



TRAINING COURSE FACT SHEET

PROMOTING SEXUAL HEALTH IN MILITARY POPULATIONS

Objective: Prepare leaders, health professionals, clergy and volunteers to plan and execute effective community strategies to reduce sexual risk behavior within military communities.

Course Overview: 4-hour course. Students learn:

- the impact of sexually transmitted infections, including HIV, and unplanned pregnancies on military populations
- indicators of sexual health behavior in populations and indicators of supportive policies and practices in communities
- key components of a sexual health promotion campaign
- forging community partnerships
- sources of sexual health education materials
- sources of sexual health training
- key components of a targeted condom access strategy
- teaching groups and individuals about correct and consistent condom use

Target Audience: Military leaders, health promoters, preventive medicine and public health professionals, chaplains, school nurses, clinicians, Independent Duty Corpsmen, family counselors, peer educators.

Prerequisites: none.

Continuing Education Credit: For Certified Health Education Specialists (CHES), this course is approved for 4 Category 1 CEUs (NMCPHC CHES Provider ID#: 99136).

Requests for Training: Requests by your Command to host an iteration of this course may be coordinated with the NMCPHC-HP-SHARP at:
usn.hampton-roads.navmcpubhlthcenpors.list.nmcphec-sharp@mail.mil

Materials/funding to be provided by host command:

Classroom to comfortably accommodate maximum of 40 students. Desktop/tabletop space for each student is desirable. Moveable tables and chairs (vs. auditorium seating) are preferred.

Equipment and Supplies: Computer with DVD drive; external speakers required; projection equipment and screen, newsprint tablet with easel or whiteboard.

Sex is hard to talk about.

Because sex is a very personal topic and is often emotionally-charged and value-laden, many people – even health professionals – find it a difficult subject to discuss. The Institutes of Medicine have referred to the epidemic of sexually transmitted infections (STI) in America as “*the silent epidemic*”, because of the secrecy and shame often associated with these infections.

But – silence is not an effective public health strategy.

The ability to discuss sexual health – confidently and comfortably - is a skill that can be acquired, and is an essential skill for anyone concerned about or tasked with reducing the burden of STIs and unplanned pregnancies.

