

Taking your learning further

The **Speakeasy** course is accredited. This means you can gain an award which could help you to go into further training or employment.

There's no exam and all the work you do on the course will count towards your award. There may also be the opportunity to train as a peer educator.

You're welcome on the course whether you go for accreditation or not.

"It was good to get the award. It made me feel I'd done well. Since the Speakeasy course I've gone on to take the facilitator training at Level 3 and am now involved in delivering Speakeasy to others"

Mum of two teenage children



The **Speakeasy** course has been researched and developed by **fpa** (Family Planning Association)

fpa is the UK's leading sexual health charity whose purpose is to enable people in the UK to make informed choices about sex and to enjoy sexual health. They work to ensure that anyone can get the high quality information and services they need.

For more information on the work of **fpa** visit www.fpa.org.uk

Find out more

This free course is being delivered by

COMMUNITY LEARNING AND DEVELOPMENT

• EDINBURGH •
THE CITY OF EDINBURGH COUNCIL

CHILDREN & FAMILIES DEPARTMENT

Come to a taster session to see what Speakeasy is like!

Jan 25th 7.00pm 9.00pm

Craigmount Community Wing
(Craigmount High School)

The next Speakeasy course in your area will run on:

1st February 7.00 – 9.00pm
8th February 7.00 – 9.00pm

15th February
MID TERM BREAK

22nd February 7.00 – 9.00pm
1st March 7.00 – 9.00pm
8th March 7.00 – 9.00pm
15th March 7.00 – 9.00pm
22nd March 7.00 – 9.00pm
29th March 7.00 – 9.00pm

All sessions will be at
Craigmount Community Wing
(Craigmount High School)

To book onto the course or for an informal chat with someone about the course please contact:

Isla Anderson
Community Learning &
Development Worker
Tel: 0131 339 8278



Supporting Edinburgh's Parents & Carers

COMMUNITY LEARNING AND DEVELOPMENT

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Speakeasy

FREE COURSE

Helping you talk to your children about sex, relationships and growing up

Speakeasy is for mums, dads and carers of children of all ages



Developed by



Supported by



Speakeasy

- Do you feel comfortable and relaxed talking to your children about growing up?
- Want to be more prepared for the kind of questions your children may ask?
- Are you sure of all your facts?
- Could you use some support?

Speakeasy is a fun and relaxed course that will help you build on what you already know about sex and relationships. It offers you the opportunity to learn together using your own experiences. Courses are delivered by skilled trainers in small and friendly groups

- Everyone is welcome to join in – mum, dad or anyone who is caring for a child
- Everyone gets involved – talking, listening and sharing ideas and information
- The sessions are fun and varied to give you the opportunity to learn in many different ways
- Groups usually meet once a week, for eight weeks
- Courses can be adapted to suit the needs of different groups – including those whose first language is not English

Why is it important to talk to children about sex and relationships?

Lots of people think that sex and relationships education encourages young people to experiment with sex, but research has shown that it has quite the opposite effect. Good sex and relationships education can:

- Raise the age young people first try out sexual activity
- Cut the rate of teenage pregnancies and abortion
- Lower the rate of sexually transmitted infections

Speakeasy can help you to:

- Feel more confident talking about sex, relationships and growing up
- Understand the way children pick up all sorts of messages about sex from the media, their friends and the world around them
- Brush up on what you already know about the body changes children go through
- Learn more information about the different methods of contraception
- Support your children to stay safe

