

Relationships and sexual health education

Respect. Health. Life.


12 PRINCIPLES of BEST PRACTICE

Relationships and sexual health education should:

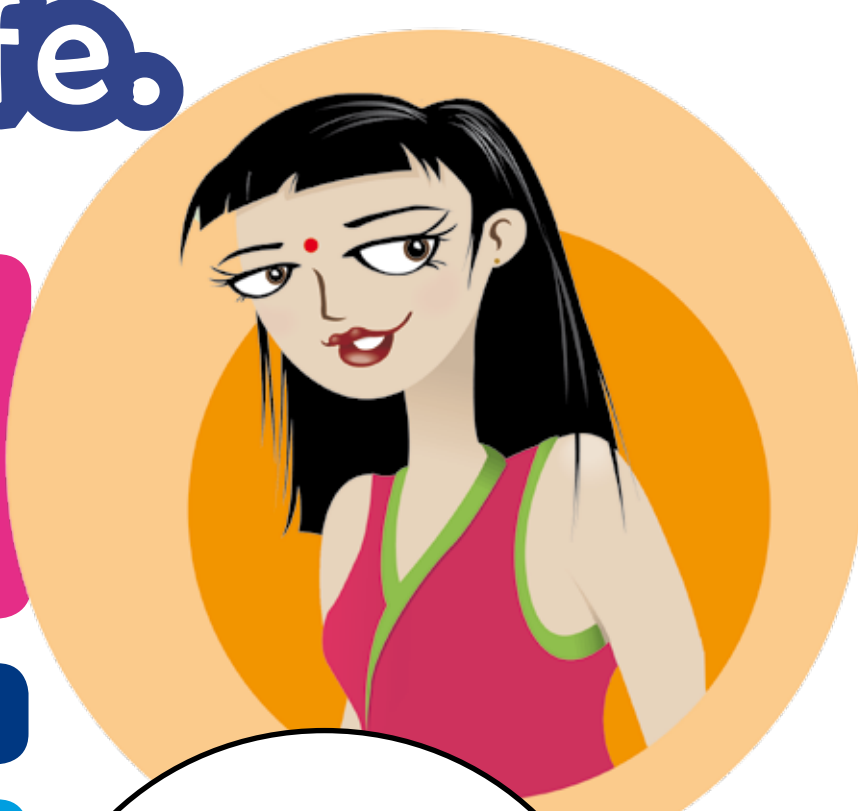
- * include the development of lifelong skills, clarification of values and acquisition of knowledge to empower students to make informed, safe and healthy decisions
- * offer a positive and open view of relationships and sexuality in the context of respect, intimacy, readiness and love
- * be respectful of diversity, including different cultures, religion, sexuality and family values
- * recognise and respect the importance of family as a source of sexual health information, education and values
- * encourage young people to delay sexual activity and recognise and respect the right of young people not to be sexually active
- * use an approach that is supportive, non-judgmental and works towards reducing potential risks when developing sexual relationships
- * be delivered early before young people go through puberty and develop sexual relationships
- * be appropriate and relevant to the development and maturity of young people
- * be delivered within a safe, supportive environment
- * be delivered by the classroom/health teacher
- * be of sufficient duration and intensity to produce change
- * be sensitive and responsive to the issues for those young people who may have had unwanted and abusive sexual experiences

Supporting school communities


For more information go to www.shinesa.org.au



I feel more confident to be myself.



Learning about relationships and sexual health will help me now and later in life.



I now understand what's important in a healthy relationship.




I've learnt a lot about respecting myself and others.

And it's good that we can talk about it.



It's great! I know more about my body, keeping myself safe and where to go for help.



I believe it's important to discuss sexual health issues with my parents.



Shine SA
Sexual Health Information
networking & education