

SHine SA

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PEAs SHine at SA UNITE convention

Attending a convention at the Hyatt Regency you might expect to walk into a room full of suits selling their own importance, practicing the art of networking with mobiles at the ready. And you would probably expect any convention held in Adelaide's five star hotel to be run by a PR company, events management team or high-profile corporation. Right?

Well this was not the case on Harmony Day, 21 March 2001. The Hyatt was host to one hundred and ninety year 10, 11 and 12 students representing 36 country and city high schools. They were there to participate in first UNITE Youth Convention. Run by a group of trained young people, the Convention explored issues they determined were important to their peers, which focussed on reducing violence based on culture, race, religion, language, gender, sexuality and social class.

The student organisers were Peer Education Ambassadors, or PEAs as they became affectionately known, who stood as young people embracing diversity for community harmony: 'Different PEAs...Same Pod' was their catch-cry.

The Convention was officially opened by Aunty Josie Agius, elder from the Kaurna people. Guest speaker, Rachel Sporn (Olympic Basketballer) spoke about giving young people the opportunity to assume leadership roles.

During the Convention participants were treated to some great entertainment from a theatre group from Dale Street Women's



Health Centre showing their production of 'A Young Mermaid's Guide to Planet Earth', dances from Marryatville High School, and a Choir from Le Fevre High School.

Over a dozen community agencies displayed and handed out information about services relevant to young people. This was a great opportunity for the agencies to have informal conversations advising young people about their services.

The major component of the Convention involved the PEAs in co-facilitating six workshops on the topics identified in their training that they considered important and relevant to their peers. These were:

- Relationships
- Safe Sex
- Homophobia
- Drugs and Alcohol
- Mental Health
- Racism

The well-attended workshops promoted healthy, constructive discussion in an adult-free zone (with the exception of the specialist co-facilitators). The right to individual opinion while respecting people's views was an important theme.

In the afternoon session, each workshop group demonstrated what they had learnt by presenting their discussions to the entire audience. These presentations were creatively entertaining and included the use of flip charts and aspects of theatre and mime.



'I'm looking forward to the Convention! Wo Hoo. I'm confident we're going to do a great job and it's going to be successful.'
Peer Education Ambassador

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This publication together with the 2000/2001 Audited Financial Report constitutes the 2000/2001 Annual Report of SHine SA

Homophobia

'The workshop made me reflect on my attitude towards gay young people and it challenged my values.'

'At home we don't talk much about gay issues, as my parents are heterosexual and we don't have friends who are gay. We know they exist but we don't mix with them. This workshop made me more aware of the struggle gay young people have to face.'

Mental Health

'It was good to talk about stress in our lives like peer pressure, family expectations, school work and what you can and cannot do.'



Relationships

'I found PEAs and the facilitators great. It made it easy for us to discuss issues.'

'It was good to talk about the different types of abusive relationships and to be aware of it. I have seen abusive relationships.'

Safe Sex

'I am more clear about how to use a condom and when to use them. We got to practice how to put a condom on the banana.'

'It was good we were able to discuss the positive and negative aspects of having sex, as at times young people get cross messages from the media, parents or other peers.'

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More on PEAs on Page 5**

Achievements

This project served to empower the PEAs and participating students by exposing them to productive discussion on important contemporary issues that affect them on a daily basis; encouraging them to think through these issues; and to devise their own solutions and strategies. It was a resounding success.

Further positive outcomes include

- Subsequent school-based initiatives and activities relating to the issues raised at the Convention that advocate change and positively impact the school community
- Opportunities for the PEAs to participate in other SHine SA initiatives including the SHYN the Light Nurses' Conference, the launch of the Having Their Say report, and involvement in the DHS Life Journeys Expo
- Nomination of the PEAs group for the South Australian Youth Awards
- Accreditation by Senior Secondary Assessment Board of South Australia (SSABSA) for participation in the Peer Education Training Program as part of the SACE subject 'Community Studies'.

Overall the PEAs must be congratulated for working together towards a common goal, resulting in a very successful Youth Convention attended by a diverse group of students from various parts of the State.

Aboriginal & Torres Strait Islander Peoples

Portfolio Group Report

This portfolio group has been involved in:

- Reviewing resources to ensure appropriateness for Aboriginal & Torres Strait Islander clients and workers
- Contributing to professional education and training
- Facilitating communication across the organisation



Opening speaker Christine Charles,
Chief Executive, Department of
Human Services in South Australia

“Sexual Health - Deadly Unna” Conference

The Role of Indigenous Workers in Improving Sexual Health of Our Communities

Deadly Unna – Sexual Health Conference was held on 28th and 29th September 2000 in Adelaide.

Over two “shining” days forty two Aboriginal and Torres Strait Islander health workers representing Aboriginal community controlled and mainstream services from rural, remote and metropolitan locations across South Australia, attended a Sexual Health conference convened by SHine SA and funded by the Department of Health and Aged Care.

The conference provided an opportunity for indigenous workers to explore sexual health, sexual health issues in their communities and the role of workers in providing culturally appropriate primary health care programs. Overwhelmingly, the conference participants concluded that sexual health is much, much more than freedom from sexually transmitted infections.

The participants were clear that sexual health is a part of who we are and a planned approach is needed throughout the various stages of our lives. This includes:

- A level of personal knowledge and skills to make healthy life choices
- An ability to enjoy and control sexual behaviour based on personal and social values
- Freedom from fear, shame, guilt and

violation which affects self esteem and harms individuals, communities and relationships

- Freedom from diseases, unplanned and unwanted pregnancy
- Freedom and right to choose positive expressions of sexuality

Preparation for good sexual health begins before birth. It is therefore the responsibility of both parents to make their own informed sexual health choices. To enable this to occur it requires people to be empowered and whilst indigenous health workers are critical to developing the capacity of the community to take a planned approach to their sexual health, ultimately it is the responsibility of each individual. It is also evident that indigenous workers are best placed as the facilitators of new knowledge, behaviour change and therefore it is imperative that they have access to appropriate information and services.

The empowerment of indigenous workers to address a complexity of sexual health issues was one of the key outcomes of the conference along with the opportunity for indigenous health workers to strengthen networks across the state. Finally as a result of the conference an indigenous sexual health special interest group was formed with a mandate of focusing on further building the capacity of indigenous workers to be pro-active in their communities.

Key Recommendations

Workers attending the *Sexual Health, Deadly Unna* Conference, had time to consider the full meaning of sexual health and well being and to formulate the following key recommendations:

- The Aboriginal Services Division of the Department of Human Services auspice an Aboriginal Sexual Health Network to advance indigenous sexual health and well-being.
- The Network comprise 10 workers nominated at the Conference and representatives from Department of Human Services, SHine SA and the Office of Aboriginal and Torres Strait Islander Health.
- The Network has clear and agreed terms of reference.
- Funding for the ongoing implementation of the SHine SA sexual health and well-being course for Aboriginal men workers is urgently needed
- The SHine SA sexual health and well-being course for Aboriginal women workers be expanded.
- Employers and colleagues in mainstream services need to develop an appreciation that Aboriginal health workers are health professionals with responsibilities in relation to their community which are different and often more urgent than many of the ‘mainstream’ concerns.
- Mainstream employers of Aboriginal workers need to provide opportunities for workers to attend professional education opportunities that develop confidence, competence and specialisation.
- Consideration is given to funding an annual Sexual Health Conference for Aboriginal workers.
- Culturally appropriate teaching resources need to be developed with Aboriginal workers to assist with community education about prevention of sexual health issues.



Participants of the Deadly Unna - Sexual Health Conference



Dance Presentation



Sexual Health Olympics Presentation by Kaisu Vartto,
CEO, SHine SA (right)

A report and video is available on the conference.

<http://www.shinesa.org.au>



Taoundi College & SHine SA

Ceduna Women's Business

What makes this program work so well is that from the very beginning, the Aboriginal women and the Aboriginal Health worker initiated and have controlled the program. They have been totally involved in the health promotion and the implementation of the program.

It is now 9 years since the Ceduna Women's Business program began at CKAHS with funding through the Cervix Screening program. Prior to that time, between 1989 and 1992, there were several visits to Ceduna to undertake a women's health program. These visits had different funding and were not located at Ceduna Koonibba Aboriginal Health (CKAHS)

In 1992 Aboriginal women initiated the program and with assistance wrote the submission for the funding. They set out what the program was to achieve and how it would reach these outcomes.

Since its inception the Women's Business Program has sought input and feedback and encouraged the women and the health workers to evaluate the program and make suggestions for change.

Once the program was up and running and we were trusted visitors to their community, many of the program's tasks and day to day maintenance was delegated to the health workers.

Before any changes are made the workers and the women are consulted. It is discussed fully and then the changes, if

acceptable, are implemented. For example when the funding was received for 4 visits yearly, the women and workers were consulted about the need to recruit another nurse to the program. They were involved in the selection of the nurse.

Ceduna/Kooniba are now responsible for

- the funding applications
- travel and accommodation requirements
- allocation and setting up of the clinical rooms
- client records and statistics re the program
- advertising of visits
- health promotion activities
- transport
- pick-up of clients
- appointment taking
- administrative work associated with the visits
- follow-up after the visits if necessary

The educational side of the program is continuing to grow at a steady pace. SHine SA is encouraging and supportive of this and hopes this aspect of the program continues to grow.

To work with a community in a truly collaborative way has immense benefits for the community, Aboriginal Health workers and SHine SA staff.



Participants - "Sexual Health - Deadly Unna" Conference - September 2000

Give it Up Sista

Smoking and Sex. What is the connection here? Is this another version of Sex in the City? No. Okay then, what was that laughter that was heard at the Wilmington Caravan Park during the evenings of the week Monday 14th to Friday 18th of May 2001. Wasn't that when Women's Health Statewide in conjunction with Pika Wiya Health Service, SA Cervix Screening and SHine SA held a camp for young Aboriginal women and their children, looking at issues around smoking, pregnancy and young children.

Yes. So what was so funny? Well lots of things really, but one in particular was when Janet pulled out the contraception kit after the kids all went to bed. There were all sorts of things flying around the kitchen table - condoms, diaphragms, IUD's, pills, slippery stuff (lube, not the teething gel), and that interesting anatomical male banana! A great deal of information was exchanged (there was learning all round for both staff and young women alike). When women get together, great things happen.

And the other laughter, well that was the laughter of young women getting in there and having a go, mixing and socialising with new people, supporting each other in parenting and making decisions.

During the camp, health was explored holistically and historically. Activities were divided into three main areas of past, present and future, helping to put smoking into a cultural context. Drama, art and video were used to explore issues and emerging strategies for healthy choices. Relaxation, meditation and complementary health were sampled. A video is being produced that will record both the process and the strategies that came together during the week. Liz Hurrell, Women's Health Statewide is the project officer who nurtured this process, encouraging young women and workers to join together to help create a healthier community.

So, who had the most fun? Gee that's a hard one. Was this effective health promotion? You betcha!

Nunga Women's Clinic

It might take a little time, but from little things big things grow.

Three years ago the Nunga Women's clinic was a fledgling service. It had a lot of potential, but had to get up off the ground. A lot of networking, building of relationships and trust occurred between the clinic team, local community and service providers, before people could begin to attend. Over the years the numbers have grown significantly. Now most Thursday afternoons between 15 and 20 people attend. While the clinic is predominately for women, men and children are not excluded. This is important culturally.

At this clinic, sexual health is placed within wider holistic health and medical needs. This further builds trust and enables more intimate and personal health issues to be discussed. Australia generally does not have a great record in sexual health services for Indigenous people. This clinic aims to address some of these inequities by providing respectful and responsive health information, referral and clinical services.

Appointments are drop in, with occasional prearranged times for follow-up. Clients coming to the clinic will usually see the nurse first, who begins health screening and assessment. Sexual health needs are always discussed within the wider framework of people's lives. Options and choices are discussed, and services

provided. If needed, the person then sees the doctor.

The SHine SA clinic team work very closely with Adelaide Central Community Health Service (ACCHS) Port Adelaide staff. They mutually support each other. This growing relationship between two organisations has allowed the clinic to meet the needs of the Aboriginal community in a way they could not alone. The Thursday Nunga Lunches are a good example of this. As part of the networking and meeting of community members, the clinic team started afternoon teas, then lunches with ACCHS staff support. Soon numbers grew and over time the activity became too much for the clinic team, so now ACCHS staff and volunteers coordinate the lunches. The community often does not know who works for SHine SA, and who for ACCHS. This is considered fantastic feedback, as it reflects the fact that everyone is working together.

So the fledgling grew, spread its wings, talked to others, gathered support and momentum from those with similar goals. It is still flying, seeking, searching, checking that the clinic service provides the services that best suit the needs of Aboriginal women and their community

RAPE MYTH BUSTERS

MYTH
Drugs and alcohol cause rape

REALITY
There are no excuses

You are always responsible for your behaviour, including how much alcohol and other drugs you take. You are always responsible for what you do when you are under the influence of alcohol or any other drug.
Blaming rape on alcohol or other drugs is a cop out.

Clinical Services at Brady Street

The Brady Street clinic has continued to be busy in the last 12 months with some changes implemented. The clinic now alternates between Munno Para SHine SA team base and Brady Street on a Tuesday morning with Dr Nicola Chynoweth and Nurse Practitioners Annette and Marg.

For the last two weeks 7 women have met at Munno Para as participants in the Peer Educators in Sexual Health Project which is being run by Annette and Nicola. The Project has been funded with a grant from the Playford Council. There is a great deal of enthusiasm in the group and the first two topics for discussion were Values and Women's Bodies. Other topics planned for

discussion are: Pregnancy, Contraception, Infections, Gynaecological Problems and Medical Procedures.

There are plans for contact with local High Schools and contact will be made with Fremont High School in the near future. We also hope to involve the Sexual Health Workers from Nunkuwarrin Yunti at some stage.

We have continued to be busy with clinical work but it is very exciting to be able to work in a much needed community development project with Aboriginal women in the north.

What's Hot!
in 2001/2002

Men's Sexual Health Course for Male Aboriginal and Torres Strait Islander Workers.

Women's Sexual Health Course for Female Aboriginal and Torres Strait Islander Workers.

Investing in Aboriginal Youth.

Young People Under 19 Years

Portfolio Group Report

This portfolio group has been involved in:

- Youth Policy review and redevelopment
- Development of a Sexual Health Charter for Young People
- Strengthening youth participation and peer education
- Promotion of SHine SA services to young people
- Development of youth orientated resources
- A two doctor youth clinic in each region



A Peer Education Ambassador (PEA)

Workers in the Riverland

Two workshops for workers working with young people were offered by SHine SA in the Riverland, Berri during 2001.

The first workshop on 'Teenage Pregnancy' explored the issues of young people and pregnancy and how services can be more responsive to their needs. The workshop involved discussions around why pregnancy is occurring at a young age and the factors that may contribute to teenage pregnancy.

Workers were also given the opportunity to hear personal stories of two young women with children, and their experiences in accessing services and support within the community. Feedback from participants found that the young women's contribution was very interesting and relevant to their work and workers gained from hearing about real life experiences.

The second workshop on 'Youth Participation and Peer Education' explored the principles of Youth Participation and benefits of involving young people in organisational planning and service delivery.

This workshop provided workers with information on youth participation and practical examples and ways of how easy it is to involve young people in the work that they do, highlighting both the benefits to workers and the benefits for young people when including young people. The importance of working in partnerships and shared decision making was discussed as well as ways of ensuring that participation is meaningful for young people.

The two workshops affirmed the great work that rural workers are doing and encouraged them to continue working in ways that enable young people to work towards achieving positive health outcomes. SHine SA acknowledges the importance of working with rural communities and is committed to providing training, information and support to rural workers. SHine SA would like to thank RivSkills at Berri for supporting us in coming up to the Riverland and for their hospitality in providing us with a venue and catering.

International Women's Day Event

Enterprising Girl



Southern Team members, Kelly and Cherice, were involved in a special one day event for 80 young women aged 15-25 living or working in the City of Onkaparinga. It was auspiced under the banner of Mission Australia's "Enterprising Girl" project. The Steering Committee provided new and exciting partnership opportunities with representatives from Mission Australia, Second Story, FAYS and SHine SA.

Many of the young women who attended were experiencing difficulties associated with homelessness, domestic violence, unemployment, depression or low self-esteem. They came from a wide representation of groups including young mothers, young lesbian support group, accommodation services, local high schools, Aboriginal services and the more remote districts of the Council.

Everyone had a fantastic day with the young women enjoying the many things offered on the day. Activities included workshops on safer sex, relationships, body image and goal setting, fun and clever improvisation performances by young women from the Southern Youth Theatre

When the young men at Cavan Training Centre were told about the sexual health program offered by SHine SA they were given two choices. Lock down - where they are required to stay in their rooms - or talking about sex. It's no surprise what the young men chose. The six week program gave young men the opportunity to explore a range of issues around sexual health and sexuality. Topics included masculinity, relationships and safe sex. Feedback from the young people and workers suggests that this program has been valuable in providing young men with sexual health information. The success of the program has led to subsequent programs being run for young men with workers from Cavan Training Centre and SHine SA.

Cavan Training Centre

Lyndoch Primary School Parents and Friends Committee

In November 2000 a Community Health Nurse and Sexual Health Counsellor from the Northern PHC Team journeyed to Lyndoch for an evening session with parents at the Lyndoch Primary School Parent's and Friends Annual General Meeting. After enjoying a lovely meal together at the local hotel 25 parents joined them for an informal chat about how to answer kids' questions about sex and sexuality issues. As you can imagine the areas covered were varied and in no time at all the hour had become 1.5 hours and it was time for them to leave. Some of things we discussed were:

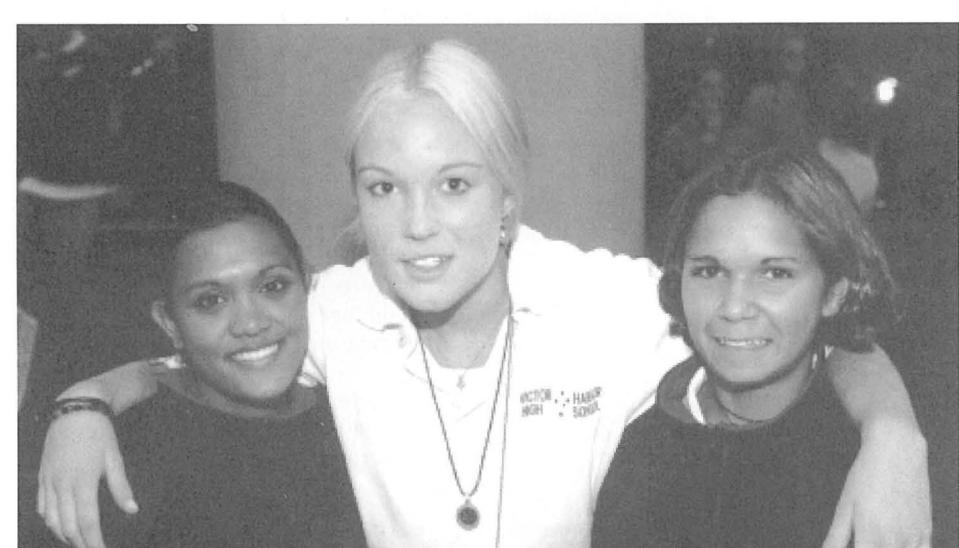
- What we were taught about sexuality and our own experiences of 'sex-ed' (eg could you talk to your parents?)
- What are our values and beliefs about teaching children about sexuality and sexual health?
- What would be different today for young people learning about sexuality, sexual practices, their bodies?
- Supporting safety
- Hygiene – body smells, cleanliness and awareness
- Body image/knowledge – body changes, shape; hormonal fluctuations
- Privacy and 'normal' sexual exploration including masturbation
- Gender issues /'training' and myths
- Young children and short attention spans: best to say something succinct and 'to the point' or ask them questions!! Enables you to find out what they know before responding; you can pitch information at their level of knowledge or understanding / use their language

- What actually does get taught in the school and how and when does this happen
- Becoming young adults, rights, as well as rites of passage (independence, identity are developmental tasks for young adults). Not wanting a lecture or lengthy response
- Bullying coercion and sexual harassment at school or with peers (including homophobia, 'slut', comparisons and exclusion on basis of who has bra or period) are issues young people have to deal with as they reach puberty & become teenagers.
- You can always say you don't know and will find out. Acknowledge that we are still learning about sex & sexuality too!

The evening was very successful session and the parent's were both enthusiastic and responsive to the ideas discussed:

Though the talk was not set up as a place for discussion around issues of child sexual abuse or sexual assault, we acknowledged that these issues can arise from 'talking about sex and sexuality' with children as well as adults. Anyone wanting to discuss concerns about inappropriate sexual behaviour towards children should call the FAYS Child Abuse Report Line (telephone 13 1478). SHine SA or CAMHS may be able to assist where an offence has not taken place.

We are sure that for many this session was just a beginning and that they will be seeking out further ideas for interacting with their young people about adolescent changes and sexuality issues.



Participants at the UNITE Convention

"Different PEAS - Same Pod"

The aim of the project was to work with young people to reduce the occurrence of violence based on culture, race, religion, language, sexuality, gender and social status. The project was funded by a grant from the Department of Multicultural Affairs (DIMA) and was run by SHine SA in partnership with the Department of Education Training and Employment (DETE). A multiagency steering committee oversaw the project.

A major outcome of the project was the organization of a Youth Convention by the Peer Education Ambassadors (PEAs).

Recruitment Phase

The project targeted 24 schools located in disadvantaged areas including country areas – in particular, students from Years 10 and 11 from diverse cultural backgrounds including Aboriginal, non English speaking and socially disadvantaged backgrounds.

Seven schools expressed interest in participating in the project. They were :

- Woodville High School
- Salisbury High School
- Findon High School
- Le Fevre High School
- Christies Beach High School
- Waikerie High School and
- John Pirie Secondary School

These schools nominated students that had not had the opportunity to assume leadership roles in their respective schools but who showed a potential to do so. The nominated students were interviewed at their schools and were given information about the project, the training that they would undergo, their proposed roles and the Convention.

Training Phase

The training program started in October 2000 with 32 PEAS and ran over a total of 13 days, spanning over the fourth term of

2000 and the first term of 2001. Training was held over 1 day every fortnight. The topics were discussed with the PEAS at the start of the program and some of them were of their choice. Topics covered included :

- Relationships
- Safe Sex
- Drugs and Alcohol
- Young People's Rights
- Mental Health
- Homophobia
- Communication skills

Training sessions were run on an interactive basis with lots of discussion, group work presentation and were run collaboratively by excellent facilitators from a number of outside agencies and from SHine SA.

The feedback received from the PEAS was:

- that they thoroughly enjoyed their training,
- that the training expanded their knowledge and skills
- that it was an eye opener in areas of social issues
- that they were able to use these skills both at school and sometimes in their part time employment
- that they had developed very good group work skills and a close network

Convention Phase

The Convention took place on World Harmony Day on 21st March 2001 at the Hyatt Regency Hotel. It was run by the PEAS for about 200 students who had come from various high schools around the state.

The PEAS were trained to run the Convention. They prepared the workshops, the contents of the day, designed the flyer and some of the advertising material,



UNITE Convention Participants

devised the messages for the Convention and were also trained to carry out various tasks on the day such as the MC roles, ushers, workshop co-facilitators

A number of agencies displayed and handed out information about services relevant to young people to the participants. Ms Rachel Sporn (Olympic Basketballer) was the guest speaker and provided an excellent opening to the Convention. We also had some great entertainment from a Theatre group, dances from Marryatville High School, a Choir from Le Fevre HS and an Indigenous welcome.

The PEAS also co facilitated a number of workshops which included some of the following topics that had been part of their training:

- Relationships
- Safe Sex
- Homophobia
- Drugs and Alcohol
- Mental Health
- Racism

These workshops were well attended and generated a considerable amount of discussion and comments amongst the young participants.

Evaluation Phase

The feedback that we received from the Convention participants was very positive. Some of the comments made were:

- Interesting/Excellent
- Very relevant to many issues that they face in day to day life
- Informative/educational
- A welcome change from Conventions run by grown ups
- That it should be repeated

The workshop themes were also relevant and useful to the participants and had provided them with an opportunity to share their opinions and views. The country participants were particularly pleased because the Convention gave them a much needed opportunity to share their ideas with "city" kids.

This project highlighted the collaborative efforts of many of the participating organisations in providing age appropriate training to young people and in preparing them for the delivery of a successful Convention. Importantly, the students were able to gain accreditation for their participation as part of their Community Studies program at school. This had been achieved through our work with SABSSA.

A report of the PEAS project is available from SHine SA.



UNITE Convention Participants

Relationships & Sexuality Program

Bowden/Brompton Community School (Southern Campus)

SHine SA Southern Primary Health Care Team worked together with teachers from Bowden/Brompton Alternative school to provide a personal development program on Relationships and Sexuality, including Safer Sex for the young people attending that school.

A nurse and a community health worker from the Southern Primary Health Care Team worked together with 3 teachers from the school at each session. The program continued for 8 weeks, once a week for an hour on Monday. The first week we spent time getting to know each other. We also asked the group what they wanted to cover over the next few weeks. We used a "brainstorm" and the group came up with a very comprehensive list of topics they wanted to cover, including, periods, puberty, sperm, wet-dreams erections, hormones, masturbation, different sexual acts, sex rules, when to have sex, safer sex, talking to parents, sexually transmitted infection's, contraception, pregnancy.

The next challenge we had as facilitators was to try and cover all of the topics discussed in the "brainstorm" in the time we had.

An anonymous question box was placed in the young peoples class-room, so they could ask any question they thought of during the week, or might prefer not to ask themselves during the group session.

Over the next few weeks we worked through the topics using different teaching methods.

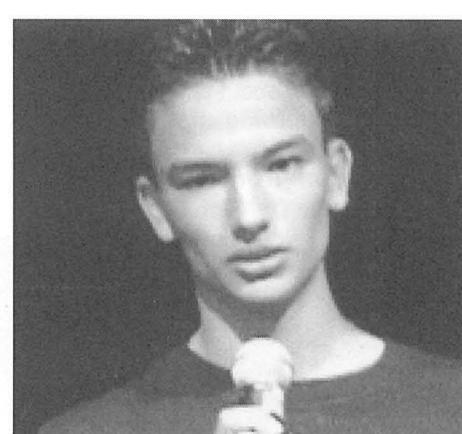
During this program the young people found out what services SHine SA Southern Team provide for young people and what support is available for them. Additionally SHine SA staff co-worked with the teachers who had contact with the students all week, supporting them to gain information and confidence to provide Sexuality programs for the young people they work with every day.

Our final session and celebration was held at the SHine SA clinic which is held within Noarlunga Health. This provided an opportunity for the young people to know where to access our clinic and help break down some of the barriers of walking into a clinic for the first time. The SHine SA staff did a role play of someone coming to the clinic for a pregnancy test, which bought up lots of discussion and questions.

After our evaluation process using "What Do You Reckon?", certificates of Participation were awarded, including an individual positive message for each young person, acknowledging their participation and contribution to the group over the past 8 weeks.

The afternoon finished with some food and drink and farewells.

As SHine SA workers during this program, we experienced some challenges for ourselves. The positive outcome from these challenges was to look at how we do things and how we could do them differently. The most enjoyable part of the whole program over the weeks, was the "growth" we saw in many of the young people participating in our group.



A Peer Education Ambassador at the UNITE Convention

What's Hot!! in 2001/2002

Investing in Rural Youth a project in partnership with the National Women's Health Program aims to improve the health and well-being of young men and women in rural South Australia through peer education and youth participation.

Development of Relationships and Sexual Health Education Resource for young people.

Healthy Start Pathways Project that supports pregnant teenagers continue with schooling.

Parents Educating Parents a project to develop an innovative peer education training program for parents.

Best Practice Schools Program.

"Investing in Rural Youth"

An exciting new project - "Investing in Rural Youth" a joint initiative of SHine SA and the National Women's Health Program is underway. This project aims to improve the health and well being of young men and women living in rural South Australia.

The project will provide rural workers with training, support and follow-up in youth participation and peer education strategies. Participating workers will then recruit and train local young people as peer educators and will develop and implement a local health promotion programs. Using peer education and youth participation strategies to enable young people to be involved in decision making, policy development and service development is a proven way of improving access and usage of services. These methods enable young people to have a say in their community.

This project will target workers from the seven rural regions who work with young people, particularly those at risk and those with the highest need. There are five stages of the project

1. Development of a training manual for workers on youth participation and peer education.
2. Provision of a training program in each of the seven rural regions.
3. Support for rural workers to develop, implement and evaluate a peer education project.
4. Workers who have completed the training will be able to apply for project grants.
5. On going links with SHine SA project workers to ensure sustainability after the project has finished.

The project will further develop the partnership with the Rural Regional Health Services, the Second Story, FAYS and other government and non-government agencies working with young people in rural SA. It will build onto the work through the WRAPT (Women's Rural Access Project and Training) project in peer education and youth participation implemented in rural SA in 1999.

We listen ...



SHine SA



www.shinesa.org.au

Drama Group - Salisbury High School

'Party BYO' bring your own condom that is. Imagine if you could go though your life twice. Imagine if you could change the decisions that you have made and correct your mistakes. That's what seven year 10 and one year 11 student did in a program run by Salisbury High School and SHine SA's northern team. The drama students worked hard for five weeks to develop, create and perform an interactive play with the aim of educating young people about having safe sex and always using a condom.

The interactive play was designed in a way that the audience could choose the outcome of the play. At designated parts during the play the actors would freeze and the audience were given a yes or no decision. The actors would then continue the play depending on the audience's decision. The play would then be completed by general discussion and the actors running through the play a second time, however without audience participation to outline the correct choices which should be made to be safe.

The drama students from Salisbury High performed their play, 'Party BYO' to an audience of around 60 - year 8 and 9 students. The audience enjoyed the interactive play, participating in all the decision making and discussion at the end of the play, while having fun and a good laugh. They might have actually learnt something as well.

YACRAP Hills Youth Expo

4th April 2001

Southern Team members, Sue, Craig and Cherice, staffed an interactive SHine SA display at the Mt Barker Recreation Centre. It was a fantastic opportunity to have contact with up to 1000 young people.

The event was run in partnership with Youth About Changing Reputations and Adult Perceptions (YACRAP), the Adelaide Hills Youth Participation Forum, and The District Council of Mount Barker. Years 10 and 11 students from six Hills Area schools (Mt Barker, Heathfield, Oakbank, St Francis de Sales, Cornerstone and Waldorf) had the opportunity to experience many different facets of the community and services available not usually part of their day to day schooling. There was a cultural display of Indigenous dance and music as a way of acknowledging the Indigenous heritage of the area. Students attended workshops to discuss employment options in the area of their interest such as law, politics, medicine, environment, music, arts, writing, IT and childcare/education.

SHine SA was involved in the Information and Display area of the Centre. Other agencies involved in this were The Second Story, Yarrow Place, Drug Action team, Headroom, Alcohol and Drug Information Service, the Navy, Army and Air Force. It was a very successful day with a reporter from 5UV community radio station advising that we were the most frequented stall of the day. 168 students entered our "How Many Condoms in the Cookie Jar" competition with 4 winners. Students interviewed by the reporter from 5UV commented on not having the level of access to information about sexual health that the display at the Expo provided. They appreciated the opportunity to get as much information as possible about SHine SA's services and especially the bookmark with our free Sexual Health Hotline number and website address.

Sexual Health Charter for Young People In Our Own Words

Background

SHine SA recognises young peoples rights to access services that are respectful, friendly and non-judgemental. SHine SA in consultation with young people has developed a poster reflecting young peoples' expectations of a health service and its workers.

The poster has been developed as a result of changes to 'The Consent to Medical Treatment and Palliative Care Act 1995'. This Act states that young people under the age of sixteen cannot receive medical treatment without the consent of a parent or guardian. Exceptions to this Act include:

- If a second doctor supports the first doctor's opinion that the young person is able to give valid consent (the young person seems to be informed and sensible).
- If a doctor, in the case of an emergency, believes the young person's health is at risk.

As a result of these changes young people accessing health services have been unclear about their rights to medical treatment and issues surrounding consent. The poster aims to reassure young people about their rights and responsibilities to access health services in an environment where young people feel safe.

Process – How has the poster come together?

SHine SA consulted with young people previously trained as peer educators, who had an excellent understanding of the role and function of the organisation. The young people met over a series of sessions to create a poster that reflected what they believed to be important qualities of a youth-friendly service.

This poster aims to make young people feel comfortable in accessing medical services at our clinics. The young people came up with five key words that they felt were important in a relationship between a young person and a worker. Following is the young people's description of the poster.

Confidentiality

Confidentiality is about talking to a health worker and knowing that you will not

Young men from Culturally & Linguistically Diverse Backgrounds



SHine SA: Annual Report - 2000/2001

PEAs SHine at SA *UNITE* convention

Continued from page 1

Comments from schools

Many schools that attended the Convention provided positive written feedback, commenting that their students had been exposed to other cultures, ideas, opinions and shared in a number of valuable activities. Here's what some schools had to say:

'The convention gave the students a sense of value and importance. We are in the process of developing a comprehensive social/emotional "curriculum", including student voice in areas like peer mentoring.'

Clare High School

'An article in the school newsletter shared the students' experience with the school community. A good experience all round. The kids were certainly exposed to lots of views and opinions to make them think. All the way home we discussed racism, young people's rights and a myriad of other issues. Parents were very supportive of the event and spoke with their student at length after the day.'

Bordertown High School

'The PEAs were friendly in their approach and were well organised – planning was obvious. Relaxed and friendly environment. The PEAs were running the activities, the teachers took a "back step". People were put to ease to participate in oral discussion.'

Woodville High School

'The students were excited to be chosen, felt valued and proud to represent their school. They felt special on the day...The students have reported back to the year 10 peer support program, explaining the day's events and the workshops covered. Thank you for inviting us to be part of the group. The students are still talking about it in "glowing" terms.'

Fremont Elizabeth High School

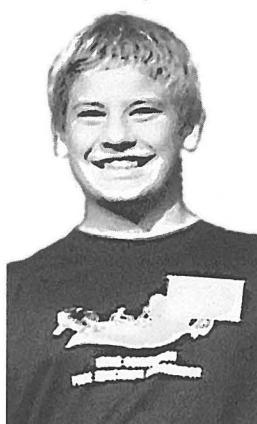
'The convention gave a chance for students not normally involved in leadership roles to participate in a conference and interact with others...boost to their confidence ... opportunity to hear the opinions of others...giving the PEAs the opportunity to organise and run a function like this must have been a very valuable experience.'

Meningie Area School

'Comments from the students indicated that they enjoyed the Peer aspect of the convention – young people working with and for young people... The minimal "adult" intervention was excellent...All students appear to have gained in self confidence since attending the workshops. This has been a worthwhile activity and I commend SHine SA for the initiative in working with the Peer teaching strategy.'

What are PEAs?

Different PEAs – Same Pod – Young People Embracing Diversity for Community Harmony was funded by the Living In Harmony Grants program of the Commonwealth Department of Immigration



'It makes me feel like I am a professional in that field...being able to deal with problems ...you've got these skills that you've learnt.'

Peer Education Ambassador

and Multicultural Affairs (DIMA). This student project was run by SHine SA in partnership with Department of Education Training and Employment (DETE), Multicultural Communities Council, COPE, Department of Human Services and representatives of the participating school communities.

Why do students want to become PEAs?

Students indicated that they wanted to become involved to improve their knowledge, broaden their horizons, meet new friends, improve job prospects and be able to help others.

How do students transform into PEAs?

First you have to be selected. The project team worked with high schools to recruit young men and women aged 15 to 19 years from culturally and linguistically diverse backgrounds, including Aboriginal youth and students from socially disadvantaged localities.

The project particularly targeted Year 10 and 11 students who had limited leadership experience, but demonstrated the potential to learn these skills. The project aims were to reduce the occurrence and tolerance of violence based on race, culture, religion, gender, sexuality and social status among young South Australians.

But selection was just the beginning. The second step involved students becoming PEAs-in-training by entering the Peer Education Training Program, which ran for a total of 14 days over a six month period, starting in October 2000. The PEAs participated in interactive training sessions based on considerable discussion, information sharing, group work and presentations to address the project aims. Training was designed and adapted to nurture the growth and meet the needs of the PEAs.

The third step was facilitating the UNITE Convention. The PEAs were responsible for managing the event, including

- devising the key messages for the workshops
- planning the content of the Convention
- designing promotional material
- organising guest speakers
- acting as MCs, ushers, Registration Desk attendants and workshop co-facilitators.

What knowledge shapes a PEA?

The initial workshops conducted by experts in the field covered themes relating to young people's culture, homophobia, power imbalance, equal opportunity, racism, communication, rights of young people, relationships, drugs and alcohol, safe sex, stress management, leadership and assertiveness, and group work.

Training and organising the Convention provided the PEAs with the following personal benefits

- Leadership skills
- Communication skills
- Organisational skills
- Confidence dealing with the adult world
- Public speaking
- Advertising/promoting a product or event
- Group work and conflict resolution
- Peer counselling.

By the end of this project the PEAs had developed the skills to encourage tolerance in their communities and reduce the occurrence of violence. This knowledge has empowered them as individuals and

seen them graduate as Peer Education Ambassadors: young people who can provide support to others in their school communities to develop respect for individual differences relating to gender, race, language, religion and culture and to value diversity in people.

Where To Next?

Future recommendations include:

- A similar peer education program be funded and run on a **bi-annual** basis with particular emphasis on the organisation and delivery of a similar Youth Convention at the end of the training program.
- In conducting such a program, the emphasis be on the collaborative work of participating organisations including SHine SA, DETE and various human services agencies that can provide specialist presenters who can bring to the program a very strong body of knowledge and hands on experience.
- In future only Year 10 students be targeted to avoid the problems encountered in this program in retaining Year 11 students due to increased school and time commitments.
- The entire program be conducted over two school terms during **one** academic year only, as was the original intention. In this respect, the preferable terms are the second and third terms.
- Such a program be formally accredited by SSABSA to form part of assessable work for the Year 10 'Community Studies' to attract students to the program. This would ensure that a broad selection of students have the opportunity to participate and be exposed to the important issues raised in the program.
- Maintain and strengthen the focus on students from culturally and linguistic diverse backgrounds, including encouraging participants from Aboriginal and rural communities as well as same sex attracted young people to become involved.
- In addition, or in the alternative, significant components of the PEAs program be compressed into an intensive peer education training program to be run over a two week period. The program should be appropriately funded and implemented in targeted regional areas of South Australia such as:
 - The Lower North including Port Pirie, Port Augusta and Whyalla
 - The Riverland including towns such as Berri, Renmark, Waikerie
 - The Southern Fleurieu Peninsula, centred around the town of Victor Harbor
 - The South East, including towns such as Mt Gambier, Millicent.
- Organisations such as SHine SA and partner agencies involved in this project continue to work collaboratively with young people to
 - provide training relevant to young people's needs
 - include topics that are youth orientated and practical
 - strongly encourage discussion, group work and shared leadership.



Special thanks to the PEAs:
Salisbury High School

Kiel
Chelsea
Pothi

Woodville High School

Katrina
Thuy
Keit
Samuel

Le Fevre High School

Nicolle
Amy
Aaron
Andrea
Vasily
David

Findon High School

Luke
Dragan
Solmaz
Sonia

Christies Beach High

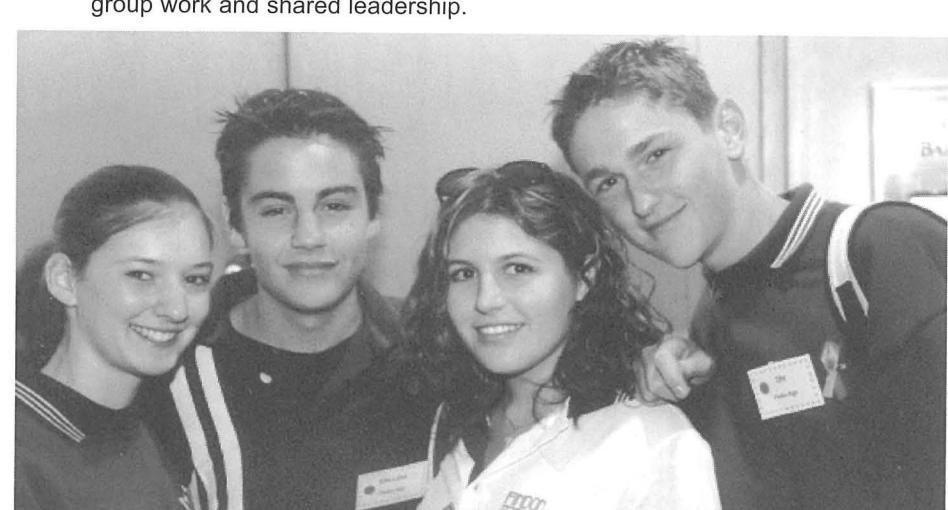
Kirsten
Holly
Rebecca

Waikerie High School

Sam
Renate

John Pirie Secondary

Chris
Lenny
Maria
Monique



Young Adults 19 to 25 Years

Portfolio Group Report

This group has been involved in:

- Policy Development
- Resource Development
- Strengthening Youth Participation
- Networking and collaboration with other agencies and sectors



SHine SA Staff member at the Life Journeys Expo

RAVE - for Youth

Relationships and Violence Exposed for Youth

RAVE for Youth - "Relationships and Violence Exposed for Youth" is a hot off the press, brand new action group.

Instigated by the SA Police Crime Reduction Section and the crew from "The Relationship Violence - No Way" project, RAVE is a group dedicated to exposing some of the myths and validating some of the realities about violence between young people.

An essential part of this group is the involvement of young people. What better way to address the issues of Young People & Violence than to work in partnership right from the start.

As mentioned earlier it's still only early days - establishing aims, objectives and terms of reference, but the peer educators from "Relationship Violence - No Way" have already been consulting young people - asking them about strategies for preventing relationship violence and how best to raise awareness of these issues. If you're going to the "Big Day Out" when it makes its way to Adelaide early next year, look for the RAVE crew handing out bottles of water with the RAVE message on it - what a groovy way to raise awareness of relationship violence.

"I Thought I Was The Only One" Male Survivors of Child Sexual Assault

"You'll never know how much it meant to me, just seeing that flyer" this was from a male friend of mine who had experienced childhood sexual abuse (CSA). He was referring to a flyer produced by the Marion Youth Centre (MYC), offering a support group for male survivors of CSA.

He said that his response was so full-on because he often felt very isolated as a male survivor - he got the feeling that people didn't want to discuss CSA, especially when the survivor was a man. And for a large part this is true, CSA is taboo in our society.

It is this silence that keeps people from discussing their experiences and the impact it has had on their life - this can prevent people from getting their abuse into perspective, continuing to feel the shame & guilt that belongs with their abuser - NO ONE IS EVER TO BLAME FOR THEIR ABUSE, regardless of how old they are, what they wear, how they act or who they are.

So to continue with the article...

...I was discussing the group mentioned earlier with the workers responsible for setting it up, Ben (MYC) & Pat-Ann (ISCHS), and we discovered that each of us knew a little bit about some groups, resources or research that had been done regarding male survivors, but that we were unaware of what each other knew.

We found that there were a few dedicated people working on the issue in SA, but that we were mostly working in isolation.

To address this we decided to arrange an initial roundtable get-together for people working with male survivors, to discuss a more co-ordinated approach to providing services, and to provide an opportunity to discuss what was happening in SA currently.

When I was doing the rounds, gauging people's interest, I was made aware of the "Interim Lead Agency for providing collaborative responses to adult survivors of CSA." This role was taken on by

Women's Health Statewide at about the same time we were discussing the very same thing - what do they say about great minds thinking alike ?

So started our first dilemma - were we re-inventing the wheel ? After some lengthy discussion we agreed that it would be useful to set up a sub-group of the Lead Agency to look at issues for male survivors specifically, to take a gendered approach to service provision.

Our first meeting rolled around and there I was sitting at a table with people that I'd heard of or had read some of their work . They expressed relief that this was on the agenda, suggesting an ongoing network would be the way to go.

As part of our regular meetings, we have a session in which we discuss issues involved with supporting male survivors. This has been extremely useful as there is a huge body of knowledge to draw from sitting together in the same room.

From the first meeting the group decided that advocacy was a key issue. To get us moving and focussed we produced a proposal to inform the "Men's Health & Wellbeing" policy that is currently being developed by the Department for Human Services.

We are now adapting the proposal for use as a discussion paper to raise awareness of CSA within the community.

This discussion paper is a continually evolving piece of work and we are always open to feedback on its content.

For more information or a copy of the proposal (soon to be discussion paper) please contact SHine SA's Southern Team on 8325 8164

At this point I would like to thank the courage & vision of everyone involved in the network.

If you can think of a good name please let us know - Male Survivors of CSA Advocacy / Action Network is waaay too long !!!



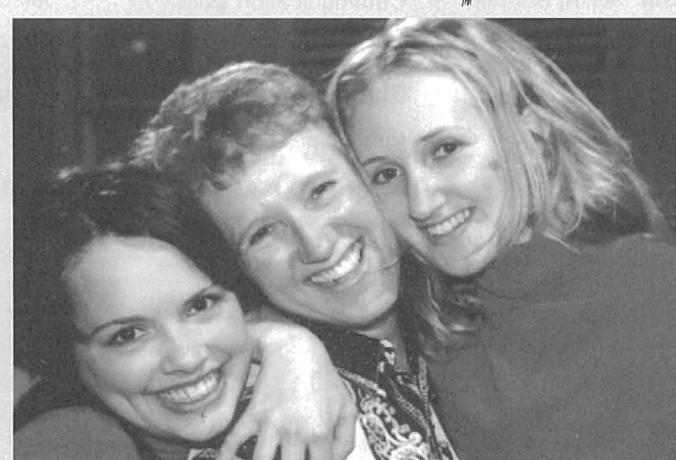
Lyn & Annie, Southern PHC Team members at SHine SA's Sturt Campus Orientation Day stall

RAPE MYTH BUSTERS

MYTH
When a woman says 'no' she really means 'yes' or 'try harder'.

REALITY
No means No.
Stop when you hear her say 'no'. Without her consent it's rape.
Don't act when you are not sure.

SHine SA Snapshot



30th Birthday Celebrations!

Rape Myth Buster Postcards - Launch

8 September 2000

The Hon Senator Amanda Vanstone launched a set of six postcards, each with a message that "busts" the myth of rape. Rape and sexual assault is a significant social, health, well-being and justice issue in the community. Costly to the victim, perpetrator, community and governments.

The postcards were reproduced from a program and resources developed by a group of young men involved in the Guys Talk Too: Improving Young Men's Sexual Health Program."

The messages are clear - forcing someone to have sex is not okay under any circumstances and rape is not about sex, it is about violence. Every year some 1200 sexual assaults are reported in South Australia, with young women under the age of 25 representing over 80% of the victims.

Following the launch copies of the postcards were available from SHine SA and Yarrow Place. They were developed as part of the organisation's commitment to education and prevention.



Jim Birch (Dept of Justice), Richard Bruggemann (SHine SA President),
Jonathon Main (SHine SA Council) & Gill Westhorpe (Yarrow Place)

SHine SA Rap

I sat down the other day I was talking to my mum
asking her the way things were when she was young
Could her and grandma talk about sexuality
she said the only thing that got talked about was the birds and the bees.

Then the 70's came along and a new exciting thing
the emergence of a service called Family Planning
Women now could get the pill and have greater control
over how many screaming kids they would have to hold

Well it's taken some thinking, It's taken some time
but the brand new name of Family Planning SA is SHine!

I was waiting at the bus stop the other day
when a friend of mine turned to me and said I think I'm gay
Do you know a place where I could go for help and advice
where they might understand what it's like to be a dyke.

I said get on down to SHine SA they will see you right
with information and support for lesbians gays and bi's.

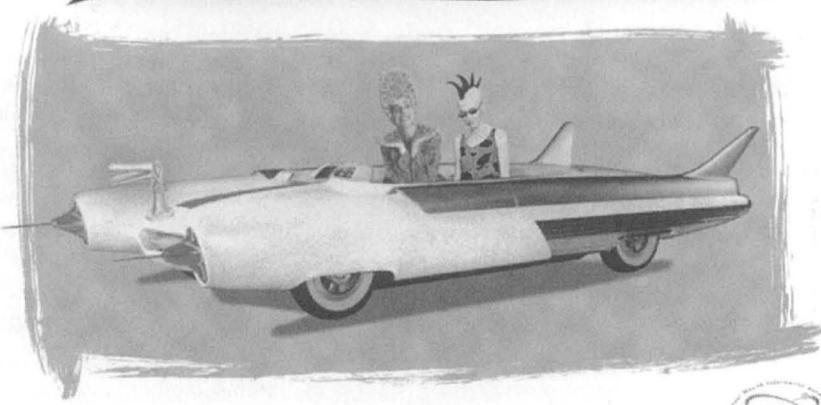
I was talking to a mate of mine the other day
She said she needed a Pap smear but felt too much shame
I said I know a clinic down at Nunkawarrin Yunti
or at Port Adelaide Community Health where you can go for free

I was surfing the world wide web the other day
when a friend of mine in Pinnaroo sent an email my way
He wanted information on condoms and STDs
The facts with no bull shit but so his parents couldn't see
I said I know a web site that is user friendly
SHine SA is up to date with information technology

Well it's taken some thinking It's taken some time
But the brand new name of Family Planning SA is SHine!

Written by Jodi Anderson © SHine SA 1998

Had sex? Over 18? If so, have a pap smear every 2 years
contact a general practitioner or SHine SA



for more information contact Sexual Health Hotline (08) 8364 0444
Toll free 1800 188 171



Gill Westhorpe (Yarrow Place), Jim Birch (Dept of Justice) & the Hon Amanda Vanstone Minister for Family and Community Services

Feeding Frenzy

In conjunction with young people, Southern Youth Junction accommodation, Second Story Youth Health Service, Southern Youth Xchange, JPET and SHine SA are working together on a program called "Feeding Frenzy".

This program links young people and services through working together to provide a weekly nutritious meal. It aims to provide an opportunity for young people to share a weekly meal with other people including their peers and workers from youth service agencies. It provides an avenue for linking isolated young people in the community and creating a safe space for them to come together. It increases young peoples' skills in food preparation and provides an opportunity to informally chat about what local services are available.

The program has been running over six months and response from young people and the community has been great and numbers of young people have increased. Many young people have furthered their cooking skills, developed new friendships and accessed services through the program.

The program has recently obtained a small amount of funding to pay a part time coordinator. Further funding opportunities are being currently looked into to employ a young person to help coordinate the program and cover food costs.

Drop-in Services at a Glance

777 clients were provided with drop-in services

68% of clients were women

Top five reasons for attending included:

- Information and advice 35%
- Pregnancy related issues 24%
- Contraception 21%
- Social and emotional issues 8%
- Sexual concerns 3%



A party atmosphere at SHine SA's 30th Birthday Celebrations!

What's Hot! in 2001/2002

Sexual Health Awareness Week from Valentines Day 14th February 2002. Promoting Pleasure, Respect, Safety.

Cervical Screening Promotion for young adults.

Emergency Contraception Promotion.

Consultation with young people who are out of school and at risk.

People from Culturally & Linguistically Diverse Backgrounds

Portfolio Group Report

This portfolio group has been involved in:

- Surveying SHine SA staff on their work with people from culturally & linguistically diverse backgrounds with the aim of identifying areas for staff training.
- Planning inservice on migrant and refugee issues.
- Reviewing SHine SA leaflets for translation.
- Identifying which new languages should be included for translations.

they could explore ideas and learn together about the topics of sexual health and drugs. Some of the important aspects included having an intentional gender mix during parts of the conversations, split gender groups where it was more sensitive, and a time to celebrate culture and difference.

On 26 May 2001 the first African Youth Health Workshop took place at Elura Clinic. This involved a morning workshop, where we discussed drug and alcohol issues and how to be safe. In the afternoon we went to West Terrace Climbing Gym, where the 21 young people learned the tricky skills of rock climbing.

The second workshop took place on 2 June 2001 at Second Story Youth Health Service. This morning workshop allowed 26 young people to explore issues about relationships and sexual health. In the afternoon the group went to Morialta Falls to do some rock climbing on the real stuff!

One of the participants told us that the workshops were "really fun, we were in a group together, communicating with each other and free to say what we want". There was so much energy, the group wanted to run follow up workshops to cover some further issues that were identified.

On 18 July 2001 during the school holidays a follow up workshop was held at The Parks Youth Service. The idea of this day was to have conversations around relationships and communication, and issues affecting the young people as they grow up in Adelaide.

Workers from The Parks Community Health Service and a group of African young people are planning to continue to work together; the next step a planning day to brainstorm ideas for future work together. It has clearly been important to be involved in establishing trust and connection with these young people and SHine SA's role in the work with The Parks Community Health Service will enable it to do further work with South Australia's African communities.

African Family Day Forum

On 8 July 2000, in collaboration with partner agencies, we organised an African Family Day Forum at the Enfield Community Centre from funding provided by Health Promotion SA and the City of Port Adelaide/Enfield. The forum gave an opportunity for African communities to come together and talk about the issues they face in living in Australia. The focus of the forum was also on health issues.

The forum was well publicised through radio and the print media. Promotional flyers were prepared for dissemination at various community centres and throughout the African communities. Transport was also made available for those who could not provide their own and a creche was offered for young children. This allowed their parents to more actively participate in activities.

Attendance on the day was estimated at about 180 people, including 30 children. This far exceeded the planning group's expectations. It also made a big statement about the energy and enthusiasm of the African communities and their willingness

to address issues and concerns affecting them. A number of service providers held very informative displays on their services. These were well received by attendees.

The day was started by a Kaurna Welcome, followed by a panel of speakers made up of a number of representatives of the African community. The panel members were able to share with the audience many of their own experiences and through much interaction, this session proved to be very successful.

A number of workshops were then conducted where the focus was on settlement issues, men's issues, women's issues and youth issues. These workshops were all well attended and examined the ways that African community members were approaching their new life in Australia. The workshops also highlighted the areas of need which should be addressed in providing better and more appropriate services for these communities.

A report of the Forum is available from SHine SA.

African Youth Health Workshops!

The Parks Community Health Service, SHine SA, The Migrant Health Service (TMHS) and the Drug and Alcohol Services Council (DASC), collaborated this year to work alongside young people from the Horn of Africa. The young people have been talking about issues that affect their lives here in Australia, and were keen to work together with these services. The workers included were Jenny Munro, David Gray, Yasmin Sinclair (The Parks Community Health Service), Miguel Quintero, Ralph Brew, Jacqueline Riviere (SHine SA), Jan Williams (Migrant Health Service), and Steve Troon (DASC)

Through discussions with young people from Somalia, Ethiopia and Sudan, the idea to run 2 workshops for African young people was formed. The focus of the workshops would be to create a safe environment where young people could talk about subjects that don't get talked about at home. The young people identified the need for a non-judgmental space where



Multicultural People Meeting & Learning Together

This group meets every Thursday afternoon at Enfield Community Health Centre. It involves people from culturally and linguistically diverse backgrounds. The group has been meeting since September 2000. It is a very dynamic group of people who are willing to share their stories of settlement in Australia, practise their English and learn about services that are available to them. This is done through guest speakers that address issues of interest to the group.

The group comprises about 25 people from different nationalities. Some have been in Australia between 6 months and 30 years. Some members come from Poland, Iran, Iraq, Italy, Greece, Samoa, South Africa and other parts of the world. The aim of the program is to share our culture, our food, our stories, our music. The program is delivered with a holistic approach where members can socialise, have fun and meet peoples' needs.



Multicultural People Meeting, Learning Together - Enfield & SHine SA



Multicultural People Meeting & Learning Together



Local residents are invited to participate in a program that values people from culturally diverse backgrounds and cultures, where information and issues of interest and concern can be shared with a vision of fostering a harmonious community.

Improved knowledge of our community, its services and resources will contribute to a greater understanding of our society and culture. This is also an opportunity to improve your English.

SHARE YOUR CULTURE, YOUR FOOD, YOUR STORIES, YOUR MUSIC...

- Healthy Food/Nutrition
- Osteoporosis
- Blood Pressure & Cholesterol/Diabetes
- Arts and Crafts
- Budgeting
- Visiting Agencies/Places of Interest
- Feeling Good About Yourself, Well Being, Self-Esteem
- Centrelink Services
- Culture & Customs
- People's First Experiences on Arriving in Australia/Issues of Concern
- Alzheimers disease/Dementia
- Original recipes to share
- Natural home remedies

When: Every Thursday afternoon (except school holidays)

Where: Adelaide Central Community Health Service Enfield
Shop 5, Northwood Plaza 221 Main North Road, Sefton Park SA 5083

Time: 1.00 pm to 3.30 pm

For more information ring Jacqueline on 8431 5177 (Tuesday – Friday) or Vincenza (Monday-Friday) on 8342 0046

The program is presented by SHine SA (Sexual Health information, networking and education SA) and the Adelaide Central Community Health Service Enfield

And Funded by The City of Port Adelaide Enfield

Work with Young Refugee Men

SHine SA's project officer for Young Men from Culturally and Linguistically Diverse Backgrounds, Miguel Quintero, joined Adelaide Central Community Health Service "Gateways to Men's Health" project officer, Chris Fitzsimmons, in a partnership to assist young newly arrived men from refugee backgrounds. They invited Geoff Crowhurst of Junction Theatre Company to join in this partnership to assist the participants in exploring opportunities for increasing their skills, knowledge and well-being.

A three day camp was held at Murray Bridge from 18th-20th April. Participants from Middle Eastern and Eastern European countries attended the camp. The camp provided a good opportunity to explore and discuss issues related to settlement, relationships, sexual health and culture. A theme was the special responsibility that men have in contributing to a sharing, respectful and supporting environment. During the three day camp the participants also had the opportunity to learn new skills

and enjoy themselves including having an Australian BARBIE!!! Innovative techniques in film recording were used over the camp, for participants to be able to share their own experiences and learn new skills through operating video cameras and participating in group work.

Following the camp, a quiz night was held at the Migrant Health Service. Fifty-five young men from Middle Eastern backgrounds attended the night! Many were recent arrivals. This was a rare opportunity for these young men to share and enjoy an evening discussing issues relating to general knowledge, their health and some of the issues that can affect their health and wellbeing. Levels of participation and active engagement with issues were high and thus demonstrated a successful strategy in providing support and relevant information to men from culturally and linguistically diverse backgrounds.



Afghan Men's Camp at Murray Bridge



Multicultural Communities Council

SHine SA has established a successful working relationship with the Multicultural Communities Council of SA (MCC of SA) through a number of projects, including the Multicultural Youth Speakout in 1999, organised by the Multicultural Youth Network; SHine SA's Living in Harmony project "Different Peas's Same Pods" and more recently with the MCC of SA's Youth Development Project. The project commenced in January and so far 15 Culturally and Linguistically Diverse (CLD) young people aged between 16-30, from 11 Ethnic groups have been recruited and trained as Peer Educators.

One of the key issues often raised by CLD young people is the difficulties and barriers they face in attempting to access information and services that target young people, in a number of different areas including employment/training programs, accommodation services, recreational activities and health services, particularly sexual health.

During the training, the Peer Educators were treated to an informative and fun workshop, facilitated by Jacqueline Riviere and Miguel Quintero from SHine SA. The Peer Educators also had the added bonus of working with Miguel for most of the



Multicultural Communities Council of SA's Youth Development Project Participants

training week through his Social Work degree experience with the MCC of SA. And we all had the opportunity to learn Miguel's expertise in relation to bananas and Vegemite (not necessarily connected!).

The bonus for SHine SA is that there are now 15 CLD young people promoting the services and programs of the organisation to their friends and families. I hope that the Peer Educators will be provided with more opportunities to work with SHine SA through its models of youth participation, as participation is what this project is all about!

Jodie Schluter
Youth Development Officer - Multicultural Communities Council of SA.

Vietnamese TET Festival

Once again SHine SA had the opportunity to be involved with the Vietnamese Festival. Organised by the Vietnamese Community, this was held on 20th January at the Regency Park Reserve. A display was set up with sexual health information and services that SHine SA has to offer. Show-bags were distributed, with information in Vietnamese language and additional information on relevant issues for the Vietnamese Community. A large number of people from the Vietnamese and Cambodian Communities attended, along with people from African and Latin American countries. This festival day was highly enjoyable, and allowed SHine SA to demonstrate again its commitment to supporting multicultural activities and communities as a part of its health promotion work.



SHine SA Staff and community members at TET Festival

Multicultural Women's Visit

A group of women from culturally and linguistically diverse backgrounds visited SHine SA's Northern team for information about the services that SHine SA could offer. Two workers from the Salisbury West Community Health Centre coordinated the visit. During the morning the women introduced themselves and gave us a little information about where they had come from, with most of them being able to speak English. Their home countries included Cambodia, Malta and the Philippines.

There was much chatter and laughter during the morning with the women asking many questions about our service and what they could expect if they chose to come for a clinic consultation. The feedback indicated that the morning had been successful and that they would be happy to follow up to make an appointment for a pap smear/breast check or to discuss other sexual health concerns.

As a result of this morning we decided to apply for a grant from the cervix screening program to run an extra clinic session at

Munno Para during pap smear awareness week. Thanks to the cervix screening program we received a small grant which enabled us to employ a doctor for 3 hours and the services of an interpreter for 2 clients who required this assistance. Again the health workers from Salisbury West made the necessary arrangements to assist the women to come to Munno Para for their clinic visit. Morning tea was provided and while each woman was seen individually by the clinic staff. It gave the women an opportunity to discuss some of their other sexual health concerns in a 1:1 consult with a female practitioner with whom they felt comfortable.

It is expected that clinics of this nature will be a part of our work in the future at Munno Para. It was a good opportunity to work with another organisation.

The multicultural workers network has been in a lull for approximately 6 to 12 months, but a meeting was held recently, which was very successful, with a lot of energy for the continuation of this network to continue, with terms of reference agreed upon.

SHine SA Culturally & Linguistically Diverse Background Portfolio members



Community members who attended the African Family Day Forum



What's Hot! in 2001/2002

Multicultural work continuing with Afghani and African communities

Collaborative work with the Thebarton Senior College

Women's Health in Rural Areas with Womens Health Statewide, SHine SA, ACCHS, Dale Street Womens Health Centre, Migrant Womens Lobby Group

Education with Female Genital Mutilation Program

Health Promotion Display at Refugee Week and Wesley's Mission Multicultural Festival.

Gay, Lesbian, Bisexual & Transgender People



Portfolio Group Report

The portfolio has been involved in:

- Developing a survey for feedback from the Gay, Lesbian, Bisexual and Transgender communities about SHine SA services and ideas to improve access by Gay, Lesbian, Bisexual and Transgender people.
- Planning activities for Tune Up during FEAST.
- Initiating contact with different Gay, Lesbian, Bisexual and Transgender community groups and agencies.



Jane (SHine SA) at Tune Up Week stall

Tune up @ FEAST

FEAST is an important community event and once more SHine SA proudly supported the festival by becoming a sponsor. This is a great way for the organisation to contribute to FEAST's success and also communicates to the communities that contributing to the health and well being of lesbian, gay, bisexual and transgender people is an important part of SHine SA's work. As well SHine staff get the opportunity to participate in some of the events as part of the sponsorship package which is always very enjoyable.

In 2000, a new health and lifestyle weekend program was held as part of FEAST, the annual Gay, Lesbian, Bisexual and Transgender Cultural Festival held in Adelaide. This was "Tune Up", at which many different events, from mad-cap to serious were held. One event in which SHine SA was centrally involved was the forum "Towards a Gay and Lesbian Health Movement", in which SHine SA counsellor Jo McNamara and Tamsin Baker, worker

from Shopfront Youth Health Service, presented a spoken word/poetry performance about experiences of young same-sex-attracted women. They felt privileged to repeat words and themes that arose from their conversations with young women about sexuality and sexual health in counselling. In so doing they hoped to promote SHine SA and Shopfront as services in the Northern Suburbs which are safe, approachable and which employ staff who are passionate about this area of work.

Dr Katrina Allen, from SHine SA also took part in a panel for this same forum, speaking about lesbian health, including health issues for lesbians seeing general practitioners and important issues to bear in mind when working, or receiving services in the health system. The medicalisation of sexuality and the impact of disclosure on practitioners providing services and on clients receiving services were debated by the panel and the audience.

SHine-ing Outcomes for Young Women Down South

During March and April this year two workers from SHine SA and Southern Women's Community Health Centre ran a group for young women aged 17-35 identifying as same-sex attracted in the southern region. The group was a huge success, with the young women attending being given the space to be themselves and to feel safe expressing themselves in their community. Topics covered included safer sex, sexual practices, protective behaviours, relationships, stereotypes, challenging categorisations, self esteem, identifying resources and GLBT friendly agencies. The program aimed to foster support and to develop connections within the southern region and to give the young women a chance to experience their sexuality in a positive manner and the space to celebrate their sexuality. The youth workers were also given the chance to attend 'Enterprising Girl', a full day workshop for young women down South.

For many of the young women the group provided them with the space to discuss the homophobia they were experiencing at school or in their community, and to discuss difficult issues such as 'coming out' to other students and parents. The group further provided the atmosphere for many of the young school age women to meet others and discuss their experiences at school, and to make contacts and build new friendships. Many of the young women had very positive and encouraging outcomes!

Some serious fun was had by all, and the young women were very enthusiastic, courageous and inspiring! The program highlights the ongoing commitment to lesbian and bisexual women by both agencies. Thanks also to Southern Women's who have been inspiring to work with.



From left: Jane, Bev and Anne, SHine SA Staff at Tune Up Week

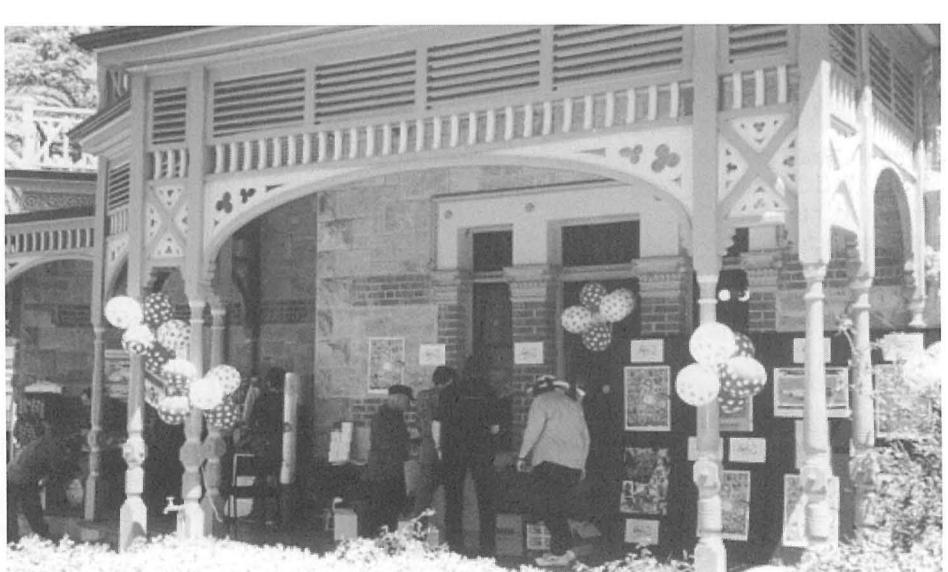
Why have Good Sexual Health When You Can Have Better Sexual Health!

We know that being gay, lesbian, bisexual or transgender is not always easy. But, thinking about issues like safer sex, HIV/AIDS and accessing GLBT friendly services and service providers CAN be easy.

Better sexual health means:

feeling good about yourself • being able to get accurate information • being accepted for who you are • being treated with respect and dignity • having your needs met by health care providers • making decisions that are good for you • knowing about the things that may put you and your health at risk • having heterosexual people acting as allies and advocates in order to prevent discrimination • having choices if, how and when to have children • experiencing safe satisfying relationships throughout your life.

As SHine SA we understand that safer sex is much more than just putting on a condom or using a dam. It starts with being proud, celebrating your sexuality and living in a community that celebrates with you. SHine SA is working with the Gay, Lesbian, Bisexual & Transgender community to provide services and resources for better sexual health.



SHine SA staff at the Tune Up Week Celebration

What's Hot! in 2001/2002

Improving links between SHine SA and Transgender Support Groups

Tune Up during FEAST - SHine SA is a sponsor

Survey of Gay Lesbian Bisexual & Transgender communities

Regional, Rural & Remote Communities

Wakefield, Mid North & Riverland

Somebody once said 'it is just as far for you to come up here as it is for us to come down to Munno Para'. With that in mind the Northern team has been out and about during the last year working in the Regional areas of Wakefield, Mid North and Riverland.

One of our first trips was up to Port Wakefield where we co-worked with Drug and Alcohol Services to present an information evening, separate sessions, to parents and young people on the topics of Safe Sex, HIV, Hepatitis C and drug use. This evening came about due to a concern in the community about young people being at risk because of a lack of education around these topics. The evening was well attended by both parents and young people.

Next stop was Berri where we have developed strong links with agencies in the Riverland. During the year we have provided a two day Sexual Health course for disability workers, provided workshops for workers on the topics of Teenage Pregnancy and Youth Participation and have supported many workers to provide sexual health information to their clients.

Up the road to Peterborough where we were invited to the Peterborough Health Information day which was held in the town hall. The purpose of the event was to enhance the health and well being of the communities of Peterborough. We set up our stall in the Youth Area and during the day provided information sessions to all the students from the high school. We got our numbers wrong and ran out of condoms but the high school came to the rescue and helped us out so nobody would miss out on getting a free condom!!

Whilst at Peterborough there was an opportunity to meet up with workers and make new contacts with those working within the community. A meeting was held the next morning to discuss how the community could address the sexual health issues and concerns for young people living in the Peterborough area. The Northern team will continue to support workers to build the capacity of the community to address these issues.

Next stop Yorketown on the Yorke Peninsula where we revisited a group of young people with special learning needs and facilitated a session on sexual responsibility and relationships. During our

Lifeline Central: North & West of South Australia

Lifeline Central approached SHine SA once again to play a role in the training of their new intake of volunteers. Lifeline Central's workers, board and volunteer trainers work tirelessly for months on end to promote the health and well-being of communities centred around and beyond Port Augusta, Port Pirie and Whyalla. That service provides assistance and encouragement through counselling, information and appropriate referral.

Lifeline Central has chosen to devote the final day of their program to sexuality and sexual health issues. This training program offers SHine SA a fantastic opportunity to spend a solid day updating the knowledge and challenging the values of a diverse range of people who all live in rural areas and who are committed to improving quality of life in their community.

The portfolio group has been involved in:

- Reviewing policy on improving the sexual health of people in the regional, rural and remote areas
- Promoting access to the Sexual Health Hotline toll free line for country callers
- Promoting counselling services through telephone and email
- Promoting access to library, resources and internet
- Supporting country based community work
- Supporting workers located in regional, rural and remote areas



Peterborough Primary School - Teachers Workshops

time with this group we have made contact with other workers who support these young people.

On the road again to Port Pirie. During the year we have kept in contact with workers and we were asked to provide a program for people attending Job Net which is part of Community Bridging Services. We had a day (with a slight interruption when there was a fire evacuation) discussing safer sex, contraception, relationships and the sex rules. The highlight of the day was the condoms and banana penis's. This always helps to break down the barriers to safer sex.

Nearer to home is the Barossa Valley. We have spent time with parents from Lyndoch and Nuriootpa providing them with information and ideas on how to talk to their children about sexuality. A two day workshop for workers from a range of disability agencies in the area was recently held at Tanunda.

We have enjoyed the opportunity to work in collaboration with members of the PERT team this year with the disability training at Berri and Tanunda and teacher training at Berri and Peterborough.

All in all this has been a busy and productive year for the Northern Team.

Portfolio Group Report

Ceduna Koonibba Aboriginal Health Service

Hi my name is Harriet Coleman, I have been employed by Ceduna Koonibba Aboriginal Health Services for 7 years. Ceduna is on the Far West Coast of South Australia and is the last major town to the Western Australian border.

I am a clinical Aboriginal Health Worker, but specialise in Women's Health. I have been doing Women's Health now for approximately 5 years, which I find very challenging.

Part of the women's health program is to assist with the running of the SHine SA clinics with Dr Judy McDonald and nurses Janet Kelly and Robyn Pretty, who come from SHine SA to have a one week clinic, at Ceduna Koonibba Aboriginal Health Service every three months.

When I first started in this position I noticed a lot of Aboriginal women young and old were not attending the clinic. In 1994/95 there were 382 women and only 108 were Aboriginal. I had to educate Aboriginal women of all age groups the importance of having regular smear checks by doing some promotion and education, on a one to one contact.

There has been an increase in the number of women attending. In 2000/2001, 536 women used this service in the first nine months (243 Aboriginal women and 293 non-Aboriginal women).

Women's health has improved over the years but we still have a long way to go. Lots of young mothers are being responsible for their own health; this is a good sign for the future. We seem to be getting bigger and better each year.

This program is a need for our women on the Far West Coast area because of our isolation in a remote area and a shortage of doctors.

I have enjoyed doing Women's Health and hope that next year will be even better and more successful.

*Harriet Coleman:
Ceduna/Koonibba Aboriginal Health*

Fleurieu, South-East & Mallee

The Southern team have been racing everywhere with their sunglasses and road maps. Some work has been reported elsewhere but highlights of their ventures include:

- Providing sexual health information to Men's groups at Mannum, Murray Bridge and Lameroo
- Face to face counselling to clients at Victor Harbour
- Support and training of workers at Southern Fleurieu Health Service
- Information and support to community members and Teachers working in the area of disability in Jervois,
- Kingston and Keith
- Youth Expo at Mt. Barker

What's Hot! in 2001/2002

Investing in Rural Youth a project in partnership with the National Women's Health Program aims to improve the health and well-being of young men and women in rural South Australia through peer education and youth participation.

Investing in Aboriginal Youth a project with Aboriginal Workers across the state focussing on peer education and youth participation.

People with Disabilities

Portfolio Group Report

This portfolio group has been involved in:

- Updating policy on sexual health services to people with disabilities
- Reviewing new resources
- Planning for a disability conference in 2002



Teacher & students from the Salisbury NW Primary School

Partnership with IDSC Murray Bridge and SHine SA

Murray Bridge was an exciting program created by the staff of IDSC and SHine SA Southern Team. The program was not very different from the ones that we facilitate on a regular basis, apart from a few small unique changes. The program targeted one of the rural regions, opening up opportunities for co-working and for young men in the region having some sexuality education. The program was extremely powerful as all workers observed the young men challenge their own thinking and



Balyana Conference Centre Staff Member at the Presentation by SHine SA

specific behaviours on such topics as managing their anger, assertiveness and sexual responsibility. Their level of learning did vary as some of the young men did have a base level of learning prior to attending the program. For others they became so interested in the program they asked friends to also attend. After week 3 as a group we closed the group membership as the group became too large. One of the most rewarding aspects of the program was that the young men were gaining knowledge about bodies and sex rules. A necessary part of healthy sexual relationships. The sex rules became a theme throughout the 6 week program. The joint program became a learning opportunity for the young men and two workers from Murray Bridge. It was so exciting to see that one of the workers has already completed SHine SA's training program for disability workers. The group program was also presented at the IDSC Staff Conference in February. The conference and presentation was a huge success. Who knows where the mobile team goes next!

From May until mid September 2000 I worked with the Physical Education Teacher at Gepps Cross Girls High and a group of young women from the Senior Special Education class.

These young women were in their last years of schooling and several were to leave at the end of 2000 and go into a supported work environment.

Many of these young women had minimal education around growing up and adolescence. Concepts of personal safety was minimal and so they were vulnerable when away from the protective environments of school and family.

The young women were all very keen to learn new things and looked forward to our special "Roses" group each week for our 90 minutes together.

Despite having a break after 4 weeks, due to the Teacher's illness, the young women

learnt quickly with encouragement, and after 10 weeks together all graduated from our special class. We celebrated in great style with a special lunch (which they planned) and presentation of certificates. The Headmistress was a guest of honour, and the young women made cards for the facilitators which now have a place of honour on our desks.

It was a privilege to work with such an enthusiastic group of young women, and learn as much from them as they did from the class.

Sharing the teaching and learning with their teacher enabled the learning to be reinforced between lessons, and involving the mothers through work sheets that went home for completion, encouraged conversation about the issues at home.

Some of the mothers commented that it gave them the opportunity to talk about things they were hesitant to mention before.



Kaisu Vartto, CEO SHine SA (Right) with a Balyana Conference Centre Staff Member at the presentation

Supporting Men in Positive Sexuality

Lonely Men, Romantic Men, Shy Men, Horny Men, Angry Men, Crying Men, Loving Men, Stigmatised Men, Ageing Men - Sexual Men. The tides of fate treat none of us equally, yet the need for us to reach out and be emotionally and sexually intimate is the one essential aspect which we all have in common. But where do we start when the place we occupy is surrounded by limitations?

What will a group of 30-60 year old single males be willing to talk about when it comes to intimacy, feelings, self love and sexual desire? You'd be surprised! Paul Flanagan from Adelaide Central Community Health Service runs an ongoing support group for men of many ages who are mostly on their own and who have survived various traumas in their lives. The common experience is dislocation from intimacy and loss of confidence in asking for it. Thus, a central area of their lives withers in silence, isolation and denial. Paul approached a worker from SHine SA to run two sessions on emotional health, sexual intimacy and self love as a way of opening up this area of the men's lives in a safe and positive way. The first session involved identifying the range of feelings that men have and in particular, discussing those for which there is little permission or safety to show to the world generally. The men identified loneliness, fear & apprehension, self doubt, tenderness, jealousy, love, frustration, self pity, self put down, and lack of trust. Some discussion then took place about the importance of accepting these feelings in

ourselves and learning to let them be there; not push them away in shame or self-hatred. In the second session, a collage of media images was produced which reflected and validated a broad range of men's feelings. Then, with lights dimmed, candles lit, incense burning and soft music playing, the group talked about the joys and pleasures of self-love and the importance of men taking time out to nurture themselves in private. Many interesting smells, textures, shapes, tastes and sounds were experienced in this multi-sensory session by passing around and/or discussing the potential uses for a range of homely and easily found materials. These included scented massage oil & soap, hot water, fabrics, lubricant, incense, fruit and chocolate. Once the discussion had begun, some of men shared their personal ideas with the larger group.

So much of the time, "masturbation" is represented as a second-class activity, yet with a little ingenuity and a move away from a purely genital focus, it can be raised to spiritual heights. Let's face it; half of making love is making love to yourself! A simple hour or two of this kind of discussion was sufficient to begin to lift years of shame and guilt about personal desires and the stigma of being alone. The enthusiasm of the discussion indicated a positive sexual and mental health outcome for participants. Many of men in the group found the discussion and the way it was presented to be liberating.



SHine SA Snapshot

Gordon Griff,
Manager Balyana Conference Centre
(left) accepting the Certificate of Appreciation from Richard Bruggemann,
President SHine SA and Chief Executive Officer, IDSC

Bedford Industries is SHining!

Balyana Conference Centre Presentation

So pleased were SHine SA Chief Executive Officer Kaisu Vartto and President Richard Bruggemann with the services provided at the Balyana Conference Centre in the past 12 months that they took time to visit and thank the team.

During the visit, as she presented commemorative T-shirts and a thank-you plaque, Ms Vartto expressed SHine SA's appreciation at the graciousness and professionalism of our team and the welcome they received at Balyana.

After the presentation, Ms Vartto said members of the SHine SA organisation and conference participants had wanted to thank everyone at Balyana for providing a warm and comfortable environment.

"We decided we wanted to make them honorary members of SHine SA, so we gave them the T-shirts," Ms Vartto said.

Ms Vartto said Aboriginal participants of one SHine SA function had commented that the Balyana conference visit had been one of a few in which they had felt "unconditionally welcomed" and accepted.

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SHine SA presentation to staff at the Balyana Conference Centre



Disability in the North

Once again we have been very busy working with both clients, workers, parents and care-givers over the last 12 months.

This year we have increased opportunities for workers to develop their skills in providing sexuality information and education to their clients. Two x 2 day workshops have been provided at Berri and Tanunda with good attendance at both. The workshops were supported by the Coordinator, Sexuality and Disability Education, Professional Education & Resources Team.

We have continued to provide support to parents and care-givers by providing 1:1 support over the phone as well as group information sessions. The main concern for parents is protective behaviours and what they can do to ensure the safety of their child.

We have provided support to teachers through team teaching in the classroom

and through involvement in staff development.

One of the highlights of the year was our involvement in a 'Fun on Fridays' health forum. The forum was about Maintaining Wellness, Prevention and Protection and was designed by a group of people with disabilities that meet each Friday at the Gallery, Salisbury Council.

The day was organised and run by the group with the support of the workers involved. After meeting with the group to discuss their needs a session around sexual health, body changes and relationships was presented to approximately 30 people and their carers. It certainly was Fun on Friday.

We have continued to work 1:1 with a number of clients this year and there has been an increase in the number of clients seeing our sexual health counsellor and coming into the clinics.



SHine SA staff facilitating a group in the North

Fellas

Hey Fellas! SHine SA and two regional teams of IDSC Option Coordination collaborated to deliver a sexuality education program to young men from April to June, 2001. The 'Fellas' group went for nine weeks and was bookended by parent/carer meetings. It was an important learning experience for all involved. Originally aimed at working with between 10 and 14 young men, attendance varied from eight through to four with about eleven separate individuals attending overall. Being young men, some of the members of the group had previously learnt that conflict and threat are effective ways to get what they want. Some of this behaviour was very difficult to handle and the workers experienced a mixture of relief and disappointment when several of the young men did not continue. A cost for us was that we did not get to expand our skills in working creatively with these young men and some of the more gentle young men seemed to have been driven away.

Nevertheless, the young men who did attend consistently, found the experience to be very positive and had great

opportunities to learn more about relationships, personal boundaries, sexual feelings and behaviour and social options available to them. Two outings were built into the program. These included visiting a coffee-shop after discussing a range of slides which depicted a range of behaviours in public places, and visiting Club Contagious at the Governor Hindmarsh Hotel on a Sunday afternoon. Disappointingly, only two young men attended this second outing. Our sense is that some parents find the process of supporting young men with an intellectual disability to be a great strain and that the social independence options we were exploring with the young men are too challenging for some parents.

Sexual health is also about enjoying your sexuality and so a great emphasis is placed on the learning being fun. If the young men who attend go away with one overall impression, we hope that it is that their sexuality and self expression as complex human beings is a source of joy, creativity and self-worth.

You Win Some, You Lose Some

In October 1999, SHine SA played a substantial role in supporting the Conference 'Health in Difference 3', which served to highlight health and health industry issues faced by transgender, bisexual, gay and lesbian people. One of the sessions involved speakers who reported on the work they were doing with people with disabilities who are lesbian or gay or otherwise "same-sex-attracted". "Differently Abled", an Adelaide-based group is a voluntary peer support service who reported at the time that regular requests were being put to it by disability workers, to enlist their support in helping gay and lesbian people with intellectual disabilities to establish wider social networks and opportunities. "Differently Abled" indicated that this kind of work was well outside their resource or skills base, but that the demand was steady. Another speaker on the same panel worked for Family Planning New South Wales. She reported on work which had been carried out in Sydney with young men who are "same sex attracted" to support their learning about sexuality, sexual health, relationships, personal boundaries, self-assertion and HIV prevention. SHine SA was interested in this work and took the responsibility to advance work in this area in South Australia.

Consequently, in 2000, SHine SA sought the support of the Second Story Youth Health Service, Options Coordination IDSC-North-eastern Suburbs, and the Adelaide Central Mission's Bfriend Program. Together, they planned an innovative seven-week program based on participatory learning methods and circulated material on the program to the disability sector. It was scheduled to take place in October-December 2000. Although only seven referrals were initially made to the program, it looked like it would proceed. However, one by one, the referrals were withdrawn until there was

only one remaining. Some of the reasons given for withdrawal included: further assessment revealing too low a cognitive function to be able to operate in the group; parental anger that their son would be seriously considered as 'gay'; and a client's fear of further stigma in being known to attend such a group. The process of publicising the group was also interesting. Some agency workers went out of their way to make sure that information about the availability of this group was made visible and brought to people's attention, whilst other agencies gave no response at all or appeared to evade having follow-up conversations about it.

Ultimately, the program had to be put on hold. One agency said that the sticking point for them was that the program was aimed at young men and that many intellectually disabled men did not have enough freedom to exercise their own agency independently of parents until they are over 30. The same agency suggested that referring same-sex-attracted men to a general sexuality education program for men would be much easier for them. SHine SA did in fact follow this up collaboratively with IDSC Options, to run a general young men's program in early 2001.

The fact remains however, that there are specific issues relating to stigma, self esteem, social options and the nitty-gritty of safer sex issues for bisexual and gay men which need separate treatment and a peer group environment. Whilst this option remains unavailable to these men, they are at continued risk of shame and low self-esteem, secrecy and emotional restriction, non-consensual sex, as well as HIV and STIs.

SHine SA will continue to advocate for specific education for intellectually disabled men who are same sex attracted. If you are interested in this issue, please contact the East/West Team.

What's Hot! in 2001/2002

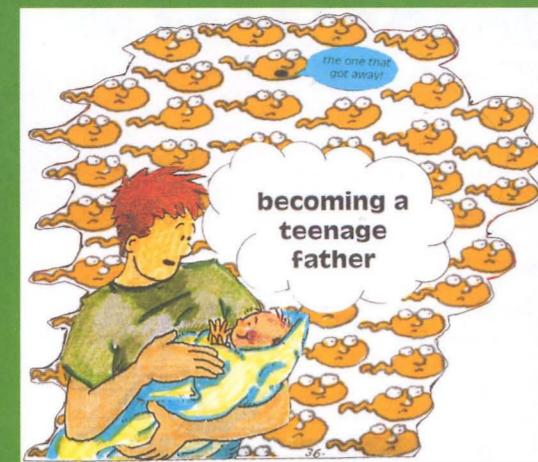
Sexuality & Disability Training Program for disability workers in rural areas

Sexuality Education Program for parents of young people with intellectual disabilities in first half of 2002

Sexuality and Disability Conference in 2002. Watch www.shinesa.org.au for more details

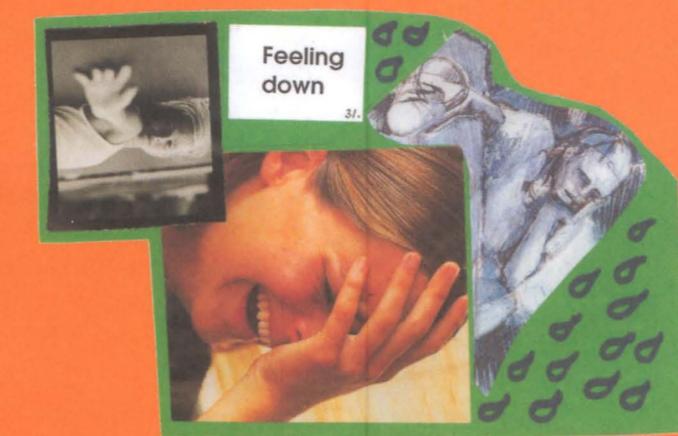
Having Sex at 16

- What is the age of consent? (17 for both males and females, gay or straight, in South Australia. Not consistent throughout Australia.)
- Why do we have an age of consent and who is it to protect?
- Are young people under pressure to have sex? If so, where does this come from?
- What are some of the reasons why young people have sex?



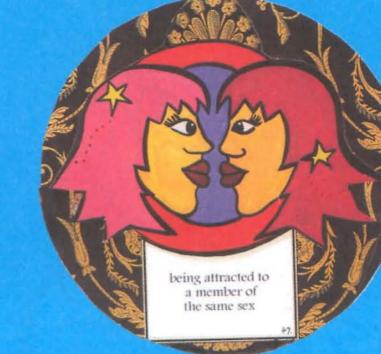
Becoming A Teenage Father

- How would their life change?
- Would the issue be different to those of an older person?
- What resources/help would be available?
- Would someone have to leave school if they had a child?



Feeling Down

- Is it normal?
- When should someone seek help?
- Who could they go to?
- How could someone respond to a friend who says they are thinking of committing suicide?



Being Attracted To Someone of the Same Sex

- What % of the Australian population is same sex attracted?*
 - When a person realises they are attracted to the same sex how do you think they may feel?
 - How do you think their friends would react if they knew?
 - Why may this be difficult?
 - Where could a person go for support?
- *(La Trobe Research 8 - 11%)



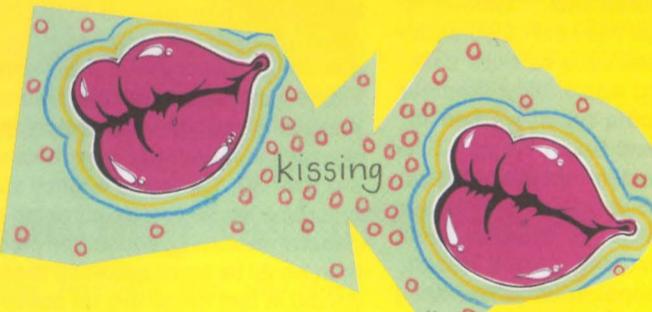
Getting Stoned At A Party

- Why do people choose to get stoned?
- Why are people sometimes pressured by others?
- What risks do people take when they get stoned?
- Why are there any legal issues that people need to consider when using drugs?



Cyber Sex and Chat Rooms

- Why do people get into this?
- What are the risks?
- What could someone do if they feel they were using this too often?
- What do you think about it?



Kissing

- Can diseases be caught while kissing?
- Are "love bites" harmful?
- Is a kiss a promise of further sexual activity?



This is an activity produced by SHine SA to be used with groups to stimulate discussion about risk taking behaviours. Risk-taking is a normal part of growing up. Young people need to be well informed about risks and protective behaviours. It is more important to have an opportunity to share different values and beliefs in a safe environment than to be simply given "the facts". What Do You Reckon can be used as a discussion starter with groups of young people. This 14-card selection is designed for adults and young people to talk about issues together. Suggested approaches include:

1. Sit around a table with a few young people and choose one topic at a time, working through the key questions. If you don't have enough information, make a joint commitment to find out together.
2. Cut out the pieces. Each person chooses two or three. Place them in 3 piles: "SAFE", "SAFE ONLY IF..." and "UNSAFE". Discuss why these choices have been made. Add further information if required. If you don't know something, find out.
3. Place this sheet on a wall and choose one topic for the week. Try to find out as much as possible about the topic. Share this information. Discuss the feelings that this brings up, eg. excitement, fear, anger, laughter.

For information on each of these topics see the What Do You Reckon link at www.shinesa.org.au
The entire game, along with many other resources, is available for loan from the SHine SA Resource Centre (tel 8364 5536, fax 8364 2389, email SHineSAResources@dhs.sa.gov.au).

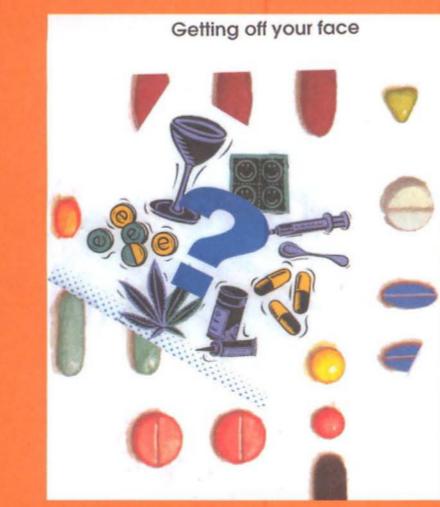
Sex With A Condom

- How are they used correctly?
- Should men carry them or women or both?
- Where do you get them from?



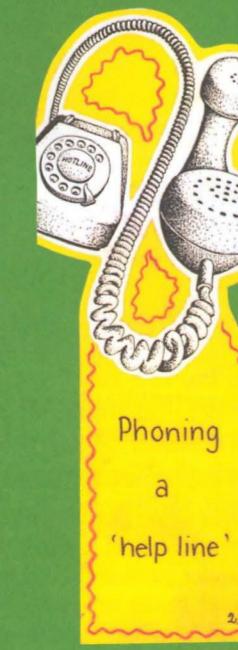
Someone Hitting Their Partner

- Is this okay sometimes/never?
- Why would this happen?
- What could a person do if they were being hit?
- What could a person do if they felt they wanted to hit their partner?
- Where could someone go for help?



Getting Off Your Face

- What does this mean?
- What types of drugs are around?
- What affect do different drugs have?
- What are the risks?



Phoning a Help Line

- What "Help" Lines are there?
- What would be the advantages of using one? (Confidentiality, anonymity, instant access)



Pressuring Someone To Have Sex

- Is it ever okay?
- How might someone exert pressure?
- Why would someone do it?
- What could someone do if they were being pressured?
- What should someone do if they get "NO" for an answer?

Workers

Portfolio Group Report

The work of this portfolio group has included:

- Development of policy on professional education and training
- Review and development of course evaluation strategies
- Resource development
- Increasing the knowledge and skills of general practitioners in progesterone only contraception
- Delivery and assessment of new Accredited courses
- Special consultations with parents, teachers, students and workers about relationships and sexual health education



School Teachers participating in a workshop in the Riverland

Workers

The provision of professional education and resources to workers in the community is an important strategy for SHine SA. Through this SHine SA contributes to the improvement and promotion of the sexual health of the wider community.

The year has been a very productive one for the Professional Education and Resources Team and there have been a number of new developments.

New courses have been developed and implemented throughout the year for workers who work with people with disabilities, Aboriginal and Torres Strait Islander men, workers and teachers. "Improving the Sexual Health of Aboriginal and Torres Strait Islander Men" and "Improving the Sexual Health of People with Disabilities" are both accredited courses. The organisation was successful in its application to expand its scope of registration as a Registered Training Organisation in February, 2001. The teachers' courses have been popular and have been offered in a number of geographic locations and at convenient times to ensure that teachers are able to access the training. Doctors have been offered a number of specialised workshops on progesterone only contraception and many demonstrations have been conducted on the use of the new contraceptive implant Implanon which has been released onto the Australian market.

A number of workshops have been offered to both undergraduate and postgraduate medical students throughout 2000-2001. The nurse's conference held in November, 2000 at Balyana Conference Centre which focused on the sexual health of young people was very successful. The third course for women Aboriginal and Torres Strait Islander workers was provided in March, 2001 and it is interesting to note

that four interstate participants travelled to the course from Western Australia and Victoria. SHine SA offers the only comprehensive sexual health programs for Aboriginal and Torres Strait Islander workers in Australia.

As well a very successful and well attended conference "Deadly Unna Sexual Health" was held for Aboriginal and Torres Strait Islander workers in 2000.

The Library and Resource Centre continues to provide services to the general community, students and workers. Many new resources have been purchased and existing ones reviewed and improved by staff. One of the best used resources "What Do You Reckon" which was devised by SHine SA staff has been given a "new look" and continues to be as popular as ever. Many new videos and books have been acquired for the libraries at the three sites.

All team members have collaborated extensively with other agencies and sectors and many valuable and productive partnerships have been formed and strengthened. We would like to take this opportunity of thanking all of the workers in these agencies who have worked with and supported professional education at SHine SA.

All professional education courses at SHine SA are evaluated and reviewed on a regular basis to ensure quality learning outcomes for course participants. Evaluations demonstrate a high level of satisfaction with course content and presentation at SHine SA. The Professional Education and Resources team continually strives to provide quality training to workers in the community.

Nurse Practitioner Study Tour of the USA - March /April 2001

As a recipient of a Premier's Nursing Scholarship 2000-2001 a 6 week study tour of the USA to investigate Nurse Practitioner models in Sexual Health was possible. The knowledge gained will inform the development of the Nurse Practitioner role in Sexual Health in South Australia. A separate report is available by contacting Robyn Pretty on 8254 8200.

Strengthening Approaches

'Strengthening Approaches' is a report of a workers consultation project undertaken by SHine SA in 2000 to inform the organisation of the training and support needs of workers who work with young people, out of school and who are most at risk, in the area of sexual health.

SHine SA has identified young people and young adults as key "communities of interest" for its Strategic Directions 2000-2004. Their inclusion has been based on the evidence that young people and young adults have the highest sexual health risks. The findings of the consultation will be used to underpin some of the work with these two communities of interest through partnership approaches with other services, youth workers and sectors and the meaningful participation by young people, teachers and parents.

The findings clearly support SHine SA strengthening relationships with youth workers and providing training programs for youth workers in the area of sexual health.

Consistent with research, findings from the consultations showed the most needed areas of education for youth workers were unplanned pregnancy, abortion, safer sex, rape/sexual assault and knowledge of sexual health services for young people.

The majority (85%) of youth workers thought that their skills would be strengthened by further education and saw SHine SA as the best place to access the knowledge.

Not surprisingly and again consistent with current research, a large number of workers requested further education and information about

- sexual coercion and rape
- techniques and strategies for sexual health programs
- safer sex and risk taking
- communication and negotiation in relationships
- unplanned pregnancy

While same sex attraction and homophobia are important issues in the community smaller number of workers saw information about these areas as the top priority for them, similar responses were received in the area of exploration of workers values about sexuality.

Workers gave clear information about the preferred length and specific days of preference for training to be offered. They were clear that training should include, as well as information, strategies and activities for them to get the message across and information about available resources eg videos, books.

Relationships and sexual health education is a critical plank in a broader strategy for improving the sexual health and well being of young South Australians and it is vitally important that youth workers have access to relevant, up to date material in the area of sexual health.

The consultation occurred from October to December 2000 and included face to face meetings and responses to mailed out questionnaires. Workers also completed the questionnaires. The total number of questionnaires completed was 279.

Youth Workers, Family and Youth Services, South Australia Police, Corrections Department, Housing Workers, workers who work with young gay, lesbian, bisexual, transgender people, Community Health Workers, Aboriginal and Torres Strait Islander workers, workers who work with young people from culturally and linguistically diverse backgrounds, workers in rural and remote areas were consulted.

Key recommendations made to SHine SA were:

That SHine SA employ a worker to plan, implement and evaluate an accredited sexual health course for workers who work with young people out of school.

That SHine SA develop a learning package and resources for workers specific to the sexual health and well-being of young people out of school. Workers who have participated in training be supported by SHine SA's regional teams.

That SHine SA expands advertising of training, information and services through flyers/pamphlets and e-mail services.

That SHine SA and youth agencies strengthen partnerships to increase opportunities to co-work and facilitate programs and projects.

The report 'Strengthening Approaches - Working together to improve the sexual health of young people' Report, SHine SA 2001 is available.



30th Birthday Celebrations, November 2000

SHYN the Light

on Sexual Health Youth and Nurses

In November 2000, SHine SA hosted the first conference for nurses aimed at improving the sexual health of young South Australians. The conference, free to delegates and sponsored by SHine SA and supported by a number of pharmaceutical and book companies was held at Balyana Conference Centre.



Hon Trish Worth MP

The conference had the ambitious aim of building the capacity of nurses to effectively engage young people in promotion, education and clinical services to reduce sexual health morbidity including unplanned pregnancy.

The program included:

- Examination of sexual health morbidity in Australia and how this compares to other countries
- Examination of factors which have resulted in decreased sexual health morbidity and unplanned pregnancy in other countries
- Presentations by youth peer educators to increase the voice of young people at the conference
- Presentation of approaches that effectively engage young people and address a number of social and sexual health issues

The conference, opened by The Honorable Trish Worth provided delegates with a myriad of information on sexual health and young people in interesting and innovative ways.

As this conference was about young people, young people were involved in many aspects of the conference. A drama production by the Urban Myth Theatre of

Youth 'Impro after Dark' was not only highly entertaining but thought provoking and challenging as these young people portrayed the experiences of learning about sex and the trials of trying to access services. Peer educators from the PEAs project (Peer Education Ambassadors) co-facilitated some small group exercises. Young people, accompanied by a worker from Dale Street Women's Health Centre, also presented a peer education program called 'Talking Realities Young Parenting Project'.

Other presentations included:

- A sexual coercion project
- VYBE (Visionary Young Bloods Educating) a peer education program with young Aboriginal men
- Youth clinical services - best practice model

- Nurses and the law
- WRAPT (Women's Rural Access Project and Training) a rural peer education program
- Approaches to working with young people with disabilities
- Contraceptive update

The evaluation was positive with many nurses indicating they would be interested in a Sexual Health Network for Nurses to improve the sexual health of young people in South Australia.

Nurses interested in joining together with other nurses, please contact Sue Arwen @ SHine SA on 08 8254 8200.

SHYN Conference Coordinators,
from left: Annie, Helen, Marg, Sue
& Gay
SHine SA Staff Members



Launch of the Having Their Say Report

On Friday December 8th 2000 the report entitled 'Having Their Say' was launched at the South Australian Museum.

Invited guests were from the Department of Human Services, the Department of Education, Training and Employment, SHine SA Council, the Peer Education Ambassadors, other agencies and staff from SHine SA.

The report summarises the findings of the state wide consultation conducted by SHine SA (April to August 2000) of parents, teachers and middle school students about the role of relationships and sexual health education.

The report set out key recommendations that will inform SHine SA's future work with teachers, students and parents based on the findings of the consultation. They are:

1. Relationships and sexual health education for all young people throughout the school years
2. Information and support for parents to communicate with their children and young people about relationships and sexual health.
3. Professional development and support for teachers to deliver quality relationships and sexual health education relevant to the needs of young people today.
4. Strengthen SHine SA's strategic alliance with the Department of Education, Training and Employment and school communities.

Overwhelmingly parents, students and teachers believe that relationships and sexual health education is important throughout the schooling years and that it should be taught by qualified, confident teachers who appreciate and are sensitive to the needs of young people.



From left:
Juliet (SHine SA),
Deb (DETE), Jane (SHine SA)
Launch of Having Their Say,
8 December 2000



Lenny (Peer Education Ambassador - Different PEAs Same Pod Project), Launch of Having Their Say,
8 December 2000



Peter Davidge
Director Metropolitan Health Div,
DHS: Launch of Having Their Say,
8 December 2000

What's Hot!! in 2001/2002

Community Worker Education - The name isn't too catchy at this point, but the content of this project is exciting and timely for the youth sector. Roxanne Adams has been appointed Project Officer to develop an accredited short course and resources to better enable youth workers to engage in conversations about relationships and sexual health with young people who are not in school, and are considered at risk. For this project, "at risk" is defined as the situations of:

- Not being able to access information regarding relationships, sexual health, well-being and safety
- Not being able to access resources and/or support to implement their relationship, sexual health, well-being and safety strategies
- Being at a higher risk of sexual assault than the general youth community
- Being at a higher risk of unplanned pregnancy than the general youth community
- Having insufficient relationship, communication or interpersonal skills to manage their sexual health, well being and safety
- Having insufficient decision-making skills to manage their sexual health, well being and safety

The project has just begun, and comes at a time when both youth workers and young people have clearly stated (through SHine SA and COPE consultations) their desire for youth workers to have further training in this area.

Youth workers and young people will be involved in this project. If you are interested in giving input, or would like to keep informed of the progress of the project, please contact Roxanne at the details below:

Email roxanne.adams@dhs.sa.gov.au
Phone 8431 5177 Fax 8364 2389

Professional Education

Teacher Education and Training

I started as the Coordinator of Teacher Education in July 2000. It was very valuable to have 4 weeks orientation, where I could meet and talk to all members of the Professional Education and Resources Team and meet many other SHine SA staff. It was a time where I learned a lot more about SHine SA as an organisation, its structure, strategic directions and the work that it does. This was also an important time to make links with other organisations and begin to promote myself and the work I was to do with teachers. In fact it was a time to clarify what my work would look like and how I could be most useful and effective in supporting teachers in the area of relationships and sexual health education.

Since that time I have conducted six 3 hour workshops in various metropolitan and rural locations for teachers on relationships and sexual health education. I completed the first 18 hour Relationships and Sexual Health Education course at the Munno Para SHine SA office in early May. A very similar course was run at Mt Gambier High School in June. Several other courses are planned for term 3 of the school year.

I have collaborated with several organisations to improve access and support for teachers and schools in the area of sexual health. One of the most valuable partnerships for me has been working with Eleanor Doig, the Project Manager for "Don't Take Your Life-Celebrate It" project, based at The Second Story in Adelaide. The project aims to address the high suicide rate amongst same sex attracted young people. Eleanor has contributed to many of my workshops, helping teachers to understand and appreciate the social and emotional isolation and discrimination many same sex attracted young people face and how they may be supported.

I have long been a member of the Australian Council for Health Physical Education and Recreation (ACHPER). I

now represent SHine SA and sexual health on the Health Directorate with ACHPER. Through this collaboration I have conducted 2 relationships and sexual health education workshops at ACHPER conferences. This association enables promotion and access to ACHPER members, who are teachers, coaches, fitness trainers and any other professionals who work in health, physical education or recreation.

Health Promoting Schools (HPS) is a movement that has been active in Australia for many years. The Childrens Health Development Foundation has taken the responsibility of promotion in South Australian schools by appointing a Project Officer, Alison Goffin. Alison has formed a Health Promoting Schools partnership with several key agencies. The agencies are Children's Health Development Foundation, Eat Well SA, SHine SA, Quit SA, Drug and Alcohol Services Council and the Women's and Children's Hospital Division of Mental Health. Together this partnership offers training and development to schools on how they can become Health Promoting Schools. The concept requires schools to look at health issues more broadly than curriculum, to look at school policies, ethos and partnerships they can develop with other parts of the community such as parents and health agencies.

This has been a very worthwhile partnership and workshops are offered throughout the state.

Relationships and sexual



Peterborough Primary School - Teachers Workshops

health education for students with a disability is also an area where there is a great need. The Disability Services Coordinator at the Northern Metropolitan Area District Office of the Education Department invited me to work with a small team to produce a resource and run a course for teachers of students with a

disability in the northern metropolitan area. We have worked for several months on the project called 'Making Choices'. The first of 6 X 3 hour training sessions was held on May 17th, 15 Teachers and School Support Officers attended. All participants found the first session invaluable and have committed to the full 18 hour course. As a trial program, one of the major aims is to increase the number of teachers skilled, informed and motivated to address the area of sexual health for young people with a disability. The course will be offered to teachers in other areas.

I have been in the position of Coordinator of Teacher Education for nearly 12 months and have worked with many teachers from around the state. I have gained a lot of confidence in their passion and commitment to their students and a willingness to take on training and development in order that they can offer relevant and comprehensive relationships and sexual health education.



National Accreditation of a Sexual Health Course for people with Disabilities

In January 1999, 150 workers in the Disability Services Sector participated in a survey about their needs in relation to providing sexual health services to people with disabilities. In February 2000, SHine SA consulted with Managers of services which support people with disabilities. The result of the consultation was the development of a six-day course, which is nationally accredited and called "Improving the Sexual Health of People with Disabilities". This course has a component for assessment of worker skills and knowledge.

The course is conducted twice a year, and the first one has been completed. The aim of the course is to improve the sexual health and well being of people with disabilities by exploring values and attitudes and increasing the sexual health knowledge, skills and competence of workers. We are now more confident with the inclusion of assessment in our courses, that our overall strategy, to build the capacity of workers to provide sexual health services to people with disabilities, will be achieved.

The six-day course allows more time for discussion, a broader understanding of some of the issues that relate to having a disability, increased opportunities for practise, the development of stronger links and networks and an ability to present a more holistic picture of disability, sexuality and sexual health. The opportunities for networking also create the possibilities of collaborative working relationships between people with disabilities, SHine SA, other agencies and individual workers.

Some of the examples of collaborative work include organisations such as Rape and Sexual Assault Unit, Independent Living Centre, Advocacy Action Inc. and The Office of Public Advocate. These organisation are invited to present information, as a way of linking and networking workers to these services available to people with disabilities.

The most significant link that I have had as the Coordinator of the course is with people with disabilities. Noel, Therese and Graham have been three people who have contributed to the quality of information in the course. They have shared their stories in relation to their exploration of sexuality and issues associated with accessing sexual health services. It is clear that the attitude of workers plays a large part in how people with disabilities are able to express their sexuality. How people with disabilities see themselves also impacts on sexual health and the expression of sexuality.

RAPE MYTH BUSTERS

MYTH
It's a man's right to have sex in a relationship.
Rape cannot occur in marriage, defacto or close relationships.

REALITY
It is not a man's right to have sex whenever he wants in ANY relationship.
Being in a relationship does not give consent to have sex.
Forcing anyone to have sex when they do not want to is rape. A marriage licence is not a licence to rape.
There is no substitute for listening to what your partner wants.



30th Birthday Celebrations

SHine SA: Annual Report - 2000/2001

Talking Sexual Health

The Australian Research Centre in Sex, Health and Society at La Trobe University in Victoria has developed the 'Talking Sexual Health' resources for the Australian National Council for AIDS, Hepatitis C and Related Diseases (ANCAHRD). The purpose of the resources are to assist secondary schools in providing a whole school approach to education about sexually transmitted infections (STI's), HIV/AIDs and Blood-borne viruses (BBVs) within the context of sexuality education.

SHine SA took up the opportunity, offered to all states by La Trobe University, to host a 2 day train the trainer workshop for key personnel working in the area of sexual health education in schools. The basis of the training was the 'Talking Sexual Health' Professional Development resource for teachers. On March 15th and 16th Debbie Ollis (one of the principal writers of 'Talking Sexual Health') worked with a group of 20 Health and Physical Education teachers, University lecturers, Catholic and Independent Health Education officers, Student Counsellors, a Second Story Counsellor and SHine SA staff at Kensington. The 2 days were extremely valuable. Debbie is a dynamic and totally committed sexual health educator. We were constantly involved in practical activities that challenged our thinking around the diversity of the young people we teach and how to effectively redress students' lack of knowledge and enable them to make sense of the social world in which they make decisions about their sexual health.

La Trobe University in 1992, 1997 and to be repeated in 2002 conducted a secondary student HIV/AIDs and sexual health survey. Much of the results of those surveys has guided the material in 'Talking Sexual Health'. There are 4 components to 'Talking Sexual Health'.

1. A National Framework which provides strategic advice to those involved in the development, implementation and evaluation of school based policies and education programs about STI's, HIV/AIDs and BBVs.
2. A Parents Guide to assist schools in working with parents in sexuality education.
3. A Professional Development resource for training teachers in the critical knowledge and skills necessary for effective program implementation in schools.
4. The final component is a Teaching and Learning resource and although it has been completed it has not yet been printed and yet it is the critical link in the whole package to assist teachers (with ideas and activities) to provide a comprehensive approach to teaching STI's, HIV/AIDs and BBVs.

The resource has significantly changed and enriched my thinking around effective relationships and sexual health education for students. One of the valuable aspects of the resource is the practical nature of the activities and ideas that are presented and the fact that they are based on recent and relevant research.

Nurse Education 2000-2001

The main developments in nurse education this year have been:

- the rewriting of the course curriculum and change of name of the course for registered nurses
- rewriting the course information booklets to reflect the new curriculum
- development of a process for support and review of the clinical skills of clinical placement course participants
- redevelopment of a clinical teaching self evaluation guide
- the completion of a peer review process for SHine SA casual nurses

The rewriting of the curriculum for the Sexual Health Course for Registered Nurses commenced in February 2000 and has finally been achieved. Consultation with SHine SA nurses and doctors, who act as preceptors and clinical teachers to course participants, provided valuable assistance and validity to the process and changing the name to "Sexual Health Course for Registered Nurses" links better with the organisation name, SHine SA.

The course information books were rewritten to reflect the new curriculum with the content of the course arranged into 8 Modules, with Learning Outcomes and content of the sessions for the Theoretical Component and overall Learning Outcomes for the Clinical Component.

The SHine SA Nurse preceptors continue to support the nurses for 12 months following the completion of their placements at SHine SA. A process has been developed to assist the nurse to set up a portfolio and includes a review of their clinical skills after 12 months of practice. This is especially beneficial to nurses who practise in isolation. The Southern Primary Health Care Team nurses have preceptorised the first male registered nurse to participate in the clinical component at SHine SA. This has been over an extended period so that the nurse could continue to work in his nursing position.

Included in the Learning and Teaching Records of the clinical component is the newly rewritten Clinical Teaching Self Evaluation Guide. Placing this guide in these records was done at the request of the SHine SA nurses, and was developed for the preceptor to use following the completion of a participant's clinical



Nurses Course Participants & Facilitator - October 2000

placement so that they can evaluate their clinical teaching skills. The written evaluation of the clinical component has also been redeveloped to include questions that the participant uses to evaluate their preceptors clinical teaching skills.

Following the successful Peer Review of the SHine SA nurse's clinical skills a similar process has been developed for SHine SA casual nurses as a quality assurance process. It is expected that all casual nurses employed by SHine SA will have participated in this process by the end of 2001.

The Coordinator of Nurse Education has participated in other activities this year including:

- development of standing drug orders for nurses at SHine SA
- keeping city, regional and rural nurses updated with current sexual health information
- collaboration with SA Cervical Screening Program to produce a Cervix Screening and Sexual Health Update Day
- participation on the Nurse Advisory Committee
- participation in community and professional education forums and sessions

The Coordinator of Nurse Education and SHine SA nurses have provided sexual health education to many nurses throughout the year in both the theoretical and clinical components of the course. We continue to have contact with these nurses through updates, peer review of their clinical skills and assisting nurses to maintain or update their clinical sexual health skills.



Women Aboriginal and Torres Strait Islander Worker participants - March 2001

Improving the Sexual Health of Aboriginal and Torres Strait Islander Women

In March, 2001 the third course for women Aboriginal and Torres Strait Islander workers was presented at SHine SA. Fourteen workers attended the course. The workers were from many areas in South Australia including the Riverland, South-East and Murray Bridge. Some of the participants were from Victoria and Western Australia. A range of topics were presented including values and sexuality, contraception, unplanned pregnancy, sexually transmitted infections, rape and sexual assault with an emphasis on educating the community and early intervention and prevention strategies. The sexual health topics were presented by staff of SHine SA, Pregnancy Advisory Centre, Yarrow Place, South Australian Police, Positive Living Centre and the South Australian Cervix Screening program. All participants gave constructive,

positive feedback about course content and delivery.

The course coordinator has also been involved in other indigenous health promotion activities throughout the year. These include special Health days at Taoundi College, Women's Health workshops at Raukkan and Camp Coorong. Input has been provided into consultations about Women's Policy, program development in relation to domestic violence and sexual abuse and participation in forums related to the development of an indigenous sexual health strategy in South Australia.

Support has been provided throughout the year to a range of indigenous workers who have required assistance with specific projects in their communities.



Professional Education & Training Activities at a Glance

There were 723 participants in professional education and training programs.

There were 37 participants in Clinical Practice Training (Nurses and Doctors)

85% of participants were women.

32% of participants were from country areas



African Family Day Forum

Clinical Services

Survey of SHine SA Clinical Services 2000

As a part of the commitment to ongoing service improvement, a survey of clinic clients was conducted over a 4-week period in June 2000. Completed surveys were returned from 148 clients, representing 16% of clinic client visits during that month. 92% of respondents were female and 45% were under the age of 30. There were no surveys returned from the Brady St or Port Adelaide clinics.

Overall, levels of satisfaction with services were high with most clients indicating that they had heard about the clinic through friends or relatives. While a separate report on the survey is available the following are some of the key findings.

The Staff

Respondents reported on the helpfulness and friendliness of staff but identified the need to reduce waiting times at some clinics.

The Cost

The majority of respondents felt that the clinic services fee (\$10.00 per year negotiable) was affordable and fair and some suggested it was too low.

Levels of Satisfaction

99.3% of the respondents were very satisfied/satisfied with the service. Only one

client indicated that they were not satisfied but unfortunately did not indicate the source of dissatisfaction.

Training Doctors and Nurses

Just over a quarter of clients knew we trained doctors and nurses in the clinics. 95% of respondents said that they did not have any concerns about a nurse or doctor in training being present. Informing clients of our training role requires addressing.

Suggestions to make the services better?

Overall the comments on the service were positive with many respondents advising to keep the service the way it is. The following are highlighted as areas for service improvement:

- Reduce waiting time in clinics
- Increase advertising especially in schools and universities
- More varied clinic times for ease of access
- Provide access to drinking water

SHine SA has acted on the outcomes of the survey through the Nurse and Medical Advisory Committees. A Clinic survey will be conducted July/August 2001.

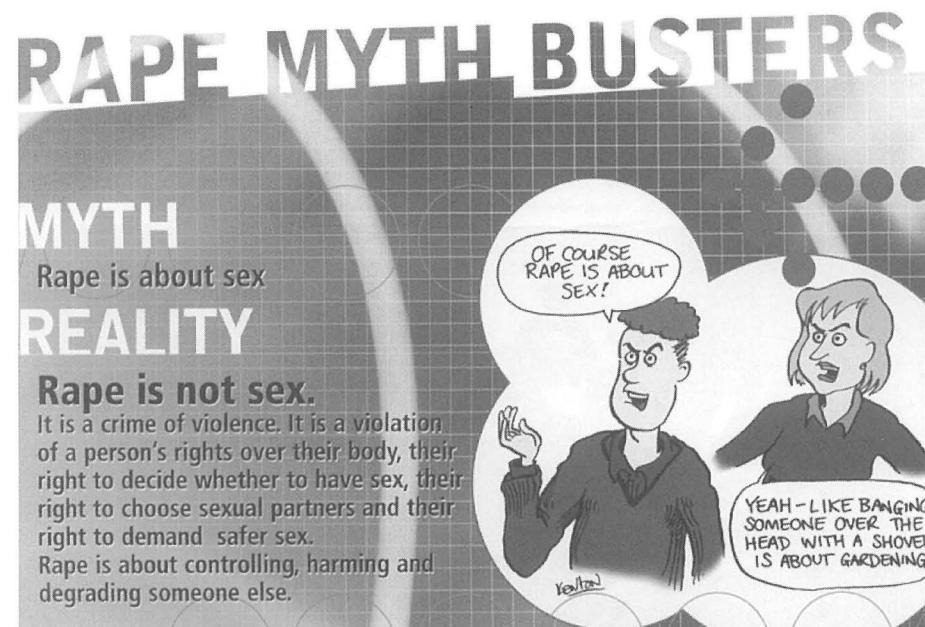
Introducing the Implant

In the last year SHine SA has been involved in the introduction of a new form of contraception to doctors and women in South Australia. As part of an Australia wide initiative involving the family planning organisations in each state SHine SA has been working with Organon, the Dutch drug company, to enable the smooth and swift introduction of the contraceptive implant Implanon.

Implanon is a match stick sized flexible plastic rod which is put under the skin of a woman's upper, inner arm and releases a tiny amounts of progesterone (Etonorgestrol) into her body. This hormone effectively switches off the woman's fertility for 3 years and the device can be removed at any time if the woman wants to restore her fertility before the three years have passed. Although it is a small dose of progesterone Implanon is likely to alter the woman's bleeding pattern (periods) especially in the first 3 months of use and Implanon can sometimes cause other side effects.

Implanon is a safe, effective and new choice in contraception. SHine SA has used the chance to reach general practitioners interested in learning about this new method to create and deliver a wider teaching session to doctors about developments in progesterone only contraception. We have been delighted by the enthusiastic response to our offer of continuing medical education to doctors and 2001 has seen SHine SA doctors going to Port Lincoln, Whyalla, Maitland, Ceduna, Port Pirie and the Barossa as well as several sessions in metropolitan Adelaide. The "Update in Progesterone Only Contraception" which we developed here was also sponsored by Organon as a recurrent session in the 2001 General Practice Conference and Exhibition in Sydney in May.

We are pleased that there is a new choice in contraception for Australian women and delighted that our role in introducing it to South Australian women has enabled us to foster new contacts amongst South Australian General Practitioners. In the clinics, simply being able to offer another method to clients opens up a freer discussion of choices in contraception.



Clinical Activity Statistics at a Glance

Clinical services provision is an important part of the core work of SHine SA and contributes to early intervention and prevention and the improvement of the sexual health of the community. Clinics are located in areas to improve access by the communities of interest including young people, young adults, Aboriginal and Torres Strait Islanders and people from culturally and linguistically diverse backgrounds.

During 2000/2001

Over 16,000 clinical services were provided to 9,540 people

- 96% of clients were women, 4% were men
- 32% were under 25 years of age
- 26% were 25 to 34 years of age
- 8.3% identified as Aboriginal
- 6.5% identified as culturally diverse
- 5.1% identified themselves as having a disability
- 2.2% identified as being gay, lesbian, bisexual or transgender

Income Sources for Clients

- 6% had no income

Clinical Services

SHine SA provides clinical services from 10 locations in metropolitan Adelaide. Two of the clinics provide services for Aboriginal and Torres Strait Islander women. The majority of clinics are in locations accessible to SHine SA's communities of interest. A regular visiting service is provided to Ceduna/Koonibba on the far west coast of South Australia. Doctors and nurses provide a range of services additional to supporting the clinical practice training of doctors and nurses undertaking sexual health training. Fifth year medical students from Adelaide and Flinders Universities attend observation clinics.

In order to improve access to services by clients under the age of 16, SHine SA has implemented two doctor clinics focussing on youth in the northern, western and southern metropolitan regions. This comes some way to addressing the barriers the Consent to Medical Treatment Act poses. Planning has also occurred for the implementation of two nurse clinics in each

region early 2001/02. Experienced Nurses will provide a range of services including sexual health checks, provision of emergency contraception, repeat Depo Ralovera injections, Hepatitis B vaccination, pregnancy tests and sexual health information.

During Pap Smear awareness week 14-18 May 2001, a special clinic funded by the Cervix Screening Program was held at Munno Para for women from culturally diverse backgrounds. Women from Phillipino, Cambodian and Maltese communities attended.

Visits to SHine SA clinics are encouraged by senior secondary school communities as a way of introducing young people to SHine SA and the services provided. During these visits the students have the opportunity to explore the meaning of "sexual health", be shown how to use a condom correctly, discuss what we do in 'clinics' and to see the clinic rooms and meet staff.



Therapeutic Counselling

Sexual Health Counselling Procedure Manual

2001 has been a exciting year of working with individuals and couples in the area of sexual health. Counsellors also conduct group sessions and can provide advice and referral on sexual concerns. All services are confidential and if an interpreter is needed this can be arranged by the counsellor or the support staff.

Over the past few years the counselling team and a management representative have worked on a procedure manual for the use of existing and new staff, students on placement and all SHine SA staff.

The 'Sexual Health Counsellor's Policy and Procedure Manual' was written by the counselling team as a combined effort, outlining the counselling services philosophy statement and the scope of SHine SA Counselling services.

This manual covers client intake and consultation issues, legal and practical issues and support as well as information on management responsibility.

The final part of the manual outlines a set of guidelines for student placement which has been valuable for students and counsellors alike.

A presentation of the counselling procedure manual is planned for later in the year, so all SHine SA staff are aware of the completion and use of this important document.

Counselling remains available at all regional sites between the hours of 9 am and 5 pm Monday and Friday.

However some issues such as unplanned pregnancy are considered a priority and arrangements will be made to schedule an appointment as soon as possible.

The following is a poem written by a client who saw a SHine SA counsellor this year. The poem reflects a journey undertaken by her, towards 'freedom from the effects of abuse'. One major concern for the client was a sense that she did not always feel 'present', or 'able to feel'. While re-claiming feelings and emotions in her life, she has found new ways of expressing these feelings and experiences. This includes the use of poetry. The following was written specifically for this edition of SHine SA's Annual Report.

Return from Nowhere

I heard the sounds from the birds in the trees
I watched the leaves lifting in the breeze
But they made no impact on me
I just smiled at your jokes
Remained passive at sad movies
I was hard-hearted according to some folks
I didn't know the cost
Unable to feel or show emotions
My life became Lost
In an atmosphere where self-doubt thrived
In the dimension of nowhere
I survived

I listen to the singing of the birds in the trees
I feel the leaves lifting in the breeze
I am entranced by the display before me
I laugh spontaneously at your jokes
Cry at sad movies
Serenity surrounding me as I relax with folks
My heart is now filled with an enormous love
As emotions sweep through my body
I reclaim my life, with grace from above
Friends support me as I strive
To remain in the real world
I am alive!!

Therapeutic Counselling at a Glance

There were 795 client attendances

43% of clients were on a pension or benefit

83% of clients were women

Top 3 reasons for attendance:

- Social and emotional issues
- Sexual concerns
- Violence and abuse



Some of the young people who developed the PASH Poster & Rosie King (far right)

Supporting a Special Program for Women

This program was piloted as a joint venture between Northern Metropolitan Community Health Service (NMCHS) and SHine SA to assist women in coming to terms with the experience of child sexual abuse in a safe, supportive and non judgemental environment. The aim of shared counselling is to provide an efficient and effective alternative model to one to one counselling.

Prior to commencing the shared counselling sessions, a preliminary meeting was held with the women and facilitators to discuss the shared counselling process. This meeting gave the women an opportunity to decide if shared counselling was an appropriate venue for them to follow and assist them in dealing with their individual issues around child sexual assault. It was evident from the very first session, that this group of women were brave and assertive, and who 'gelled' as a group from the very beginning of the program. They were incredibly open and willing to share their stories, not only about child sexual abuse, but other aspects of their lives.

All of the women made valuable contributions to the group, not only in their support of each other, but contributing to morning teas (we had luscious home baked cakes each week). Providing music tapes and one women cross stitched each of us a name tag with not only our name, but a special cross stitched motif which related to how she saw us as people. We had special visits from "Billy" a feline Burmese, who brought much joy to all the group. All of this helped to make this a very, very special group, with each woman making her own special contribution. Their support for each other was outstanding, in spite of many differences in their life experiences and family situations.

The last session was in many ways the most difficult with the women wanting to continue with the shared counselling. Other options were offered to them eg one to one counselling, attending other support groups etc. Some of these options were taken up, but these women are continuing to meet at Munno Para Community Health Centre on a regular basis with minimal support from the original facilitators. Hopefully their pain is beginning to ease and the healing process well under way.

Organisational

Community Health Worker's Advisory Committee

The Community Health Worker Advisory Committee (CHWAC) is currently comprised of a representative from each Primary Health Care Team, the Teacher Education Coordinator and a Management Team members. The Group meets four times per year.

The main work for the past 12 months has included the following:

- A review and update of the majority of educational resources used by SHine SA workers and external agencies and schools. This ensured up to date terminology and information as well as some additions to resources.
- The viewing of a range of resources and videos to make recommendations about purchase for SHine SA's resource centre.
- Involvement in the updating of pamphlet "Guys Talk Sexual Health"
- Information sharing about Teacher Education Workshops and support of Teacher Education Coordinator in delivering workshops.
- The committee is currently working on a Peer Review Process for Community Health Workers to be used as a quality assurance tool.

Department of Human Services Life Journeys Expo

SHine SA participated in the Department of Human Services Life Journeys Expo on the 28th and 29th April 2001.

Life Journeys was a free and unique opportunity for the South Australian community to experience and explore the issues that influence their lifestyle choices.

SHine SA stall was located in the Youth Pavilion. SHine SA had a count the condoms competition. The winner was given a CD voucher.

Young people had an opportunity to make their own personalised PASH poster.



Several Peer Education Ambassadors worked on both days and gave out Chupa Chups to passers by.

Organisational

Scholarships Can Make A Difference

Considering the strengthening of SHine SA's focus on young people and young adults, Council made scholarships available to four staff members to study the Graduate Certificate in Adolescent Health and Welfare through the University of Melbourne. This is a one year external course.

The two subjects of the first semester were Adolescent Development and Professional Skills. The requirement of each subject was a series of self-assessment tasks and a 2500-word assignment that you responded to following the allocated readings. The self-assessment was no longer than an A4 sheet of paper.

The Adolescent Development subject discussed the reasons why sexual health promotion may not work with some adolescents and with the findings, suggested some changes which could be made to sexual health promotion in adolescence, in order to help increase its effectiveness.

In Professional Skills subject I explored an intervention model, which is a six-day course that has recently been nationally

accredited. The course is titled Improving the Sexual Health of People with Disabilities. I then used current research and theory to provided a rationale for the intervention strategy. Following this I provided strategies to implement the intervention strategy and also identified the possible gaps that existed in the course.

I have found the experience of studying exciting, terrifying, too hard, just what I need and many more things. It has increased my understanding of adolescent development and some of the physical, biological, and social and environmental implications associated with this natural human process. I have also been able to do an informal review of the current curriculum of the Improving the Sexual Health of People with Disabilities course. As the Coordinator of Disability Worker Education the opportunity to assess the course that I have planned, developed, implemented and evaluated, against current research, has been enriching and invaluable to me, my organisation and hopefully people with disabilities.

Scholarship Holder

From Left: Hon Sandra Kanck & Anne Levy at SHine SA's 30th Birthday Celebrations - November 2000



MAC Chat

The Medical Advisory Committee (MAC), comprising Dr Meredith Frearson, Dr. Anusha Visvanarthan, Ms Bev Burnell, Dr. Katrina Allen and Dr Penny Steele (for part of the year), continues to oversee the medical direction of SHine SA.. MAC acts as the watershed for new ideas of clinical practice, research or teaching as well as the final arbiter on new leaflets, standards of practice and clinical conundrums – areas of action which the members usually embrace with effective enthusiasm.

This year an issue we have particularly engaged with has been restructuring the clinics to facilitate services to young people – this has been with the Nurses Advisory Clinic (NAC) and the clinical service providers in each region as we have puzzled out the details of providing nurse only and 2 doctor clinics. We have also facilitated SHine SA's involvement in introducing the new progestrone only options in contraception and the running of the SHine SA Education Meetings.

These are quarterly education meetings, open to clinical staff of relevant organisations, dealing with topics of interest in the field of sexual and reproductive health. So far this year we have discussed "Vulval Infections" specifically thrush and bacterial vaginosis with Professor David Ellis and Dr Helen McDonald. In February we had a fascinating meeting discussing "Best care for women with disabilities". The discussion was well informed by contributions from the panel: Dr Ruth Marshall, from Hampstead Spinal Injuries Unit, Dr Jill Maxwell, from Strathmont Centre and Ms Glenda Lee, who has a lifetime of experience in this area as a woman with a physical disability and as an advocate for people with disabilities. In June Dr. Jane Wood, gynaecologist from Flinders Medical Centre, led a lively discussion on heavy vaginal bleeding,

particularly enriching our knowledge of treatment options. The meetings enable SHine SA clinical staff to remain in touch with new developments in the field of sexual and reproductive health and maintain our position in the forefront of this field in the community.

In the beginning of 2001, Dr Rebecca Wheatley became the inaugural holder of the General Practice Special Skills (Sexual Health) Post. This is a new position created within the RACGP registrar training which offers successful applicants a 0.2 FTE clinical position at SHine SA combined with a 0.4 FTE position at Clinic 275. It is offered to registrars in General Practice in their second term in the community and provides them with a very sound basic training in sexual and reproductive health. It also strengthens the clinical medical resources of both SHine SA and Clinic 275. Rebecca's flexibility and clinical acumen have been much appreciated in the many clinics she has done with us.

Other achievements by MAC and doctors within the organisation have been participation in the development of standing drug orders to facilitate more independence and flexibility for nursing practice at SHine SA, continued training of doctors within and without the organisation and involvement in the supervision of two Ph.D students who are researching issues of sexual health. SHine SA is also implementing information and access for women interested in the new form of permanent birth control (sterilisation) called ESSURE which has been developed by Professor John Kerin in South Australia.

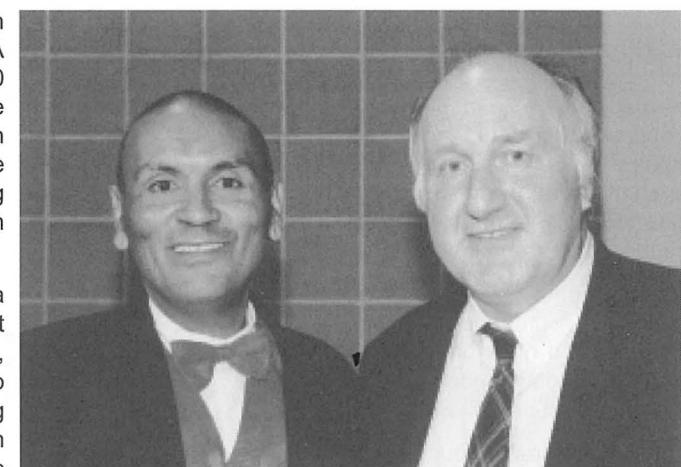
The range of interests and issues tackled by MAC leaves little room for boredom or complacency and we look forward to the challenges ahead.

SHine SA ... 30 Years And Still Going Strong

On Thursday 26th October SHine SA officially celebrated 30 years of service to the South Australian community, beginning life as the Family Planning Association of South Australia in 1970.

In 1969, following a Parliamentary Select Committee Review, changes were made to legislation concerning abortion in South Australia. At that time, the National Council of Women and the Medical Women's Association of SA prepared a joint submission stressing the need for family planning clinics. With a grant from the then Don Dunstan, Labor government and the commitment and enthusiasm of a small group of volunteers and staff, the organisation was incorporated in August 1970. The focus of the organisation in the 1970s was to improve women's access to effective contraception and information about reproductive choices. Unplanned pregnancy rates were high, particularly among young women. In marriages in 1971, where both the bride and groom were less than 19 years of age, over 80% of the girls were pregnant. The first decade of service saw slow but steady social change and rapid growth of the organisation. Acceptance of contraception became a normal part of life for most women wishing to take charge of their own fertility, but the responsibility for contraception continued to be the sole responsibility of women.

The focus of the organisation has shifted over the last 30 years. The HIV/AIDS epidemic in the early 1980s began the process of change. In the ten years 1990 to 2000, the organisation was strategically reoriented from a provider of family planning/contraceptive services targeted at women, to a broad range of sexual health services targeted to women and men. This included improving access to those people with most need and least choice, including young people, while building community and worker capacity for improved sexual health outcomes. This necessitated a



From Left: Mark Koolmatrie MC & Richard Bruggemann

change of name in 1998 from Family Planning to SHine SA. Sexual health is everyone's responsibility.

Over 200 people joined SHine SA in celebrating 30 years of service to the South Australian community. Ms Anne Levy, a member of SHine SA since 1972, the longest serving Council member (1975 to 1989) and the record holder of the longest serving woman politician in South Australia gave the key note speech. Anne reflected on the political and social climate at the time the organisation was first established.

Mr Richard Bruggeman, President of Council SHine SA spoke passionately about the work of the organisation and the work ahead.

Dr. Arthur van Deth Executive Director of Metropolitan Services Division Department of Human Services launched the SHine SA Strategic Directions 2000-2004 and announced additional State funding to SHine SA for better prevention and education around teenage pregnancy.

The PASH poster (Planned Approach to Sexual Health) developed by a group of young people under Rosie King's expert guidance was also launched.

With the official proceedings over, the celebration began. Faces were painted, dances were danced, networks were strengthened and a great time had. Just hoping we do not have to wait another 30 years to celebrate again.



Nurses Advisory Committee

Comprising the Level 3 nurses from each Primary Health Care Team, Nurse Educator & Management representative, the Nurses Advisory Committee has worked on a variety of areas to further the strategic directions of SHine SA. Major focus of NAC in 2000/01 has been

Education

- SHYN the Light a conference for nurses on Sexual Health Youth and Nurses
- Information sessions/updates in Nurses Meetings
- Cervical screening, Menopause and contraception updates

Quality Assurance

- Clinic surveys June 2000
- Peer review process for all SHine SA nurses and casual nurses
- Updating of Clinic Procedure Manual

Two Nurse Clinic Development

- Review of procedures to accommodate two nurse requirements

New Initiatives for 2001/02

- Setting up of a Sexual Health Network for Nurses
- Exploring advance practices for nurses in SHine SA

The NAC is committed to further the nursing role and quality of the clinical services in SHine SA in 2001/02

Information Services

Telephone, Library/Resources, Website, Leaflets Sexual Health Hotline

What is the Sexual Health Hotline?

A confidential telephone information service provided by registered nurses with expert knowledge in sexual health. There is a toll free number for our country callers. Queries can also arrive via e-mail: www.sexualhealthhotline@dhs.sa.gov.au

This service will celebrate its 15th birthday on the 2nd February, 2002.

Who uses this service?

Young people, men, women, doctors, teachers, nurses, health workers, parents and partners

When does the service operate?

9 am – 1 pm Monday to Friday.

If the service is busy it is possible to leave a message on the answering machine (just your name and phone number is enough) – as the service is confidential we would only give our first name when returning the call (not the name of the service)

So what types of questions do we get?

Many of our calls are about contraceptive methods but our phone clients have sexual health needs from puberty to menopause and beyond, the following are some examples.

- My eight year old daughter has just started her periods

- I've been in a permanent relationship for the past 12 months and I've just been diagnosed with herpes
- I hear there are two methods of emergency contraception now
- Younger people often want to know if certain parts of their anatomy are normal
- My partner is no longer able or wanting to have sex
- I've never been able to orgasm
- We've been trying for a pregnancy with no success
- What tests do we need to do before we try for a pregnancy?
- I walked in on my partner who was dressed up in my clothes and make-up
- Every time I try to have sex, I lose my erection
- Past and present issues of abuse.
- The condom burst
- What is my risk of infection from.....?
- Where can I get emergency contraception.
- I hear there is a new method called Implanon.
- My last smear test was abnormal

5936 telephone services were provided in 2000/01. Remember all calls are confidential.

Library Services

Following on from last years extensive library cull, both the Northern and Southern Primary Health Team libraries have been weeded and updated their holdings to better reflect the current needs of their local clients. The addition of new shelving and a complete rearrangement of the library layout has improved these services and made access easier for both library users and staff.

Staff from both North and South have been busy seeking out new books to upgrade their libraries and this is reflected in the number of new books added to the collections.

- Almost 500 new books have been catalogued since July 2000.
- There were 155 new library members registered in the past year
- The Library currently subscribes to over 40 national and international journals.

The work of the Library is greatly enhanced by the assistance of volunteers. The volunteers work on a roster system and provide valuable assistance in a variety of ways.

The Janet Browning Library is open from 9.00 am – 5.00 pm Mondays to Fridays.



Resource Centre

In order to finalise the extensive review of all our resources, which was undertaken early last year, a complete revision of the catalogues has been underway over the past four months. This is now nearing completion and distribution will take place in July. We hope that our users will find them easier to use, as the abstracts are now more specific. Continuing from last year when we updated the Resource Centre holdings, many more new items have been added and the subject headings have been slightly changed to clarify the content matter of each of the videotapes.

There are almost 1000 items available for loan in the Resource Centre, and there were 3667 loans processed in the year July 2000 to June 2001.

Currently, there are 264 registered Resource Centre members. Of these, 169 are metropolitan based and 95 are from rural areas. The membership categories are as follows:

- 13 Aboriginal Health Agencies
- 11 Area Schools
- 17 Community Health Services
- 58 Disability Services Agencies
- 48 High Schools
- 49 Primary Schools and R – 12 Schools
- 13 Independent Schools
- 11 Women's Health agencies
- 13 Youth health agencies

The remainder are private organisations, universities, government and non-government specialist agencies.

If you would like to find out about any of our resources, or how you can access them, please contact the Resource Services Coordinator, SHine SA, on tel: (08) 8364 5536 or fax: (08) 8364 2389.

Coming Back!

There must be something addictive about working in the field of Sexual Health and working for SHine SA. I first worked for SHine SA (then known as Family Planning SA) as a new Registered Nurse graduate in 1985 at Christies Beach. This was the beginnings of decentralising services within the organisation and the changes that were to make SHine SA what it is today.

Armed with resources our team would head off into the local schools and community to spread the word inside classrooms, outside school sheds (yes it's true- I actually was told by the school to take a group of Year 9's for one session on Sexuality etc outside the Physical education shed!) Good that it was only a Theory session, good that things change.

Since then, I've worked in the area of Sexual Health, dabbling in Midwifery in Darwin, working in suburban Sydney with FP Health and into the jungles and villages of Vanuatu jumping in and out of small boats and planes taking Reproductive Health to nurses and communities. Returning to Adelaide from the South Pacific I worked with at risk Youth for a year before applying and successfully getting my current position with SHine SA in "the south" the same place I started my

interesting and varied career in the area of Sexual Health

So I'm back, hopefully for a while and very impressed at SHine SA's new look. Primary Health Care teams in three regions, new strategic directions and strategies targeting specific community groups and an atmosphere encouraging diversity and differences. It's good to be a part of a dynamic organisation and part of a team made up of some pretty talented individuals. (some of whom were there back in 1985)

I can see the changes from when I worked in this organisation. Having regional teams that can respond appropriately to their communities and network with other agencies is vital for providing relevant primary health care. SHine SA has also become more community orientated moving away from the medical model with a shift from providing the services to training other workers to provide services (The saying 'if you feed a person a fish they eat for a day, if you teach that person to fish they are fed forever' applies here) Despite swapping palm trees and beaches for tarmac and suburbia I continue to work in a community primary health care team. It's good to be back.

Keeping the Community Informed

Throughout 2000-2001 SHine SA has continued to produce quality sexual health information for the South Australian community. The information is regularly reviewed and updated by SHine SA staff and consultants. The Pill leaflet was updated and translated into other languages. A new leaflet was produced on Implanon, the contraceptive implant recently introduced in Australia. SHine SA staff have also produced a leaflet about SHine SA services for people with disabilities to ensure that the community is fully aware of the services SHine is able to offer people with disabilities, their parents/carers and workers.

The leaflets most commonly ordered this year are:

- | | |
|---|------|
| • The Pill | 6977 |
| • Safer Sex | 4500 |
| • Sexually Transmitted Infections | 3687 |
| • Emergency Contraceptive Pills | 5287 |
| • The Male Condom | 4012 |
| • Pregnancy Options | 2420 |

The total number of pamphlets distributed in 2000/2001 was 91,497.

The total number of pamphlets ordered by other agencies eg community health centres, general practitioners was 24,407.

The total number of pamphlets in languages other than English distributed was 2,987.

There were an average of 27,500 visits to www.shinesa.org.au per month.

Thank You to the

Volunteers

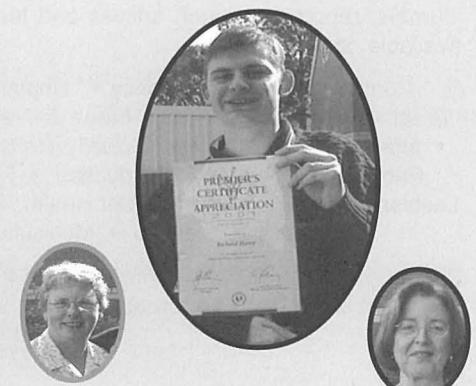


In this, the International Year of Volunteers, it is with great pleasure – tinged with a little sadness – that we say farewell to one of our longest serving volunteers. After working tirelessly in the Library and Resource Centre for the past three years, Richard has obtained a traineeship with the Department of Environment and Heritage, Office of Recreation and Sport. From all of us at SHine SA, congratulations Richard, and good luck.

Richard's success highlights the two-way value of a volunteer program, and we hope all our volunteers benefit from their selfless hours of unpaid work. We have four regular volunteers who work on a variety of tasks in the Library & Resource Centre. There are also several others throughout the organization who work on specific projects, on a short or long term basis, as required. It is our aim that all who devote their time, patience, and skills to supporting SHine SA's service delivery,

will themselves gain from an increase in skills and knowledge, as well as job satisfaction.

Once again, we take the opportunity to say a heartfelt thank you to all those hard-working people who daily give of their time to help with a variety of tasks which, at SHine SA, have been described by the volunteers themselves as: interesting, never boring, strange, unusual, challenging, funny etc etc.



Classified Ads

Clinical Services

Port Adelaide Clinic

SHine SA runs a confidential Sexual Health Clinic at

Port Adelaide Community Health Centre

Fridays 9am – 5pm

- Pap Smears • Safer Sex Information • Men's Sexual Health • Contraception
- Breast Checks • Sexually Transmitted Infection Checks • Menopause • Drop in Pregnancy Tests • Unplanned Pregnancy Counselling • HIV, Hep B and C Testing and Counselling • Any Sexual Health Concern • Emergency Contraception

To make an appointment telephone 8364 5033 Interpreters can be arranged free of charge

Nunga Women's Clinic

- Northern Suburbs

28-30 Brady Street, Elizabeth Downs

Tuesdays: 12.30 - 4.30 pm

No Appointment Needed

Come in for confidential information about:

- Women's Business • Pregnancy Tests • Contraception • Smear Tests • Infections • Menopause • HIV/AIDS Tests • Emergency Contraception • After Baby 6 Week Check Up • Breast Checks • Post-Abortion Check Up • Safe Sex Information • Referrals • Family Violence Support

Free Condoms & Pills

For more information phone 8364 5033

Sexual Health Hotline

9 am to 1 pm Monday - Friday

Email: sexualhealthhotline@dhs.sa.gov.au
Telephone (08) 8364 0444; Country Callers 1800 188 171; TTY (08) 8431 5177

A confidential free phone-in service providing information and referral on all areas of contraception, relationships, sexuality and sexual health.

This service is provided by nurses.

Drop-in Pregnancy Tests

A pregnancy testing service is available from all of the Primary Health Care Team bases.

Monday - Friday, 9 am to 4pm

There is a cost involved, which can be reduced or waived if necessary. Please bring an early morning urine sample.

North 82548200 • South 8325 8164 • East/West 84315177

Information Services

Library Services

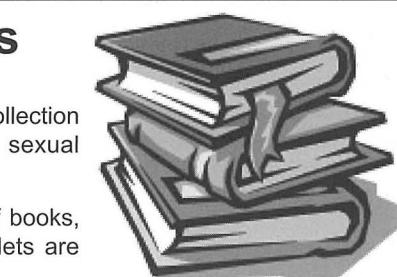
The Janet Browning Library offers a large collection of books and information on sexuality and sexual health.

Become a library member. A wide range of books, journals, reports, research articles and leaflets are available on:

- Contraception • Pregnancy • Unplanned Pregnancy • Adolescence • Men's & Women's Health • Safe Sex • Fertility • Infertility • Sexuality • Sexually Transmitted Infections • Sex Education • Parenting • Human Reproduction • Foetal Development & Birth • Gay, Lesbian, Bi-sexual & Transgender Health • Disability • Relationships • Sexual Techniques & Pleasure • Multicultural Issues • Aboriginal Health

Please contact the Library Officer on 8364 5537; 1800 188 171 (country callers); SHineSALibrary@dhs.sa.gov.au (email)

Library Hours: Weekdays, 9.00 am - 5.00 pm



Youth Clinics

Salisbury Shopfront

Thursday pm

Shop 4 72 John Street Salisbury
Appointment Recommended.
Tel: 8281 1775

Second Story Youth Health Service (City) - Tuesday pm
57 Hyde Street Adelaide
Appointment Necessary.
Tel: 8232 0233

Port Adelaide Community Health Centre - Wednesday pm

Dale/Church Street Port Adelaide

Tel: 8364 5033 or Drop in

Nunga Family Day - Every Thursday at Port Adelaide

SHine SA doctors and nurses provide free confidential services for:
• Contraception • Pap Smears tests • Breast Examinations • Sexually Transmitted Infections • Pregnancy Tests • Unplanned Pregnancy counselling, referral for termination of pregnancy and ante-natal care • Menopause • Difficulty with becoming pregnant • Emergency Contraception • Men's Sexual Health Issues

Thursday Afternoons

Port Adelaide Community Health Service

Corner Church & Dale Streets Port Adelaide
Please drop in or make an appointment by calling: 8364 5033 Monday to Friday or 8240 9619 Thursday 2 - 6pm only

In conjunction with ACCHS - Port Adelaide

Every Thursday, lunch is offered from 12 onwards followed by a Nunga Health Clinic. A free, confidential service provided by a doctor and nurse.

Sexual Health Counselling

SHine SA has Sexual Health Counsellors in each Primary Health Care Team. You may want to talk about:

- Sexual Difficulties • Sexual Assault/Abuse • Living with HIV/AIDS • Making choices about parenthood • Unplanned Pregnancy • Post Abortion Counselling • Sexuality/Sexual Relationships or other concerns related to your sexual health or sexual relationships. You can make an appointment in each of the PHC Teams: **Northern Metropolitan Region 8254 8200 w Southern Metropolitan Region 8325 8164 w East/West Metropolitan Region 8364 5033**

Northern Clinics

Doctors and nurses provide confidential sexual health services for both women and men. A fee of \$10 is payable each year. Concessions are available.

Northern Primary Health Care Services

Telephone: (08) 8254 8200 for details on days/times and appointments.

- Brady Street, Elizabeth Downs (Drop In Aboriginal Health Clinic) • Modbury, Tea Tree Gully Community Health Service • Munno Para • Salisbury Shopfront Youth Clinic (Appointment: 8281 1775)



Southern Clinics

Doctors and nurses provide confidential sexual health services for both women and men. A fee of \$10 is payable each year. Concessions are available.

Southern Primary Health Care Service

Telephone: (08) 8325 8164 for details on days/times and appointments.

• Flinders Medical Centre • Noarlunga Health Village



East/West Clinics

Doctors and nurses provide confidential sexual health services for both women and men. A fee of \$10 is payable each year. Concessions are available.

East/West Primary Health Care Services

Telephone: (08) 8364 5033 for details on days/times and appointments.

- Kensington • Aboriginal Health Clinic - Port Adelaide • Second Story Youth Clinic (Appointment: 8232 0233) • Port Adelaide Community Health Centre (Appointment: 8364 5033)



Do you know about the Emergency Contraceptive Pill

You may need it if you have:

- unplanned sex
- unprotected sex
- forgotten to use contraception, eg missed a pill
- if your contraception fails, eg the condom breaks
- had forced sex, eg rape

You must take the ECP with 5 days (120 hours)

If you want to know more ask your doctor or SHine SA about it.

Sexual Health Hotline Telephone 8364 0444 • Country Callers 1800 188 171 • 9 - 1pm • Monday - Friday • email: sexualhealthhotline@dhs.sa.gov.au

Pap Smear Reminder

Women - Take Charge of Your Health!

Have you ever had sex?

Is it more than two years since you had a Pap smear?

If you answered YES to these questions it's time you had a Pap smear. Contact your local General Practitioner or SHine SA Clinic.

Resource Centre

A wide range of videotapes and teaching resources are available for loan to organisations and individuals delivering health information and education programs.



Catalogues of the Resource Centre holdings, information about membership and conditions of hire are available on request from the Resource Centre Coordinator on (08) 8364 5536; 1800 188 171 (Country Callers); (email) SHineSAResources@dhs.sa.gov.au

SHine SA Online

www.shinesa.org.au

Access information on sexual health at SHine SA's website.



Feedback

The members of the Annual Report Committee (ARC) hope you find this newspaper both interesting and informative. If you would like to comment on this (or on any of our services) contact the:

Chief Executive Officer

SHine SA

17 Phillips Street Kensington 5068

Tel: (08) 8364 5539

Fax: (08) 8364 2389

Email: kaisu.vartto@dhs.sa.gov.au

Classified Ads

Professional Education

Sexual Health Courses for Disability Workers

The aim of this workshop is to provide workers with a basic awareness, knowledge and skills to work effectively with individuals with a disability around the issues of sexuality and sexual health.

The Program will include:

- Exploration of values and issues in relation to sexuality and disability
- Information about safer sex
- Strategies and techniques for implementing programs
- Strengthening networks.

For information about course dates, costs and venue please contact the Course Support Worker on telephone (08) 8431 5177; Toll free 1800 188 171, fax (08) 8364 2389; or email SHineSACourses@dhs.sa.gov.au

Men's Sexual Health Care: An Accredited Course for Aboriginal and Torres Strait Islander Health Workers

SHine SA conducts a men's Sexual Health care course for Aboriginal & Torres Strait Islander workers. The aim of the course is to provide Aboriginal & Torres Strait Islander workers with the knowledge, skills and confidence to improve sexual health within their own communities. The course is coordinated by an Indigenous male course coordinator.



Course Content

The following topics will be covered in the course:

- Sexuality • Values Clarification • Legal aspects of sexual health care practice • The structure and function of the reproductive systems • Safer sex practices • HIV/AIDS/ Hepatitis Infections • Sexually Transmitted Infections • Infertility • Rape and Sexual Assault • Common conditions of the male reproductive system

For information about course dates, costs and venue please contact the Course Support Worker on telephone (08) 8431 5177; Toll free 1800 188 171, fax (08) 8364 2389; or email SHineSACourses@dhs.sa.gov.au

Continuing Education Courses for Doctors in Sexual Health

SHine SA offers a Post-Graduate course for Doctors in Sexual Health Care.

The course is designed for doctors working in general practice or primary health care who have had at least 12 months experience in these areas. The course will provide an opportunity for participants to further develop their professional skills, knowledge and awareness in sexual health.

The course consists of both theory and a clinical component. For further information please contact the Course Support Worker on telephone (08) 8431 5177; fax (08) 8364 2389; (email) SHineSA Courses@dhs.sa.gov.au

Women's Sexual Health Course for Aboriginal and Torres Strait Islander Health Workers

An accredited course for Aboriginal and Torres Strait Islander Health Workers

SHine SA provides a Women's Sexual Health Care Course for Aboriginal & Torres Strait Islander Workers who are working or planning to work in the area of Womens Health.



There will be a maximum of sixteen participants. The Course is coordinated by an Indigenous female Course Coordinator.

The aim of the course is to provide Aboriginal & Torres Strait Islander women with the knowledge, skills and confidence to improve sexual health within their own communities.

Course Content

The following topics will be covered in the course:

- Sexuality • Values clarification • Traditional healing and medicines • Legal aspects of sexual health care practice • The structure of the reproductive systems • The function of the reproductive systems • Menstruation • Menopause • Methods of Contraception • Unplanned pregnancy and abortion counselling • Safer sex practices • HIV/AIDS • Sexually Transmitted Infections • Infertility • Rape and Sexual Assault • Prevention of Cancer of the Cervix • Prevention of Breast Cancer • Common conditions of the female reproductive system

For information about course dates, costs and venue please contact the Course Support Worker on telephone (08) 8431 5177; Toll free 1800 188 171, fax (08) 8364 2389; or email SHineSACourses@dhs.sa.gov.au

Post-Graduate Course for Registered Nurses in Sexual & Reproductive Health

The SHine SA Course for Registered Nurses consists of two separate components:

Theory Component (A) • Clinical Practice Component (B)

This is a Post Graduate Course which leads to a Certificate in Sexual Health Care. The curriculum can respond to both the needs of the participants and current trends in sexual health.

For further information please contact the Course Support Worker on telephone (08) 8431 5177; fax (08) 8364 2389; (email) SHineSACourses@dhs.sa.gov.au

Relationship & Sexual Health Education Course for Teachers

For further information please contact the Course Support Worker on telephone (08) 8431 5177; fax (08) 8364 2389; (email) SHineSA Courses@dhs.sa.gov.au

RAPE MYTH BUSTERS

MYTH

Once a man is turned on,
he can't control himself

REALITY

Rape is a choice to control and degrade
another person.
Many rapes are planned beforehand.
Men can control their sexual urges.
No matter how much a man is turned on,
there are no excuses.



Do you want to make a Complaint or Compliment about SHine SA?

When you use SHine SA services you will be treated with respect, and receive the best quality health care at all times. This means that:

- you will be listened to and taken seriously
- you will be given full information about your health, and your choices for treatment
- you will be spoken to in a clear and respectful manner and in a language you understand
- you can ask to change the worker you see
- you can say NO to any treatment or advice offered
- you can ask for an interpreter
- you can choose to have someone else present during your appointment, such as a friend, partner, relative or an advocate

At SHine SA we keep records to help plan your health care.

- You can arrange to look at your file
- Your personal information is kept strictly confidential
- No one other than you and your SHine SA health workers have the right to see your file unless your permission has been obtained
- In some legal situations information may have to be released - ask us about how this may relate to you

SHine SA is a training organisation

We will tell you when a doctor, nurse or health worker is here for training in a clinic, or if a student is working with staff. You can choose whether or not to have them present.

If you have comments or complaints about SHine SA services you can:

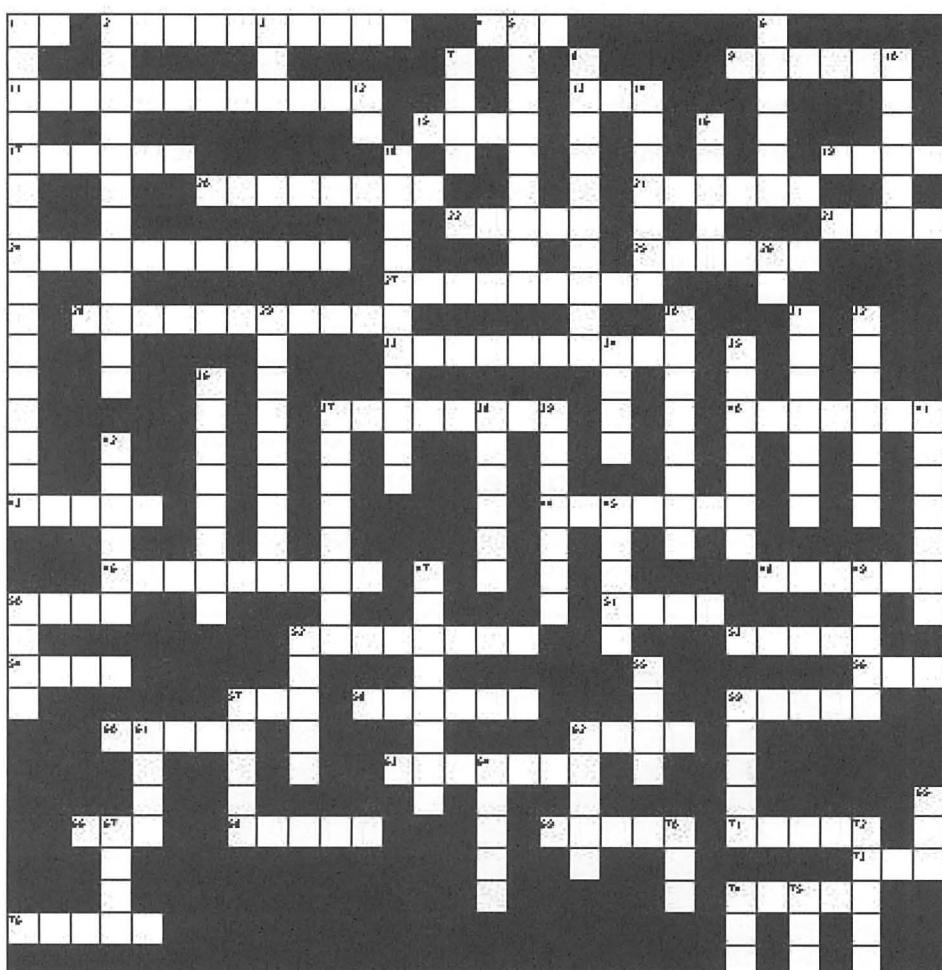
- speak directly to your health worker
- ask to speak to a manager
- fill out a comment form, which is given to you at each appointment.
- write to or call Kaisu Varto our Chief Executive Officer: 17 Phillips Street Kensington 5068, tel: 8364 5539, fax: 8364 2389, email: varto.kaisu@dhs.sa.gov.au
- contact a member of our Council (see page 30)

What happens next ...

- If you give your name and contact details we will tell you what has been done about your comment or complaint.
- We will keep your personal details confidential.
- We will continue to provide you with a high quality service.

Entertainment

Sexual Health Crossword



Across

1. The opposite of don't (2)
2. The fear and hatred of people who might be gay or lesbian (10)
4. A latex sheet used to make oral sex safer (3)
9. A way of expressing love and affection (6)
11. Solo sex which can also be fun with a partner (12)
13. None (3)
15. Strong affection for someone (4)
17. Something private, but sometimes we need to tell (6)
19. A form of sexual assault (4)
20. A new contraceptive device which lasts for three years (8)
21. ... is in the eye of the beholder (6)
22. A way of showing happy feelings (5)
23. The staff on board
24. A party is one of these (9)
25. Qualities or possessions (6)
27. The age of consent in South Australia (9)
28. A rock to use in the bathroom. (6,5)
33. Gaining the freedom and power to make choices about your own life (10)
37. The part of a woman's body which is designed for her sexual pleasure (8)
40. Honour and courtesy (7)
43. Relish (5)
44. Sometimes we jump up and down when we feel this (7)
46. The most common sexually transmitted infection in Australia (9)
48. We often make these when we have a birthday (6)
50. Can do (4)
51. Worn on the finger (4)
52. A person who is born as neither male nor female (8)
53. French for love
54. The way out (4)
56. A French way of saying "no" (3)
57. A vessel for drinking (3)
58. A latex sheath, sensitive to the skin (6)
59. Way in (5)
60. A funny wild card (5)
62. Passionate desire (4)
63. Something that supports your health is ... (7)
66. The ... and only (3)
68. A small part of something (5)
69. Fussy (5)
71. A sexy dance which is also a place between. (5)
73. Either (3)
74. These are taken when you have a sexual health checkup (5)
76. A feeling of deep loss (5)

Down

1. Shouting, hitting or threatening at home (8,8)
2. A person who identifies as being mainly attracted to the opposite sex.
3. Worn on the head (3)
5. A feeling of liking and respect (9)
6. Did not - abbrev. (5)
7. Planetary body that cycles every 28 days
8. A moment of connecting, sometimes formally done before marriage. (10)
10. Piece to try (6)
12. ...means NO! (2)
14. A woman who identifies as being mainly attracted to other women (7)
16. What happens when we cry (5)
18. One-to-one professional support (11)
26. Where you are going ... (2)
29. An essential part of each person and how they express themselves (9)
30. Begin (8)
31. A great way to relax (7)
32. State of being free
34. Frozen or decorated (4)
35. These are part of a woman's life until she reaches menopause (7)
36. Every woman who has ever had sex should have one of these every two years (3,5)
37. Making someone do something against their will (7)
38. A sense of racial superiority (7)
39. Sex without fear of infection (4,4)
41. A dull stain on bright metal. (7)
42. Option (7)
45. When we spend time with someone we admire and like, we are said to be paying ... (5)
47. Someone you've never met. (7)
49. When you feel sexual desire (5)
50. Measured space
52. That which is put in (5)
55. Short for "a passionate kiss" and a campaign mentioned in this annual report (4)
57. Severe tightening of the muscle. (5)
59. Same value
61. At one time
62. Word in a song
64. Not against the law (5)
65. Something we do when we feel sad (3)
67. A sugary biscuit, not very nice (4)
70. ... means permission, approval, acceptance (3)
72. Place of rest and plenty in the middle of a desert
74. A male child (3)
75. Wingless insect (3)

Answers on Page 29

<http://www.shinesa.org.au>

Multiple Choice Sex Riddles

Test your sexual humour. There are no real scores everyone who scores C each time wins. Not!!!

1. How many sex educators does it take to change a light bulb?
 - Only one; they can do anything!
 - Two; it takes two to tango
 - Three; one to be the time keeper, one to really listen and one to do the deed.
2. What is the best thing about using condoms?
 - They make "foreplay" last longer
 - They make less mess.
 - Nothing
3. Which word-set has a word that is the odd one out?
 - Swab, specimen, test
 - Lick, latex, delicious
 - Hug, kiss, zebra.
4. Why did the latex dam cross the road?
 - Because it couldn't quite stretch that far
 - To feel what was on the other side
 - Because it wanted to escape from some tongue
5. When a woman always lies on her back and a man always lies on top of her for sexual intercourse, what is this called?
 - The missionary position
 - Lack of imagination
 - A back-ache
 - Marriage
6. Why does one testicle usually hang lower than the other?
 - Most men are abnormal
 - So men can walk more comfortably
 - They don't, we're lying.
 - They just do
7. Which spots are the best ones to have?
 - Genital warts
 - Pimples
 - A fake leopard skin coat



30th Birthday Celebrations



SHine SA: Annual Report - 2000/2001

Entertainment

Sexuality Horoscopes

21 March – 20 April



People born in Aries are spontaneous and assertive. Their sexuality is hot and intense. Ruled by Mars, the god of warriors, they are straightforward and uncomplicated. As sex can be very spur of the moment they need to be always well prepared. Sexually they are full of energy, vibrant and always trying something new - lots of fun! Aries are into anything ego-boosting. Ego-massage and praise for performance will get anyone a long way with the Aries lover.

Thought For Today

Resist temptation to-day, make no spur of the moment decisions. In fact stay in bed all day!! Buy that CD with the old TV themes on it.

21 April – 21 May



Taurus sexuality is strong and deep, though not necessarily electric on the surface. Sensual, but conservative, they prefer a cosy courtship, replete with good food and wine in copious quantities. Ruled by Venus, the goddess of beauty and desire, they are strikingly attractive. Sensuality and readiness to please make them a desirable partner for one who seeks a solid, secure and long-lasting relationship. Be nice to your Taurus lover, they are very sensitive.

Thought For Today

There is a rumour that a strike will cause shortage of food, go out and buy enough for three months. Discover the finer points of Tuna Mornay and it's preparation.

22 May – 21 June



Watch out for those born under Gemini, the sign of the twins. They can be as lively and energetic as two people put together. Ruled by Mercury, they are far from straightforward and uncomplicated in the pursuit of their desires. When it comes to sex they are full of excitement so sex can be a real adventure. Their greatest turn-on is a partner with a flashing wit and quick mind. Admirers should be aware that their dual nature may not be satisfied with just one partner.

Thought For Today

Stop fantasising about your dentist, move on to bigger and better things. Buy that 15 kilo bag of apples on special.

22 June – 22 July



With their emotional and loving nature, intimacy is very special for a Cancerian. Cancerians are profoundly emotional and deeply sensitive, so often build a hard shell around their heart to protect it. Ruled by the Moon, they tend to flow with the tides and are very reflective of their environment. There is often conflict between the desire for emotional security and a need for creative expression, either, or both of which, may be stimulated by the right partner (or partners).

Thought For Today

Don't make the same mistake twice, try your best to make different ones each time. Search under the lounge cushions for profitable gain.

23 July – 22 August



Leos are loyal, protective, and warm hearted. The solar fire of the Sun rules their nature, so their whole personality is dynamic and attractive to others.

There is no shortage of those who long to bask in their warmth! They prefer to be the centre of attention in any situation and the bedroom is no different. They are strong and loyal lovers. Leos respond well to compliments and praise and their admirers should be aware of this need for ego-reinforcement.

Thought For Today

You will get back to basics, mainly caused by forgetting to pay the electricity and phone bills. Give in to your animal urges this week.

23 August – 23 September



The Virgo person is delicate and fastidious in all areas including sexuality. In practice they are pretty conservative and hard-headed when it comes to relationships, particularly when sex is involved. Virgos want stability and security in their relationships but can be very moody and sharp tongued. For sex to go well everything must be perfect and in sequential order. Be aware, however that below the cucumber cool exterior smoulders a very sexy person. They are not the most highly sexed sign of the zodiac, but are perhaps the most intellectual.

Thought For Today

You will learn to make a new and exciting recipe containing garlic, chilli, lemongrass, curry paste and antacid tablets. Tuesday figures in your plan to go to work.

24 September – 23 October



Romance is the key thing for this star sign. Ruled by Venus, the goddess of beauty and of lovers, Librans have impeccable taste and are widely considered attractive, yet they can be coquettish and even devious in the pursuit of their desires. They love to explore the pleasures of love with a partner (though, of course, in the absence of same, there's always their own sure touch...). The Libra ego is a little fragile, so they respond to reassurance and appreciation of their good taste. They love to be admired and are more than a little exhibitionistic.

Thought For Today

Several people, separately, tell you shaggy dog jokes to-day - it's a subtle way of telling you that you are having a "bad hair day". A large dinner is in your future, maybe two.

24 October – 22 November



The most sexual sign Scorpio sexuality is deep, all-consuming and intense. Ruled by Mars, the god of primitive action and Pluto the lord of the underworld, Scorpions mix primal passion with a profound need to uncover the mysteries of life and death, including, and especially, sexual ones. Scorpions are seen as sexually dynamic, threatening, voracious, insatiable, overwhelming and generally mysterious. Admirers looking for some powerful sexual pleasure, need look no further.

Thought For Today

Take a risk. Publish that book you have written about collecting sandwich crusts! The movie you asked them to hold at the video store has arrived.

23 November – 21 December



Sagittarians are energetic, fun and engaging when it comes to sex. Ruled by Jupiter, the grand leader of the gods, they are expansive and all-encompassing in their tastes and interests. They are uninhibited, ready to make love on impulse. They are anything but conservative in sexual matters and are suckers for the new and exotic, especially things redolent of adventure and far-away places. Admirers should take note that talking of travel or intimate accounts of personal experiences in foreign parts will be followed immediately by passionate sex.

Thought For Today

You will discover a cure for cancer then walk into a door, hit your head and forget it all. Try frozen fish fingers for supper if you don't have much time.

22 December – 20 January



Capricorn sexuality is powerful and always thrumming just below the surface. Their insecurities can hold them back, though they have inner strength and a load of ambition. Ruled by Saturn, the god of karma and restraint, Capricorns may be frustrated in the pursuit of desires, yet have the ability to keep pushing until they finally achieve their goal. They are fundamentally loyal and need a suitably supportive partner to whom they will remain faithful, once a commitment is made.

Thought For Today

For good luck, place \$500 in unmarked bank notes at a place that will be arranged by a mysterious phone caller. Try using paper towels to clean up messes left by the cat.

21 January – 19 February



Aquarians are very popular and everyone wants to be around them. They are experimental and love the unusual in sexual encounters. Ruled by Uranus, the unconventional god of the sky, they always aim high and wild, although their co-ruler, Saturn, the god of karma and restriction, usually keeps their feet firmly on the ground. Admirers should be aware of their need for experimentation and from time to time need for solitude to recharge their batteries.

Thought For Today

Answer the ad in the Classified for someone to help with gardening - romance is sure to follow. A dog named Fido will ask you for cash.

20 February – 20 March



Piscean sexuality is fantasy-driven and dynamite when stoked by the right mixture of wish-fulfilment, a appropriate environment and emotional stimulation. Pisceans are sexually adventurous and willing to experiment, so long as they feel secure with a partner. Their empathy with others and desire to please means that they often respond to sexual advances before they have become much more than a gleam in the eye! An appeal to sympathy will get anyone a long way with the Pisces lover.

Thought For Today

To-day is a good day to begin that tooth pick sculpture you have been thinking of starting. Take advice from astrologers.

RAPE MYTH

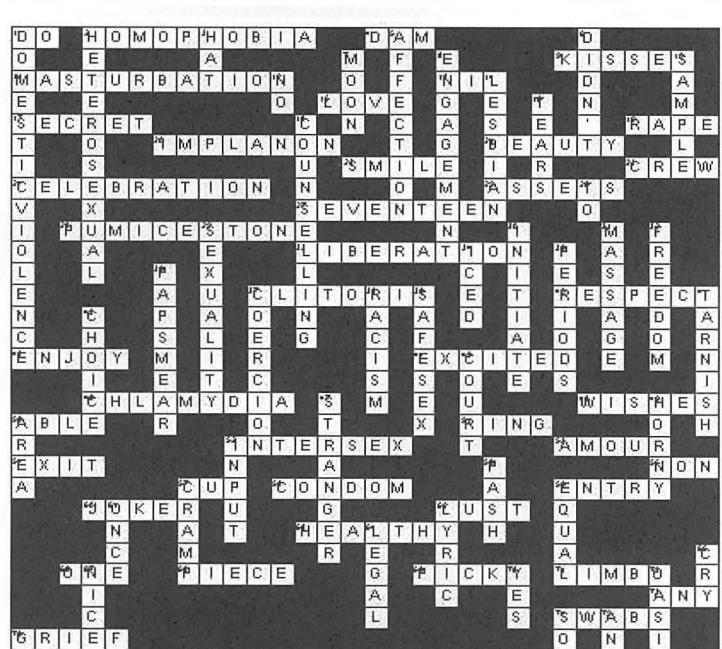
MYTH
Men who rape other men are gay

REALITY

Most rapes of men and boys are committed by heterosexual men. Often men who rape other men are in a relationship with a woman. They choose rape as an act of power and violence to dominate, harm and degrade someone else.



Sexual Health
Crossword
Answers from
page 27



President & Council

Reflecting Back, Moving Forward

In November 2000, SHine SA celebrated 30 years of service to the South Australian community and launched its Strategic Directions for the four years to June 2004.

Turbulent times often foster the creation of new institutions. Some live short lives while others are destined to meet more lasting needs previously unidentified or unacknowledged. The founding of SHine SA in 1970 was a by-product of the social and political upheavals of the 1960s and the recognition that restrictive legislation, policies and practices were contributing to unsafe abortion and high rates of unplanned pregnancy, particularly among teenagers.

In its initial incarnation, SHine SA was known as the Family Planning Association of SA, a name consistent with worldwide networks of organisations with contraception and choice as their core work. The South Australian Government provided initial funding for the establishment of services that would be accessible to all women, including women who were unmarried. While the "Pill" had been available in Australia since the early 1960s, its use had been limited largely to married women with proven fertility. Women had begun to demand control over their reproductive lives.

In the 1960s, public discussion began on matters previously considered the sole prerogative of the family or the exclusive realm of religion. Most religions had formally recognised that purposeful planning of families and responsible procreation were not just moral behaviours but positive moral duties, and access to contraception would facilitate this. Research demonstrated that aspirations for small families were common among Australian couples in most social and economic groups, but low-income families experienced a disproportionate incidence of unplanned and unwanted births, which contributed to adverse social and economic consequences.

The subsequent evolution and ongoing existence of SHine SA, often in an environment of significant funding restrictions, has helped to shape a new and worldwide acknowledgment of the importance of what is now called "sexual health" as distinct from "family planning".

*SHine SA supports the World Health Organisation's definition of sexual health, which includes:

- A level of personal knowledge and skills to make healthy life choices
- An ability to enjoy and control sexual behaviour based on personal and social values
- Freedom from fear, shame, guilt and violation which affects self esteem and harms individuals, communities and relationships
- Freedom from diseases, unplanned and unwanted pregnancy
- Freedom and right to choose positive expressions of sexuality

SHine SA Strategic Directions 2000-2004

President



Mr Richard Bruggemann
President SHine SA Council

While much has changed over the last 30 years, the debates about relationships, sexuality, sex and sexual health are still capable of unleashing confrontations and politicised controversies that need to be encouraged, along with the development of greater community awareness. These controversies have provided the context for the work and the evolution of SHine SA over the past three decades and will surely continue to do so in the future.

SHine SA retains much of its initial impetus, although on a different scale, scope and level of sophistication. It continues to give priority attention to the sexual health needs of those who experience economic, social or geographic disadvantage, while building the capacity of the community and workers as well as addressing the needs and changing circumstances of the population as a whole.

SHine SA is well served in having the right staff to undertake this capacity building. Kaisu Varto provides excellent leadership to a team dedicated to dealing positively and proactively with issues of sexual health, particularly within targeted populations. The support of fellow councillors has been greatly appreciated and has added significantly to the work of the organisation.

New Life Member

Ms Anne Levy was nominated and elected as a Life Member of SHine SA at the Annual General Meeting on Thursday 26th October 2000.

Anne has been a member of SHine SA since 1972. Anne also has the record as the longest serving member of SHine SA's Council, from 1975 to 1989.

Anne Levy also holds the record as the longest serving woman politician in South Australia. She was elected in 1975 as a member of the Legislative Council in the Don Dunstan government. Anne was president of the Legislative Council for 3 years and a Minister for 5 years. Anne retired from politics in 1997.



Ms Anne Levy

<http://www.shinesa.org.au>

Sexual Health Awareness Week

14 - 21 February 2002

Pleasure, Respect, Safety

Want More Information? Contact Sally Gibson At SHine SA On 8431 5177

Why have Sexual Health Awareness Week?

While there have been safe sex campaigns, often linked to prevention of HIV/AIDS, there has never been a general campaign that encourages people to be aware of their sexual health. Sexual health is an important part of the overall health and well-being of all people in the community, from the young to the old, irrespective of whether a person has or ever will be sexually active.

Sex is something that is not often publicly discussed, although it is a part of our everyday lives; on television, in magazines, on billboards, on the Web. The images we see promote sexuality, but don't teach us how to be responsible for our sexual health. Sexual health awareness is not just about preventing diseases, it's also about open communication and acceptance of individual differences resulting in realistic expectations and an understanding of sexuality and relationships.

To promote sexual health, well-being and the positive expression of sexuality, the key messages for Sexual Health Awareness Week 2002 are:

Pleasure...

- In the intimacy you can have with someone or just on your own
- In having the sort of sex you like and enjoy
- In feeling secure and loved
- In having healthy relationships
- In feeling strong and confident in your own body.

Respect...

- For your own body; seeking checkups when you need them
- For your partner's body
- For the choices other people make
- For people of all sexualities
- For others when they say no; NO ALWAYS MEANS NO.

Safety...

- In how to express and explore your sexuality with someone you feel safe with and in a way that doesn't put you at risk of infections or pregnancy
- In knowing if it doesn't feel safe...don't do it.

For more information on Sexual Health Awareness Week contact SHine SA on (08) 8431 5177 or www.shinesa.org.au

Council Members 2000/2001

- Richard Bruggemann (President)
- Ben Hey
- Pushpa Osborne
- Sharon Clarke
- Patricia Cox (Staff Nominee)
- Judith Clare
- Mary Wilkinson
- Jonathon Main
- Deb Kay
- Jenny Baker

SHine SA: Annual Report - 2000/2001

Chief Executive Officer

SHine SA began the 2000/01 financial year with the announcement that additional funding would be provided by the Department of Human Services. This funding would strengthen the capacity of SHine SA to work in partnership with agencies and communities to provide education and prevention programs that improve the sexual health, wellbeing and safety of young people in South Australia.

At the time of writing this report it is pleasing to note that the termination of pregnancy rate among teenagers in South Australia in 2000 has continued a downward trend for the second year in a row. The termination rate in the 20 to 24 age group has also reduced compared to the 1999 reporting period. These reductions represent a significant saving to the hospital sector and demonstrate the value of education and prevention. Birth rates have also reduced in teenage women.

Teenage pregnancy rates (birth and abortion) are globally accepted as indicators of the sexual health, well being and safety of a community and country. While the rates have reduced, South Australia (and Australia) continue to have one of the highest teenage pregnancy rates in the developed world next to the United States of America. Rates of sexually transmitted infections, rape and sexual assault are also accepted as indicators of sexual health, well being and safety and these continue an upward trend.

Sexual health is an important part of our physical and mental wellbeing and is central to some of the most important and lasting relationships in our lives. The consequences of poor sexual health can be serious. Unintended pregnancies, sexually transmitted infections including HIV, sexual coercion and assault have long and lasting impacts on people's lives. There is a clear relationship between poor sexual health, poverty and personal levels of knowledge and skill for decision making. Young people carry the highest burden of poor sexual health in our community. Poor sexual health is not inevitable, it is amenable to change.

Launched by the Executive Director of Metropolitan Division DHS, The SHine SA Strategic Directions 2000-04, identify education and prevention strategies for the next 4 years. The focus is on developing the capacity of young people and young adults, professionals in health, education and community services, parents and the communities with most need and least choice. The additional funding, some of which is one-off for the development of much needed resources, will underpin the new and innovative on-going work commenced this financial year. These include:

Young People's Resource

SHine SA is working with young people to develop a resource targeted at 13-19 year olds, which aims to increase communication, decision making, negotiating and problem solving skills and



Kaisu Vartto
Chief Executive Officer,
SHine SA

promote assertive and responsible behaviour in relation to their sexual health and well-being.

Relationships and Sexual Health Resource

SHine SA is working with a reference group of teachers, from a diverse range of school contexts and experiences to develop of a resource on relationships and sexual health education for teachers of middle school students (aged 10-15).

Investing in Rural Youth

Investing in Rural Youth is an initiative with the National Women's Health Program and aims to improve the health and well being of young people in rural South Australia by building the capacity of young people and workers to positively address health and wellbeing issues through youth participation and peer education.

PEP (Parents Educating Parents) Peer Education Project

This project will improve the sexual health knowledge of young people through the development and support of parents as parent peer educators

Improving The Sexual Health, Wellbeing And Safety Of Young People At Risk

This program develops the capacity of workers who work with young people out of school to better meet the sexual health, wellbeing and safety needs of young people considered at risk.

Sexual Health Awareness Week Pleasure, Respect and Safety 14 - 21 February 2002

South Australia will be the first State to hold a Sexual Health Awareness Week in February 2002.

Investing in Aboriginal Youth

This program develops the capacity of Aboriginal workers around youth participation and peer education and assist these workers with local education programs with young people.

Other work has been planned with implementation occurring during 2001/02 including the Best Practice Schools Program. Keep up to date with the latest by visiting www.shinesa.org.au

Thank You

Council, Management and staff of SHine SA would like to thank:

- The Hon Mr Dean Brown, Minister for Human Services
- Ms Christine Charles, Chief Executive, Department of Human Services
- Executive Directors and Staff of Department of Human Services Divisions
- The Hon Dr Michael Woolridge, Federal Minister for Health and Aged Care
- Management and staff of the Department of Health and Aged Care, Canberra and Adelaide.
- The many State and Federal politicians who support SHine SA
- The many organisations and individuals with whom we work in partnership to improve the sexual health of the South Australian community.
- The South Australian community.

SHine SA Snapshot



SHine SA's Management Team in 2000/2001



From left back row: Rae (South), Bev (PERT)
From left front row: Kaisu (CEO), Anne (East/West), Sue (North)

Service Excellence

SHine SA strives to provide high quality services that meet the needs of the community and individuals. A part of SHine SAs service excellence framework includes National Accreditation by the Australian National Training Authority and Quality Management Services (QMS) utilising the Quality Improvement Council Standards. A third Accreditation Review will be undertaken in April 2002.

Additional to external accreditation processes, SHine SA has four professionally specific Advisory Committees that evaluate and monitor specific areas of service including clinics, therapeutic counselling and community capacity building. The Occupational Health and Safety Committee and Management have responsibilities for providing a safe environment for clients, the community, staff and volunteers. The Council plays an

active role monitoring the organisations financial position.

Outcomes For 2000/01 At A Glance

- There were no workcover claims
- No time was lost as a result of work related accidents
- There were no property claims
- There were no public liability claims
- There were no medical negligence claims
- A balanced end of year financial position was achieved
- There were two complaints from clients about waiting times in clinics

A Council Member Farewells SHine SA



Pushpa Osborne
Council Member
from 1996 to 2001

The time has come for me to go. I am sad but I have to move on. I would like to thank the staff, the Chief Executive Officer and Council members at SHine SA for the support, co-operation and appreciation of my role as the Culturally and Linguistically Diverse Background Portfolio Council member. I am proud to have been involved in an organisation that has continued to be innovative in providing culturally appropriate services to the communities I represent. I have enjoyed and have had great satisfaction in working with the staff, management and Council members. I have always felt valued for my contribution and participation as a Council member and worker.

Thank you again, and I look forward to other future involvement with SHine SA.

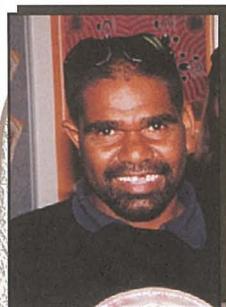
30th Birthday Celebrations



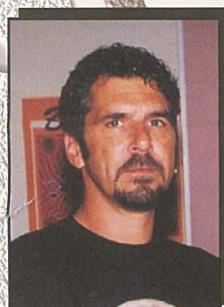
Improving the Sexual Health of Aboriginal & Torres Strait Islander Men



Project Coordinator:
ATSI Men's Sexual Health
& Artist



I feel more knowledgeable and more confident in sharing this knowledge with people in my community.



Information on sexually transmitted infections really helped me become more aware of sexual health issues Indigenous people face in their lifetime.



It gave me a better understanding of the myths and beliefs of sexual assault. In understanding it's impact on the victims.



We need to see other remote communities come along and learn more information so we can work together as one.



First Nationally Accredited Aboriginal & Torres Strait Islander Men's Sexual Health Course

SHine SA May 2001

Thirteen Aboriginal male workers who work in various positions from Men's Sexual Health, Men's Health, Community Health, Primary Health, Youth Work, Detox and men who work with homeless people attended the course. Participants in the course gathered at SHine from Amata, Oodnadatta, Ceduna and Yalata and as far as Perth, and closer to home Port Lincoln and Mount Gambier, Murray Bridge and three workers from Adelaide. Paul Elliott from SHine SA,



Participants & facilitators of the First Nationally Accredited Aboriginal & Torres Strait Islander Men's Sexual Health Course

Coordinator of Aboriginal & Torres Strait Islander Worker Education, facilitated and organised other SHine SA staff. He also networked with relevant agencies, planned sessions with Medical Officers and trainers, and developed it into a six day program.

The program was designed to have specialists in certain fields and services present a negotiated topic which would give our participants an holistic overview of Men's Sexual Health as well as being alerted to the different negative or positive factors which have an influence on a person and how they view and feel about their sexual health. Great importance was given

to an individual's values and beliefs and the diverse sexual preferences of society. Comprehensive information was given on the Reproductive Systems, Contraception and Conception and some common male sexual health issues.

Specialist Agencies along with Medical Officers presented topics on HIV/AIDS, the ABC of Hepatitis, Sexually Transmitted Infections, Infertility & Impotence and other Men's Sexual Health Issues. I feel that what helped to make this course a great success, judging from the feedback, was the less associated subjects that make a holistic view so very rewarding for the participant's understanding and knowledge on how to address problems. It has provided a better understanding of the issues when setting up programs to address some of the community's concerns. Subjects like: Rape and Sexual Assault, Drugs and Unwise Choices, Spiritual, Social Emotional Wellbeing and Cultural and Environmental Connections that contribute to a persons sexual identity and

health. We at SHine SA were mindful of cultural differences, Taboos and warnings of some subject content which some may find offensive. We gave people choices and the feedback was positive. Participants thought that the learning experiences were very valuable.

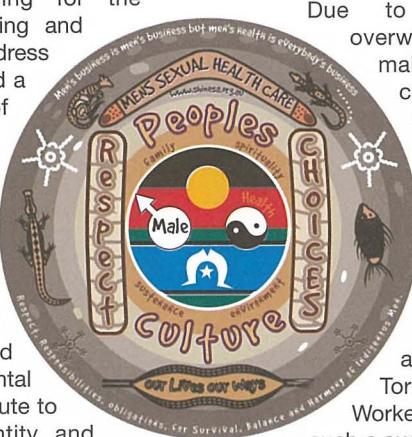
The participants were also encouraged to think of ways to improve the Sexual Health of people with disabilities and working with and engaging young people in programs that improve their sexual health and the way they feel about themselves.

Harm Minimisation strategies were well accepted by the participants as a good way of negating the experimental and risky behaviours engaged in by some people. Strategies to reduce the harm associated with drug and substance abuse and unprotected sex were presented. We also looked at the complications associated with risky behaviours and the effects on individuals, their families and loved ones and the broader community.

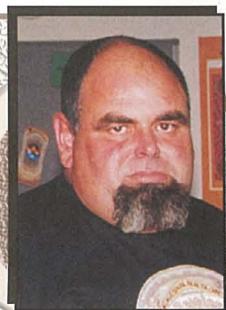
Course participants completed evaluation forms on every session and an assessment book that also covered every session, with the final project still left to do, that of designing a Community Education program or a resource to use in their community and raise the awareness of sexual health issues.

Due to the success and overwhelming interest from male health workers my contract has been extended and another course will be delivered in 2001. It is hoped that further courses will be offered in 2002.

Thank you to everyone who played their part in making the first accredited Aboriginal and Torres Strait Islander Male Worker Sexual Health Course such a success.



I learned that disabilities that affect the brain are different from physical disabilities but the needs of people are the same as any abled body person.



It left a big impact on me by having an Aboriginal HIV positive person speak to our group. Excellent. Opened my eyes.



Being able to be educators in our own communities and having the ability to help strengthen and enforce Men's Sexual Health Care.



Sharing of info with others from communities rural/remote and urban. We all share the same problem where ever we live.