Gender and Sexual Health Training Course

Professional Development Training Course Outline

Category	Gender Studies	**Duration**	5 Days
Base Fee	$1,500 USD	**Delivery Mode**	Online / On-site Hybrid

Course Introduction

Gender and sexual health are critical components of holistic well-being and societal development. This training course explores the intersection of gender dynamics, sexual rights, reproductive health, and equitable access to health services. Participants will engage in evidence-based learning, interactive discussions, and case studies, equipping them with practical strategies to promote gender-sensitive sexual health interventions. The course emphasizes inclusivity, empowerment, and the dismantling of harmful stereotypes, addressing challenges such as sexual violence, gender-based discrimination, and limited access to reproductive resources.

Gender and Sexual Health Training Course is designed to enhance the capacity of professionals, policymakers, educators, and advocates to implement effective sexual health programs and policies. Using participatory methodologies, learners will critically analyze the social, cultural, and legal determinants of sexual health. They will also develop actionable solutions to promote gender equity and sexual rights in diverse settings, ensuring a sustainable impact on community health outcomes.

Programme Curriculum

Gender and Sexual Health Training Course

Introduction

Gender and sexual health are critical components of holistic well-being and societal development. This training course explores the intersection of gender dynamics, sexual rights, reproductive health, and equitable access to health services. Participants will engage in evidence-based learning, interactive discussions, and case studies, equipping them with practical strategies to promote gender-sensitive sexual health interventions. The course emphasizes inclusivity, empowerment, and the dismantling of harmful stereotypes, addressing challenges such as sexual violence, gender-based discrimination, and limited access to reproductive resources.

Gender and Sexual Health Training Course is designed to enhance the capacity of professionals, policymakers, educators, and advocates to implement effective sexual health programs and policies. Using participatory methodologies, learners will critically analyze the social, cultural, and legal determinants of sexual health. They will also develop actionable solutions to promote gender equity and sexual rights in diverse settings, ensuring a sustainable impact on community health outcomes.

Course Duration

5 days

Course Objectives

1. Understand the principles of gender equity and sexual health.
2. Analyze the impact of social and cultural norms on sexual behavior.
3. Promote sexual and reproductive rights for all genders.
4. Identify and prevent gender-based violence and sexual harassment.
5. Develop gender-sensitive sexual health education programs.
6. Enhance communication skills for discussing sexual health issues.
7. Examine legal frameworks supporting sexual and reproductive rights.
8. Integrate gender perspectives into public health interventions.
9. Use data to assess sexual health disparities and trends.
10. Advocate for policy changes promoting sexual health equity.
11. Apply participatory methods in community sexual health projects.
12. Address mental health and psychosocial aspects of sexual well-being.
13. Evaluate and improve sexual health programs for sustainability.

Target Audience

1. Health educators and practitioners
2. Gender and social development officers
3. Policy makers and legislators
4. Community leaders and advocates
5. Teachers and school counselors
6. NGOs and CSO program managers
7. Youth and peer educators
8. Researchers in public health and gender studies

Course Modules

Module 1: Foundations of Gender and Sexual Health

- Concepts of gender, sexuality, and sexual health
- Gender equality frameworks
- Intersectionality in sexual health
- Case study: Gender-sensitive health interventions in rural Uganda
- Best practices for inclusive program design

Module 2: Sexual and Reproductive Rights

- Global and local sexual rights frameworks
- Reproductive autonomy and consent
- Access to sexual health services

- Case study: Youth sexual rights advocacy in Kenya
- Strategies for promoting rights-based education

Module 3: Gender-Based Violence and Prevention

- Types and prevalence of sexual violence
- Legal protections and reporting mechanisms
- Risk reduction strategies
- Case study: GBV prevention programs in schools
- Trauma-informed care approaches

Module 4: Sexual Health Education and Communication

- Designing comprehensive sexual education
- Effective communication with diverse populations
- Addressing stigma and misconceptions
- Case study: Peer-led sexual health campaigns
- Interactive methods for engaging youth

Module 5: Reproductive Health and Family Planning

- Contraceptive options and counseling
- Maternal health and safe pregnancy
- Cultural influences on family planning
- Case study: Rural reproductive health interventions
- Monitoring and evaluating FP programs

Module 6: HIV/AIDS, STIs, and Prevention

- Epidemiology and risk factors
- Prevention and treatment strategies
- Integrating gender perspectives in interventions
- Case study: Community STI prevention in urban slums
- Promoting awareness and testing initiatives

Module 7: Mental Health and Sexual Well-Being

- Psychological impact of sexual health issues
- Gender-specific mental health challenges
- Coping strategies and support systems
- Case study: Counseling programs for survivors of sexual violence
- Integrating psychosocial support into health services

Module 8: Policy, Advocacy, and Program Management

- Sexual health policy analysis
- Advocacy techniques for gender equity
- Program design, monitoring, and evaluation
- Case study: Influencing national sexual health policies
- Scaling up sustainable community programs

Training Methodology

This course employs a participatory and hands-on approach to ensure practical learning, including:

- Interactive lectures and presentations.
- Group discussions and brainstorming sessions.
- Hands-on exercises using real-world datasets.
- Role-playing and scenario-based simulations.
- Analysis of case studies to bridge theory and practice.
- Peer-to-peer learning and networking.
- Expert-led Q&A sessions.
- Continuous feedback and personalized guidance.

Register as a group from 3 participants for a Discount

Send us an email: info@fineskilltrainingcenter.org or call *+254769199797*

Certification

Upon successful completion of this training, participants will be issued with a globally- recognized certificate.

Tailor-Made Course

We also offer tailor-made courses based on your needs.

Key Notes

a. The participant must be conversant with English.

b. Upon completion of training the participant will be issued with an Authorized Training Certificate

c. Course duration is flexible and the contents can be modified to fit any number of days.

d. The course fee includes facilitation training materials, 2 coffee breaks, buffet lunch and A Certificate upon successful completion of Training.

e. One-year post-training support Consultation and Coaching provided after the course.

f. Payment should be done at least a week before commence of the training, to Fineskill Training Center account, as indicated in the invoice so as to enable us prepare better for you.

Upcoming Scheduled Sessions

Start Date	End Date	Location	Price
23 Nov 2026	27 Nov 2026	Online	$1,000
23 Nov 2026	27 Nov 2026	Physical	$1,500
23 Nov 2026	27 Nov 2026	Physical	$3,000
23 Nov 2026	27 Nov 2026	Physical	$3,000

Start Date	End Date	Location	Price
23 Nov 2026	27 Nov 2026	Physical	$6,000
23 Nov 2026	27 Nov 2026	Physical	$4,500
23 Nov 2026	27 Nov 2026	Physical	$6,000
23 Nov 2026	27 Nov 2026	Physical	$6,000

Ready to enroll or request a customized program? Book online or contact us:

Register Online Now

Email: info@fineskilltrainingcenter.com | Website: www.fineskilltrainingcenter.com