education and prevention where “everyone living in Ireland will receive comprehensive and age-appropriate sexual health education and/or information and will have access to appropriate prevention and promotion services.”

For more information, visit- [https://www.youth.ie/training/b4u-decide/](https://eur03.safelinks.protection.outlook.com/?url=https%3A%2F%2Fwww.youth.ie%2Ftraining%2Fb4u-decide%2F&data=05%7C01%7CKevinOD%40nyci.ie%7C6d3fe6143d664c2b584908daee6b5aa7%7C866d05286cf14cb4bd91e89aca1b0bf0%7C0%7C0%7C638084442110017192%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C3000%7C%7C%7C&sdata=gKdtU57rZHNRRS%2Fg9qqal3FYPcuyt2MHR%2FVcO2KD8dc%3D&reserved=0)