

10 PRINCIPLES OF BEST PRACTICE

The purpose of Relationships and Sexual Health Education is to empower young people to make informed, safe, responsible, and healthy decisions through the acquisition of knowledge, the development of lifelong skills, and the exploration of values.

Relationships and sexual health education should:

- 1 Offer a positive and open view** of relationships and sexuality in the context of respect, identity, growth and change
- Be **respectful of diversity and inclusive** of different cultures, religions, values, sexualities, abilities and identities
- 3 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 rights of young people** to not be sexually active
- Use an approach that is **supportive and non-judgmental** with the aim to reduce risks in sexual relationships
- Be delivered in all education settings in a **developmentally and contextually appropriate** way starting before young people go through puberty
- Be delivered within a safe, supportive environment through a **whole-school approach**
- Be delivered by an educator who is trained in the SHINE SA curriculum and has **strong relationships** with the young people they are teaching
- Be **comprehensive and of sufficient duration**, breadth and depth to meet the learning needs of all students
- Be **sensitive and responsive** to young people who may have had unwanted or abusive experiences