

INSIDE THIS ISSUE:



Calendar of
Events for
SHW 2



Training
Events and
Youth
Forum 3



Community
Grants
Winners and
Bellys Up!
Project 4



SHW Young
Artist 4



Resources
and contact
information 5

If you have any further queries or comments about Sexual Health Week contact your area representative listed on page 5.



The first week of September 2006 is Sexual Health Week (SHW) and this year we are asking the question "how you doin'?" to encourage young people to reflect on and improve their sexual health. This newsletter provides some useful information for staff working within health services, non-government, local council and other community organisations about SHW.

Building on the success of the 2005 campaign in Northern Sydney, SHW has expanded to cover the Sydney metropolitan area with new partners including Sydney South West Area Health Service, South Eastern Sydney Illawarra Area Health Service, Sydney West Area Health Service, Family Planning NSW and Youth Accommodation Association NSW. Reachout! has also joined us in providing an on-line sexual health forum for young people during the week.

SHW aims to raise awareness about the importance of sexual health with a focus on healthy sexual relationships for young people. Events are scheduled throughout the week which explore issues related to sexual health including trivia nights, information stalls, forums and training for general practitioners and youth workers. Many of our SHW Community Grants winners will also be running innovative community events and projects during the week and following months.

I hope you enjoy this newsletter. If you require any further information about SHW please contact your area representative listed on the back page of this newsletter.

Rob Hardy
Chairperson, SHW Advisory Committee

Calendar of Events for Sexual Health Week

Monday 4 September		Sexual Health Trivia The Alfred Hotel Camperdown 7pm	Sexual Health Trivia The Mean Fiddler Hotel Rouse Hill 7.30pm
Tuesday 5 September	Sexual Health Trivia Crows Nest Hotel 7pm	Sexual Health Trivia Northies Cronulla 7.30pm	Reach Out! On-line forum for Young people 3pm—5pm www.reachout.com.au (see article for details)
Wednesday 6 September	GP Training RPAH, Camperdown 6-9 pm (See Article for details)	Sexual Health Trivia The Blue Gum Hotel, Waitara 8pm	Sexual Health Trivia • Greengate Hotel, Killara 7.30pm • The Pioneer Tavern, Penrith 7pm • North Wollongong Hotel 7.30pm
Thursday 7 September	Sexual Health Trivia The Charing Cross Hotel Waverley 7.30pm	Youth Worker Training Twenty10, Newtown (See article for details)	Leichhardt community Youth Association Barnardos Youth Film Project Streetwork Program Indigenous Jewellery Project Ph: 9810 1122 Ph: 9784 6400
Friday 8 September	Lane Cove Council Synergy Band Night 7- 10.30pm \$5 entry	Synergy youth Centre 1 Little St, Lane Cove (under pool grandstand) Drug & alcohol free event	More info: Ph: 9911 3600 E: youth@lanecove.nsw.gov.au W: www.lanecoveyouth.com.au
Saturday 9 September	Sexual Health stall at Willoughby StreetFair 10am—4pm Chatswood Mall and Victoria Avenue, Chatswood (Find us in the youth zone)		

Trivia Nights

Sexual Health Week (SHW) is working in partnership with two trivia companies and over 12 venues to deliver trivia nights across Sydney. By incorporating a number of sexual health questions into existing trivia nights we hope to get the word out about SHW and increase awareness about sexual health. Sexual health resources will also be distributed on the night. SHW would like to thank Comedy Trivia, Fun & Money and all the venues for their support. Please refer to the calendar above for details.

GP & Health Care Worker Seminars

It is estimated that one in ten sexually active young people in Australia has a sexually transmitted infection. General practitioners are key providers of sexual and reproductive health care for young people in NSW.

The Sexual Health Service of SSWAHS (EZ) has partnered with the Central Sydney Division of General Practice to deliver accredited education to GPs on working with young people. Titled 'Addressing the sexual and reproductive health needs of young clients', this seminar aims to up-skill

GPs, enabling them to initiate discussion of sexual and reproductive health with their young clients as well as appropriately responding to questions and need for follow-up and referral. The seminar will be held:

6th September 2006, 6–9pm at the Royal Prince Alfred Hospital, Camperdown.

A similar forum will be delivered for SSWAHS nursing and allied health staff on 28 September 2006. Contact Miranda Shaw on 9515 5298 for further information.

Youth Worker Training—"Improving the sexual health of at risk and homeless young people" Thursday 7th September 2006

The Health Outreach Team (HOT) at Youth Accommodation Association (YAA) provides training to youth workers on working with at risk and homeless young people and sexual health. At risk and homeless young people are unlikely to seek adequate health care especially around sexual health needs and drug issues, and yet are more likely to be at risk of contracting STI's, Blood-Borne-Viruses (BBVs) and unwanted pregnancy than other young people. STIs and BBVs can cause long-term damage and even death if left untreated, yet most are easily preventable.

HOT believes that youth workers and workers in youth accommodation services and drop-in centres are ideally placed to provide sexual health education and information to young people who are homeless or at risk of homelessness. They are continually in contact with young people and have an opportunity to develop supportive and ongoing relationships.

HOT Training is based on harm minimisation principles which recognise that some young people engage in risky behaviour and that providing education, information and support to young people will increase their capacity to make informed choices about their behaviour. Harm minimisation programs accept that abstinence or 'zero tolerance' are not realistic options for some people. Therefore ensuring the health and safety of people is the best outcome in many situations. The training will be delivered in conjunction with Sydney South West Sexual Health Promotion and Twenty10 GLBT youth services.

The HOT training will provide youth workers and services with information, skills and tools to use with young people in order to improve their sexual health.

For more information call (02) 9698 5833 ext 32 or althea@yaa.com.au

Reach Out! On Line forum for Young People

Family Planning NSW will be co-facilitating an on-line forum for young people on Tuesday 4th of September from 3pm-5pm. The forum is being conducted in partnership with Reach out! through their website to any young people who wish to join the Reach out! Community (ROC)

During this forum young people will chat about what sexual health means to them, discuss issues and ask general sexual and reproductive health questions.

Questions will be answered by the FPA Healthline manager and a Family Planning NSW Health Promotion Officer.

To join the discussion simply log onto the Reachout! website: www.reachout.com.au click on JOIN to sign on as a member, and then click onto the speech bubble to join the HEALTH forum.

Community Grants

The SHW Community Grants Scheme provides community organisations, local councils and community groups with grants of up to \$1,000. The scheme encourages organisations working with young people to develop their own sexual health promotion strategies and activities that meet the needs of their community, taking into consideration the differing social, cultural and value sensitivities. Sixteen grants were approved this year totalling over \$14,000. Congratulations to the following organisations-

- | | |
|---|---|
| 1 Cultural Society Bosnia Herzegovina of NSW Inc | 9 Leichhardt Community Youth Association |
| 2 Lane Cove Council | 10 Twenty10 GLBT Youth Support, Newtown |
| 3 Manly Youth Council & Manly Warringah Women's Resource Centre | 11 Young Peoples Refuge, Leichardt |
| 4 Pittwater Council | 12 Barnardos Streetwork Program, Marrickville |
| 5 GLYSSN (Gay & Lesbian Youth Social Support Network) | 13 Blacktown Migrant Resource Centre |
| 6 Midnight Basketball Australia | 14 Nepean Interyouth and The Junction |
| 7 Camden Council Library Service | 15 North St Mary's Neighbourhood Centre |
| 8 Canterbury City Council | 16 The Australian Arabic Palestinian Support |

The applications demonstrated a wide range of innovative and creative community grass roots projects, many of which targeted marginalised and at risk young people. Here we feature one of the projects-

BELLYS UP! PROJECT. Nepean Interyouth will be working with their homeless and at risk young people to raise awareness about factors that are harmful in sexual relationships. Over the course of a week the young people will learn about, and discuss what constitutes a healthy or unhealthy sexual relationship. They will then team up with the young mothers program to plaster cast, design and paint the bellies of the young mums to be, to express the factors they feel are harmful in their sexual relationships (in other words what makes their relationships go BELLY UP!) The bellies will form the artwork for an exhibition at Nepean Interyouth. For more information contact: Kate Cvetanovski (02) 4722 3811.

Artwork for Sexual Health Week



Sexual Health Week commissioned a young artist, Joanna Redestowicz, to develop an image (left) for the SHW campaign. Joanna is a 23 year old young woman with an incredible gift of creativity. She possesses a diverse talent for the arts, with the ability to effectively communicate through various art mediums. After battling a number of personal demons, she has found her way to study her passion - art. She completed a course at Creative Youth Initiatives Course in Surry Hills and this was a good way for her to get back into her love for it. Joanna is currently studying a Bachelor of Fine Arts at the

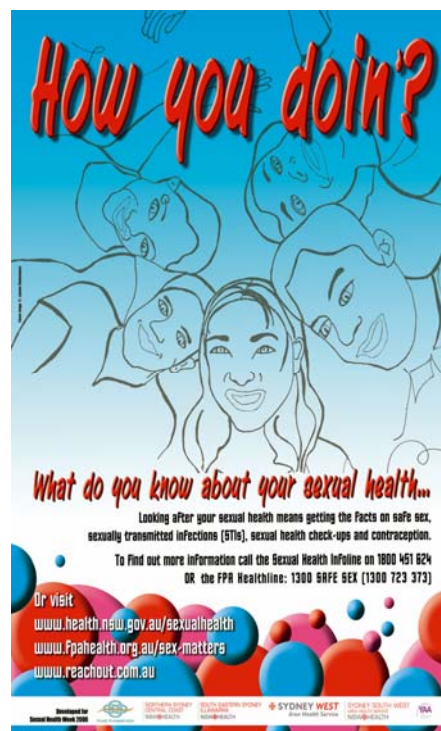
College of Fine Arts in Paddington. She also utilises her warmth, talent and skills to co-facilitate workshops for young people to explore their issues through mediums of art. She has won a number of local art competitions and has a promising career ahead of her. Joanna created this picture to help with the promotion of Sexual Health Week. It represents young people getting together to relate with each other openly and honestly about their sexual health issues. She initially sketched the picture by hand, and then scanned the image to work further on the detail.

Resource Development

The slogan for Sexual Health Week was chosen following focus testing with young people 16 to 24 years. "How you doin'?" was a popular choice because it reflected current youth culture and language. The resources also include the tagline "What do you know about your sexual health...." to engage young people and ask them to reflect on their own sexual health.

Joanna's artwork was used by the graphic designer as the main image in the development of SHW resources including a poster (right) and safe pack. The safe packs include a resource card, condom and lubricant sachet. The safe pack resource card includes a checklist (below) for young people to assess themselves against five key areas of sexual health. If a young person cannot answer yes to all of the checklist, further information can be found using the contacts and websites listed.

The resources will be launched during SHW and will continue to be available over the coming months. Please contact your area representative (below) for a resource order form.



CAN YOU ANSWER YES TO THE FOLLOWING:

- I've got the Facts about safe sex, sexually transmitted infections (STIs) and contraception.
- I can use a condom correctly with water based lubricant.
- I know why it's important to have regular sexual health check-ups.
- I make my own choices about sex and can't be pressured into it.
- I am able to talk about sexual health with friends or partners.

For more information contact:
Sexual Health Infoline: 1800 451 624
FPR Healthline: 1300 SAFE SEX (1300 723 373)
Or visit:
www.health.nsw.gov.au/sexualhealth
www.fpahealth.org.au/sex-matters
www.reachout.com.au

To obtain a resource order form or for information about any other aspect of Sexual Health Week 2006, please contact the representative from your area listed below.

<p>Rob Hardy Northern Sydney Central Coast Area Health Service Ph: (02) 9858 7840 Fax: (02) 9858 7987 Email: rhardy@nscchhs.health.nsw.gov.au</p>	<p>Carolyn Murray South Eastern Sydney Illawarra Area Health Service Ph: (02) 9382 8136 Fax: (02) 9382 8143 Email: Carolyn.Murray@sesiahs.health.nsw.gov.au</p>
<p>Miranda Shaw Sydney South West Area Health Service Ph: 9515 5298 Fax: 02 9557 3899 Email: miranda.shaw@email.cs.nsw.gov.au</p>	<p>Jane Chivers Sydney West Area Health Service Ph: (02) 4734 3861 Fax: (02) 4734 3865 Email: chiverj@wahs.nsw.gov.au</p>