

HEALTHY LIVES FOR YOUNG PEOPLE

Brook provide **free** professional training across Brent, Ealing and Harrow.

Our professional training sessions:

- Directly address young people's needs around relationships and sex
- Deepen knowledge on key subjects
- Provide guidance on how to challenge discrimination around sexuality, race and disability
- Help you to explore your own values, beliefs and religious, moral and ethical dilemmas

Further information can be found on our website about the trainings below:

- Traffic Light Tool training – 3 hours
- Pornography, Sex, Pressure and social media - 3 hours
- CSE Boys and Young Men - 3 hours

To book a session email: onwl@brook.org.uk

For more information about Brook, visit our website: www.brook.org.uk

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HEALTHY LIVES FOR YOUNG PEOPLE

Brook are offering relationship and sex education sessions to young people across Brent, Ealing and Harrow.

We are commissioned by Brent, Ealing and Harrow Council. **Please email onwl@brook.org.uk to book**

Limited sessions available.

Topics for delivery:

- Consent and the law
 - Healthy Relationships
 - Online Safety
 - Self-Esteem
 - STI awareness
 - Sexuality and Gender
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