

SHine SA

Annual Report

2003/2004

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Celebrating
young people

Youth Advisory Teams (Y@s)

Salisbury Youth Week

Salisbury Youth Week event at The Salisbury Civic Square was held on Monday 29 March 2004. The Northern Y@ represented SHine SA by having a stall. We promoted and distributed the SHine SA youth health cards. We handed out flyers and promoted ourselves to the local community. We encouraged many young people to apply to become a Y@ member. With a lot of community involvement, including asking questions, collecting goodies and guessing 'how many condoms in the jar', it made the event a memorable experience for the Y@ and staff who participated, making it a good time had by all.



Some of the Northern Y@ with the Honourable Lea Stevens, Minister for Health at the Opening of the Davoren Park site.

Kellie

Park. The Northern Youth Advisory Team helped to plan what was a wonderful event, with many members of the local and wider community, other service providers as well as families in attendance.

After terrific speeches made by Sue, the Northern Team Leader, Kaisu, SHine's CEO and Deb, the president of the SHine SA Council, I delivered a speech on youth participation and the role of Y@s in SHine SA. This was followed by the Honourable Lea Stevens, Minister for Health and Minister Assisting the Premier in Social Inclusion, officially launching the new northern SHine SA premises, with the help from a few of the Y@.

Overall the day was fantastic, fun and well run, and there was plenty of food, games and activities for everyone. The day was received well and enjoyed by those who attended. The day also provided a great opportunity to engage with the local and wider community.

Luke

The Big Day Out

As a new Y@ member in the Northern Team, I was selected to work at the SHine SA stall at the Big Day Out 2004. It was my first event with the Y@, which was daunting because I had just been at the training a few weeks before, so it was all new to me and I had not been to the Big Day Out before. I did not know what to expect from it all.

This event was also a first for the Northern Team to be involved in. It was great to talk to people about sexual health and sexuality. There were games and activities which most people got involved with as the day went on. Also lots of SHine SA cards and condom packs were taken and given out. There were lots of questions asked about SHine SA; 'What do they do?' and 'What do we do as Y@ members?' and questions about sexual health. We were there to answer these questions and educate young people about risks and how to keep themselves safe.

I learnt a lot about keeping myself safe as a worker. I also learnt how to handle my own personal space and others. After the day ended, I learnt that I was worried for no reason because everything was excellent. SHine SA rocks and the Big Day Out rocks too! It was a great way to start becoming a Y@ member for SHine SA.

Kim

Hotspots for SHAW

For Sexual Health Awareness Week (SHAW) 2004 we attended The Village Tavern, Golden Grove. It was about getting a message across to young people. That message was... *whatever your flavour... enjoy safety, pleasure, respect.*

We had new SHine SA wallet cards for young people to hand out. This was to promote SHine SA services, let people know what they offered and where they are located. It was also letting people know there are (free) services and (free) condoms available for young people. Myself and another Y@ member handed them out to everyone and let them know SHine SA is a service that offers services to young people.

At first it was a slow start, but then more people showed up and we had competitions to win a prize if they can answer a question right about sexual health. Other people were just happy to have free condoms and a SHine SA card to contact if needed. Questions were asked about SHine SA and also about SHAW, which is why we were there... to send a message to the people about safety, pleasure and respect.

It was a worthwhile event to have because young people need to know what is out there for them.

Kim

SHine SA's Northern Team Open Day

On the 8 October 2003, the Northern Team of SHine SA had their Open Day to officially launch the new premises in Davoren



Y@s and workers training

Integrating and Sustaining Community Participation in Health Reform Conference

Katelyn

On Monday 15 March 2004, I attended the Integrating and Sustaining Community Participation in Health Reform Conference. I co-presented with Kaisu (SHine SA's CEO), Loran (East/West Y@), and Tiffany (Southern Y@).

We gave a presentation on youth participation and how our model of youth participation works within SHine SA. Each of us had five minutes to talk about why we think that youth participation is important, why we got involved, what the Y@s have accomplished, and what being a Y@ has done for us.

Overall it was a fantastic conference and a great opportunity and learning experience for myself.

Luke

East/West Y@s Update

It's been one hell of a year for the East/West Y@ this year. At the beginning of the year the SHine stall at the Big Day Out was a huge success, with fun activities based on educating youths about sexually transmitted infections and safer sex. This was a massive event that nailed home the positive impact we have as Y@ members. Y@s plan to go again next year, if you missed out on seeing us.

Soon after was Sexual Health Awareness Week (SHAW), where we united in Rundle Mall for a second year, to hand out condoms, make badges and mingle with a lot of youth who were keen to know who SHine was and what SHine does. I was lucky enough to be involved in the behind the scenes of SHAW, where I helped choose the theme of the SHAW posters, t-shirts and other stuff.

Recently the Y@s have been finalising the adjustments to the *Guy's sex stuff* pamphlet, which has come a long way. There has also been some notable changes to the East/West Y@ this year.

The exit process

This year we have been involved in the development of an exit process for Y@ members. The Y@ members are taken on for a minimum term of six months and a maximum of two years.



North Y@ members

Due to end of tenure, age or following further employment or education opportunities, an exit interview will be offered. The interview is to ensure that Y@ members feel their contribution and involvement has been acknowledged and any further training or support required from SHine SA is identified.

Upon exiting all Y@ members will have a detailed list of their involvement, skill development and training in SHine SA activities. They will also have the opportunity to put their involvement with SHine SA on their resume and to have a SHine SA worker as their personal/professional referee. Also an accreditation certificate is provided to Y@ members who are wanting to complete further training in Community Studies or Youth Work.

Ralph and Jackie (our beloved team leaders) have moved on, but they would be glad to know Jo (our new team leader) is doing a marvellous job. It also come time for the 'old' Y@ members to be replaced by fresh youngin's. Everyone still has that Y@ spirit, which has made the changes easier.

The new Y@ members have put a lot of new ideas on the agenda, with plans to update the Y@ website, make a *Girl's sex stuff* pamphlet and have more stalls at youth events. All in all, the East/West Y@ is doing an upmost 'applaud-worthy' job.

Amy

A fond farewell

My name is Amanda and I am a Y@! I have enjoyed learning about safety, pleasure and respect over the past two years and as my time is coming to a close as a team member I have realised that SHine SA has helped me so much in gaining confidence and knowledge.

I am a Christian and was a bit wary of being part of the team, but I have realised that we all can contribute from each of our backgrounds. Everyone at SHine SA has such an openness to what others believe and respects their individual values. I am glad that I have had the opportunity to partake as a Y@ member, because it has been fun and rewarding.

The thing that has stood out for me the most in the past two years is the people I have been working with and the impact they have made on me. So many diverse people sharing their personal lives and their ideas to support the youth of South Australia. It's great!

Amanda

Life as a Y@ member

Being a Y@ member has been an amazing experience that has helped in a lot of aspects in my life. I have had the opportunity to work with some great people and been given great opportunities. I have gained knowledge that has been helpful in both study and employment opportunities, which I know will be with me for life. Having hands on experience with attending conferences, forums and workshops has been a great asset. I am thankful for the two years I have been a part of SHine SA and have made some great friends and had a lot of fun.

Katelyn



My experiences as a Y@ member

As a new Y@ member I haven't had too much experience, but I can say that I thoroughly enjoyed the training. I learnt a lot, I'm a lot more comfortable with the responsibility and it was good to meet everyone. It feels good to know that I will be working with a great, intelligent and supportive bunch of people and I'm excited about getting out there and working with the community. I'm confident now that the team (and myself) will do a fantastic job.

Neva



My Y@ experience

I've been involved with the Y@ in the south for about a year now, and it's been a great experience. I have definitely grown and learnt a lot from my involvement in the team. When I first started I couldn't even say the word sex without laughing and I spent the first few meetings embarrassingly covering up my laughter. I am proud to say that I can say all kinds of sexual health words without laughing or being embarrassed.

On a more serious note, I have learnt a lot about teamwork, listening, planning, sexual health, people and my own values and beliefs have been challenged and affirmed. I have also had the opportunities to do extra things such as going to Melbourne for a conference, which was a fantastic experience.

It has been a great opportunity to learn and grow and to work with some awesome people. I am definitely glad that I was given this opportunity, and I'm sure I will be using what I have gained from my time in the Y@ for the rest of my life.

Allie



My life as a Y@ member

My life as a Y@ member has been an experience that I would not change if given the chance. I have been able to have my opinions, views and thoughts acknowledged throughout my time with SHine SA. I have had support, encouragement and guidance from both staff and other Y@ members which has helped me become more confident and assertive with my outlook and processes in life. My time on the Y@ has helped me decide on goals and achievements that I would like to obtain in the future, not only with my career, but with life itself. Thanks all in SHine SA, it has been a BLAST!

Kellie

Young People Under 19 Years

Y@s active in the north!

The Northern Y@ has been very busy over the last 12 months in the north. The Y@ was actively involved in the layout and launch of the Davoren Park, site officiating the opening with the Honourable Lea Stevens, Minister for Health.

Again Sexual Health Awareness Week (SHAW) was a busy time with a stall at Para West Adult Campus and *Hotspots* at The Village Tavern in Golden Grove.

National Youth Week brought many events to the north and the Y@ was involved in City of Salisbury's *Youth on the Square* event, Second Story North Open Day, and Parafield Gardens High School *Youth Expo*. It was a time for SHine to raise their profile in the community with young people and provide an opportunity for Y@s to interact with young people about sexual health issues.

In December 2003, the Northern Y@ recruited three new members, who have had the opportunity in the last six months to attend health promotion stalls at the Big Day Out, attend *Hotspots* for SHAW, and to be involved in interview panels and selection of a Project Officer position to SHine SA's Northern Team. Furthermore, the Y@ has been actively involved in the development of an exit process for Y@ members and the selection process for new recruits.

In June 2004, the Northern Y@ recruited again to fill their team with a great mix of high school students, tertiary students, employed young people and young parents. Each Y@ member has developed many skills over the last 12 months and continue to participate actively and strongly within SHine SA's Northern Team and communities of interest.

A new Y@ worker enjoys her experiences in 2004

When two workers were on extended leave from SHine this year, Jo had the pleasure of becoming an 'extra' working behind the scenes of the Y@ activities for a while. This meant, firstly, supporting the training and recruitment of new Y@ members for the East/West Team, alongside some of the more experienced members of the Y@.

Other work has involved taking requests to the Y@ meetings, where the new team has evolved into an active group, already changing things like the website and flyers to make them more youth friendly! Jo quickly gained an insight into the Y@s enthusiasm, as well as some of the difficulties that often emerge when trying to work in partnership with young people on aspects of the work of a larger organisation.

Jo works as a counsellor at SHine SA and works alongside young people as part of her regular work in the pursuit of improving sexual health. With the Y@ work, she has been taking a more active approach to her work by trying to take up feedback, make changes, and demonstrate to young people that their input and participation matters.

Through her involvement with the team, Jo has become more:

- aware of how resource and time-intensive meaningful youth participation in organisations is, and therefore how significant it is when we 'get it right'!
- interested in taking a more active approach to SHine's activities in organising health promotion events for and with young people
- mindful of the expertise young people have to share with one another, especially as the current Y@s are demonstrating such abilities and passion to be involved!

Jo believed that our view of young people can become quite 'problem' laden if we are only seeing them in the context of seeking help. She has witnessed something quite amazing in action. Preventive work, like holding events during schoolies week to equip young people to make informed choices about their behaviour, really makes sense to our Y@s. The 'theory' behind health promotion, primary health care approaches and youth participation is actually just plain logic to the Y@. That is somehow quite reassuring.

Cove Youth Service

Over the past year SHine SA's Southern Team has been working in partnership with the City of Marion and a range of government and non-government agencies to get a new and exciting youth service up and running. The result is Cove Youth Service, and is funded by the City of Marion.

The Cove Youth Service provides a wide range of services and programs for young people aged 12 to 25 years, and their families, who are connected to the Hallett Cove, Sheidow Park and Trott Park areas. Located at the central Hallett Cove Shopping Centre, it's a bright, colourful and youth-friendly service with space for counselling, office rooms, a group room and clinic space.

From this space young people and their families can access a range of information, counselling and support services relating to mental health, general health, drugs, alcohol, housing, accommodation, income and of course sexual health. Other services include a youth health clinic that is run by The Second



Story, recreational activities, school holiday programs, drop-in activities and access to computer and Internet facilities.

The service was officially opened mid-December 2003 and launched on a very hot day in mid-February. The number of young people that attended exceeded expectations, with approximately 200 young people walking through the door, but where else would they have been when there was a skate ramp, bands, sumo wrestling, body art, pizza, a BBQ, ice cold drinks and ice-blocks galore.?

SHine SA's Southern Team provides a counselling service by appointment on a Wednesday afternoon and a drop-in information and support session on Thursdays. For more information please call the Southern Team's Woodcroft office on 8325 8164 or the Cove Youth Service, (08) 8321 0600 or pop in and have a look around Suite 11/1 Zwermer Drive, Hallett Cove.



The opening of the Cove Youth Service

Celebrate Don't Violate Schoolies Week 2003 project

The rape and sexual assault prevention project *Celebrate don't violate* for Schoolies Week 2003 was a large scale multi-agency project. A Yarrow Place project officer was able to incorporate it into their existing work role and the dedication of a .2 position to coordinate work on the project was instrumental in its success. The sub-committee felt it was important to ensure that strategies used in 2003 could extend beyond the life of the project officer's position. Several of the strategies used were designed with this in mind.

Prior to the commencement of Schoolies Week, training and education and/or information was distributed to:

- Encounter Schoolies volunteers and students attending their Schoolies Week seminars
- licencee's and their staff
- accommodation providers
- selected fast food outlets that schoolies were known to frequent
- peer support workers that were trained to provide information on sexual health, rape and sexual assault and drugs and alcohol
- hospital and health services staff who had first response training
- Fresh FM community youth radio listeners via the *Fresh Forum* talk back program

A range of information and resources with messages about safer sex, rape prevention and drug and alcohol consumption were distributed prior to and during Schoolies Week. The information was given via pamphlets, *Celebrate don't violate* key rings (with emergency contact numbers on them), stickers containing rape prevention strategies for victims and perpetrators, condom and lube packs.

Peer support workers were trained to provide information in support of the project. They wore t-shirts printed with the *Celebrate don't violate* slogan, which was the name they chose for the project. It was a popular slogan which both peer educators and workers overheard schoolies chanting, as well as discussing and debating the messages contained within the stickers.

In the event of a rape or sexual assault occurring, a service provider directory with a list of contact names and numbers was collated. Distribution of this list to all service providers in attendance during schoolies week served two purposes. Firstly, it was an awareness raising strategy of rape and sexual assault services available during the festival. Secondly, it helped facilitate appropriate and efficient referrals by service providers.

The role that the Southern Team played, independent of the project, was to provide condom and lube packs to schoolies, and the emergency contraceptive pill (ECP) packs to local doctors. To prevent the possibility of young women not taking ECP because they could not afford it, SHine SA provided ECP packs to two local surgeries known to be frequented by schoolies, as well as the local hospital so that they could be dispensed free of charge to young women.

The previous year saw a large number of ECPs dispensed by local doctors. At the end of 2003 schoolies week approximately three ECP packs were dispensed. While it is difficult to accurately draw conclusions on the reasons behind this, the dramatic decrease coincided with SHine SA providing 1,000 condom and lube packs during the festival.



Ralph, Kylie, Amy, Cassie, Loren & Sally, staff and Y@ members at the Big Day Out

Why we work with this community

State and federal government policies identify sexual health as significant health issues for people under 25 years of age. The highest concentration of young people in South Australia are found in the outer northern (Elizabeth, Munno Para, Salisbury), outer southern (Noarlunga), the middle and inner west and north western suburbs, as well as some rural and regional areas.

These are also identified as areas of multiple social disadvantage with the poorest health status. Young South Australians are the future of this state and SHine SA is committed to working with young women and young men to improve their sexual health.

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This publication together with the 2003/2004 Audited Financial Report constitutes the 2003/2004 Annual Report for SHine SA.

RESPECT. Getting it together...

A peer education project about gender, power and sexual entitlement

Throughout 2004, SHine SA rolled out an exciting project titled *RESPECT. Getting it together...* in Adelaide's northern metropolitan region. The key aim of this project was to assist in reducing the incidence of sexual based violence and promote healthy relationships for young men aged 16 to 23 living, working or recreating in the northern region of Adelaide.

Youth participation, peer education and research provided the framework for this project. This project differed from previous program models as it adopted an approach of engaging young men to be *part of the solution* in helping to reduce sexual violence. This was an innovative approach in terms of how the young men trained as peer educators were perceived, especially in the early stages of the project. It was also evident that this was a different approach when researching literature for the project, with data indicating men were seen only as either 'victims or offenders'.

After an extensive recruitment drive, fifteen young men aged 16 to 25 took up the challenge to train as peer educators and peer researchers. The five day training was rigorous and challenging and explored topics from three key areas; gender, power and sexual entitlement. Peer education, group facilitation and participatory action research was also a core part of the program training.

Some quotes captured from young men during their peer educator training:

'good group of blokes' – 'about time we had smart talk about sex' – 'learnt how to treat a women a bit better' – 'deadly' – 'learnt the true meaning of sexuality' – 'recognising own values' – 'learning not to be so homophobic' – 'bad to be a homophobe, a new perspective' – 'go say sorry to girlfriend tonight – made me realise what an arsehole I've been' – 'more respect for women'

Peer education and community education

In 1997, SHine SA produced *Rape Myth Busters*, a positive and effective community education rape and sexual assault prevention program. The current peer educators and project officer reviewed this program to update it and reflect trends, in both program delivery and language used.

As a peer-directed project, the young men considered both their peers and the community and chose a number of possible options for delivery of the program in the region. The peer educators enquired about running the program in these settings and two were then chosen; one local high school and one correctional service facility.

Between the two community settings, twenty three young men aged 16 to 20 participated in the *RESPECT* program, with two peer educators and the project officer delivering the program in each setting.

Program topics included:

- gaining an understanding of the theoretical positions regarding gender and social construction, including gender and sex, as well as gender and context
- examining sexual offences and the law, challenging sexual harassment, coercion, sexual assault and rape
- exploring coercion, sexual assault, rape, gender and power, in context to intimate relationships
- challenging dominant myths that support sexual assault and rape, promoting healthy relationships and the right to safety, choice, freedom and respect.

Comments gathered throughout the *RESPECT Getting it together...* program included:

'I liked the way we talked about the points with scenarios' – 'Learning how to be a better person' – 'It (the program) challenges most of the groups views on the issues; it really made people sit up and think' – 'The group let me express my ideas' – 'People did not judge each other, but helped one another to understand reasons behind views'

Research

Another project component was to include peer based research, with the peer educators collecting information about the *current thinking* of young people, about the issue of *gender* (of being male), *power* (male power) and expectations of *sexual entitlement*. This research component, to be conducted in conjunction with the South Australian Community Health Research Unit of Flinders University, was unfortunately not completed due to ethics approval constraints. With the research component gone, this created the need to review and revise the work opportunities for the young men who trained as peer educators/researchers.

The following were opportunities that the young men involved in the *RESPECT* project were able to be involved in by sharing their skills and abilities and expanding their existing knowledge.

Resource development

SHine SA was planning the second booklet in the *Tell it like it is* series on gender and power. Four young men were allocated the task of assisting in the development of this resource. The booklet will use a narrative approach and incorporate the cartoon characters from the previous series to tell a story that encourages healthy and respectful relationships.

Working with external agencies within the region

Two of the *RESPECT* peer educators were engaged by an external agency to work with a project that explored what barriers might exist for young men who had been sexually abused and their ability to access help. A resource was created and was distributed throughout the region.

Another two of the younger peer educators were requested to work with a regional youth agency to co-deliver a number of program session topics which explored gender, power and violence issues.

Visions and future expectations

During the *RESPECT* project the peer educators were highly regarded and thus sought out by other agencies to assist with a number of youth activities. Requests by external agencies for access to the *RESPECT* peer educators/researchers has extended past the project timeline. These requests have propelled some of the young men to consider a career in youth work or social work and enrol in TAFE or university to gain the necessary qualifications to enter the workforce. This in itself is a positive and rewarding outcome for the young men and SHine SA.

Final thoughts...

Throughout the *RESPECT* project, periodic and ongoing evaluation covering all of the components of peer education, youth participation, community education, participatory action research, gender, power and sexual entitlement was gathered. This information will be published, with the hope that the final report will help inform agencies of a model of best practice in peer education, youth participation and when dealing with the issue of sexual based violence.

For further information regarding this project contact SHine SA's Northern Team on (08) 8252 7955.

Just chillin in the north

Just chillin is a group for young women in the north that provides an opportunity to meet with other young women and discuss issues that are important to their lives – relationships, feeling good about yourself, dealing with conflict, managing stress, and getting to know people. It also gives young women an opportunity to connect with two youth services in the north, The Second Story and SHine SA.

Just chillin has been running in the north for the last two years, with many young women participating in each program. Over the last year we have received many requests from organisations and schools to deliver another *Just chillin*.

In term two of this year, we delivered a six week program at Smithfield Plains High School for young women in year ten. We covered such topics as stress management, goal setting, bullying and harassment, conflict resolution and communication, sexual health, and drugs and alcohol. Each session we did something new and by the end of the program the young women had made journals, beaded earrings and bath crystals. All the participants stated they enjoyed the group and learnt many new things.

School holiday workshops were introduced to *Just chillin* program this year. We offered a one day workshop for young women who may find it difficult to attend a six week program. One workshop was ran in the April school holidays, which discussed making new friends and personal safety, and included a professional martial arts instructor from the Grandmaster Jim Fung's International Win Chung Academy to assist the young women to develop new skills in ensuring their own personal safety.

In the July school holidays, we took a group of young women to see the movie, *Mean Girls* and spent the afternoon discussing bullying and harassment. Both workshops have been successful with the participants stating they would like to be involved in a *Just chillin* program in future.

Just Chillin continues in the north as a partnership between The Second Story and SHine SA.

Just Chillin and celebratin' at Smithfield Plains High School



A new project targeting young teenage mums

The *Healthy start pathways* project commenced in June 2004 with the employment of a project officer, Gerri. The project has been some 12 months in conception with consultations with young women and research guiding its shape. This is a 12 month project aimed at improving the educational, social and physical health and wellbeing outcomes for teenage mothers and their infants through increasing school retention and social inclusion.

This project has three distinctive streams:

- Research** looking at pregnancy outcomes for teenage women and their infants, different educational models and pathways, and the factors which enable pregnant or parenting teenagers to remain engaged in educational learning.

- Resource development** of a portable program based on best practice applicable to high schools in South Australia, a resource for pregnant and parenting teenagers, and a resource for agencies which support pregnant and parenting teenage women to remain engaged in educational learning.
- Inter-agency collaboration** to develop a model of working that supports pregnant and parenting students.

There are three schools involved in the project, Para West Adult Campus, Davoren Park, Edward John Eyre High School, Whyalla, and Marden Open Access College, Marden. For further information contact Gerri, Project Officer on 08 8252 7955.



Getting 'twisted' at the Big Day Out

Young People Portfolio Group

An important aspect of the Young People (under 19 years) Portfolio Group is the sharing of information, knowledge and ideas. With membership from each SHine SA's teams, the group has collected and discussed the available research and educational tools available in SHine SA on the issue of gender and power. The group has also disseminated information to all government and non-government schools in South Australia, outlining SHine SA services, information and resources that may be of value to teachers and students. Members of the group, along with members of the Youth Advisory Teams have also been involved in consultations undertaken by the Department of Human Services to develop a DHS Youth Framework.

Teach it like it is

Writing the teacher resource *Teach it like it is* began in September 2000, a draft version was printed in December 2002 and on the 7 May 2004 the final version was delivered to us by the printers. Six months of hard work went into completing the final version of the resource. The process involved consultation with hundreds of people including some very intense scrutiny from many SHine staff.

Initially the feedback from all the *share* schools and many other teachers was collated. The Department of Education and Children's Services (DECS) formed a review committee to provide advice. It consisted of several DECS staff, principals, teachers, parents, a representative of the Australian Council for Health, Physical Education and Recreation and SHine SA's Coordinator of Teacher Education.

The increased public interest and media attention to relationships and sexual health education in schools in the last 12 months has meant that *Teach it like it is*, which was written for teachers, has had a wider audience, so there has been comment and advice from a very diverse range of members of the community. It

has been really important to listen to all the comments and be sensitive to those who hold very diverse views, yet not compromise what SHine SA believes is in the best interest of teachers and the young people we are aiming to support. Consequently in some areas the resource has been modified, restructured and reworded, but its aims and areas addressed have not changed. The diversity of comment and the work put into listening to and accommodating feedback has meant that we have had the opportunity to finely tune the final product.

Late April we were delighted to learn that both Jim Birch, the Chief Executive of the Department of Health and Steve Marshall, the Chief Executive of the Department of Education and Children's Services, had agreed to endorse the resource by signing the foreword. We are very pleased with the resource and proud of the product that hundreds of teachers, SHine staff and other interested people have developed.

Teachers who attend the two day teacher training with SHine SA receive a free copy. It can also be purchased from SHine SA.

A busy year for *share* in 2003/2004

The Sexual Health and Relationships Education (*share*) project aims to improve the health, wellbeing and safety of young people. The three year project is a collaboration between SHine SA and the Department of Education and Children's Services (DECS), with funding provided by the Department of Human Services (now Health).

The past year saw the rollout of the project in 15 state secondary schools across South Australia. The *share* model takes a whole school approach, which means that attention is given to what happens both inside and outside of the classroom. Students in years 8, 9 and 10 receive 15 hours of curriculum a year and this is delivered by teachers who have received 15 hours of specialised training.

Information evenings are held for all parents where they can view all the resource materials used in *share* and also ask any questions of their child's teacher. Parents have to give consent for their child to participate in the *share* lessons.

In addition, student health and wellbeing teams have been established in all *share* schools and these consist of parents, students, teachers and community agency representatives. The role of these teams is to support policy and practice in the schools to assist with creating an environment that is supportive of sexual health. An example of this is to address bullying and harassment that may be based on gender and/or sexuality.

The *share* team at SHine SA consists of Sally, Team Leader and Project Manager, Jane, Coordinator of Teacher Education, and Susie, Helen and Cheryl who are *share* Regional Coordinators and work with the 15 schools. It was a very busy year for the team and significant achievements of the *share* project were:

- 15 schools were selected to trial the *share* model. All these schools volunteered to be part of the trial.
- 15 hours of professional development was delivered for 200 teachers and some counsellors and chaplains. Almost half of these teachers had never previously received professional education in relationships and sexual health.
- There was a reported increase in confidence of teachers required to teach sexual health as a result of the professional education. 68% of teachers identified that they were confident to very confident to teach in this area before the training while 94% were confident to very confident after the training.
- Parent information evenings were held in all 15 schools. Feedback from these evenings indicated that parents who

did attend (and numbers were variable across the schools) appreciated the opportunity to view all materials associated with the *share* project.

- Curriculum was delivered (15 lessons in years 8, 9 and 10) to 5,229 students.
- Only 237 students (4.5%) withdraw (in line with the legislated right of parents for any program encompassing sex education) from the *share* lessons.
- Student feedback on the *share* lessons showed that 76.4% rated the course overall as good or excellent. Only 6.1% of students thought the course was poor. Students also overwhelmingly said they found the classroom environment safe and supportive.
- Student health and wellbeing teams were created in all 15 schools who started the process of looking at how to make schools more aware and supportive of sexual health issues.
- The draft teacher training manual *Teach it like it is* was reviewed and published in 2004.
- The literature review of effective sexual health education in school was completed. The literature review was commissioned by SHine SA and done by La Trobe University.

A number of other activities have also been organised by the *share* team*.

A meeting of key teachers was held to discuss how the implementation of the project was going in each school. Overwhelmingly the key teachers found the extra support, training and resources provided to the schools had enhanced the sexual health and relationships education they were delivering to students.

A number of briefings have also taken place in 2003 due to the extra interest created by political and media attention on the *share* project. These briefings took place with the community, medical, workers, church groups and individuals and were a positive way to provide accurate information on the project.

The *share* project is now half way through its three year phase and we look forward to continuing to work closely with DECS and the school communities in this important work.

*See the GLBT section (page 14) for article 'Just because you don't see them, doesn't mean they aren't there' on homophobia workshops in schools.

share key teachers and SHine SA staff



Would you like to become a Youth Advisory Team member?

We're looking for young people who

- are interested in sexuality and sexual health
- want to see services for young people improve
- can work in a group
- can express an opinion
- can be organised, creative and punctual.

The Youth Advisory Teams (Y@S) are a mixed group of young people aged between 15 and 25 years who meet once a month and are sometimes involved in public events. They also get paid to attend meetings.

To date the Y@S have run stalls, been trained, spoken with young people in Sexual Health Awareness Week, Youth Week and Big Day Out. The Y@S have also advised SHine SA about clinic waiting areas, pamphlets, strategic directions and team planning.

If you are interested please contact SHine SA on 8431 5177 or info@shinesa.org.au. There are three Y@S, one for each region in the south, north and east/west.

SHine SA and schools

SHine SA has continued to support school communities throughout SA. We have approached our involvement with teachers and students to reflect what we know is best practice in the area of relationships and sexual health based on national and international research. Building the capacity of the individual schools to deliver effective programs is our primary aim and we have supported many schools with advice on programming and resources in the past year.

Where there are students with particular special needs or those 'at risk' we have assisted schools by co-facilitating sessions or programs. We have also been involved in school communities that are predominantly multicultural and at centres such as Magill Training Centre.

At times we have been invited to talk to classes about the services SHine SA provides in the context of an existing sexual health program. This helps to promote and identify where young people can access sexual health information and assistance in the future. We have also presented to parent and staff groups, highlighting the sexual health needs of young people today and how parents can provide support and where they can access further information.

Many schools have taken the next step by physically bringing a group of students to a their local SHine SA primary health care site. This is a valuable practice for the students to allow them to experience first hand where the site is, how to get there, what happens at the site, what services are available and who they might see.

In order to promote the health services that are available in their particular community, schools have organised a Health Expo, where service providers, such as SHine SA, attend to provide information and discuss how they can support young people by giving a brief presentation and/or setting up a display booth. Students can meet with the worker, ask questions and collect reference materials. It is best organised to coincide with either a particular national or state health initiative targeting young people, like Sexual Health Awareness Week or Drug Awareness Week or completion of a unit on health.

An information package was sent to every student counsellor within South Australian secondary schools at the start of the 2004 school year. This contained up-to-date details of professional development opportunities for teachers, resources, and highlighted how SHine SA could support their school community. SHine SA intends to repeat this again next year.



Testing your speed with the Condom Game provided lots of laughs at the Big Day Out

Providing services for young men in secure care

As part of our services for young people in the north, we have been delivering sexual health and relationship programs to young men in Cavan Training Centre. Young men are often at high risk in the community, including deaths related to motor vehicles, incarceration, and drug and alcohol related problems. This results in some young men engaging in high risk behaviour and activities, including those that put their physical and sexual health at risk.

It was identified that young men in detention have limited access to sexual health information so the purpose of the program was to improve the sexual health for young men in detention and to increase the young men's knowledge of sexual health, sexuality and relationships.

A six session *Relationship and sexual health* program was presented to young men in detention in October 2003 and again in February 2004. Young men are identified by the Cavan workers to attend the group and are then invited to participate. It is a closed group and young men were expected to attend all six sessions if they choose to participate. The sessions were a hour

an half long with two sessions delivered a week.

The programs have included:

- sexual health and personal hygiene
- sexual reproduction and human sexual response
- sex rules, responsibility and the law
- sexual coercion and rape
- gender issues and stereotypes
- sexually transmitted infections
- contraception, pregnancy and pregnancy options.

The young men were presented with certificates for their participation and their involvement was proudly incorporated into their personal development records. This program has been successfully delivered at Cavan Training Centre for the past four years and continues to develop and improve, with young men keen to be involved in future programs.

Both SHine SA's Northern Team and Cavan Training Centre are committed to ensuring young men in detention receive information and education to improve their sexual health and relationships.

Young Adults

A tale of two CD's – *Musical Sexploration* and *Ultra Sound*

After the success of last year's *Musical Sexploration* CD the Southern Y@ decided to release another CD to celebrate Sexual Health Awareness Week 2004. . . unfortunately time got away from us and we decided to hold off and release it during Youthweek 2004. . . but it was sooo worth the wait.

We had a bit more time this year (at the start), so we decided to run an art competition and advertise all over the state for bands and artists to donate their work. This had the extra bonus of spreading SHine's message to lots of folks that had never heard of SHine SA.

We were flooded with a heap of top quality work – and what a mix – music ranging from extremely mellow, ambient sounds to grindcore and hard house. We had contributions from solo artists and collaborations between artists and youth groups. We received music from Aldinga in the south right through to Pt Lincoln in the west. What diversity!

And the diversity in the musical styles was no mistake. We were after a wide range of music to appeal to as many young people as possible. Then end result is a bit of a journey from mellow, slowly building up, peaking, mellowing out again, peaking again then slowly fading back to mellow. And talk about emotion – love, loss, sex, a song for a child lost to AIDS, a song written to a then unborn child, connection, isolation, taboos, regret, fears, joy, celebration . . . safety, pleasure, respect!

During one of our Y@ meetings we were talking about a recent spoken word tour by Jello Biafra (ex-lead singer from American punk band the Dead Kennedys) as he had given a bit of a spiel about sex education in schools. So we sent off an email requesting a track and the rest is history. A big coup. Pretty stoked to produce a CD with a track from a living legend (to those who know who he is).

Speaking of legends, the awesome DJ JoSH agreed to donate a track that isn't available anywhere else in that format. That makes two big coups.

One of the most rewarding bits of the production was creating the messages for the inner sleeve. The conversations alone were worth recording. Check out the stuff on sex, sexuality, gender, individuality, coercion, oppression and freedom . . . big stuff!

VOLTAGE at the VOLT (Aldinga Youth Enterprise Centre) proved to be a wicked opportunity to launch the CD with people getting up on stage, in between bands, to dance, sing or tell some jokes to receive a copy of the CD. And the condoms went down pretty well too!

None of this would have been possible without the talent and commitment of the Y@ and the artists involved – Amy, Jarod, Steve, Steve, Tina, Adam, Bosh, China Room, (70) miles, Seeds Of Babylon, Lou, Kirsty and the rest of the Young Mum's crew, Linus, Sekhmet and the Paralowie Youth Service crew, Manic Distortion, Jello Biafra, Nihilism, Hard G, Mad Dutchman, DJ JoSH vs. Ericson, -ve Julie, Alexander Mitchell, Segue and Greenmind

–you all ROCK!

Look out for *Ultra Sound* (Ultra: going beyond what is usual or ordinary; Sound: solid, robust, in good condition) during Sexual Health Awareness Week 2005 or at the Big Day Out.

And just a quick update on *Musical Sexploration*. Not only was it distributed at the Big Day Out, but has gone interstate and overseas. Last we heard it had made its way to New Zealand, Thailand, Scotland, Canada and America.

Quirky thing 1

Ultra Sound starts off with the sound of waves lapping at the shore and ends with rain on a tin roof with the last track inviting us to 'Return'. . . very cool.

Quirky thing 2

Hot Sexy Road Works – what does it mean to you – get a copy, have a look and see what you think.

Quirky thing 3

Can you see the character with the long hair and the long thin nose in the *Ultra Sound* cover?

Here's a taste of some of the lyrics that appear on *Ultra Sound*...

Probably not

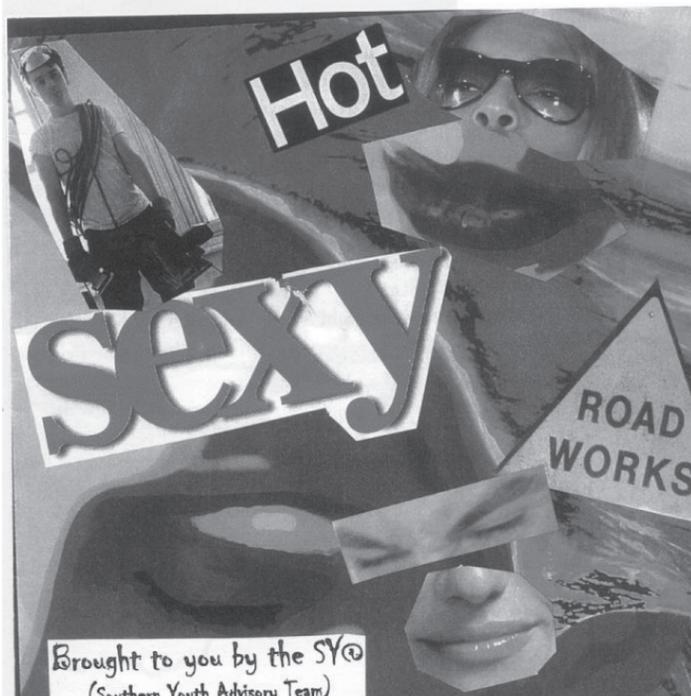
Are you to bite the bullet
Would you stand up for somebody's rights
Would you stop a thief in the street
Will you help women take back the night
> Linus

Love, your mum

Hope I can show you just how wonderful life can be
How beautiful the sunsets and how vast the sea
And I hope we can be close and I never let you down
That I can teach you the ways with a smile and not a frown
> Lou & Kirsty with the Aldinga Young Mums group

Live your life

I just want to say to everyone
That it's ok to have fun.
> Alexander



Why we work with this community

Despite increasing independence and life experience young adults have relatively high rates of sexually transmitted infections and unplanned pregnancies than all people and are more likely to be sexually active. They also often have less access to appropriate education and services, particularly if they are outside of educational settings.

SHine SA believes that young adults need services and information that is relevant to their needs.

Young people's access to sexual health information in rural areas

It can be difficult for young people to access the information they need, especially if they live in a rural or regional area. During the past year SHine SA workers have been involved in a variety of programs for such people. We are aware that access to information can seem difficult when you live outside the city. The Sexual Healthline has a toll free number (1800 188 171) to encourage young people who need sexual health information to contact SHine SA. Workers are available to answer calls Monday to Friday from 9 am until 1 pm.

During 2004 there were changes to the way that women can access the emergency contraception pill (ECP). Chemists can now provide the ECP to women and this can be used for up to five days after unprotected sex, although it is more effective the earlier it is taken. This has made the ECP more accessible to women, especially those in the country. However, some young women living in small communities may feel anxious about approaching their local chemist about ECP, as they fear they may be recognised. If this is the case, do not hesitate to contact the Sexual Healthline for help.

Guys always have a Choice!

SHine SA's Southern Team and The Second Story, Youth Division of Child and Youth Health, have been running *Choice*, a program for guys to find out more on safer sex, relationships, body image, homophobia, health and being a guy. Guys are given heaps of messages on about how to 'be a man'. Some are positive, some are a bit dodgy and some are really dangerous. Some of these messages can stop guys from living the life they want. *Choice* has been created to provide a safe space to explore some of these messages and how they can affect the decisions young men make.

Informal client contacts

5351 informal client contacts were provided for 2003/2004. 48.3% of clients were women, 6.17% of clients were men with the remaining clients unknown. 9.7% of informal clients were from professional people.

The top four reasons for the informal client contact were:

- sexual health 53.8%
- contraception 15.4%
- abnormal smear result 7.24%
- pregnancy issue 3.6%

Helping young people to negotiate safer sex

Hear me out is a Northern Team project that will be producing a resource to encourage young people (16 to 24) to develop the appropriate and necessary skills to negotiate for safer sex and be informed on the benefits of condom use. The resource will be used as a tool for trained peer educators to use in the community to educate young people on gender and power issues that impact and influence negotiation within relationships.

During the first stage of this project we ran four focus groups in metropolitan Adelaide and rural areas that involved young people and stakeholders. The information from these focus groups has informed the development of six key messages that will appear on a condom pack that will be developed by TAFE students. We look forward to the second stage, which will involve training young people as peer educators in September 2004.

Young Adults Portfolio Group

The Young Adult Portfolio Group has focussed this year on the development and distribution of the chlamydia postcard. The postcard alerts young people to the consequences of untreated chlamydia, which is the most common notifiable sexually transmitted infection in South Australia. The incidence amongst young people under 30 is increasing and it is easily treated.

The portfolio group has also recommended that the information kit entitled 'Information pack for students and health workers interested in abortion' from Pregnancy Advisory Centre be recommended reading for all new staff. A copy was provided to each team and copies are also kept in the library.

This is the final year of the current *Strategic directions*. During this period we have seen significant achievements, including the establishment of Sexual Health Awareness Week as an annual event and Youth Advisory Teams working in partnership with the Primary Health Care Teams. During 2004 the portfolio group has been developing the *Strategic directions* for the period 2005 – 2008 to direct our work with this community of interest.



Why we work with this community

SHine SA acknowledges the difficulties for people living in regional, rural and remote areas in accessing sexual health services due to their geographical isolation.

SHine SA works in partnership with these communities to support and equip them to advocate for their own sexual health needs and focus education and training opportunities on the regional, rural and remote work force.

SHED program in Mount Gambier

At the beginning of the year the Lower South East Counsellors Hub Group contacted the Southern Team about running sexual health workshops for some students from the local schools. They had received a Mental Health Grant for young people from the South East Regional Health Service and used that funding to run the workshops.

The workshops were held over a week in early August. After discussions with the counsellors we decided that, as we were going there for the week, we would include some evening workshops for teachers, parents and counsellors, as well as the student workshops during the day. The four SHine workers who covered these sessions were the Southern Team Leader, the share coordinator and two community health workers. The students called the program, SHED which stands for Sexual Health Education.

The student sessions were divided into two hour timeslots. A year 10-12 group ran in the morning and a year 7-8 group ran in the afternoon. Topics that they covered over the week were values, relationships, harassment, self-esteem, contraception and sexually transmitted infections (STIs). There were 31 students

in total from eight local schools.

The teacher workshop was the first evening session and 34 teachers attended. It went for three and a half hours and covered basic skills when teaching about relationships and sexual health and up-to-date information on STIs and contraception.

The parent workshop was the next night and 11 parents took part. They covered topics such as talking to your child about sexual health, puberty and forms of contraception.

The two final nights involved workshops with the counsellors and we covered various topics including STIs and contraception, as well as a lot of 'what if' scenarios and focused on the places in the community that students can access if they want information and support.

We had very positive responses from all of the groups involved. This was reinforced with a supporting radio interview on Mount Gambier ABC radio. The SHED program was very successful and we reached a lot of the south east community and made a lot of contacts in that region.

Making a difference – have we?

The *Making a difference* project came about as a result of some findings and recommendations of the *Young People Connecting Project and Youth Consultation Report* that was published in September 2001. This project was a joint initiative of the Department of Human Services and the Wakefield Regional Health Service and aimed to collect baseline data about young people's (12–20 years) awareness and access to health services available in the Wakefield region.

Recommendations from the report included:

Scope for further research

This has been an interesting study, however it needs to be built on to get a true picture of the issues and barriers to young people accessing health services in the Wakefield Region.

Development of further programs with address young people's sexual health needs.

This study corroborates that sexual health issues are a key concern to young people in Wakefield Region and further ongoing programs are required to address this need.

This inspired the Northern Team to develop a project in 2003 that aimed to improve the access of sexual health and relationship information, education and services for young people residing in northern Yorke Peninsula.

Focus groups were held with young people from Ardrossan Area School, Kadina Memorial High School and young people who were not attending school to further research the issues and barriers around sexual health. Some of the key findings included:

- difficulties in accessing contraception
- teenage pregnancy
- access to services
- issues for living in a small community
- transport
- money
- waiting room environments
- confidentiality.

When asked what would 'make a difference' young people stated more bulk billing, better sexual health education in schools, more services for young people, workers who are informed with up-to-date information and educating parents.

With this insightful information under our belt, the next step was to liaise with local agencies about the findings and form a working group of workers and young people to ensure that there was accountability to the community. The working party consisted of representatives from DECS, Employment, Division of GP's, Southern Yorke Peninsula and Wallaroo Health Services and young people. Meetings were held on a monthly basis and they informed the direction of the project and ensured there were some sustainable outcomes once the project is finished.

So what else has been achieved?

In August 2003 a *Ready, set, go* workshop was held to increase the knowledge, skills and understanding of workers to provide sexual health and relationship information to young people. Thirteen workers and young people attended. The workshop provided workers with an opportunity to get together and talk about some of the issues for young people in their area.

September saw the project represented at the Paskerville Field Day and this provided an opportunity to network with other workers and to talk about the aims of the project. Also during this time, an opportunity to develop a logo for the project was sent out to schools, TAFE and other agencies. A logo was selected and with minor alterations became the basis of stickers and magnets

The smiling faces of the young people involved in the project showed that being involved can make a difference.



that were produced and distributed this year.

Building the capacity of workers was one of the main focuses of the project and through the Yorke Peninsula Division of General Practice a workshop was held for general practice nurses in November. *Sexual health- from talking to practice* was held in March for other nursing and allied health staff. Both of these workshops aimed to increase the knowledge and understanding of the issues that impact on young people's sexual health and wellbeing and their ability to access local health services.

As a result of these workshops, a collection of youth-friendly posters and resources were gathered and distributed to general practices throughout the Yorke Peninsula. This will hopefully start the process of having practices that are 'youth friendly'. The next step - *Cleo* and *Cosmopolitan* magazines in the waiting room!

To try reaching young people in other venues, 21 young people from Kadina Memorial High School, who were being trained as Peer Support Leaders, participated in a two-day peer education program. An information session was offered to parents to inform them about the *Making a difference* project and why we were using peer education as a strategy to reach other young people. The content of the two days was discussed as well as some of the strategies to be used. Those present had questions about the training, but were happy for the young people to be involved.

After training the young people made the following comments on how the training would help them in their role as Peer Support Leaders:

I think it will benefit my wellbeing – in other people and myself.

I am more smarter now.

If a person asks me something I can tell them what I know.

The highlights of the training for the participants were the 'hands on' activities, learning what makes healthy and unhealthy relationships and putting condoms on the carrot penis. Another comment which really summed up the training for us was:

It was good to know about the help and support that is out there even if you live in the COUNTRY.

As a result of the training, the Peer Support Leaders organised a poster and pamphlet competition within the school and the project provided CD vouchers to the winners at a school assembly. At this assembly the Peer Support Leaders spoke about the training they had received and afterwards each Peer Support Leader was presented with a Certificate of Participation.

Where to from here?

The project will be finishing in July and a meeting will be held to review the original goals and objectives and look at what still needs to be achieved. A free workshop for teachers is being offered in September 2004 where teachers will receive training to enable them to provide relationships and sexual health education to students. We are hoping that we can continue to have input into discussions at the Yorke Peninsula Division of General Practice around the issues that were raised by the young people in the initial focus groups.

What's changed for young people?

I think time will tell. As an organisation, we have tried a new way of working in rural areas which we hope has contributed to making a difference for young people residing in the northern Yorke Peninsula around their sexual health and wellbeing.

Regional Rural and Remote Portfolio Group

Increasing access to sexual health information for regional, rural and remote communities has been the focus of the Regional Rural and Remote Portfolio Group this year. We have worked on a number of strategies to:

- increase access to sexual health counselling via phone or email
- build the capacity of rural workers to respond to local issues
- raise the awareness of relationship and sexual health issues in rural communities.

These strategies include:

- mailing out SHine SA information and resources to every school, educational centre, library and community service in rural and remote South Australia
- placing an advert in the *Rural Press* during Royal Adelaide Show week to promote the Sexual Healthline to rural people
- undertaking a number of programs to build the capacity of rural workers using different models of working (their reports are included in this page).

The resources developed for the *Making A Difference* project included a sticker, magnet & postcode



Community education @ a glance

There were 41,704 participants in community development programs for 2003/2004. These programs included Sexual Health Awareness Week, Big Day Out and Reconciliation Day.

Aboriginal and

Research to improve urban services for young Aboriginal women

In order to better meet the sexual health needs of young Aboriginal women in urban Adelaide, SHine SA nurse Janet initiated research as part of a Masters of Nursing through Flinders University.

After consulting with an Aboriginal Reference Group made up of Aboriginal elders and Aboriginal health workers, three focus groups were formed. These comprised of Aboriginal elders and health workers, young Aboriginal women and SHine SA nurses who work with Aboriginal communities. The process involved working closely with Aboriginal women as research partners (using participatory action research), rather than conducting research 'on' the women, as has often happened in Australia's past.

The research findings highlighted the importance of Aboriginal culture for Aboriginal people living in urban areas and identified that this is often misunderstood, overlooked or ignored by mainstream services and health professionals, resulting in Aboriginal people experiencing less than satisfactory services.

In many rural and remote areas of Australia, Aboriginal people's expressions of culture is visible and more easily identifiable by non-Aboriginal people (ie. through art, artifacts and skin colour). However, in urban areas like Adelaide, Aboriginal people's expressions and connection to culture are harder for outsiders to recognise.

The non-Aboriginal nurses in the study also discussed that they found it harder to begin working with Aboriginal people in urban areas, compared to in rural and remote areas because they found

it more difficult to identify and connect with the many different family and cultural groups in urban areas. When there are no Aboriginal health workers to assist with the initial connecting this can be even harder.

Other key discussion points arising from the research that are important for continued and future improvements in service delivery include:

- recognition that separating women's health business from men's health business is important for many Aboriginal women in urban areas
- the need for long term funding and programs that allow trust relationships to form between non-Aboriginal health providers, Aboriginal elders, Aboriginal health workers and Aboriginal clients
- the colonising practices that have occurred and continue to occur in Australia have a direct impact on how Aboriginal women experience and access sexual health services today
- recognition that Adelaide is a meeting place for many different Aboriginal people and cultures and that just because an Aboriginal woman attends a health service in an urban setting, does not mean that she herself sits or fits within an urban context.

This research will be able to help guide SHine SA nurses, other SHine staff and fellow health professionals in ways to improve current and future health programs involving young Aboriginal women in Adelaide. Many thanks to all the research participants involved.

Why we work with this community

The health status of the Australian Aboriginal and Torres Strait Islander communities continues to rate worse than non-Aboriginal people on every indicator: infant and maternal mortality, and life expectancy. Sexual health morbidity contributes a significant burden of ill health in the lives of Australian Aboriginal people.

SHine SA's strong and emerging partnership with Aboriginal communities and organisations has facilitated increased access to SHine SA's services by Aboriginal people.



Southern Team preparing for the Reconciliation Day events

Reconciliation in the south- Together we're doing it

Children from all around the southern area decorated badges, made friendship bands, drew on helium balloons, painted tiles for a mosaic and got their faces painted at the City of Onkaparinga annual Reconciliation Day celebrations on Wednesday 2 June 2004.

Many schools in the southern area entered the art competition, with reconciliation as the theme. All entries were displayed on the day. Local elders had a hard time choosing winners. Song and poems were performed by local kindy and primary schools, and dancing group, Minya Porlis, provided entertainment.

Despite the gloomy weather over 500 school students and community members attended the free community BBQ. It was a great community event with many people involved in the planning and on the actual day.

The annual celebration of Reconciliation Day in the southern community was organised and funded by the southern based Aboriginal Services Action Group and proudly supported by Neporendi, City of Onkaparinga, Noarlunga Health Services, Centrelink, Child and Youth Health, SHine SA, Family and Youth Services, Department of Education and Children's Services, Housing Trust, local and district schools and community members.

Thank you to all who support Reconciliation and we look forward to next year.

Article written by Donna- Publications & Information Officer, Aboriginal and Torres Strait Islander Health Unit, Noarlunga Health Services and Sue, Community Health Nurse, SHine SA



Sue, Community Health Nurse and staff at the Southern Team's Reconciliation Day event.

SHine SA involvement at Gilles Plains

SHine SA continues to provide services for and with Aboriginal and other community women at the Gilles Plains Community Centre. Gilles Plains campus has a strong focus on community development and health education and has welcomed and supported SHine SA's continued involvement.

In 2003 the Aboriginal women's group completed four levels of the *Family Wellbeing* program with a SHine nurse being able to participate and provide group support. This has led to even deeper and closer trust relationships being built between SHine SA staff and community women.

Both Aboriginal and non-Aboriginal women have requested clinical services at Gilles Plains, and now a monthly nurse clinic is being held. This clinic is meeting the needs of women who do not attend other services. The highlight for one woman was feeling comfortable enough to attend for a women's check up after 21 years since her last check. She discussed the importance of being able to build up a trust with a health provider before attending for any clinical services for herself or her family.

SHine SA is looking forward to working closely with the Gilles Plains Aboriginal Community House, which will be opened as part of the Gilles Plains campus soon.



Stephanie, Community Health Nurse and Lyn, Sexual Health Counsellor of the Southern Team help with the free Reconciliation Day BBQ

Port Adelaide Nunga Women's Clinic celebrates 6 years

The Nunga Women's Clinic at Port Adelaide has now been in existence for six years. The clinic began at the Port Adelaide Community Health Service after extensive conversation and consultation with Aboriginal women in the western suburbs.

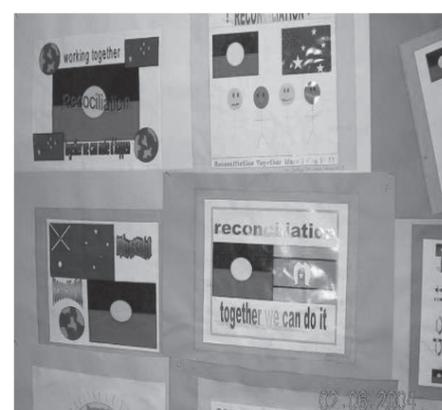
Originally the clinic was a women's and children's clinic and involved Child and Youth Health and Nunkuwarni Yunti. Over the years the clinic has grown and changed with a more specific focus on women's sexual health, with clinical services provided by a SHine receptionist, nurse and doctor. Close links with the general practice, nursing, counselling services and FAYS at Port Adelaide Community Health Services continue and grow.

Aboriginal women of all ages attend the clinic to access well women's checks and discuss sexual and women's health issues,

including period and menopause issues, contraception choices, sexually transmitted infections, violence, parenting and grand-parenting challenges.

The clinic occasionally serves as a point of referral for new clients with acute and serious health issues. Blood pressure and blood sugar checks are offered to all women in recognition of the high levels of heart disease and diabetes in many Aboriginal communities and the importance of opportunistic screening. Checks also often provide an acceptable way for women to enter the clinic and meet staff for the first time.

The ongoing support, discussions and feedback by many Aboriginal women over the last six years have helped to shape the clinic to what it is today.



A collection of artwork displayed at Southern Reconciliation Event.

Aboriginal & Torres Strait Islander Portfolio Group

The Aboriginal and Torres Strait Islander Portfolio Group currently includes the Coordinator of Women's Aboriginal and Torres Strait Islander Sexual Health Course, the Coordinator of Investing in Aboriginal Youth as well as a representative from each of the Primary Health Care Teams, usually the worker who holds the Aboriginal and Torres Strait Islander portfolio for that team. The group meets about 4 times per year. An important aspect of these meetings is the peer support and sharing information about the 'big picture' work that is being done, which is taken back to each team.

Each Primary Health Care Team works slightly differently with Aboriginal and Torres Strait Islanders in its region, depending on the networks and expressed needs of the communities, however all teams work with Aboriginal and Torres Strait Islander communities and other agencies on joint projects eg. the celebration of NAIDOC week.

Over the past 12 months clinical services have been offered at a

range of venues for Aboriginal and Torres Strait Islander people. These include Port Adelaide, Murray Bridge and Ceduna. The Sexual Health Course for Aboriginal workers has been offered to groups of women and men. The *Investing in Aboriginal Youth* peer education program has been successful in reaching many young people.

The portfolio group had discussed an Aboriginal and Torres Strait Islander celebration day at SHine SA, but this did not occur largely due to Primary Health Care Teams being involved in celebrations at a regional level. Staff development for SHine SA workers has taken longer than planned, but the group is still working towards organising this.

Meetings were held early this calendar year to start some research and give input into the next *Strategic directions* for our organisation. These meetings were very enthusiastic and positive and we all look forward to launching into the SHine SA's *Strategic directions* for 2005-2008.



A couple of pairs of pampered feet for Pap Smear Awareness Week!

Nunga women's Pap smear and pampering day

Pap Smear Awareness Week is held each year in May to promote and remind women about the importance of having a Pap smear every two years. More than 90% of cancer of the cervix is preventable with regular Pap smears, as they detect early changes of the cervix that can be treated. The incidence of cancer of the cervix is higher in Indigenous women, older women, and women of low socio-economic status.

An Aboriginal health worker from Southern Women's Community Centre applied for a small grant from Cervix Screening (Aboriginal Services Division) to conduct an activity and promotion for Nunga women in the Noarlunga area to support Pap Smear Awareness Week. Together with a nurse from SHine SA's Southern Team a *Pampering and Information Session* was organised. Workers from the Aboriginal and Torres Strait Islander Team at Noarlunga Health Services and Neporendi provided valuable support on the day.

Around 20 Nunga women attended the day with younger women and older women all enjoying the opportunity to have a foot spa, facial, and a fantastic healthy lunch. The video *Come Along Live Long* was shown and gave valuable information by sharing Aboriginal women's stories. The video was made for Aboriginal women to encourage them to have a Pap smear every two years to help prevent cervical cancer. The video was produced after extensive consultation with Aboriginal Women in South Australia and launched in 2004.

Sharon from Cervix Screening, Aboriginal Services Division provided valuable information on the importance of cervix screening. There were lots of conversations and questions following this information. SHine SA's doctors and nurses were available for anyone who wanted to access a confidential clinic service.



Jocelyn (Southern Women's), Sue (Community Health Nurse - SHine SA) and Donna (ATSI Health Worker)

Building Tomorrows Leaders Today – the Wiltja program

'Wiltja' meaning a shelter in Pitjantjatjara language, is a residential program of the Department of Education and Children's Services. Wiltja supports young Indigenous people from remote communities to complete their secondary education.

Parents who are committed to the education of their young people often make the decision to send their students to secondary school in Adelaide. The students attend years 8

to 12 through Woodville High School and are supported by staff at Wiltja in all other aspects of education, recreation, cultural transition and being separated from their families and communities. These young people, are recognised by their communities as future leaders.

SHine SA, the staff and young people at Wiltja are working together to develop leadership, health promotion and peer education knowledge and skills of the young people.



The first stage began with the young people developing stories about the importance of health, wellbeing and education. These stories are currently being committed to canvas as three health murals painted by the young people. The partnership between SHine SA and Wiltja began in 2002 as a part of the *Investing in Aboriginal Youth* project. We are looking forward to commencing the peer education, leadership and resource development planned for the 2005 school year.



They had their cake and ate it too at the Northern Team's Reconciliation Day event

Reconciliation in the north

Earlier in the year a number of agencies in the northern metropolitan region were invited to join together to form the Northern Metropolitan Regional Reconciliation Group, including SHine SA. The group, made up of government and non-government agencies, is committed to reconciliation and has clear terms of reference. One of the first activities of the group was to organise an event in the north for Reconciliation Week.

Held at Kuarna Plains School in Elizabeth on Wednesday 2 June 2004, the event attracted approximately 2,500 people. Many schools in the north brought both Indigenous and non-Indigenous young people to the event.

There were 20 stalls to peruse, most interactive, with plenty of information and giveaways. The stalls were operated by a variety of agencies, covering health, employment, education and community services, and they formed part of the Tapparra Murrendi (to walk the trail). There was a continuous BBQ from 10.30 am to 1.30 pm and about 120 kgs of sausages and patties were cooked and eaten.

Local performers took centre stage and Hon Lea Stevens, Minister for Health and Minister Supporting the Premier in Social Inclusion opened the event.



Local performers took to centre stage at the Reconciliation Day event in the north.

Culturally and

Why we work with this community

Our work with people from culturally and linguistically diverse backgrounds continues to be a major focus for SHine SA. These communities do not access sexual health services because of language barriers, isolation, different health priorities and cultural hesitation in addressing sexual health issues.

SHine SA has adopted pro-active measures to reach out to these communities by identifying their needs, liaising and networking with community health and welfare workers operating within these communities, and conducting culturally appropriate educational programs on sexual health issues.

Keeping it together project A National Suicide Prevention Strategy Partnership

As part of the Australian Government funded National Suicide Prevention Strategy, the *Keeping It Together* (KIT) project aims to promote resilience and connectedness amongst young people and their communities. KIT has engaged a range of services and community groups to prevent suicide in seven population groups of interest. SHine SA has been a key partner in the development and management of a suicide prevention project for culturally and linguistically diverse (CLD) young people.

The KIT project is run by the City of Playford and Northern Metropolitan Community Health Service. They are working in partnership with SHine SA, Relationships Australia, Cambodian Association of SA, Vietnamese Community in Australia (SA Chapter Inc.), Multicultural Communities Council and the Department of Education and Childrens' Services to ensure that the KIT project for CLD young people living in Adelaide's northern suburbs addresses suicide prevention in an holistic and culturally appropriate manner. The key focus has been on relationships, sexual health and wellbeing and their impact on mental health.

The KIT CLD Working Group has developed a comprehensive consultation and action plan for young people from Vietnamese, Cambodian, Spanish-speaking, Filipino, African, former Yugoslavian, Middle-Eastern, Thai and Laos communities. This will prompt young people to consider how they 'keep it together' and will lead directly into a multicultural creative project based on the themes identified by young people.

SHine SA worker, Miguel, and Vietnamese Community in Australia worker, Mary, presented the KIT CLD action plan to some sixty northern suburbs service providers and community members on 7 June 2004 at the City of Playford Civic Centre.

For more information please contact Miguel at SHine SA's Northern Team or Todd at Shopfront Youth Health and Information Service.

Multicultural Youth Camp @ Fleurieu Peninsula

SHine SA and Northern Women's Community Health Centre ran a camp for youth from different cultures from 18-20 December 2003 at Aldinga, Victor Harbour and Deep Creek. During the three day camp, 20 young people from Iraq, Afghanistan, Chile, El Salvador, Somalia, Kenya, Bosnia, and the Philippines had the opportunity to develop networks, build friendships share experiences and obtain accurate information of relevant services.

The environment was relaxed and comfortable. Space was available for the young people to share their multicultural cooking skills, play sports, listen to their favourite music, dance and swim.

A highlight of the camp was the time spent at the Deep Creek Conservation Park where some of the young people saw kangaroos in their natural habitat for the first time.

Addressing relationship issues in relation to cultural identity and social expectations is something that some young people who are from culturally and linguistically diverse backgrounds struggle with. Their cultural practices, values and beliefs can result in them viewing relationships very differently to Australian youth. In some cultures dating before marriage does not occur because marriages are usually arranged by parents, therefore social interaction before marriage does not exist.

During the camp the young people had an opportunity to share and discuss differences and similarities they perceive between Australia and other cultures. Michelle, a community health worker from SHine, was invited to facilitate a session for the young men on dating and relationships. It was an interactive session, with the young men asking many questions about women and ways to meet and get to know young women.

Some of the topics included what qualities we look for in a partner and what qualities we like about ourselves. Different scenarios were used to discuss how we approach people who we are interested in and what is appropriate behaviour when dating. Dating tips, like how to act, what to wear, what to say and dating etiquette were also discussed.

'It was a welcoming experience to work with young people from such diverse backgrounds and I was keen to know more about their culture and their experiences' Michelle stated.

This camp was organised and supported by Miguel and Michelle from SHine SA and Monica from Northern Women's Community Health Centre. It was a great opportunity to interact, support and provide accurate information in a cultural sensitive manner to multicultural youth in South Australia.

Young multicultural people building friendships at the camp on the Fleurieu Peninsula.



Taking a break for lunch at the Multicultural Poster workshop

A new poster for multicultural youth

Over the last few years the development of multicultural resources has mainly targeted women. Through discussions within SHine's Culturally and Linguistically Diverse (CLD) Portfolio Group and SHine's work with young people from CLD background, there was an identified need to develop a resource suitable for young people that included men. It was decided that a poster would be an achievable way of developing a culturally sensitive resource for young people.

During the April 2004 school holidays an information session and a week of educational workshops were attended by 20 young people. The young people involved were either newly arrived or first generation Australian. Countries represented were Somalia, Iraq, Vietnam, Cambodia, Bosnia, Sudan, Liberia, Colombia, Uganda, Eritrea. Young people were reimbursed for their time, energy and contribution to the development of the poster.

The education workshops explored the following topics: sexual health, cross-cultural and relationship issues, gender roles, values and attitudes towards relationships and sexual health, traditions and beliefs, living in a new country, taking the best values and beliefs of both cultures, freedom and equity supported by Australian legislation. The young people involved were given the opportunity to express themselves and have their opinions valued.

The issues that came out of the discussions during the workshops were incorporated into the design, content and message of the poster. Young people felt a strong connection with their heritage, which was symbolised by their flags. They also wanted to convey their message in 10 different languages.

The group chose the final message that appears on the poster and gave specific instructions on how they wanted it to look. The end result is what they wanted to say to other young multicultural people:

Enjoy healthy relationships

Show respect. Know how to protect.

The last day of the workshop was a celebration of their commitment. They were presented with certificates and payment and asked to evaluate the program. Some of the feedback from the participants included:

- It was a good learning process.
- We gained a lot of information and knowledge, especially about sexual health.
- Be proud of your culture.
- Live life to the fullest, life is too short.
- Be wise.
- Come to the program you will learn something.
- The workers were great, they were so helpful and funny and proved to us that we were young and boring – adults can have fun.

The poster will be launched in October 2004 at Fowlers Live, Adelaide.

This project could not have been successful without the support of many people including the young people who participated, The Second Story Youth Health Service, SHine SA staff, mainstream and CLD agencies who promoted the project to young people.

What we learnt from this project

The young people said...

- They felt that living in a country free from war increases a sense of safety, peace, freedom, security and future options.
- They wanted to embrace Western values, but also feeling a sense of loss of their own cultural identity in doing this.
- They saw an opportunity to let go of values they didn't like about their country of origin, including arranged marriages and traditional gender roles, but retain the values that they did like, including music, food, social interactions and family values.
- Australia provides freedom to express themselves and make their own choices, but they can experience isolation and criticism from their own community when they don't follow their families customs or culture.
- Language barriers can limit their ability to express themselves effectively and be understood.
- For some it was difficult to socialise outside of their own cultural group and they experienced discrimination from other young people and the community.
- Being involved in the project was a great opportunity for the young people to meet other people from different backgrounds that share similar values.

The young men take the opportunity to hang out at the camp.



Persian women's health sessions in the south

The Southern Team continued working with a group of Persian-speaking Bahai women from Iran. With the involvement of SHine SA's multicultural worker, Jacqueline, the Southern Team were able to provide two health education sessions to these women, including information about SHine SA's services. One of the Iranian women is actively involved in community work with new arrivals and refugees and was a vital link to this group. She organised, interpreted and cooked for these health sessions and ensured access to and attendance at the sessions.

The Bahai women are fairly isolated from mainstream health services, mainly for cultural and language reasons. Having someone from their community bridges this gap. Providing Persian food and incorporating Bahai prayers into the health education session facilitated an atmosphere in which cross-cultural communication can occur.

Funding for the two sessions was provided by SHine SA's a Sexual Health Awareness Week (SHAW) grant and a Cancer Council of South Australia small grant for women's health promotion in CALD communities. The Cancer Council has worked to develop partnerships with community groups to reduce ill health from cancer and provide funding for culturally appropriate health promotion activities.

The session funded by the Cancer Council of SA included a discussion about breast health, Pap smears and adolescent health and relationship issues from both an Australian and

Iranian perspective. The South Australian Cervix Screening Program states that cervical cancer is detected later among women of CALD background, therefore health providers need to be proactive in recruiting women from CALD communities to have regular two-yearly Pap smears (Cancer Council of SA, 2002). The women also got an opportunity to practise breast examination techniques with breast models.

The session funded through SHine SA's SHAW grant covered the main themes of safety, pleasure and respect. Some of the issues discussed by the women included:

- safety: no fear, prayer, trust, understanding, stability, enough money and support networks
- pleasure: love, family gatherings and sharing, children, good health, music, reading and holidays
- respect: listening, kindness and empathy, ethics, caring for self and others, understanding, forgiveness, accepting others for their special qualities.

We also discussed causes of stress and ways of dealing with it and shared hand massages and foot spas with the women which was a new and enjoyable experience for them.

The Southern Team wishes to thank the SHAW committee, Cancer Council of SA and Azi for her facilitation, interpreting and beautiful food and the Bahai Persian speaking Iranian women in the southern area.

Multicultural health programs conducted in 2003-2004

A number of different programs have been run throughout the year. Sometimes this is at the request of a community worker in another agency and sometimes SHine SA's multicultural workers organise programs for specific groups.

One example of this is the Multicultural Youth Health Program. This was conducted in collaboration with Multicultural Youth SA and was made up of a group of young women from different cultural backgrounds. In that program, we covered sexual reproductive health and welfare issues based on their topics of interest.

SHine SA has also been working in close collaboration with international students from the University of South Australia, doing a health expo and running sessions on sexual health awareness issues for young people. The participants found the programs very useful. They increased their life skills and knowledge on health issues, in particular those concerning young women's health. The programs also encouraged the participants to develop new friendships and decrease isolation.

Information sessions were also conducted for the following communities:

African women

A session was run for African women newly arrived from Sudan and Sierra Leone. Topics covered included breast examination, Pap smear awareness, menopause issues and SHine SA services. This program was carried out in collaboration with the African Communities Council SA. We talked about settling in a new country and also how and why they could access the services offered by SHine SA.

Bosnian women

The groups were organised by STARS for women who have experienced trauma in the past. A Bosnian interpreter was organised to assist in the discussions.

Women in the Riverland

We participated in the Riverland Expo for country women. Information was also provided to these women on how to access the Sexual Healthline and we had individual discussions with these women on sexual and reproductive health issues. We also ran sessions on mental health issues and SHine SA services in the evening for Turkish, Italian and Greek women. These sessions were run in collaboration with Women's Health Statewide and were well received by the participants.

Spanish speaking women

We have also conducted information sessions on our services to Spanish speaking women, organised by the Spanish speaking welfare worker from Wesley Uniting Mission. A SHine SA Community Health Worker was able to run the session in Spanish which proved very helpful to the participants.

English Language Service

We have run sessions with English Language Services (ELS), providing information to newly arrived migrants and refugees about SHine SA services and sexual health awareness issues. We have also had expos at ELS. We provided flyers on SHine services in different languages to ELS students and answered queries they had on sexual and reproductive health issues.

Cross-cultural training

A two day workshop has been conducted by SHine SA for a mixed group of community and youth workers on cross-cultural issues and sexuality. Some of the topics included settlement issues experienced by migrants and refugees and sexual health issues. In addition, we also held panels of CALD consumers and workers who talked about their experiences in settling in a new country, whilst workers talked about their knowledge of how they work with CALD clients. The feedback from participants has been very positive and they stated that they now had a better understanding of settlement experiences, as well as having been provided with a broader range of skills and knowledge of how to better implement their services to CALD communities at work and appropriate ways that sexual health issues can be included.

Refugee Week

We participated in Refugee Week, organised by Migrant Resource Centre. We had a display on SHine SA services and distributed information on our services in different languages. The atmosphere was very cosmopolitan with a lot of music, food and entertainment. Many other agencies attended this cultural event.

Networking

SHine SA has also participated in multicultural networks organised by government and non-government organisations. The purpose of this participation was to create opportunities to work in collaboration with other agencies to carry out CALD projects. In addition, we aimed to advocate and exchange information as well as to increase awareness of programs that exist for CALD communities.

We continue to work in close collaboration with many agencies who also share our vision to provide better and more informed services to CALD communities so that these communities can feel confident of accessing services available to them.



CALD Portfolio Committee

The CALD Portfolio Group consists of two SHine workers with a multicultural focus, a community health nurse from the Southern Team and representatives from Management Team and a PERT representative.

Over the last year the CALD Portfolio Group has:

- planned and delivered a peer education project with young people from multicultural backgrounds
- organised SHine SA's participation in community festivals
- coordinated SHine SA's support of multicultural communities participation in Sexual Health Awareness Week
- reviewed the appropriateness and availability of SHine SA's resources and information for CALD people
- shared information across teams to maximise SHine's work with different multicultural communities.



Ornella and Miguel, SHine SA workers at the Men's Health in Diversity Conference

Men's Health in Diversity Conference

The Diversity in Health Conference was held at the Sydney Convention and Exhibition Centre from 27-29 October 2003 promoting the themes of innovation, creativity and harmony.

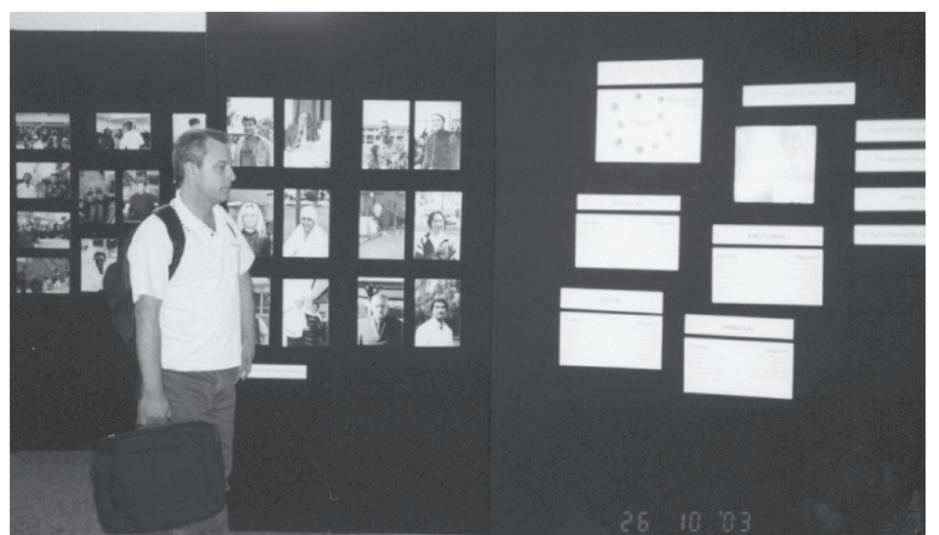
The positive images of men's health project presented a workshop during the conference to raise awareness of men's health and wellbeing by exploring a positive approach to men and their health through photographs and portraits depicting the positive behaviours and practices of men. The workshop was attended by 30 participants who had the opportunity to discuss men's health issues. The project was a highlight during the conference, with its innovation and creativeness and focus on the health and wellbeing of men who are from culturally and linguistically diverse backgrounds.

The Diversity in Health Conference acknowledged the support of SHine SA and Migrant Health Service, who contributed to *The positive images of men's health* photographic exhibition displayed in the Bayside Banquet Hall during the three-day conference.

As a result of the Diversity in Health Conference, the Confederation of Men's Organisation, part of Wentworth Area Health Service in Sydney requested to present *The positive images of men's health* project during International Men's Health Week (14-20 June 2004). A seminar was held on the 17 June at the Newcastle Regional Art Gallery. Over seventy people attended a wine and cheese reception and viewed the photographic exhibition displayed at the foyer of the gallery.

Since the Diversity in Health Conference, *The positive images of men's health* exhibition has been displayed at the Child and Youth Health Service, Thebarton Senior College, the English Language Service, the Chicago Fair and the Men Alive Expo to increase men health awareness.

If you would like to hear more about this innovative and creative project, do not hesitate to contact Miguel at SHine SA on (08) 8252 79 55 or Chris at Enfield Community Health Service on (08) 8342 8600.



Displaying *The positive images of men's health* @ Men's Health in Diversity Conference

People with Disabilities

Why we work with this community

SHine SA's *Strategic directions* document identifies groups of people who have most need and least choice in accessing sexuality education and information. One of these groups is people with disabilities.

There is evidence that people with disabilities are more at risk of sexual abuse and have often not been offered appropriate education about sexuality and sexual health.

Some community attitudes and values do not acknowledge the sexuality of people with disabilities and the needs of their parents, guardians, carers or workers. This is an area of priority for SHine SA.

Yorke Peninsula Men's Group

This year the Northern Team has worked in collaboration with Options Kadina and Southern Yorke Peninsula Community Health Service to provide men from the area who have a mild intellectual disability with an opportunity to meet others and gain information and skills on issues of communication, sexuality, relationships and self-esteem.

The program took place on Friday afternoons at Maitland, a central place, for six weeks and had about six men attending each week. Participants and workers travelled from various parts of Yorke Peninsula and Adelaide to attend.

SHine SA was involved in the development and delivery of three sessions. They were:

- getting to know you and being a man
- body parts, sexual hygiene and feeling sexy
- sexual responsibilities and sex rules.

Parts of the *The feeling sexy: feeling safe* video were used and helped to clarify a range of misconceptions around masturbation

and sexual activity.

Activities and resources were selected or designed using an interactive style of learning to involve the men in their learning. Suitable and relevant handouts were provided to encourage discussion at home or with support workers.

At all of the sessions there was support from male workers who contributed to the discussion and helped to demystify some of the negative messages around sexuality.

A celebration was held at Minlaton where we ate a lovely lunch and evaluated the program with the participants. Participants were given a certificate in appreciation of their contribution to the group during the six weeks.

The involvement of workers in the program provided an opportunity for SHine SA to build the capacity of local workers around sexual health and relationships for men with an intellectual disability. From the responses we got from the men, another program may be held next year.



Participants of the Yorke Peninsula Men's Group

Disability work in the south

The Southern Team continues to have requests flowing in from workers, clients and the education system. These requests provide a range of services for people with disabilities in the southern area. This has provided working and learning opportunity for the team at a number of levels. Wide and varied information and support is provided to workers during the programs, providing an opportunity for the south to connect with workers in the region.

Requests for education/support through one-to-one and group work continue to be high, although we have attempted to consult with workers a lot more in the past 12 months to assist them to work with their clients. Supporting workers through phone and email has also expanded over the last year for SHine workers who have been providing a lot of the education work for their clients. It has been wonderful watching the external workers become excited about their expanding skill development. Two workers, who attended an education program, became so keen to know more that they enrolled in the SHine disability training.

Email and phone conversation with parents have also been valuable and we have seen an increase in parents willing to provide some information to their children around sexual health. Parents are happy to follow up any education/information needed, knowing that we can support them. This is a significant change from previous years.

One-to-one sexual health education continues to be an area that Southern Team workers enjoy. Meeting a client on a regular basis allows time for learning, skill development and discovery.

We have also had a number of meetings with teachers who work in the area of disability. These are teachers who are either requesting a program for students or who are wanting some skill update for themselves in the area of sexual health.

Disability work in the east/west

Approximately 40 requests were received by the East/West Team regarding assistance for people with a disability during this financial year. The majority of requests came from workers, parents or carers. Sometimes the request only required support and reassurance to the caller, but one request from a special school resulted in a seven week program for four to eight young men at risk.

Towards the end of 2003 a few requests involving young adolescents all living in home environments were grouped together and Ralph and Sonia ran a six week parent group at Kensington. This was a success for the small number that attended, as they became more familiar with resources, sexual health information and were able to share stories of their difficulties in the home, school and social environments. There is always a lot of interest in parent groups – the difficulty is finding a time and venue that is acceptable to all.

Victor Harbour's disability program

Meeting the needs of country clients is always fun and exciting for the Southern Team. So when IDSC Victor Harbour requested a six week program to be provided for southern women the team jumped at the opportunity.

Planning the program provided an opportunity for two SHine SA workers and a student to work effectively together as a team and to learn from each other and expand their skills. The program was developed to provide women aged between 18 and 42 years with information on self-esteem, sexuality, reproduction, safer sex and safe boundaries within relationships to name a just few topics.

The women, some of whom have had some information/education in the past, were very open to learning and excited about connecting with other women in their area.

SHine SA's review of disability services

The *Disability review* was initiated to provide information to SHine SA to inform its next *Strategic directions*. Information was gathered by analysing the current status of communication and relationships with the various stakeholders in the community and reviewing the services that are currently being provided to:

- people with disabilities
- parents of people with disabilities
- workers and agencies who provide services to people with disabilities
- teachers who provide services to children and young people with disabilities.

SHine SA has been involved in advocacy and service provision for people with disabilities since the mid 1970s. In earlier times the organisation mainly delivered clinical and education programs, but in the past 15 years there has been an expansion of services to include counselling, specific one-to-one education programs and group training programs.

Support has always been available for the parent/guardians of people with disabilities. In more recent years, resources have been allocated from within the agency to increase the capacity of workers in disability services. Since 1994 people with disabilities have been identified as a community of interest in SHine SA's *Strategic directions*. A Disability Action Plan and appropriate policies have been developed.

All of the above has taken place during a time of change and the introduction of policy in the broader community. In particular, the practice of de-institutionalising the disability and mental health sectors over the past 20 years has increased the number of people with a disability who require access to a full range of human services, community-based supports, health promotion opportunities and information.

Currently a number of services are delivered by SHine SA to people with disabilities, their carers and workers in the disability sector. These include:

- clinic services
- sexual health counselling
- one-to-one education
- groups and workshops
- consultancy and support to workers and parents
- advocacy, including involvement in case conferences and Guardianship Board hearings
- library and resource services
- a six day course for workers
- special education teacher training
- workshops for workers in response to their identified issues.

While a large number of services are delivered to the disability sector, this often puts a strain on the human resources of SHine SA particularly in terms of the time intensive one-to-one work.

A six day accredited workshop has been developed for workers in

the area of sexuality and disability to provide skills and improve comfort levels of workers so that they can work with their clients about sexuality, however over the past four years enrolments in the course have steadily diminished.

The issue of ongoing training and development for SHine SA staff has been raised by some staff members, who need to be able to access up-to-date information and resources. The increasing number of clients with mental health problems and multiple disabilities is also an emerging issue with implications in terms of staff training and development.

A further emerging issue is referrals from the courts of sexual offenders who have an intellectual disability and SHine staff's relative lack of experience in working with this group.

The review of SHine SA's disability services was a quality assurance mechanism which aimed to:

- assess the training and development needs of SHine SA staff who work with people with disabilities
- provide an overall picture of the current work with people with disabilities, their carers and workers across SHine SA
- give some clarity about the scope of SHine's work within the current budget limitations
- gather information about the perceived training needs of workers in the disability sector
- gather information about the expectations of disability sector workers, including but not limited to the Guardianship Board, SOTAP and the Courts, in regard to SHine SA
- produce a report of the review and make recommendations about next steps for SHine SA's work with people with disabilities.

Significant issues and areas for action were identified throughout the report and after considering all the information gathered from a wide range of sources the following eight key recommendations were made as a result of the review:

- increase consumer participation
- recruit appropriately qualified or experienced Primary Health Care Team staff
- review SHine SA's role to provide services to people with a disability who have been charged with sexually offending behaviour
- develop a relationships and sexual health resource for teachers
- develop a resource for parents
- make changes to accredited training services
- develop non-accredited training services
- provide disability discrimination and awareness training

The report is currently being printed, after which it will be widely circulated to everyone who was involved in the review and interested/relevant others. The next task is for SHine SA to look at a framework for operationalising the recommendations and areas for action from the review and to ensure that SHine SA continues to provide the best possible services in the area of sexual health and disability.

Parents workshop at Hamilton High

Hamilton High requested that SHine SA support a program in the area of sexual health for parents who have children with disabilities. Parents were requesting some skill development for them to provide their children with information, support and a healthy attitude to sex.

Parents identified that correct and updated information around sex rules, sexual infections, being safe, body awareness and how to use a condom correctly, placed their children way ahead in life.

The parents were terrific. Their interest and sometimes their embarrassment levels were high, but it did not stop them

attending the three week program. The workshop did provide a few laughs, in particular watching parents practice with condoms and lube. The school supported the program by providing a teacher during the group sessions and some great snacks.

For parents it provided an opportunity to meet other parents and talk about their fears and dreams in a relaxed and safe space. The parents were wanting their children to have a high self-worth and self-esteem throughout their life. They believed the information they received was a stepping-stone to help them achieve this.



Disability Portfolio Group

The Disability Portfolio Group includes the Coordinator of Disability Education as well as a representative from each of the Primary Health Care Teams, usually the worker who holds the Disability Portfolio for that team. The group meets about four times per year. An important aspect of these meetings is the sharing of information, programs and resources from within the group that can then be filtered back across the organisation.

Over the past year the group has been involved with a number of initiatives, including:

- reviewing and updating the SHine SA *Services to People with Disabilities* pamphlet
- reviewing current education resources and recommending new resources for purchase
- running a workshop for disability workers about self-esteem to the APASHN network (a partnership with a number of disability agencies, auspiced by SHine) that was taken up by eight members (the network has not flourished as hoped, mainly due to the heavy workloads of the agency workers and long travelling distances for some, therefore the next initiative will be to gauge the interest of workers in forming regional networks, which may be easier for them to attend)
- the Disability Action Plan update is almost finalised.
- contributing to SHine's new *Strategic directions* draft
- reviewing and reporting on SHine SA's disability services with eight recommendations being made (see 'SHine SA's review of disability services')

The group looks forward to working together over the next 12 months to further SHine's work with people with disabilities, their parents/carers and workers.



Cartoon by Simon Kneebone for *My sexual health matters*

Couples group for people with an intellectual disability

A partnership between IDSC Options Salisbury, Relationships Australia and SHine SA Northern Team enabled a couples group to be facilitated in the northern suburbs for clients of Options who have a mild intellectual disability. Many of these clients are in relationships and have children, but find it difficult to access mainstream services in the northern area for counselling support and information.

Workers at Options had noticed that a number of their clients were having difficulties maintaining positive relationships and had very few 'role models' within their lives or their community. When asked, clients had identified to Options that they would attend a course if one was offered. Word was out and a waiting list developed!

As a result, Options received funding to develop and implement a specialised program to address the specific needs of their clients with mild intellectual disability. The Northern Team was asked to come on board and provide two sessions relating to sexual health and relationships.

The main focus of the program was to provide a safe space where 'couples' can talk about their relationships, affirm what is going well, listen to each other, identify areas for change and enhance their skills to enable change to happen.

The sexual health component provided an opportunity for the group to become more aware of reproduction and methods of

contraception, as well as talk about what is important in a sexual relationship. Discussions around what makes sex 'good' and what contributes to 'bad' sex allowed for the rules about sex to be discussed. A 'relationship jug' theme was used throughout the program as a visual and also to tie the sessions together.

There was lots of laughter in the group, especially as we talked about the slang terms for our bodies, played with jigsaws and when one participant eagerly showed the rest of the group how to put on condoms. The sexual health content challenged the group at times, but this did not stop the group's participation in the planned activities.

The evaluation of the group showed that the couples really enjoyed the group and the safe space to talk about their relationships. A crèche was provided which made it easy for couples with children to attend. Supper time was also important as this allowed for participants to chat informally with workers.

Another group has been planned for September. Couples from this group will be asked to come along and talk about the course to future participants. Mind you, most of them want to do the course again. An unexpected outcome from the group is that a number of the women have been linked into SHine SA through clinics and education programs.

My sexual health matters: saying what needs to be said

Let's say you were confronted with someone with an anxiety disorder who was feeling anxious because their ability to focus sexual thoughts had been reduced by their medication. What would you say? Would you take them seriously?

Or if you were clinically depressed and found that aspects of your medication impacted on your skin sensitivity and dryness, but you were too embarrassed to talk about how this made masturbation an impossible experience, which was depressing in itself, what would you need your doctor to say and do to build your confidence to speak up about it?

From time to time, over the last 12 years, Ralph, a SHine SA community health worker had facilitated individual and group discussions about sexual health matters in a range of mental health settings, including hostels, psychiatric wards, community drop-in-centres, and peer-based mental health services.

It was clear that many people with a mental illness have had to put their intimate relationships, sexual interests, and needs on hold; sometimes for good and often at a time in their lives when they would otherwise be exploring and integrating these exciting, scary, warts-and-all experiences into their identity. Other people he met had become sexually vulnerable as a result of a mental illness or at least in association with one.

But even more disturbing was the common theme which emerged in these discussions: the role of medications in shutting down or complicating various aspects of basic sexual and sensual functioning. This experience is one of the major disincentives for what is called 'compliance' - to keep taking medications. The justified distress and frustration he was hearing and the hopeless patience with which the message was being delivered was excruciating.

Clearly there needed to be some basic resource developed that would encourage people with a mental illness to assertively raise these matters with their peers and their workers. At present, only one third of people who experience these kinds of side effects get the courage to raise it with their doctors. Why?

There is still a persistent myth amongst some mental health workers, and in the wider disability sector, that if someone does not have sexual feelings, then they do not need to have them and therefore it does not need to be raised. People with disabilities, including what is sometimes known as a 'psychiatric disability', have historically been infantilised and criminalised in popular perception. This has resulted in a persistent and sometimes

subtle perception in the broader community, including parents, care-workers and even some mental health professionals, that the shutting down of sexual function - even if accidental - is a morally reasonable thing to do.

It can be very hard for a disempowered person, caught up in the medical system, not to internalise these messages. Combined with this is a great deal of taboo and fear about having frank and open discussion about sexual function and feelings. In many ways, we are still finding the words to talk about this more private side of our lives. With this as a background, it is no wonder that it is scary and embarrassing territory for health workers and people with a mental illness alike. However, somehow, together we need to find a way to break the deadlock.

The challenge for people with a mental illness is to dare to take leadership in the discussion. The same challenge exists for mental health workers, as well as to take the sexual issues raised by their clients seriously.

In November 2002, a small group comprising a sexual health worker, a mental health worker, a mental health peer counsellor and two other community activists with a mental illness met to discuss what to do. It was noted with concern that several mental health conferences had kept failing to address sexual health matters. Why wasn't this topic being put out there? It was agreed that some kind of fact sheet or booklet should be produced for the use of mental health consumers.

That booklet was finally completed in August 2004 after a lengthy process of focus group consultations with people with mental health issues, and many drafts involving feedback from a range of mental and sexual health professionals. It aims to help provide the incentive and confidence to mental health consumers to raise their concerns and is therefore unapologetically aimed squarely at the consumer. Clearly it can also be a resource for workers and there is a section at the back of the booklet for workers.

Special thanks and recognition must be extended to all the brave people with a mental illness who came forward in July 2003, to tell their stories and identify the true impacts of mental illness and medications on their relationships and sexual health. It is their experiences which form the basis of many of the cartoons and examples outlined in the booklet.



Cartoon by Simon Kneebone for *My sexual health matters*

GLBTIQ

Gay, Lesbian, Bisexual, Transgender, Intersex, Queer

SHine staff had a great Feast

Staff at SHine SA were involved in a number of events during the queer festival Feast in 2003. The two day weekend extravaganza Showoff, formerly called Tune-up, was again run at Carclew where SHine SA organised a lounge space for people to hang out, watch educational and other great movies, plus receive information about sexual health.

There was also a fun event called *Sex In! Everything you wanted to know about having great sex*, where staff from women's health, gay men's health and SHine SA all appeared as 'sexperts' on a panel. The panel discussed the meaning of different phenomena (such as 'lesbian bed death') and the purpose of objects that were handed around (and even demonstrated), which all related to sex, sexuality or sexual health. It was then up to the audience to determine which were the 'correct' response from panel members. Fun and frivolity made the whole thing possible so that, in the end, there were only a few red faces!

Why we work with this community

SHine SA upholds the rights of lesbian, gay, bisexual, transgender intersex and queer people to express their sexuality free from discrimination and to have access to the full range of sexual health services.

SHine SA will strive to positively influence community attitudes and counter discriminatory practices and negative attitudes which prevent lesbian, gay, bisexual, transgender, intersex and queer people accessing services.

Just because you don't see them, doesn't mean they aren't there

In May 2004 SHine SA was pleased to offer a workshop called *Safety in our school responding to homophobia*. This workshop was conducted by the Australian Research Centre in Sex, Health and Society at La Trobe University. It has been run in over 50 secondary schools in Victoria and is based on the research done at La Trobe University.

This research found that 9% of young people aged 14 to 18 are sexually attracted to the same sex. A report by Hillier et al (1998) also found that 13% of same-sex attracted young people had been physically abused, 46% had been verbally abused and nearly 70% of this abuse happened at school.

So what is the *Safety in our schools* training

This training program looks at the impact of homophobia on same-sex attracted young people and how a whole school approach to reducing homophobia can make a difference. The program involves a range of didactic and interactive approaches and includes:

- classroom materials
- addressing the concerns and needs of parents.

Evaluation of the workshop

Forty-two teachers, counsellors and representatives from parent groups participated in the one day workshop. Participants reported that the workshop increased their awareness of issues for young people attracted to the same sex and increased their confidence to challenge homophobic attitudes and behaviour in their schools.

One of the highlights for many participants was the personal stories from a young lesbian and a young gay man and his mother. These stories showed the struggle that many young people have in dealing with their sexuality and other people's responses to it, while also trying to maintain their focus on their education. Schools have an important obligation to ensure that they are safe for all students.

More workshops

In response to the positive reaction to this workshop SHine SA is offering the *Safety in our schools* workshop to other school groups. This can be as a one day workshop or a shorter duration can be negotiated. Contact Jane, Coordinator of Teacher Education, for more information.

- information regarding the latest research, the legal framework and relevant policy approaches
- practical strategies for working with individuals, groups and the whole school environment

Sexual Health information networking & education SA Inc **SHine SA**

Sexual Healthline
8364 0444
1800 188 171
SA Country

East/West
8431 5177
South
8325 8164
North
8252 7955

Sexual health checks
Identity issues
Counselling
Sexual concerns
Education programs
Pap smears
Books, videos, journals

SHine SA aims to positively influence community attitudes and discriminatory practices which prevent lesbian, gay, bisexual and transgender people accessing sexual health services.

www.shinesa.org.au

GLBTIQ Portfolio Group

Networking to improve the health wellbeing and safety of GLBTIQ people

Over the last year staff from SHine SA have been actively involved in initiatives with community members and workers from other community agencies on issues that affect the health, wellbeing and safety of the gay, lesbian, bisexual, transgender, intersex and queer communities (GLBTIQ).

Some of these have been:

- **WHANDS:**
This is a network of workers who meet to develop strategies to improve the health of lesbian, bisexual and same-sex attracted women. A SHine SA worker participated in the development of draft standards for organisations on valuing diversity.
- **GLBTIQ Community Safety Network:**
This network looks at policy, planning and services responses that can help to reduce the harassment and violence experienced by many GLBTIQ people. One strategy to achieve this has been to contribute to a discussion paper prepared by the Department of Health on these issues.

- **Are you a same sex attracted person in a straight relationship?**
- **Would you and your partner like to meet other couples who are in a similar situation?**
- **We are a group of couples who do the following, to help others (i.e people in a similar situation):**
 - **We have planned a social gathering**
 - **offer phone support to others, and**
 - **are developing a resource for workers/ the community (re - books, websites, agencies etc that we have found helpful).**
- **For details please phone Jo (SHine SA) 84315177 or Desmond (Bfriend) 8202 5192.**

What is the GLBTIQ community?

It is important for an agency that provides education, counselling and clinical services relating to sexuality and sexual health to respond appropriately to the diversity that exists in the community. As an agency that was established to primarily provide contraceptive services to heterosexual women SHine SA has reviewed its policies and practices to ensure it can meet the needs of all people in the community, but particularly those who may have less access to appropriate services.

Over the years SHine SA has organised professional development for all staff on issues relating to sexual diversity and homophobia. Most of the focus of this work has been on the needs of gay, lesbian, bisexual and same sex attracted people. However more recently the organisation has had greater contact with people who identify as transgender or intersex (recognising that not all people will use these terms to describe their identities).

The following definitions apply to these terms.

Transgender

A broad term which can be used to describe a wide range of different relationships to gender including cross dressing (transvestism) and exploring the boundaries of gender in a variety of ways. Some people who experience transsexualism choose to identify as transgender, while others do not.

Transsexual

A term for a condition where an individual is born with reproductive organs that are incongruent with their sense of gender identity. These individuals may then take steps to transition to their preferred gender identity through surgery or hormones.

Intersex

The Australian Medical Association's *Sexual Diversity and Gender Identity Policy* describes intersex as a condition where a child 'is born with sex chromosomes, external genitalia, or an internal reproductive system that is not exclusively either male or female. This word replaces hermaphrodite.'⁽¹⁾ The word intersex refers to:

- a long-established medical (genetic) condition where an infant is born with reproductive organs and/or sex chromosomes that are not exclusively male or female
- a term used by those with intersex conditions who do not have a gender identity that is clearly male or female.

The current legal definition is that 'an intersex person is a person who, because of a genetic condition, was born with reproductive organs or sex chromosomes that are not exclusively male or female.'⁽²⁾

Intersex conditions include:

- Androgen Insensitivity Syndrome (AIS)
- 5 alpha-reductase deficiency (5AR)
- 17-beta hydroxysteroid dehydrogenase deficiency (17B)
- XY gonadal dysgenesis (also known as Swyer Syndrome)
- Leydig cell hypoplasia
- Mayer Rokitansky Kustner Hauser (MRKH) Syndrome (also known as vaginal agenesis), Congenital Adrenal Hypoplasia (CAH)
- Turner's Syndrome and Klinefelters Syndrome.

Most people with these conditions are infertile and require life-long hormone treatment. Approximately 25% of people with intersex conditions are born with 'ambiguous' genitalia⁽³⁾.

Services provided by SHine SA to transgender and intersex people

Specialist psychiatric and medical services and community support groups exist in South Australia to address most of the needs of people relating to gender identity. However there are other needs in the community that are not met by these services.

Counselling on gender and sexual identity is offered by SHine SA and this can be for the person concerned or their family members. SHine SA will refer to a more appropriate worker or counsellor if this is indicated. SHine SA has also added to the information it has in its library and this is available to be borrowed by members of the public, free of charge.

The Sexual Healthline also receives the occasional call from health professionals and community members on transgender and intersex issues. Referrals are sometimes made to the other services that may be able to assist with this issue.

While the number of people in this situation may be small, the needs of individuals are often great and this is often heightened by social isolation and stigma, as well as discrimination and violence. SHine SA's work and sensitivity in this area has been assisted through the contribution of two transgendered volunteers. These workers not only bring their skills to the work they do for the organisation, but also valuable insights into the issues faced by transgendered people.

1. AISSGA Submission to the SA Gov Regarding Discrimination against people affected by Intersex Conditions p8
2. ACT Legislation Act 2001
3. AISSGA Submission to the SA Gov Regarding Discrimination against people affected by Intersex Conditions p8

(Source of definitions: GLBTIQ Community Safety Discussion Paper)



Report of the Mass Training in Wewak, Papua New Guinea Coordinator of Nurse Education

It all started back in 1997 when SHine SA gave me an opportunity to be part of a train-the-trainer course for 25 nurses and health workers in sexual and reproductive health, in Wewak, in the East Sepik Province of Papua New Guinea. This initial training course prepared the trainers to train Village Health Volunteers (VHVs) at a Mass Training held in Wewak in January 1998. Since the initial training, a link has been maintained between HELP Resources and SHine SA.

In June 2003, two training coordinators from HELP Resources, Clara and Esther, were able to access funding to participate in a Sexual Health Counselling Course at SHine SA. Following this course they were also able to spend a month at SHine SA, learning about sexual health education for health workers, people with a disability, school students and those young people not in school. Elizabeth, the President of HELP Resources also visited SHine SA during this time.

The Mass Training

Involvement in the Mass Training from 12-23 January 2004, was funded by SHine SA and OXFAM Australia (Community Aid Abroad). The role was to act as coach and supporter of the local training supervisors and trainers.

Morning visit to all class rooms usually revealed any issues or needs of the trainers and there was further contact when they came to the Resources Base at break times, when they collected any handouts and resources, and for debriefing at the end of each day.

A newsletter was produced most days, photocopied if there was power, and delivered to the classrooms before the end of the day. To produce these VHV Training Newsletters was quite a process, as they included accounts of interviews with VHVs or trainers and reinforced the daily training issues. They were written in Tok Pisin and were a valuable contribution to the Mass Training.

There were many delightful and enormously positive things that were observed during the first week: the classroom dynamics, the use of experiential learning (for example the natural baskets of fruit which were used to teach the female anatomy), the group discussions and sharing of ideas and experiences, and the willingness of the VHVs to learn new things and ask questions when they were unsure.

The second week was also very interesting and very successful,



Prue, Coordinator of Nurse Education, working with the local health workers in PNG

job of teaching the VHVs to use drama to teach the people in their villages about transmission and care of people with HIV/AIDS and use it as a tool to address discrimination. There were some very emotional and innovative plays and songs presented by the VHVs.

The Mass Training was a huge undertaking that ran very smoothly, all things considered. Although there were problems, as would be imagined when transporting, feeding and meeting the daily needs of 400 participants and around 50 trainers and support staff. Added to this were the issues of power outages and lack of a water supply, that are part of daily life in Wewak, as well as the heat of the tropical environment, especially for those who were used to a more temperate climate.

The Mass Training was an amazing experience. The VHVs and trainers should be commended for their commitment, enthusiasm, and dedication to learning and teaching and Elizabeth, the President of HELP Resources, should be acknowledged for her vision. It was wonderful to re-meet again many of the trainers who had attended the train-the-trainer course in 1997 and see the network of trainers which has been sustained by HELP Resources.

The closing ceremony was indeed a proud moment for the VHVs,

Why we work with this community

SHine SA recognises the importance of developing the knowledge, skills and confidence of professional groups around sexual health so they have the capacity to provide good, quality services and programs in their local community.

The course was a very full four days with many different ideas and cultural issues raised and discussed. Jane smoothly and energetically moved the teachers from task to task to complete as much as possible in the time available. There was a very positive feeling generated by the teachers to learning new ways of teaching sexual health in schools and a very strong commitment to setting up a teacher's network and continuing to work towards bringing good and effective sexual health and relationship education to schools in the East Sepik.

Since returning to Adelaide we have heard there has been a lot of interest in Wewak for developing this network of teachers and continuing this program to give teachers confidence, information and teaching strategies for teaching sexual health and relationship education in schools in the East Sepik Region of PNG.



Participants of a workshop in PNG

women about breast self-examination. Some of the questions that came up and were discussed included:

- What's the difference between HIV and cancer ie. could cancer be 'caught'?
- Can a woman breast feed if she has had breast cancer?
- Are there any risks of HIV transmission or anything else for the baby?
- What should a woman do if she thought that she had cancer?
- What are the costs for women from a village to visit the doctor and the specialist?

Katrina, the Coordinator of Medical Education at SHine SA provided email support in relation to these issues.

Access to treatment

A big problem for seeking treatment for most women was lack of money to pay doctors, hospitals and specialists, as well as leaving the village and the family, and the distances to travel. Also knowledge about medical problems that needed treatment from a medical doctor instead of the village doctor (and they were not just suffering from a 'curse'), were all issues indicated by the VHVs.

Teaching strategies for safer sex

One issue was that teaching the ABC prevention strategy (A = abstinence, B = be faithful and C = use a condom) is not a realistic strategy for teaching women who live in PNG. Women lack knowledge of HIV, have very little power over condom use by males and experience a high incidence of sexual assault. In addition to safer sex knowledge, women need to be taught how to negotiate for safer sexual practices in their relationships and to practice ways to do this. The VHVs were very interested in the female condom as a method of contraception and as a defense against sexually transmitted infections that the woman could control.

Men's health

With this Mass Training many women (and a few men) have learned much about sexual health and HIV/AIDS, but it would be good to see the program extended to capture more men and make the problem of HIV/AIDS an issue for all people in PNG. Maybe the Village Office Project could be the start of one such project.

Other programs held at the same time as the Mass Training

Teacher education

During their visit to SHine SA in June of 2003, the workers from HELP Resources spent time talking with Jane, the Coordinator of Teacher Education at SHine SA. They were very interested in the *share* project currently being piloted in schools in South Australia and the teacher resource *Teach it like it is* that has been developed by SHine SA. Jane was invited to present a teacher education short course during the Mass Training.



Participants at the meeting of the Sexual Health Nurses Network



Jane, Coordinator of Teacher Education working with locals at workshop in PNG

with the very large groups scattered around the campus in the hall and under the trees in the shade. Many of the VHVs were very emotional hearing the stories of the three positive HIV speakers, and they vowed to be understanding and helpful to people who were sick with HIV/AIDS. They learnt how to care for people with HIV/AIDS, attending to their personal hygiene needs using technology that was suitable for village life and their emotional needs through counselling.

The Baua Baua Educational Drama Troupe did a very impressive

the trainers and the support people, and was an enjoyable and fitting end to a very intensive and varied two week training program.

Topics discussed at the Mass Training

Cancer

The sexual health training during the first week covered the topic of cancer, including breast and cervical cancer and teaching

Workers Portfolio Group

As a result of the consultation conducted last year with SHine SA staff in relation to the capacity building of workers, a report was written which will contribute to the *Strategic directions* and our work with workers for the period 2005 - 2008.

Over the past year a new group was established within SHine SA for workers who work with young people at risk. This group will provide a link between the work of the Primary Health Care Teams and the Coordinator of Youth Sector Education. The group will provide a venue for staff to discuss research, issues that arise in their work with young people and their workers and provide a review process for the course content and delivery.

SHINE SA

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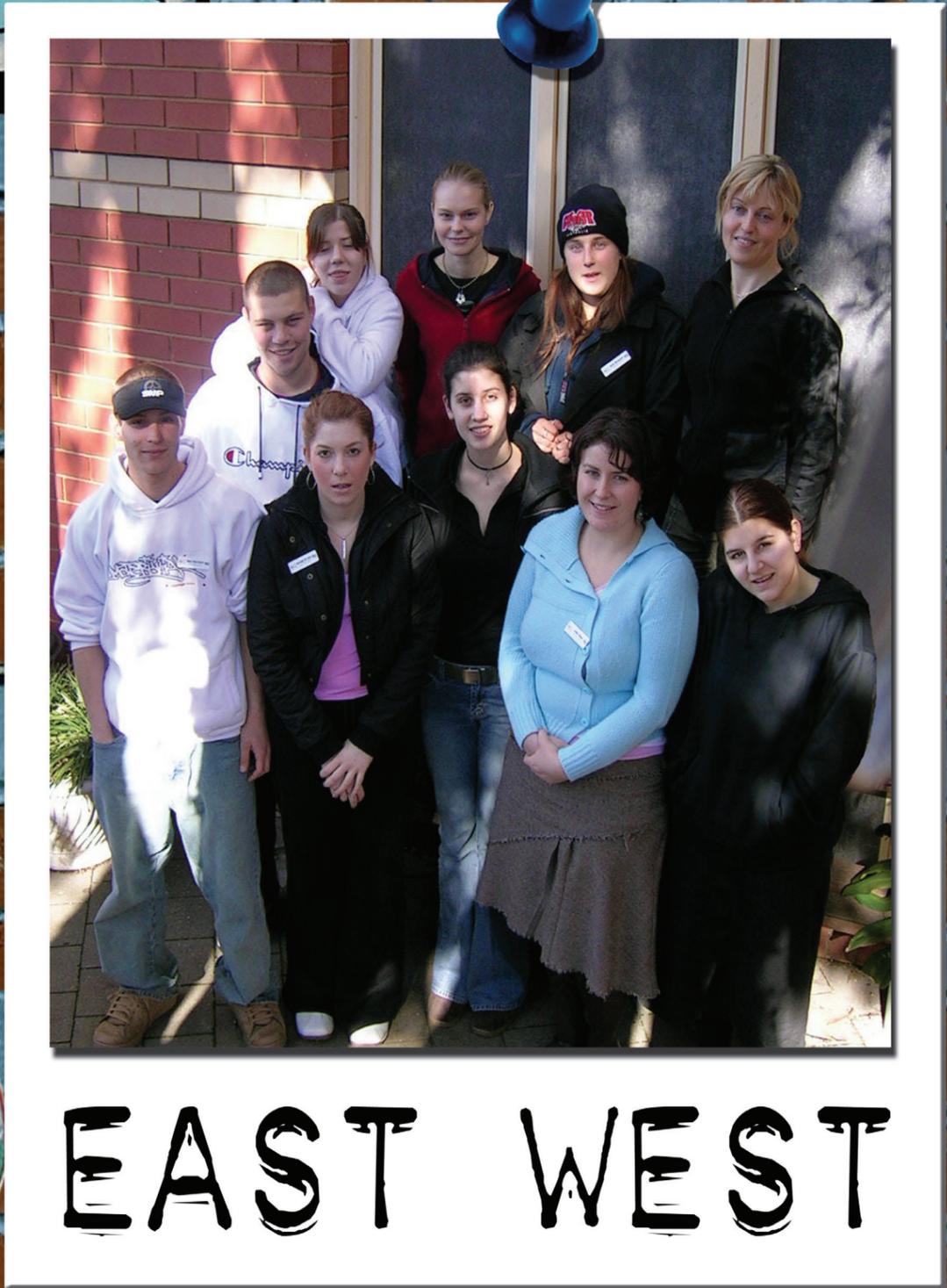


SHINE SA's Youth A

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EAST WEST

Advisory Teams



Professional Education & Training



Marian, Team Leader of the Professional Education and Resources Team

We have had some staff changes in the Professional Education and Resources Team during 2003/2004. We welcomed Jill back to SHine SA as Coordinator of Youth Sector Education. Jill has had an interesting year reconnecting with SHine SA staff and familiarising herself with the SE&X course which she delivered for the first time in June.

Kylie came on board as a member of the team in the capacity of Information Coordinator. This position was established to coordinate all of our resource development and our publications. Kylie has been involved with SHine SA on specific projects and is very familiar with the organisation and our publications. Kylie has a background in professional writing and editing and will be involved in the development of our publications and resources, organising Sexual Health Awareness Week and maintaining the website content.

We farewell Lauryn who has been a tireless volunteer with the team. Lauryn moved on to paid employment. Noel joined our team of volunteers. Noel has been involved with the Disability Worker Course in the past as a guest speaker and has provided great support to staff in the short time he has been volunteering with us. Jazzma has also come on board as a volunteer, supporting the work of the Aboriginal programs. We continue to appreciate the huge contribution our volunteers make to our work. The team consists of Ann, Robyn, Jazzma and Noel and they are well supported by Sharon, the Coordinator of the Library and Resource Centre.

During 2004 Jane and Prue went to Papua New Guinea to teach workers in Wewak and built on a strong relationship that Prue had developed with HELP Resources organisation in Wewak.

Sue from the East/West Team, worked with Prue and Katrina to develop the Pap Smear Providers Course. John has been developing an elective in the Bachelor of Applied Science (Disability Studies) at Flinders University and contributed to the review of SHine SA's services to people with disabilities and their workers.

The *Investing in Aboriginal and Torres Strait Islander Youth* program has been extended and will continue to provide training and support to workers developing peer education programs with Aboriginal and Torres Strait Islander young

people. Through the project Frances, the Project Coordinator, has built excellent partnerships with Aboriginal communities across the state. We have also delivered the Women's Sexual Health Course for Aboriginal and Torres Strait Islander Workers and the Men's Sexual Health Course for Aboriginal and Torres Strait Islander Workers.

In the Library and Resource Centre Sharon has fully automated the system modernising the service. Sharon does a terrific job supporting the work of SHine SA workers, course participants, and the community at large through excellent acquisitions, research and a passion for friendly, accessible service provision.

Our team would not manage to maintain such excellent services without the support of Sharon, the Course Administrator and team Administrative Support Worker. Our work steadily increases every year, as our course coordinators develop and deliver innovative programs to support health, education and community workers to improve the sexual health outcomes for their clients across the state. Sharon provides indispensable support to ensure participants receive a high quality service.

The Professional Education and Resources Team has had another busy year organising and facilitating the professional education courses, workshops and sexual health updates. There has been a total of 336 registered and 3486 non-registered participants attending professional education courses for the 2003/2004 financial year. The courses included:

- Aboriginal and Torres Strait Islander Women's Course
- Aboriginal and Torres Strait Islander Men's Course
- Investing in Aboriginal and Torres Strait Islander Youth
- People who work with People with a Disability Courses
- Medical Education Courses
- Nurse Education Courses
- Teacher Education Courses
- SE&X Course for the Youth Sector

Please contact the Course Administrator on (08) 8431 5177 or email SHineSACourses@health.sa.gov.au for more information on professional education courses.



Noel, Volunteer



Ann, Volunteer



Robyn, Volunteer



Sharon, Admin Support Worker

Indigenous education

This year we have been developing the Women's Sexual Health Course for Aboriginal and Torres Strait Islanders into a curriculum and resource package. This course is the only sexual health course specifically for Aboriginal and Torres Strait Islander

female workers and the program is of interest to agencies within Australia and in Canada. The package will consist of the curriculum and a menstrual cycle resource developed by Janet, Ros and Katrina. The resource will also be available separately.

We have run two courses in the past year, one for men and one for women. The men's course was supported and facilitated by Muna Paiendi workers. Course participants developed a sexual health program in their community as part of their assessment and a number of participants have linked their *Investing in Aboriginal and Torres Strait Islander Youth* programs to their assessment.

We have had interest from FPA Health in New South Wales for the Coordinator of Investing in Aboriginal and Torres Strait Islander Youth to train Aboriginal workers in peer education programs in Dubbo. We are currently negotiating that program and we expect Frances to travel to Dubbo in November.

The *Which wheels do you want?* poster has provided a useful tool for workers in delivering sessions on teenage pregnancy and contraception. The poster has been a most successful resource within the Aboriginal and Torres Strait Islander community and feedback tells us that non-Indigenous young people are also attracted to the messages in the poster. One of the characters from the poster has also appeared on our youth 'business card' promoting SHine SA services to young people.



Ros, Coordinator of Aboriginal & Torres Strait Islander Worker Education

Medical education

It has been a busy year in medical education. Katrina, the Coordinator of Medical Education is part-time and relies heavily on help from the other members of the team, as well as contributions from the clinicians, nurses and doctors, to cover the various aspects of training health practitioners in sexual and reproductive health care. As we extend our teaching role into the medical and pharmacy schools in Adelaide, we have become aware that increasingly the graduates who emerge have already been taught by SHine SA and this enables us to advance the standards of the post-graduate teaching.

We now teach contraception to both Flinders and Adelaide medical students and this year have also been placing the Adelaide medical students in clinics for sexual health care experience. The third year pharmacy students attended SHine SA for a mass tutorial on contraception, stretching our resources of Pill swatches, as we try to make sure that the workshop is practical and relevant.

The post graduate teaching comprises the Introductory Course in Sexual and Reproductive Health, a two day course, which is delivered to all of the GPs-in-training and the Certificate in Sexual and Reproductive Health, which some of those GPs go on to complete. It also attracts some experienced GPs wanting to brush up on their knowledge. The certificate is enlivened by the input of various experts in the field, including Prof. Rob Norman from Repromed, Dr Russell Waddell from Clinic 275, Dr Peter Sutherland, urologist, Dr Jane Wood, gynaecologist, and Dr Priya Selvanagayam, dermatologist.

The IT support and extensive resources make this a very interactive hands-on experience for the participants who can follow up the course with the clinical component to receive the nationally accredited certificate.

This year has seen further outreach to general practitioners when we were asked to provide refresher training around the best practice guidelines to avoid contraceptive failure. Run for the local medical indemnity organisation MDASA, these sessions reached a wide variety of GPs and provided a welcome chance to revisit the topic of contraception in the ongoing education of GPs.

Not all our work is in the metropolitan area. This year Meredith has done some teaching in Port Lincoln, Judy in Ceduna and



Katrina, Coordinator of Medical Education

Katrina in Pt Augusta, Pt Pirie, Angaston and Strathalbyn. We welcome these opportunities to address issues of women's health and contraception in the country, recognising that these services are highly valued where they are offered.

Within SHine SA we have continued to offer the education meetings primarily to the clinical staff at SHine SA, but also to other general practitioners and the various other organisations who have an interest in sexual and reproductive health. This year's meetings have included a shared meeting with the staff at Repromed, which included a visit to their gleaming embryology laboratory, an informative session on breast cancer, particularly exploring the screening and surgery aspects. These sessions would not be possible without the generous contributions of the various experts in their field who guide our exploration of these topics.

Medical education continues to strive to 'train the doers' so that the standards of sexual and reproductive health care in the community are constantly being revised and improved. In this practice we are encouraged and informed by the clinicians, nurses and doctors and counsellors, who offer such excellent care in our clinics and are an important part of our teaching team.

Investing in Aboriginal and Torres Strait Islander Youth

Over this last year Frances has been very busy with the *Investing in Aboriginal and Torres Strait Islander Youth* project. All the grants that were given out have been completed. This is very exciting as we now have a lot of ATSI young people trained as peer educators state-wide around sexual health.

It has been wonderful to see the creative programs that young people across the state have developed to address sexual health issues within their communities. These programs included the development of a calendar with important sexual health information for young people, as well as posters, t-shirts and business cards with sexual health information. Projects took their young people on camps where they learned about sexual health, peer education and developed skills in spreading positive sexual health messages, as well as developing leadership skills, which are much needed in the community.

Frances visited many communities in the state from Marree to Ceduna and closer to home. It was exciting for her to meet with the workers and young people and listen to what they had to say about changes they want to see in their communities. They told her about how much they enjoyed the peer education training and how the training has given them more life-skills, updated and increased their sexual health knowledge and generally had them feeling more positive within themselves. This makes it so much more important that we continue our work with young people.

It has been very rewarding to see young people developing friendships with their peers across communities.

We are planning a celebration in partnership with Kumangka Youth Service for the peer educators who did the training from the original program. We will ask their views on how the project should proceed to build on their leadership skills and bring in new young people in future projects.

We will be running another training for workers in September 2004. This year we have added basic sexual health information to ensure that those workers who work with young people have some knowledge around sexual health which will hopefully lead them to complete the six day accredited Men's Sexual Health Course or Women's Sexual Health Course.



Frances, Coordinator of Investing in Aboriginal & Torres Strait Islander Youth

Frances has also been asked to deliver the *Investing in Aboriginal Youth* training for FPA Health in New South Wales. This interest has come about through Frances' many presentations at both Indigenous and primary health care conferences where she has showcased the program. The Acting Medical Director of FPA Health visited SHine SA after this year's Australasian Sexual Health Conference in April and spoke with Frances about her work with Aboriginal health and youth workers and the program.

FPA Health were so impressed with the work Frances has done in this area that they requested that she go to Dubbo to train 15 Aboriginal health workers who work with young people. She will go to Dubbo in November 2004 where she will run a three day program which trains the workers, showcases SHine SA's extensive work with peer education programs with Indigenous young people and the programs that have been run in South Australian communities with young people as a result of workers undertaking the training.



Disability worker education

Human relationships and sexual health – a partnership approach to sexual health and the course!



John, Coordinator of Disability Worker Education

The Sexual Health Course for Disability Workers has been run twice over the past year. John has assessed a range of course participants throughout this year who have delivered many creative and successful programs. It is good to know people are working hard to increase the profile of human relationship and sexual health education for people with disabilities.

Just recently John attended a workshop put together by two course participants as part of their assessment. The workshop was developed by two workers in a small non-government agency in Murray Bridge. Ten young men came together for the day to learn about relationships and sexual health as well as have some fun and socialise. It was such a pleasure to see workers presenting relationship and sexual health information to people with disabilities in a respectful and relaxed manner with information pitched to everybody's learning style.

John implemented nine hour segment at

Flinders University in the Disability Studies degree about human relationships and sexual health for people with disabilities. Approximately 65 Disability Studies degree students attended the training workshop. This year he will also be presenting to the second year students and is still working toward having a Human Relationships and Sexual Health elective in the degree.

This year also gave John more opportunities to work with TAFE, as well as work more closely with the Primary Health Care Teams. He worked with Juliet from the Northern Team to deliver human relationships and sexual health training to 20 Salisbury TAFE students undertaking Cert III and IV Community Services (DisabilityWork). He also worked with 25 students from Panorama TAFE. John is currently having discussions with TAFE coordinators to establish a consistent and permanent human relationships and sexual health curriculum for all Certificate III and IV students.

John presented a session to eight young Aboriginal men at Kumangka Youth Service. These young men were undertaking training in peer education and sexual health.

During Sexual Health Awareness Week 2004 John worked with four men with spina bifida and hydrocephalus and made a commitment to provide sexual health information and link to each other's organisations and websites.



Participants of the Disability Workers Course

Youth worker education

Improving the sexual health of Young People 'at risk'



Jill, Coordinator of Youth Worker Education

Jill is enjoying being back at SHine SA having worked in the UK for the last 4 years as a Teenage Pregnancy and Sexual Health Coordinator. In the time that she has been away the SE&X Course (Supporting young peoples' Sexuality, Exploration and Expression) has been developed, accredited, piloted and rolled out across the state for workers working with young people defined as being 'at risk'.

In designing the content of the course we specifically defined young people 'at risk' as those:

- being unable to access information regarding relationships, sexual health and wellbeing
- being unable to access resources and/or support to implement their relationship, sexual health and wellbeing 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 relationships, sexual health and/or wellbeing

having insufficient decision-making skills to manage their relationships, sexual health and/or wellbeing.

Since taking up the position of Coordinator of Youth Sector Education at SHine SA in February 2004, Jill has been busy getting out and meeting people across the youth sector to find out what their professional and development needs are and to promote the SE&X Course. There was a lot of interest in the course.

Jill and Cherie, a Community Health Worker from the Southern Team, ran the SE&X Course in June/July. 14 workers complete the six days. Workers came from various parts of the sector including corrections, education, women's health, FAYS, youth health and Aboriginal youth. It is really exciting that all of them intend to undergo the assessment and gain accreditation for their work.

The issues covered on the course included what is sexual health work with young people and how it fits with youth work; understanding and challenging homophobia; working with Indigenous young people and those from culturally and linguistically diversity communities; relationship violence, rape and sexual assault; safer sex; contraception; sexually transmitted infections; and looking at ways to design sexual health and relationship programs with young people.

In order to ensure the course continues to meet workers needs we are undertaking an evaluation process. We developed a questionnaire for past participants on the course and with the evaluations from the current participants this information will help inform our review of the course at the end of the year.

Jill has been keen to develop networks among workers to strengthen support for sexual health and relationships work across the youth work sector. The number of people receiving the regular Youth Sector Sexual Health Update, which is emailed once/twice a month, is growing with each edition. Workers are also encouraged to submit examples of their own projects, programmes and work. We look forward to developing further partnerships and networks and meeting more of you on the SE&X Course.

Teacher education

The last 12 months has been a busy time in teacher education at SHine SA. Schools want to provide a safe, healthy and happy environment for students and provide them with the skills and information to make good life choices.

There has been increased public interest and media attention given to issues related to young peoples' relationships and sexual health, resulting in a significant increase in requests for support from schools. Teachers have followed the debate in the media around the importance of comprehensive relationships and sexual health education in schools and many have decided that they need to find out for themselves what is currently considered best practice.

SHine SA courses provide teachers with information about the sexual health of young South Australians, research about what is happening in other countries and other parts of Australia and what research says works in empowering young people to make healthy life choices about their relationships and sexual health. Teachers have attended the courses with the expressed purpose of gaining up-to-date information, effective learning methodologies, what topics to teach and ideas for new activities. Regardless of a teachers previous training or experience, issues related to this area are constantly changing. For example, increased access for young people to the Internet and mobile phones has created a whole new way to gain information and communicate with others, which has many advantages, but also can present some risks. Teachers take the time during a course to explore, discuss and develop ideas about how they can raise these topics in the classroom.

Over the previous year, ten courses catering to over 200 teachers have been conducted, many in Adelaide, but also around the state including Kangaroo Island, Gawler and Pt Augusta. Jane has also run workshops and presented at staff meetings about the importance of teaching relationships and sexual health, or teaching specific topics such as HIV/AIDS and child protection.

The range of schools and settings that have requested support has greatly increased with interest from interstate, private schools, primary schools and rural and remote schools. Jane continues to be involved in the training of student teachers at both Flinders University and University of South Australia through short courses, lectures and workshops about how, what



Jane, Coordinator of Teacher Education

and why teach relationships and sexual health. Many students indicate that the sessions are valuable to them professionally, but also personally, as the issues are still very relevant to their own lives.

As a result of the Layton Report the Department of Education and Children's Services undertook to look into the child protection programs that are currently being taught and to develop updated materials. Jane was invited to be part of a committee to provide advice in the development of new child protection materials. The committee is made up of representatives of many community agencies with extensive expertise in this area of child protection. The second draft is in the process of being completed and will be trailed in a small group of schools during the remainder of 2004.

beyondblue the national depression initiative, the Drug Strategy and *share* are three initiatives that many South Australian schools are adopting. They support teachers to address student health and wellbeing. The programs are consistent in the way they work with schools, the curriculum materials are complementary and the health issues for young people of depression, drug use, relationships and sexual health are very much linked. As a member of the *beyondblue* reference group Jane has been invited to some of their teacher training sessions.

Nurse education

The Sexual Health Course for Registered Nurses and Midwives, which now includes the Introduction to Sexual Health Counselling Course, was offered twice during the year with good participation by nurses and midwives from a variety of organisations in both metropolitan and rural areas. We are particularly grateful to the many presenters who come to the course and give the participants information, resources and skills which enables them to extend their knowledge and nursing practice to include sexual health.

The Introduction to Sexual Health Counselling Course is also offered as a stand alone course for registered nurses, midwives or counsellors. The content of this course includes counsellor and client factors in sexual health counselling; the PLISSIT Model for sexual health intervention and interviewing; an overview of the aetiology and treatment of sexual function problems; and factors for the counsellor and the client in crisis counselling and the Crisis Intervention Model in sexual health.

New Pap Smear Providers Course!

The development of the new Pap Smear Providers Course at SHine SA gives nurses the opportunity to gain new skills. This course was developed in early 2004 by Prue and Katrina in collaboration with the South Australian Cervix Screening Program and offers registered nurses, practice nurses and midwives a short, specific course in both the theory and practice of taking a Pap smear.

Updates for nurses

The Annual Cervix Screening and Sexual Health Update Day in June 2004 attracted 60 nurses and midwives. This day is fast becoming the main networking and information day for sexual health nurses in South Australia. The update on sexually transmitted infections and hepatitis C enabled nurses to receive the latest information and comments from the evaluations said it was a great day. One nurse said that it was 'the best ever'!

Peer review

SHine SA nurses, as well as nurses and midwives who work in agencies outside of SHine SA, have used the SHine SA peer review



Prue, Coordinator of Nurse Education

process to assess their clinical practice skills. Their participation in this review process has been viewed by the nurses as a positive experience and an excellent opportunity to discuss their clinical practice with a peer and to learn from this.

A trip to Papua New Guinea

Following the visit in 2003 of two sexual health educators from Wewak in Papua New Guinea, Prue was invited to be the coach and mentor to 35 sexual health educators in Wewak at a mass training of 400 village health workers in January 2004. It was a wonderful experience to be part of such a massive and successful project.

Students

Prue has been involved in the education of community members, nursing, medical and pharmacy students in a variety of community, tertiary and hospital based settings. Also this year student nurses have been able to observe clinical sessions and both undergraduate and post-graduate students have accessed the SHine SA's Library.

Clinical Services

Northern Team

Client numbers attending clinical services in the northern region have remained steady over the past 12 months. Clinics held at Tea Tree Gully Community Health Centre and Lyell McEwin Health Service are very busy, with a wait of four to six weeks for appointments at times. Davoren Park is servicing an ever increasing number of clients, who live in very close proximity to the site on Peachey Road. Four clinic sessions are held at Davoren Park per week with one of them being a two nurse clinic.

An issue that affects the efficiency of the clinics is clients making an appointment and then not attending, without cancelling the appointment. Attempts have been made to address this problem by phoning clients to remind them of their appointment, but this has not been overly successful at this point in time with a mixed response from clients.

The youth clinic at Salisbury Shopfront, staffed by two doctors and a receptionist, is functioning well, with positive feedback from the young people who access this service. Attendance at this clinic is fluctuating, with some clinics being very busy and others being quiet.

There has been stability in our staffing of doctors over the last 12 months, with three of our doctors able to insert IUDs. Having the Mirena IUD on the PBS has made this a popular method of contraception for many women. Many clients continue to choose Implanon and, as it is now three years since it first became available on the Australian market, women are starting to return to the clinics for its removal and the insertion of a new one. Implanon is a very popular method of contraception for women in the north, with the majority of women choosing it ahead of the Pill.

There has been a growing number of clients with disabilities attending clinics. Following a sexual health information session recently with a group of women with an intellectual disability,

several of the women attended the clinic at Davoren Park for a service. The group was initiated by a worker from IDSC and following its success, it is hoped that more sessions will be arranged. The topics covered in the group included Pap smears, breast checks, contraception, sexually transmitted infections and saying no to unwanted sex. The women also had an opportunity to see the clinic rooms and have explained to them what happens when they come to the clinic, which hopefully will allay some of their fear in attending for routine check-ups or other sexual health concerns.

Women from cultural and linguistically diverse backgrounds often attend clinics at Tea Tree Gully Community Health Centre and Lyell McEwin Health Service. Mostly Cambodian, Vietnamese and Spanish speaking women attend these services. SHine SA supports women by providing them with an interpreter free of charge.

Consultation times have been extended slightly due to the introduction of the new data collection process. As time goes by it is getting quicker and more efficient at entering the data required.

Four registered nurses have completed their clinical training in sexual health in the northern clinics over the past 12 months. Their feedback on the training program has been positive. SHine SA nurses also find it a positive process and an opportunity to share new knowledge. Shortly registered nurses who have recently completed the theory component of the Pap Smear Provider Course will be training in northern clinics.

Medical students are also regular observers at the northern clinics. They complete a one day workshop focusing on contraception and unplanned pregnancy prior to having the opportunity to observe a clinic.

Southern Team

Clinical services are provided weekly in the south at Noarlunga Health Village and Flinders Medical Centre (FMC) and a SHine SA doctor provides fortnightly services at the Lower Mallee Nunga Club, Murray Bridge, for Indigenous people.

The FMC clinic is very much in demand, as it is the only evening sexual health clinic in the southern region. Waiting times are usually three to four weeks for appointments. Clients from culturally diverse backgrounds tend to utilise this clinic more than the Noarlunga clinic. Clients with a physical disability can have a Pap smear and check up at FMC as the clinic has a special electronic examination bed.

Clinic sessions have recently increased at the Noarlunga Health Village with a new female doctor joining the team on Wednesdays. Recruitment of an additional doctor in the south has been difficult and taken some time, however now with our new doctor, more clients will be able to access services. Consultations seem to have become increasingly complex over the past year, with an increase in the number of clients with mental health issues. Similarly issues of domestic violence, assault, homelessness, substance abuse also add complexity to consultations and reflect the social disadvantage experienced by the surrounding community.

Being located within the Noarlunga Health Village provides

opportunities for referral to nearby counselling and other women's health services and this has become a reciprocal arrangement. A good working relationship with the Aboriginal Health Team within the Village has been established, and more Indigenous clients are utilising our clinic services. Networking with other agencies remains a high priority and essential to providing a community based, primary health care sexual health service in the south.

Client numbers attending clinic services in the south has remained steady over the last 12 months. Similarly to the other regions, the southern clinics have doctors, nurses and medical students regularly throughout the last year. The clinic staff recently trained one of the initial registered nurses who undertook the Pap Smear Provider Course at SHine SA, and will be training more in the near future. The varied and interesting backgrounds of the health professionals who train in the southern clinics adds to the development of the clinic services.

The clinic staff endeavours to provide a high standard of clinic training and services by attending regular updates and meetings, as well as conducting yearly clinic audits for quality assurance.

Clinical services are supported by other non-clinical team members who offer counseling, education and health promotion services to the community.

East/West Team

East/West clinic appointments are much in demand and the majority of sessions are well attended. Unfortunately clinic appointments are often made four to six weeks in advance, which may account for clients failing to keep appointments and resources not always being completely utilised. Reminder phone calls to clients one to two days prior to their appointment are being trialled as a way of addressing this problem.

Implanon contraceptive implants have been available for three years and so we have recently begun seeing clients who require removal and reinsertion. There is also a steady demand for IUD (intrauterine device) appointments with Mirena (the progestogen releasing IUD) being of increasing interest. This IUD is particularly useful for women with long heavy periods. As with Implanon, it requires a clinic assessment visit and a doctor's prescription prior to insertion. Appointments for IUD insertion are available at Kensington on Monday evening or Thursday morning and at Port Adelaide on Wednesday afternoon and Friday morning.

The youth clinics offered by East/West are generally well utilised. Young people frequently come to clinics with complex issues, which need longer consultations. Two clinics are held each week. One is at The Second Story in the city on Tuesday afternoons. The other clinic is at Port Adelaide Community Health Centre on Wednesday afternoons.

The East/West Nunga Clinic, at Port Adelaide Community Health Centre on Thursday afternoons, is adjusting to the departure of Judy on a year's leave. Judy is spending the year working as a remote area locum doctor. The East/West team wishes her well

in her venture and we thank her for the great work she has done to establish the Nunga clinic.

People from culturally diverse backgrounds have been accessing interpreter services free of charge when they make appointments. They are available at any of the clinic sessions which are held on Monday evening or Thursday morning at Kensington or Friday morning and afternoon at Port Adelaide Community Health Centre.

The two nurse clinics which are held on Wednesday afternoons continue to be popular, with clients requiring health checks and time to discuss contraceptive and other sexual health issues. These sessions, apart from being used for clinical nurse training are also being used to help skill the women who are doing the new Pap Smear Provider Course.

The challenge of incorporating a new system for the collection of statistics has involved all clinical staff this year. All clinics now have access to computers and we are working to ensure that the statistics that we collect in the clinics are meaningful and accurately reflect the work that we do.

An important ongoing role of clinical services at SHine SA is professional education and training. East/West clinics are utilised by visiting doctors, nurses and medical students to gain experience in sexual health issues. All clinical staff contribute their knowledge and expertise to clinical education and work together to provide a high standard of client care and a client centred approach to service delivery.



The SHine SA clinic at Kensington

SHine behind bars in Adelaide women's prison

In December 2003, SHine SA commenced a weekly Women's Health Clinic at Adelaide Women's Prison, Northfield, after a request from the Director of Prison Medical Services.

The clinic is staffed each Friday by a doctor and nurse, supported by existing medical service staff, and funded by Prison Medical Services.

In its short history, we have seen over 200 clients, both short term and long term. Women have welcomed the opportunity to see health professionals from SHine SA. This link 'over the walls' can help the women to continue to look after their health in the community.

Many issues of women's health have been covered, and staff see

this clinic as a great opportunity to access women whose ability to look after to their own health may have been very limited in the past. In particular, some women have not had a Pap smear for many years and many were unaware of SHine SA's services.

In the future we hope to expand this service by including information/education sessions and health promotion opportunities. In this new clinic, we are pleased to be able to offer quality services to women whose access to SHine SA services would otherwise be limited.

Clinic services activity @ a glance

Clinical services are 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 SHine SA's communities of interest including young people, young adults, Aboriginal and Torres Strait Islanders and people from culturally and linguistically diverse backgrounds.

During 2003/2004

14,373 clinical services were provided to 9,164 clinic visits. Of these:

- 97% of clients were women, 2% were men
- 15.2% were under 19 years of age
- 15.6% were 20 to 25 years of age
- 5.2% identified as Aboriginal
- 13.4% identified as culturally diverse
- 6.8% identified themselves as having a disability
- 2.2 % identified as being gay, lesbian, bisexual or transgender.

Top 5 services provided (as a percentage of all services)

- 51.45% - Screening and assessment including cervical smears, breast checks, STI screening, HIV screening
- 26.93% - Provision of contraception (oral contraception, ECP, Diaphragms, Condoms, IUD, Implant & injectable contraception)
- 12.4% - Other services provided
- 7.22% - Education and information including provision of contraceptive choices, prevention of STIs, safer sex information
- 2% - Counselling and support including abuse, unplanned pregnancy

Therapeutic Counselling

Demand for sexual health counselling remains high, resulting in a busy year for SHine SA's Counselling Team. The three sexual health counsellors have specialised skills, knowledge and experience in sexual health, which means that counselling is only one of the many services they provide, as seen in the team reports. But first, here are some of the major achievements of the counselling team for the year.

Highlights for 2003-2004 include:

- implementing a new 'peer review' system
- counsellors presented on topics relevant to their team (ie vulvo-vaginal conditions, sex addiction and vaginismus)
- attending an enjoyable and informative one day workshop on *Awakening Sexual Desire* looking at women who experience concerns regarding reduced 'sex-drive' (or libido) with the facilitator taking them through breath, relaxation as well as pelvic floor exercises designed to increase focus, decrease body tension and improve sexual response and sexual arousal for women!
- continuing external group and individual supervision for counsellors

Student placements

The Counselling Team were able to provide supervision to two social work students this year.



Priscilla, Sexual Health Counsellor in the Northern Team

Northern Team

The beginning of October 2003 saw the official opening of SHine SA's new Northern Team's premises on Peachey Road, Davoren Park. It has been a fantastic move because we have located in an area that reflects the high needs in the northern area of Adelaide. Clients have provided positive feedback about the new counselling space.

Work in the north continues to be diverse, and includes counselling, group work and community development/health promotion. Priscilla has also been able to provide consultancy for workers in other organisations for their work with clients around sexual health and has had membership to multi-disciplinary committees/networks.

Counselling

Priscilla has seen individuals, couples and people with a support person for counselling this year. People from rural and remote communities have also been able to receive telephone counselling for issues around sexual health. Clients have been both men and women. Some of the issues include difficulties around sexual desire, sexual and gender identity exploration and same-sex attraction, as well as specific sexual difficulties such as difficulty with orgasms, erectile or ejaculatory difficulties and vaginismus.

Group work

Priscilla co-facilitated *Girls on the side* with a worker from The Second Story. *Girls on the side* was for same-sex attracted young women and was initially run as a structured eight week program. This year the group continued as an open group for a short amount of time and it is envisaged that in the next year we will be able to offer the eight week program again.

Committee membership

This year the Priscilla was fortunate to be a member of Women's Health Action Network for Diverse Sexualities (WHANDS), a multidisciplinary action network that looks to advocate for change in the health arena in order to promote appropriate services for women with diverse sexualities. This has been a unique opportunity for her to connect with workers across South Australia as well as being a forum to share knowledge.

As a member of the South Australian HIV Sub-Committee to SAACHARD, Priscilla has also had the opportunity to learn more about the issues and services for people who are HIV positive in South Australia.

Professional development

Priscilla was fortunate to be supported by SHine SA to attend training for the Diploma of Sexual Health Counselling in Sydney. This provided her with a fantastic opportunity to gain new knowledge about sexual difficulties, learn about the latest research and interventions for a range of sexual health issues and hear from some leading experts in the field of sexual health. In late 2003 she also completed a Masters Degree in Social Work through Flinders University.



Jo, Sexual Health Counsellor in the East West Team

East/West Team

Outreach

On Wednesday afternoon the sexual health counselling outreach has successfully continued in Port Adelaide and continue to be an important service offered by SHine SA in the western suburbs. This is offered at the Adelaide Central Community Health Centre (ACCCHS) to under 25 year olds and runs alongside a medical clinic offered to young people for sexual health issues.

Young people are seen on issues, including coercion and sexual harassment, sexual and gender identity issues, sexual abuse or trauma, unplanned pregnancy and termination, sexually transmitted infections and other specific sexual concerns, such as pain with intercourse or erectile difficulties. Plans are also afoot for 'self care' workshops for young women to be run in partnership with workers at ACCCHS, Port Adelaide, towards the end of 2004.

Counselling issues

There was an increase in the number of men seen for sexual health counselling at Kensington this year and there was an increase in women presenting with vaginismus, a condition causing pain with penetration and often a reduced sex drive.

A group continued to meet to offer support to other couples where same-sex attraction in marriage presented difficulties. The group now plans to compile a resource to hand out to couples/individuals in this situation. A visitor from *Transitions*, a community group offering individual support to people in this circumstance, came to SHine SA to discuss referrals.

Training provided

Jo presented at SHine SA's SE&X course for youth workers, the Registered Nurses (theoretical) course, University of South Australia Social Work Course and at other services as requested, including a co-presentation on *Trans and Intersex Issues* with Priscilla to staff at the Flinders University Counselling Team.

Health promotion and other work

Jo also undertook health promotion work, attending events like the Drug and Alcohol Expo at the Parks Community Health Centre and giving a talk to a group of women survivors of domestic violence in the western suburbs during Sexual Health Awareness Week. This work aims to reach populations that may not hear about SHine SA or have access to sexual health information, including young people in the Western suburbs and women escaping violence at home.

Committee membership

Jo has used her knowledge from working with clients to effect broader change in the community through committee membership. She has continued to work on the *CSA and Maternal Well-Being* project committee at Women's Health Statewide (WHS). This project aims to improve the level of care and information for women who have survived childhood sexual abuse (CSA) when going through the experiences of pregnancy birthing or early mothering. Tanja, the project officer at WHS, can be contacted for further information on this project.

Professional development

Jo completed a one year course at The Dulwich Centre SA on Narrative Therapy (a family therapy approach), which was a good opportunity to meet with other workers in the field and increase her skills base in this area of work.

A client's words ...

By the time we found SHine we thought that no-one would understand us. When my husband of 20 years 'came out' to himself and to me, we found it very difficult to find information, resources and someone who could see beyond traditional boundaries. We struggled to find support and hope, as we tried to create a fulfilling life as individuals and also as a couple. We didn't 'fit' any services, and many counsellors paradigm. We felt isolated, alienated, hopeless and depressed.

Through Jo, I have received counselling that is non-judgmental, empowering, and knowledgeable. She has helped us immensely. Now, with another similar couple, we are working with Jo and Desmond from Bfriend (also fantastic!) to support other couples who are in this situation. We also wish to raise awareness amongst other community health agencies on the best ways that they can support couples where one identifies as same-sex attracted - whatever path the couple may choose to take.

Thank you SHine SA for:

- the quality of your staff
- for supporting people who are minorities within minorities
- for seeing the 'bigger picture'
- for working with other agencies.

Name withheld



Lyn, Sexual Health Counsellor in the Southern Team

Southern Team

Lyn has extended her role by taking on a health promotion focus in the past year. Although counselling requests continue to be busy, in the southern region we are lucky that we do not have a long waiting time for new clients. The issues that clients have presented with in the last 12 months were unplanned pregnancy, vaginismus, self-pleasuring and to a lesser extent sexual identity issues.

Lyn has seen a few more men in the last year, and it's fantastic to think that SHine SA is offering a service to meet the needs of the whole community. Changing our name appears to have worked. We are starting to be seen as a sexual health organisation for all.

Referrals continue to flow from the Sexual Healthline, clinic service, local doctors and community health services, as well as self referrals.

Email has continued to provide an opportunity for clients to get some support. It is very useful with such issues as vaginismus, where support is important. In this way, women are provided with some support, even if they are working full-time or can not access the service in person.

The health promotion aspect of the past year has included attending a Youth Week stall at Mt Barker. It was terrific being part of this special hills event. The day was spent handing out information about SHine SA and assisting a community health worker and a community nurse with the *Sperm Basketball Game*. It was fun watching the young people play a game which provided opportunities for SHine SA staff to engage with them and talk about safer sex issues. It became extra fun when one sperm went missing, taken as a joke by one student! It was returned at the end of the day with a apology from the student. All in a days work for the team.

Lyn also had an opportunity to attend a child offenders information session at Aldinga. She found the workshop challenging, as well as interesting, and a way of networking with a range of workers and community members in the south.

One of Lyn's important responsibilities in past year has been working on the Disability Portfolio Group and co-ordinating and offering programs to workers and individuals in the southern area. It has become a part of her role that she is very pleased to be involved with. All in all it has been a busy, interesting, rewarding and exciting year in the south.

A students view of counselling

I have a specific interest in women's health and was very keen to do my placement with SHine SA. As a social work student doing my last year of a post-graduate degree I was hoping to acquire some counselling experience. I have been fortunate enough to have lots of counselling experience during my time with SHine SA, working with clients on a range of issues, which has greatly expanded my own learning and knowledge base. In order to prepare myself for this specialised placement I have had to do much reading and skill expansion. The Nurse's course has also proven to be of great value to my experience here at SHine SA and in my role as a student counsellor.

Apart from my counselling role, I have also been lucky enough to be included in other SHine SA staff members' projects and activities. Big thanks to all the Northern team for including me in their work and making me a part of their team. Group work is something I did not have any experience with before I started at SHine SA, but this all changed.

I co-facilitated a group with Rob, Project Worker, for young men under 25 around attitudes towards rape and sexual assault. This was a great group of young men and an extremely important area of work and education. My placement supervisor, Priscilla, and I worked together to create *Ladies Room*, which was dedicated to women experiencing lowered libido. This was an experience like no other. I had the opportunity to be involved right from the very beginning, not only drawing up the questionnaires to assess need, but also to deliver *Ladies Room*. Thank you to Priscilla for her guidance and for sharing her experience and knowledge with me.

Much of my experience with SHine SA has not only been educationally valuable but also lots of fun. Each SHine SA team member is dedicated to the organisation and committed to their work because they understand how important sexual health work is. But they also know how to have fun - which made it a really enjoyable place to do my placement!

Sarah

Therapeutic counselling @ a glance

There were 165 therapeutic counselling clients who received 541 services for the 2003/2004 period. 83% of clients were women and 16% were men

Top 3 reasons for attendance were:

- sexuality (24%)
- sexual desire (10%)
- sexual relationship (7%)

Clients identified with the following community of interest:

- young adults 19 - 25 (21%)
- disability (19%)
- young people 13 - 19 (12.1%)
- gay lesbian bisexual transgender (9.7%)
- Aboriginal & Torres Strait Islander (0.6%)

Organisational

Australian Breast Cancer Day

Australian Breast Cancer Day (ABC Day) is held in October every year to remind women of the importance of breast awareness and changes that may occur. There is an increasing awareness within the community that breast cancer does not favour a particular age or gender. While the incidence of cancer is higher in older women, it does also occur in younger women (with the actress, Belinda Emmett, being a high profile example of this) and also some men.

To promote Australian Breast Cancer Day on 27 October 2003, the Southern Team held a health promotion/information display at Westfield Marion Shopping Centre. Pink ribbons sold from our display contributed to funds for continuing research. The diverse range of people approaching staff for information symbolised the increasing awareness of the community that breast cancer is not an issue isolated to older women only. Staff found it to be a valuable health promotion activity to be involved with.

Advisory Committees

Community Health Worker Advisory Committee

The Community Health Worker Advisory Committee (CHWAC) provides recommendations to the management team on whole organisation issues related to the role of community health workers. The committee membership includes a community health worker from each Primary Health Care Team and a management team member. The management team representative is the liaison between the committee and management team.

The committee meets up to four times per year, however the past year has been so busy for community health workers that we have only been able to fit in two meetings! The CHWAC primary health care team representatives also coordinate meetings for all community health workers.

A peer review process for community health workers, developed last year, has now been trialled and the committee will be considering feedback about the process before the final version is accepted. The peer review process will be undertaken by workers every 18 months.

The committee, in consultation with other community health workers, has also developed a further quality assurance tool *Guidelines for pre-briefing and de-briefing*. This aims to encourage reflection and feedback about group processes and can be used by any discipline within SHine, not only community health workers.

The committee has also in the past year looked at new ideas for teaching resources as well as providing feedback to the Library and Resource Centre about resources currently in use.

Work for the coming year will focus around:

- finalising the peer review process
- reviewing the most used education resources in consultation with Library and Resource Centre staff
- identifying training and development needs for community health workers as a group
- review of the community health worker job description.

Sexual Health Counsellors Advisory Committee

Sexual Health Counsellors Advisory Committee (SHCAC) have continued to work on peer review, incorporating the professional standards of the counsellors' profession (either social work or psychology). All counsellors have completed their peer review and this has enabled the team to refine the process.

Lindsey, a social work student who completed her final placement with SHine SA, worked on the policy for subpoenaed case notes. While Lindsey was unable to complete it, she has done a significant amount of work toward the development of this policy.

Through recommendations from SHCAC, we have acquired a number of new resources and books for the Library.

Medical Advisory Committee

This year the Medical Advisory Committee (MAC) included five SHine SA doctors and a management team representative. MAC meets on a quarterly basis and has medical representatives from each team. The committee reviewed issues relating to clinical practice, professional education of doctors, research and SHine public information, such as leaflets.

The main activities undertaken by MAC this year have been the:

- development of a peer review and education process for SHine SA doctors that complies with the continuing professional education requirements of the Royal Australian College of General Practitioners
- development of Standing Drug Orders for oral contraception to complement the other Standing Drug Orders already in use
- revision of the medical history form in conjunction with

nursing and clinic support staff

- development of a procedure for management of contraceptive implant replacements
- overview of the training needs of the medical community and support of the appropriate response to these needs by SHine SA
- revision of the *Clinic Procedure Manual*, in partnership with the nursing and administrative staff
- review and reflection of any critical incidents which have occurred in the clinics and the impact on the organisation
- maintenance of clinical and teaching standards expected of SHine in the area of sexual and reproductive health.

Nursing Advisory Committee

The Nursing Advisory Committee (NAC) at SHine SA is comprised of a community health nurse representatives and a Management Team representative. NAC provides advice on matters related to the work of nurses and drives the research, quality assurance, training and development and standards of practice agenda for the profession.

As a part of its work, NAC conducted an anonymous *Clinic Client Satisfaction Survey* for two weeks in September 2003. Of 406 clients who attended clinics during the survey period, 229 responded to the detailed survey. Female clients represented 96.5% of respondents and 9 clinic sites were surveyed. 60% of respondents had visited SHine SA clinics before and 40% were visiting for the first time. 90% of clients stated that they were 'very satisfied' and 10% 'satisfied' with the service they had received. None of the clients indicated that they were 'not satisfied'.

Suggestions for improving the service were made by 25% of respondents and included comments such as; 'More staffing is needed. SHine was most impressive and if times were more available, I would advise all my friends to come here.' 'Shorter waiting period would improve services.' 'The wait to see a doctor is excessive. I prefer SHine professionals rather than a GP'.

NAC has made recommendations in response to feedback about appointment making, waiting times for appointments and developing a more effective process for obtaining feedback about our services from Aboriginal and Torres Strait Islander clients, which will form the basis of further development of this service area.

NAC co-ordinates an annual audit of clinic client case notes to ensure that standards for record entry are maintained in line with legal requirements. While the auditors findings are consistently satisfactory, records management continues to be an area of development for the organisation.

The Sexual Health Nurses Network, co-ordinated by NAC, continues to be well supported by a range of nurses in the community who have an interest in sexual health. The network is an opportunity to provide nurses in the state with the latest information about research and standards of practice relevant to their work.

NAC was involved in the development of a Pap Smear Provider Course for registered nurses working in a range of settings, but particularly as GP practice nurses. This initiative will greatly improve women's access to cervical cancer screening and the early detection and treatment of abnormalities.

NAC has also worked with the Medical Advisory Committee to review the SHine SA *Clinic Procedure Manual* which provides practice guidelines for best practice in sexual health services provision. This manual is available to other agencies.



Public Health Internship

I am a final year student at the University of Adelaide completing my degrees for a Bachelor of Social Science (Gender Studies) and a Bachelor of Health Sciences (Public Health). My research interests are women, sexuality and the social issues around health. I started my placement at SHine SA in June and have been working on the research component of the *Healthy start pathways* project. This has been an excellent opportunity to broaden my research capabilities and to practice my skills within an organisation who share the same social and political values.

Mina

Occupational health and safety

SHine SA's Occupational Health and Safety (OHS) Committee consists of a representative from each team and a management representative and meets quarterly. Facilities audits are carried out on an annual basis and regular maintenance of plant and equipment is undertaken routinely. As issues are identified the committee investigates and develops strategies to eradicate or minimise risk.

Responding to potential or actual aggressive clients was identified as a key health and safety issue for 2003/04. Although there were no actual incidences of physical violence, there were a number of incidences involving verbal aggression. In response to this, a procedure was developed and a staff training session was run by Norwood Police to explore potential situations and appropriate responses. Sites were also assessed for safety issues and duress alarms were installed. A number of staff work in venues other than SHine SA and some undertake work in rural South Australia and this involves rural travel on busy roads. A number of procedures have been developed and implemented during the year to ensure staff safety.



Juliet and Sharon, SHine SA Fire Wardens, know exactly what to do if there's a fire!



A new addition to the Davoren Park site. An outside area for groups and meetings.



Pathways and barriers: a research project

In March 2004 SHine SA published its report on the *Pathways and barriers* project which identified factors that are pathways or barriers for parents when talking to their children about relationships, sexual health and safety.

This research project was developed and managed by SHine SA, through funding from the Department of Human Services, to determine the needs of parents as educators and assess how SHine SA can work with parents in future to reduce the barriers they perceive when talking to their children about relationships, sexual health and safety.

Parents are primarily responsible for the health and wellbeing of their children. Therefore, supporting and educating parents to communicate openly with their children from an early age about relationships, sexual health and personal safety assists SHine SA to achieve its goal to improve the sexual health outcomes for young people.

The research indicated that over a third of parents received some information about sexuality and relationships from their own parents, but many felt the education they received at home was inadequate. A significant majority of parents wanted their children to have a different experience to themselves. Many said they were more open, supportive and approachable than their own parents. They wanted their children to be knowledgeable, able to make informed choices and to feel safe in approaching them about anything.

Nearly all parents felt it was important to talk to their children about sexuality and relationships and many were able to talk confidently to their children about all sexual health topics. An overwhelming majority of parents felt they were the primary source of information for their children about sexuality and relationships. This supports the Australian Research Centre in Sex, Health and Society research (1999), where over 70% of secondary students indicated they see their parents, particularly their mothers, as a trustworthy and accessible source of information.

But parents are not doing it alone. Nearly two thirds of parents

surveyed had used other sources to educate their children about sexuality and relationships. Written resources on sexuality and sexual health topics were the most common source of information for parents and the most popular way for SHine SA to continue to support parents communicate with their children.

One in four parents indicated that they have little or no confidence in talking to their children about sexuality and relationship issues. Over half indicated that they had experienced barriers to talking to their children for a variety of reasons, including cultural differences, embarrassment and lack of knowledge. The top five suggestions from parents to make it easier to talk to their children about sexuality and relationship issues and break down the barriers were:

- increased knowledge
- knowing where to refer their children
- talking with workers and other parents
- getting up-to-date information
- rehearsing what to say.

Information sessions for parents on sexuality and relationship topics were not well attended, especially outside the school system, mainly because respondents were not aware of what was available, but many parents indicated that they would attend workshops to learn more if they were offered.

Another alternative for increasing parents' knowledge is to utilise SHine SA's website, however only one third of parents knew about the website and even fewer had used it. Promoting the website to parents would be an effective way to provide parents with access to referral services and information and this strategy was supported by well over half the parents.

In light of the debate surrounding the *share* project, it is interesting to note that a majority of parents surveyed support schools contributing to their children's education. In fact schools ranked second as the preferred source of information behind mothers, but in front of fathers. Clearly parents consider that schools play an important role in the education of young people about sexuality and relationships.

Sexual Health Awareness Week

For the third consecutive year, SHine SA ran Sexual Health Awareness Week (SHAW) in South Australia from 14 to 21 February 2004 to increase the awareness and understanding of sexual health issues in communities in South Australia. To promote sexual health, wellbeing and the positive expression of sexuality, the key messages for SHAW '04 were:

Pleasure...

...the intimacy you can have with someone or just on your own...feeling secure and loved...having healthy relationships...feeling strong and confident in your own body.

Respect...

...for your own body...seeking checkups when you need them...for your partner's body...the choices other people make...people of all sexualities...for others when they say no.

Safety...

...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...knowing if it doesn't feel safe, don't do it. NO ALWAYS MEANS NO

The primary target group for SHAW '04 was young adults aged 18 to 30 years because:

- young adults have high rates of sexually transmitted infections and unplanned pregnancy
- young adults often have poor access to accurate and appropriate sexual health information and services
- SHine SA has specific projects focusing on young people in schools, but little attention has been given this community of interest
- SHAW commenced two weeks after school was back, making it difficult to organise and promote activities with young people in schools.

Resource development

SHAW '04 targeted the general community through various resources and publicity materials this year, aiming to broaden people's understanding of sexual health, create awareness of the issues, promote open discussion about relationships and sexuality, and educate young people on the services available and where they can go for help.

This year we ran a poster competition with second year graphic design students at the Douglas Mawson Institute of Technology. Entrants were asked to design a poster that promotes sexual health, wellbeing and the positive expression of sexuality, and include the key messages of safety, pleasure and respect.

Jane's winning design is vibrant, fun and screams for the attention of anyone who passes by. She said that she chose yellow because it's a colour that depicts confidence and happiness, both of which are aims of Sexual Health Awareness Week.

'Sexual health is about making healthy choices in life' explained Jane. 'It's about having the freedom to choose your own flavour of sexuality and feeling good about yourself...Everyone's sexuality is unique, stemming from individual tastes in life.' Jane worked with SHine SA to develop a range of merchandise that incorporated elements of her poster design, including condoms packs, t-shirts, magnets, postcards and bandanas, which were distributed at SHine SA events and to over 100 different organisations across the state. This year we distributed a record 15,000 condom packs alone, thanks to the sponsorship of Glyde.

Feedback from the community about these resources was extremely positive. We also distributed the *Resources pack* to agencies and community members, including information on services available.

This year we also moved with the technological times and developed a website devoted to SHAW '04 and included information about SHAW, news and events, community grants, resources and media releases, with over 1300 hits from the date it went live in October 2003 to the end of February 2004. We also sent out an e-card that was emailed all over the state to launch SHAW, which included an interactive game and a link to the calendar of events.

SHine SA events

SHine SA hosted an MC Battle on the themes safety, pleasure and respect on Valentine's Day. Over one hundred 18-30 year olds attended, and in addition to being entertained by some great rapping, they were given non-alcoholic cocktails, free condoms and one lucky person walked away with the door prize of a years supply of condoms. Entry fee was a gold coin donation, with the \$212 proceeds donated by the attendees going to a South African orphanage for children whose parents have died of AIDS. The event was a huge success and could not have been achieved without the hard work of SHine SA's Roxanne who

coordinated the event.

SHine SA were lucky enough to be a part of the Fringe Opening Parade again. SHine staff, Y@s, family and friends were involved in the percussion workshops at the Kneehigh Community Hall, where we made our drums from recycled material and developed rhythms and sounds to perform during the parade. After several workshops we were well-prepared and had a lot of fun and made lots of noise at the Opening Parade on 20 February 2004.

SHine SA's Youth Advisory Teams participated in SHAW for the second time. As mentioned, several Y@s were involved in the Fringe Parade. Some of the Southern Y@ members were involved in a pub crawl in the southern region with other SHine staff.

The East/West Y@ organised a stall Rundle Mall for the second year in a row and were very busy handing out condoms, make badges and talking to lots of interested young people about SHine and sexual health issues. Having people hang around attracted more people who were curious what was going on at the stall.

The Northern Team were involved in a static display at Para West Adult Campus with assistance from The Second Story North and Northern Y@ members. Two Northern Y@s also attended the Village Tavern with a SHine SA staff member to promote SHAW and SHine SA by giving out condom packs and business cards to young people (18 and over). Feedback from participants was generally positive and they were happy to receive free condoms. Some of them were already aware that SHAW was on.

Community events

SHine SA supported community-run events through the Community Grants Program. Community grants of \$200 were available to community groups and agencies for activities that promote awareness of sexual health issues during SHAW. The program allowed workers to focus on building the capacity of young people to respond responsibly to their sexual health, relationships and general wellbeing.

In 2004 there were 56 successful grant applicants, an increase of 16 grants in the past two years, with a significant majority reporting that their event was a success and 45% of them receiving media coverage for their local event. These events involved over 8,000 people throughout South Australia.

Events included sexual health information sessions and sexual health promotion displays. This year some of more creative events were:

- workshops where young people were taught MC skills
- a poster competition in Ceduna
- a Vietnamese youth art workshop
- an event for young women with performances by the Adelaide Rock Ladies, guest speakers and a debate
- a black and white photographic exhibition by a young multicultural woman
- developing a radio segment for multicultural youth by multicultural young people.

It was encouraging to see the diversity of the groups participating in the Community Grants Events program. The willingness of agencies to be involved enabled SHAW to extend its reach throughout South Australia. A breakdown of agencies running events that targeted SHine SA's communities of interest is as



SHine SA staff, Y@, family and friends getting ready for the Fringe Parade.

follows (some events included more than one community):

Community of interest	%
Young people (general)	100
Regional, rural and remote communities	35
Culturally and linguistically diverse communities	27
People with disabilities	10
Lesbian, gay, bisexual and transgender communities	3
Workers	4
Aboriginal and Torres Strait Islanders	2

SHine SA workers supported a number of agencies with their activities by helping plan and/or deliver education sessions or appear as guest speakers. In particular, we worked closely with many organisations who were targeting culturally and linguistically diverse communities.

Media strategy

Creating media attention to promote sexual health awareness was an important strategy to target the general public.

Media releases were sent out to *The Advertiser* and targeted rural outlets in those areas where agencies had received grants to run a SHAW activity, which lead to eight articles in print media this year.

In addition to the mainstream press we also worked closely youth-oriented, street press, *Rip it up* and *Onion* magazines, which gave good coverage. *Rip it up* included articles in the 5 and 12 February editions of the paper and a colour copy of the SHAW poster. We also paid for advertising in both editions, using the chlamydia postcard images.

This year we had excellent radio coverage, particularly from Fresh FM who supported SHAW for the second year in a row and sponsored several advertisements during the week. They also ran the Fresh Forum and had SHine staff in for several interviews. We paid for advertising on Triple M to increase our reach to a broader demographic, and they also sponsored several 'Hot dates' and advertising spots.

We had several radio segments that were funded by the Community Grants Program this year on Radio Adelaide and a couple of local rural radio stations. In addition, we also had coverage on ABC, Five AA, 5DN, SA.FM, Magic FM and EBI FM.

Finally for the first year, we were thrilled to receive television coverage in news segment about chlamydia on the ABC, which mentioned SHAW and featured the East/West Y@s at their Rundle Mall stall.

Nearly half of the community grant participants indicated that they heard about SHAW outside of their event this year, up 20% on last year. The strong focus on a specific issue like chlamydia has contributed to the success of the media campaign this year. We certainly received more positive media attention than we have in previous years. For more information see the 'Before it gets too hard...' article.

Many thanks go to...

SHine SA would like to acknowledge and thank for their involvement in SHAW '04:



SHAW website



SHine SA staff and peer educators at this years Fringe Parade

- Metropolitan Health Division, Department of Human Services
- Glyde Condoms for provision of 15,000 condoms
- Jane Roberts for her winning poster design and her artwork for the SHAW merchandise
- Fresh FM for radio sponsorship through advertising and their coverage during the week
- Triple M for free airtime promoting SHAW during the week leading up to SHAW
- agencies and community groups who participated in the Community Grants Program
- all other organisations and agencies who supported SHAW
- Kerryne Liddle, Media Advisor
- the Youth Advisory Teams for organising SHAW events
- all SHine staff who worked on SHAW activities.

Finally, we would like to thank the South Australian community for getting behind this initiative. We have been overwhelmed by the positive words of support and encouragement as Sexual Health Awareness Week becomes bigger and bigger every year. Through your participation and involvement, SHAW '04 reached thousands of people across the state and make it a success yet again.



Jane's winning poster design for SHAW.

Information Services

Library services



Sharon, Coordinator of the Library and Resource Centre.

The Library has had another busy year. Our three branches at Kensington, Woodcroft and Davoren Park are now all fully automated and networked. The branches have free membership and the public are welcome to come in and browse and borrow.

There has been an increase in the number of people using the Library this financial year with over 280 new borrowers registered. We have added 314 new items to the library collection and processed over 1,510 loans and 140 inter-library loans.

The Kensington branch has a range of journals including *Sex Education*, *Sexual and Relationship Therapy*, *Sexual Health*,

Contraceptive Technology Update as well as other specialist journals. There is a searchable database of indexed journal articles in the Kensington branch. Articles are not for loan but may be photocopied.

Our volunteers Robyn, Ann, Chris and Noel have worked tirelessly on a variety of tasks and greatly assisted in the smooth functioning of the Library and Resource Centre. Well done!

The Library has its own section on the SHine SA website. There is a searchable database as well as a new books list which is updated bi-monthly. There is also a journals section which includes links to free online articles.

Some of the new items added to the collection this year include:

- *Secret men's business: manhood: the big gig*
- *Principles of practice, standards and guidelines for providers of cervical screening services for Indigenous women*
- *Understanding health: a determinants approach*
- *Hands-on health promotion*
- *The elusive orgasm: a women's guide to why she can't and how she can orgasm*
- *Smoking and reproductive life: the impact of smoking on sexual, reproductive and child health*
- *The sex starved marriage: a couple's guide to boosting their marriage libido*
- *Well and good: how we feel & why it matter*

Opening hours are 9.00 am to 5 pm Mondays to Fridays. For more information please contact the Coordinator Library and Resource Centre on (08) 8364 5537 or email SHineSALibrary@health.sa.gov.au.

Resource Centre



Liz, Resource Centre Officer

- 9 Aboriginal health agencies
- 12 community health services
- 35 disability agencies
- 36 high schools
- 14 primary and r-12 schools
- 7 independent schools
- 6 women's health agencies
- 13 youth health agencies.

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

Please contact the Library and Resource Coordinator on (08) 8364 5537 or email SHineSAResources@health.sa.gov.au for more information.

The Resource Centre has a large selection of videos and teaching resources which are available for loan to organisations and individuals in South Australia who have paid an annual membership fee.

The Resource Centre has its own section on the website. There is a searchable database, downloadable video and teaching resource catalogues, new membership and booking forms. This section also includes a list of the latest resources added to the catalogue.

Some of the new resources added to the collection this year include:

- *Come along live long*
- *Dealing with difference: opening dialogue about lesbian, gay and straight issues*
- *Diversity rules ok! The changing nature of families*
- *Jason's private world*
- *Kylie's private world*
- *Love taps*
- *Nunga kids don't need puiya*
- *Real smart*
- *Sexual awareness series: The impact of parenthood*
- *Sexual sanity: a sex education program promoting healthy lifestyles choices, including an abstinence perspective, for adolescents*
- *Shredded: domestic violence and emotional abuse*
- *You, your body and sex.*

There has been over 2,200 loans processed this year and there are over 180 current subscribers. Members include 120 metropolitan based and 60 rural based organisations. The membership categories are:

Sexual Healthline



Sue, Nurse on the Sexual Healthline.

This service continues to offer the South Australian community – both city and rural callers – important information on all aspects of sexual health.

Our many and varied calls range from issues regarding contraception, sexually transmitted infections (especially herpes), pregnancy (planned and unplanned), sexual difficulties,

puberty, menopause, questioning sexuality, infertility and parent-adolescent relationships. Doctors, nurses, teachers and health workers are now more widely using this service as well.

During the last financial year there were 3252 client contacts to this service. Questions via email are increasing in numbers, with approximately 150 emails in the 2003/2004 period.

The Sexual Healthline operates between 9 am to 1 pm Monday to Friday excluding public holidays. The nurses who operate this service have a vast knowledge in sexual health and contraception. They can access the SHine SA library, doctors and counselors if further information is required.

A break down of the issues discussed:

Contraception	47%
Sexually transmitted infections	14.5%
Pregnancy, infertility, antenatal and postnatal	12.5%
Gynaecology	10%
Sexual problems.....	5%
Relationships	1.8%
Sexuality or GLTB issues	1.8%
Abuse	1.3%

Keeping the community informed

Written client information

Throughout 2002–2003 SHine SA has continued to produce quality sexual health information for the South Australian community. Leaflets are now also available from the website. The information is regularly reviewed and updated by SHine SA staff and consultants. The leaflets most commonly ordered this year are:

• Clinic Locations	7230
• Emergency Contraceptive Pills	6933
• Contraceptive Choices	6648
• Condom	3089
• Contraceptive Implant (Implanon)	2556
• SHine SA Services	2116

The total number of pamphlets distributed in 2003/2004 was 119,206.

The total number of pamphlets in languages other than English distributed was 6,095

Website

It has been over a year since the launch of SHine SA's new website. We are continuously adding new information, to the point now where the site is beginning to burst at the seams. Something had to be done. So rather than starving the South Australian public of quality, easily accessible sexual health information, we decided in June 2004 to enter into a second phase of redevelopment and upgrade our content management system to a super size model!

The website redevelopment has also provided an opportunity to also revamp the look of the site. We will be focusing particular attention to the youth site, after feedback from our Y@s that the graphics are too slick and not youth friendly. They want to see bright, colourful images and loads more pictures.

We will also be reviewing the navigation so that we feel confident that people can access the information they want quickly and easily. Statistics over the past year indicate that SHine SA's

resources, in particular the pamphlets, are the most regularly visited section on the site, but we still get occasional calls from people who are unable to find publications they want, so we will make sure that users will be able to access this information from the home page.

Even though we are always looking to improve the quality of the website and keep up with the current technological trends, and all within a small budget, we have had a lot of positive feedback from local and overseas users and we are proud of what we have achieved to date. In that past year we have had 108,289 hits on our site. The statistics indicate that during health promotion activities like Sexual Health Awareness Week we get increased traffic to our site. Statistics are also showing that we have an increasing number of people returning to our website.

So if you have not visited SHine's website recently, we recommend you visit www.shinesa.org.au.

Glossary of terms

Sexual health

It includes the ability to:

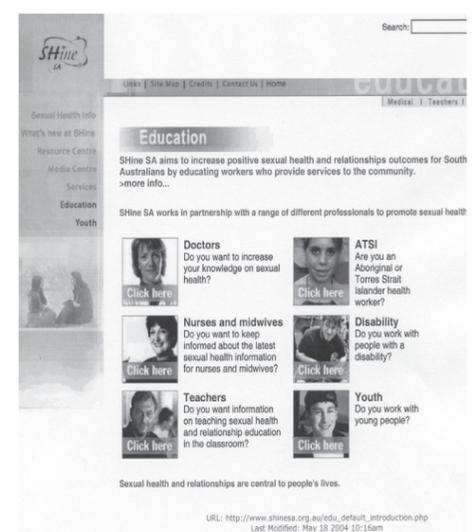
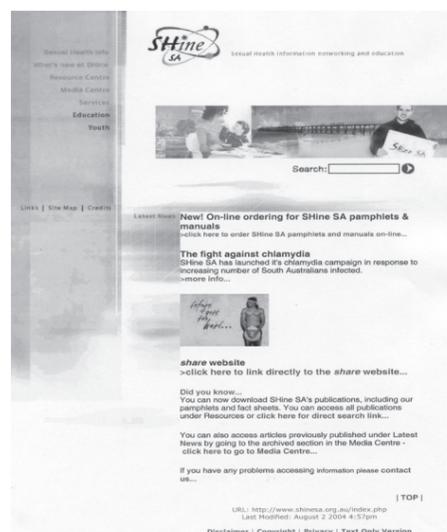
- make healthy life choices
- enjoy positive and healthy relationships
- be treated with respect
- choose behaviours that are safe and without risk of diseases, unplanned and unwanted pregnancy
- celebrate all positive expressions of sexuality.

Sexuality

A central aspect of being human that spans a lifetime and encompasses sex, gender identities and roles, sexual orientation, pleasure, intimacy and reproduction. It is experienced and expressed in thoughts, feelings, desires, beliefs, attitudes, values, behaviours, practices, roles and relationships.

Facts

Can't get pregnant while you've got you periods.	FICTION
Rape is about power.	FACT
Rape is about violence.	FACT
Domestic violence isn't just physical.	FACT





Kylie, Information Coordinator

SHine SA has a new Information Coordinator

As a result of the increasing need to develop quality resources and information, SHine SA created a new position for an Information Coordinator in March 2004 and Kylie was appointed to the position in April.

Kylie has been working with SHine as a project officer coordinating a variety of special projects for the past three years, including the website redevelopment and the production of the *Tell it, Talk it and Teach it* series. She brings to this position her experience in professional writing and editing, the development and design of written information involving community consultation for SHine SA's communities of interest.

As Information Coordinator, she contributes to the promotion and improvement of the sexual health of the South Australian community through the coordination of a range of information services and functions. This includes the review of existing resources and the development of new resources in collaboration with key staff, such as client information leaflets, fact sheets, website content, reports, posters and other special publications.

Kylie has also been the Project Officer responsible for coordinating Sexual Health Awareness Week (SHAW) for the past three years since its inception and will continue to work in this capacity as part of her new role.

SHine SA's leaflets

A new process is in place to expedite the review of SHine SA's leaflets, which in some cases has taken up to a year. After consultation with relevant SHine staff the following leaflets have been reviewed in the past year and will be published by the time the Annual Report is released:

- Client rights
- Clinic locations
- Contraceptive implant
- Emergency contraceptive pill
- Guy's sex stuff
- Injectable contraception
- The Pill.

New resources

In the past year SHine SA has published a range of new resources (with many more still undergoing development to be printed in the second half of 2004). The following resources are available for the general public to order:

- chlamydia postcard developed for SHAW
- SHine SA business card aimed at young people.

Order forms are available by contacting SHine on (08) 8431 5177 or downloading the *Leaflet Order Form* from the website at www.shinesa.org.au.

Other resources have been created for specific communities in the past year. They include:

- the *Which wheels do you want?* poster targeting Aboriginal and Torres Strait Islander youth that was launched in July 2003 and the graphics were used for the advertisement in the Adelaide Fringe Guide
- *Teach it like it is*, a teacher resource that was finally published in its final form in March 2004
- *My sexual health matters*, a booklet for people who have experienced a mental illness, especially if they are on medications.

The new SHine SA business card for young people.



The advertisement in the Fringe Guide to promote SHine SA and SHAW



Campaign against chlamydia

SHine SA launched its campaign against chlamydia on 14 February 2004 to coincide with the start of Sexual Health Awareness Week (SHAW).

Statistics were released publicly to coincide with SHAW and they revealed that there were 1969 cases of chlamydia diagnosed in 2003 – the highest number ever recorded in the state. This makes chlamydia the most common notifiable sexually transmitted infection in South Australia amongst the under 30s.

Chlamydia can lead to blocked fallopian tubes, tubal pregnancies and pain, as well as infertility in both men and women. It is treatable, but it must be detected early to avoid permanent damage. Testing can be done simply with a urine test, or by swab.

The campaign encouraged young people to '...think about protection and get tested for infection'. The campaign included:

- two media releases, one from SHine SA and the other from the Minister for Health's office, sent out on 14 February
- radio interviews with SHine SA staff and Health Minister, Lea Stevens
- the distribution of the *Before it gets too hard...* postcard (below) to over one hundred organisations in metropolitan and rural South Australia
- several advertisements which ran in street press magazine, *Rip it up*.

Having a specific issue, like chlamydia, that the media could focus on during SHAW generated great media coverage making it the most successful SHAW campaign to date (see the article

on Sexual Health Awareness Week). We also received a lot of positive feedback from the community about the postcard from all age groups.

Did you know that...

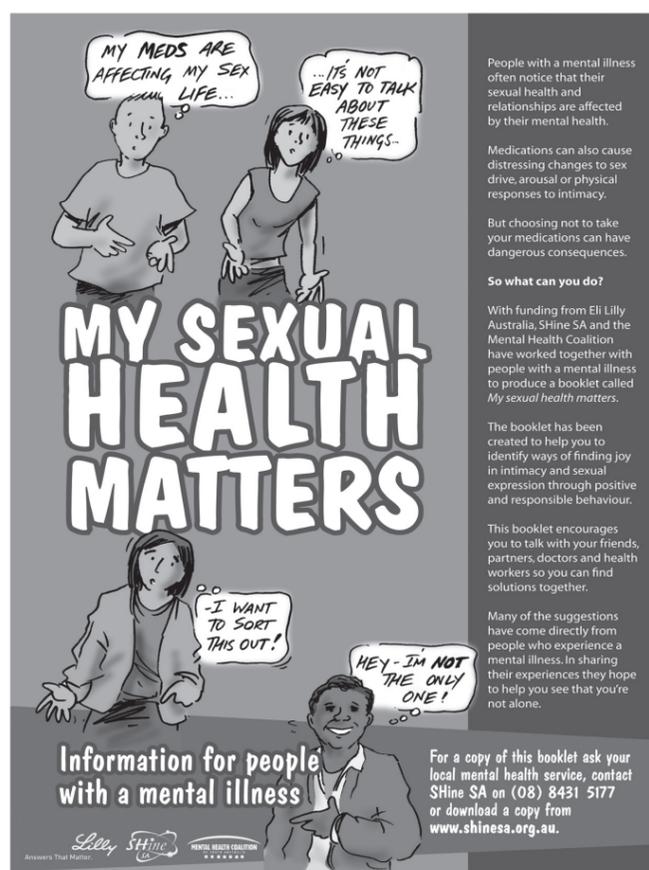
- Chlamydia is the most common notifiable disease in South Australia.
- Often there are no symptoms (it is asymptomatic in 70% women and 50% men).
- Occasionally genital infection can lead to internal infection, which can cause sterility in both men and women.

Interesting statistics on chlamydia

- Chlamydial infection in South Australia has increased from 754 to 1969 notified cases in the past 10 years.
 - Of the 1969 cases of chlamydia in 2003, more than 800 cases were diagnosed in women in 2003 aged 15-24 years, with more than 350 cases in men, in the same age group.
 - Information provided by Communicable Diseases Control Branch of Department of Health
- Interesting statistics on safer sex**
- The recent national school students survey showed nearly half of year 12 students have had sexual intercourse. Only 42% of these students always use condoms.
 - Research indicates that young people primarily used condoms for contraception rather than STI prevention.

From *Secondary Students and Sexual Health 2002*, Australian Research Centre in Sex, Health and Society, La Trobe University

The poster to promote My sexual health matters



SHine SA's chlamydia postcard launched during SHAW



...think about protection and get tested for infection.

Be prepared. Sexually transmitted infections (STIs) are more common than you might think. Take chlamydia – the most common notifiable sexually transmitted infection in South Australia. The number of people infected is increasing and people under 30 years most at risk. Why? Well, often there aren't any symptoms, so how do you know if you have it? You might be infecting your partners without knowing. Or they could be infecting you. Chlamydia is something you can't see. Left untreated chlamydia can lead to testicular infection, pelvic inflammatory disease, and can even lead to infertility. So protect yourself – if you are sexually active, always practice safer sex and roll on a condom.

Testing's simple. Often all you need is a urine test. And most STIs, like chlamydia, are easily treated. So there's no excuse – if you're sexually active, look after your health by having regular STI checks – see your GP or a doctor at:

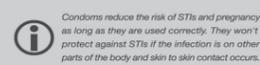
SHine SA clinics
East/West (08) 8431 5177
North (08) 8252 7955
South (08) 8325 8164

Second Story Youth Health Services
Central (08) 8232 0233
North (08) 8255 3477
South (08) 8326 6053

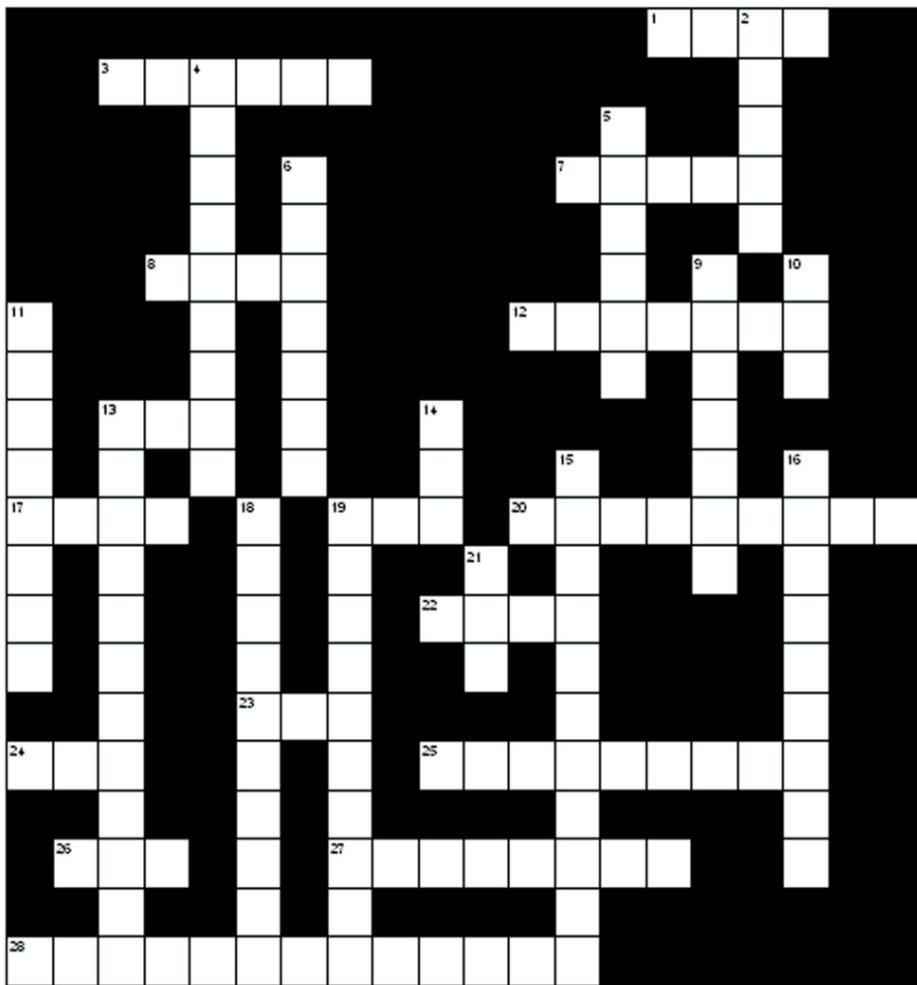
Youth Healthline
1300 13 17 19

Clinic 275 (08) 8226 6025

For more info on STIs go to www.shinesa.org.au or contact:
SHine SA's Sexual Healthline
9am – 1pm Monday to Friday
Telephone (08) 8364 0444
Toll free 1800 188 171



Crossword



Across

1. When pregnant it's important to have -----natal checks
3. You'd need to swallow at least a bucket full to contract HIV (What a kiss that would be!)
7. We ----- of a sexually healthysociety
8. Morning sickness can be a ---- of pregnancy
12. We need to each other.
13. Perhaps ADAM was the first one
17. We hope to reduce this through accurate information and skills development
19. Human immuno deficiency virus (abbreviation)20. To be enjoyed and celebrated in all it's diversity
22. ---- Provera: the contraceptive injection
23. Some women suffer from this monthly (initials)
24. Child sexual abuse (Initials)
25. Can cause infertility in women & men if not treated
26. The egg of pubic lice is called a ---
27. SHine SA believes that women have a right to choose this as an option
28. Used to prevent pregnancy

Down

2. "Safety, pleasure, respect", the ----- for Sexual Awareness Week
4. Remember to use a water based one
5. To be enjoyed by ALL! It was once thought that only men had them.
6. Best protection against STIs when used properly
9. The Greek poet Sappho was one of the earliest in recorded history
10. Sexually transmitted infection (Abbreviation)
11. What we encourage people to practice
13. Self stimulation! And, no, it does not make you go blind
14. Human immuno deficiency virus (abbreviation)
15. A skill we promote, essential in any relationship
16. A contraceptive device
18. Irrational fear of lesbians and gay men
19. SHine SA has three Primary ----- Teams (6,4)
21. Heterosexual (abbreviation)

Answers page 29

Find a Word



Below is a list of some words found in the Youth Advisory Team job description. Find the listed words in the grid above and put a line through them. They can go in any direction, up, down, diagonally, but are always in a straight line.

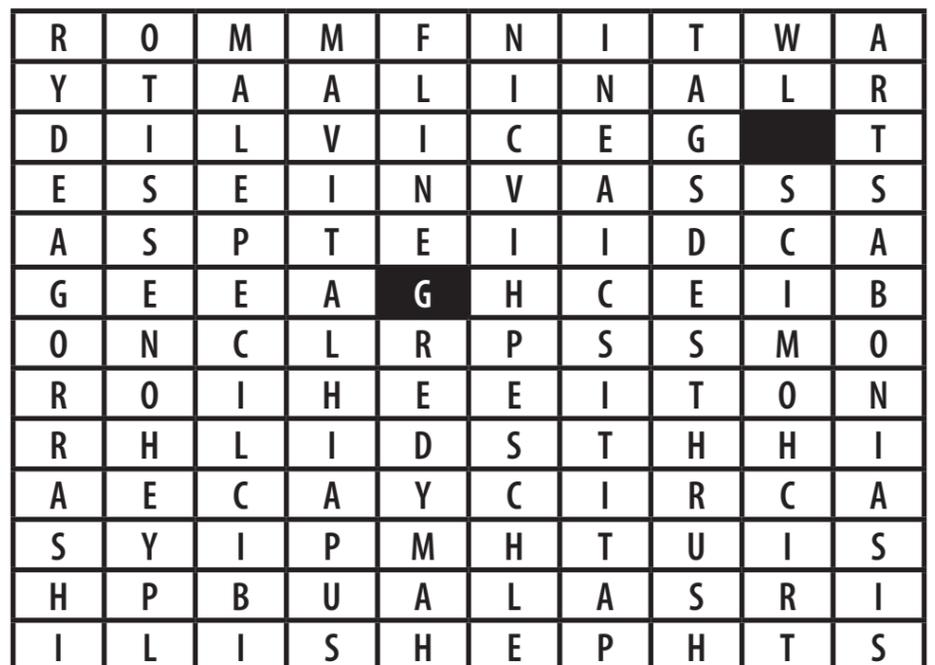
- | | |
|---------------|---------------|
| Accessible | Planning |
| Advise | Programs |
| Child Care | Resources |
| Collaboration | Respect |
| Communication | Safety |
| Commitment | Sexual Health |
| Feedback | Skills |
| Friendly | Support |
| Information | Team |
| Learn | Training |
| Listening | Transport |
| Meet | Understanding |
| Money | Values |
| Negotiate | Variety |
| Orientation | Young |
| Participation | |

Answers page 29

Track the STIs

Trace your way from the shaded box through 12 sexually transmitted infections. Letters can go in any direction up, down, sideways but never diagonally.

- | | |
|----------------|-----------------------------|
| Chlamydia | Pelvic Inflammatory Disease |
| Genital Herpes | Pubic Lice |
| Genital Warts | Scabies |
| Gonorrhoea | Syphilis |
| Hepatitis C | Thrush |
| Hiv/Aids | Trichomoniasis |



Some of the nurses who work in SHine SA clinics

Comments and 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@health.sa.gov.au

Pledge of Privacy

At SHine SA we are committed to ensuring the privacy of personal information provided to us. We believe that respect for your privacy is paramount in earning and maintaining your trust. SHine SA is bound by the 10 National Privacy Principles that form part of the *Privacy Amendment (Private Sector) Act 2000*. We have a *Confidentiality policy* which is available from SHine SA.

How your personal information is managed by SHine SA.

Contact information such as telephone number, address and email details you provide is held in order for us to manage our relationship with you as a client of SHine SA. We may use this information to send you details of initiatives being undertaken by the organisation or other ways in which you can participate in SHine SA activities. We never sell or disclose any personal information to a third party for their marketing purposes. If you wish to be excluded from receiving information from SHine SA please write with details to:

The Privacy Officer: SHine SA 17 Phillips Street Kensington or email: info@shinesa.org.au.

Relationships by the Stars

from *Madame Justfor Phun*

Aries

21 March – 20 April

Traits

Adventurous, energetic, pioneering, courageous, enthusiastic, confident, dynamic, impulsive and impatient.

This year has been a little crazy and had Arians doubting their own abilities, but by spring the ram will dazzle everyone!

Relationships can often seem like a soap opera for Arians with drama and crises every step of the way. In 2004 they will need to re-evaluate their priorities. For Arians, the list of priorities can include truth, passion and a partner that loves them for the person they are.

Importantly Arians do not want to be worshipped one moment and ignored the next. People born in Aries are spontaneous and assertive. They should revel in their impulsiveness but ensure that pleasure, mutual understanding and respect are part of any relationship that they decide to have.



Cancer

22 June – 22 July

Traits

Emotional, loving, intuitive, imaginative, cautious, sympathetic, changeable, overemotional.

When Cancerians invest in a relationship, they give of themselves heart and soul.

So when a romance fizzles or changes in a way they don't like, they're devastated. Even though their tendency is to take the blame, they have recently learned that everything is not their fault. And, as much as they love to step in and make everyone happy, they're finally discovering that they cannot fix everything.

With their baggage much lighter they can be ready for a relationship that will give safety, pleasure and respect. Further to this they will see that the possessiveness once felt was just insecurity. They will finally get the stability and intimacy that has eluded them in the past.



Libra

24 September – 23 October

Traits

Diplomatic, romantic, charming, easygoing, sociable, idealistic, peaceful, indecisive, changeable, flirtatious.

Librans deal with difficult decisions by procrastinating. They are so busy looking at both sides of a situation that they can't pick one over another.

The Libran heart has a great capacity to feel. A past relationship taught them not to surrender who they are and because of this, their ability to love fully while still sticking to their principles have deepened.

Now it is time for them to love with their head and their heart. In 2004 they'll experience the intimacy of a true partnership in an equal happy union where they're free to speak their mind.



Capricorn

22 December – 20 January

Traits

Practical, ambitious, disciplined, patient, careful, humorous, pessimistic, rigid.

Capricorns are earthy and passionate and have great stamina and staying power.

In relationships they are model lovers, honest, committed, steadfast and sharing. This year they'll share a profound and sensuous intimacy with a partner who is available in every sense of the word. This partner provides a shoulder to lean on when they're feeling vulnerable and the best part is that they'll love this partner for what they really are.



Taurus

21 April – 21 May

Traits

Patient, reliable, warm-hearted, loving, persistent, determined, jealous, possessive.

The last few months may have been draining for the tenacious bull as they try to get everything done right now! Taureans need to re-evaluate what they have learned and understand that living by other people's opinions may not work for them.

Taureans may be having a hard time adjusting to how things are now compared to how they used to be. Remember that all relationships are fluid. Take time out to establish or maintain a relationship.

Although calm and sensitive, Taureans are not always gentle and patient with themselves and may not take time to allow themselves to bloom and show their sensuality. If the Taurus person takes their time in establishing their relationship they and their lover will explore new experiences as a couple. Whatever they do, pleasure and safety will always be a top priority.



Leo

23 July – 22 August

Traits

Generous, warm-hearted, creative, enthusiastic, broad-minded, faithful, loving, patronising, intolerant.

Warm-heartedness and creativity make Leo loving and interesting all in one, what more could you ask for? However, lately they have been feeling that their hands are tied... very frustrating for a Leo who likes nothing better than to be in charge.

Leos are very dramatic and thrive on relationships filled with emotion, but the past year may have brought events in which they were thrust into the role of caregiver. So in 2004, whether they're cultivating trust in a new relationship or growing closer to someone already in their life the lion will do it with their whole self. Their partner will adore their courage and generosity, but also know how to soothe the lion when they're feeling vulnerable.



Scorpio

24 October – 22 November

Traits

Determined, emotional, intuitive, powerful, passionate, exciting, jealous, compulsive, secretive.

It has been said that Scorpios are obsessive about love, but everyone should be as intensely committed as this sign. In relationships the Scorpio requires total honesty, passion and profound intimacy... they need a soul mate.

When they love they invest so much that they are terrified of rejection. But this is their lucky year for love. The cosmos points to someone entering their life (if they're not already there) with whom they share a destiny. Together they will build a safe and secure relationship.



Aquarius

21 January – 19 February

Traits

Friendly, humanitarian, honest, loyal, independent, perverse, unpredictable.

This year will allow Aquarians to be the kooky, irrepressible spirit they were meant to be and come out a winner.

Sometimes it's hard for them to say things like 'I'm happy' or 'I love you' or 'I'm sorry', however recent past experiences have taught them to be open about their feelings. They'll continue this self-discovery with someone with whom they share remarkable similarities. This love affair will introduce them to new people, a new location and a more erotic side of themselves.



Gemini

22 May – 21 June

Traits

Adaptable, versatile, witty, intellectual, youthful, lively, nervous, tense

Geminis are versatile and lively with a witty and intellectual approach to life.

The hardest thing for a Gemini is to relinquish an idea they are fond of and this applies to their relationships as well as all aspects of life. This can result in a rosy view of what is happening which may not reflect the reality. Also, when a love relationship gets intense they analyse every nuance and work overtime to make sense of complex emotions.

Their approach to life can keep their lovers on their toes. A top priority for Geminis is to have totally honest relationships. Good news for Geminis, the stars promise a passionate love affair in which they can give without giving up their sense of self.



Virgo

23 August – 23 September

Traits

Modest, shy, meticulous, reliable, practical, intelligent, overcritical, fussy, perfectionist.

Everything must be perfect and everything must be in sequential order for things to go well for a Virgo and the cosmos has them in training so that they can further develop their coping skills and move to higher levels.

Virgos need to be needed which in the past may have meant that they end up giving themselves to the wrong people. The good part is that they have shaken free of something that locked them in this behaviour.

Virgos will continue an ongoing partnership or they may start a new relationship with someone that they have met before. They will stop agonising over all the little ways in which they think they fail and unlock their exuberant passion, curiosity and love of adventure.



Sagittarius

23 November – 21 December

Traits

Optimistic, loving, good-humoured, honest, straightforward, intellectual, careless, tactless, restless.

Sagittarians are fun, energetic and engaging. They love the great outdoors, so camping, bush walking, surfing are all activities that you may be expected to join in if in a relationship with a Sagittarian.

In 2004 Sagittarians are between a way of living that is about to end and a new beginning. They should look into their heart and initiate the changes that will rid them of emotional baggage.

In the coming months they will enter a relationship where they do not have to compromise. It has always been hard for them to confront others and say exactly what they feel, but now they'll have the freedom to express who they really are... and in return, they'll receive love and validation.



Pisces

20 February – 20 March

Traits

Imaginative, sensitive, compassionate, kind, selfless, sympathetic, idealistic, secretive, easily led.

In the movie of their life the past few months have brought a major change in plot. In many different ways they're redefining themselves, and in the next year will continue their makeover.

Whether they're looking for new love or renewing a commitment to someone they're with now, the theme of cutting away from the past infuses their romantic life. This relationship will create the romantic magic they have craved and imbue them with a faith in themselves.



Advertisements

Clinical services

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 teams:

North 8252 7955 • **South** 8325 8164 • **East/West** 8364 5033

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 Clinics

Telephone **(08) 8252 7955** for details on days/times and appointments
Davoren Park • Salisbury Shopfront [Appt 8281 1775] • Elizabeth [Lyell McEwin Health Service] • Modbury [Tea Tree Gully Community Health Service]

Southern Clinics

Telephone **(08) 8325 8164** for details on days/times and appointments
Bedford Park [Flinders Medical Centre] • Noarlunga [Noarlunga Health Village]

East/West Clinics

Telephone **(08) 8364 5033** for details on days/times and appointments
Kensington • Port Adelaide [Aboriginal Health Clinic] • Adelaide [Second Story Youth Clinic Appt 8232 0233] • Port Adelaide [Port Adelaide Community Health Centre]

Emergency Contraception

**Worried about the consequences of unplanned or coerced sex?
Did the condom break? Or maybe you forgot to take the pill?**

Did you know that you can now take ECP (Emergency Contraceptive Pill) up to 5 days (120 hours) after unprotected sex to reduce the possibility of pregnancy?

So if pregnancy is not part of your immediate future, see a doctor as soon as possible and ask for ECP.

The earlier ECP is taken, the more effective it is in reducing the risk of unplanned pregnancy.

Where to go?

You can go to your own doctor, chemist or see a doctor & nurse at: SHine SA, Second Story, Streetlink, Pregnancy Advisory Centre, Community & University Health Clinics & Emergency Departments.

For more information contact:
East/West 8431 5177 North 8252 7955 South 8325 8164

Sexual Healthline (9-1 Mon-Fri) 8364 0444 Toll Free 1800 188 171 Email sexualhealthhotline@health.sa.gov.au



Youth clinics

Salisbury Shopfront Thursday pm

Shop 4 72 John Street Salisbury
Appointment recommended: 8252 7599

Second Story Youth Health Service (City) Tuesday pm

57 Hyde Street Adelaide
Appointment necessary: 8232 0233

Port Adelaide Community Health Centre Wednesday pm

Dale/Church Street Port Adelaide
8364 5033 or drop in



Drop-in pregnancy testing

A pregnancy testing service is available from all of the Primary Health Care Team bases, Monday to Friday 9 am to 4 pm. There is a cost involved, which can be reduced or waived if necessary. Please bring an early morning urine sample.

• **North** 8252 7955 • **South** 8325 8164 • **East/West** 8364 5033

Pap smear reminder

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.

Information Services

Sexual Healthline

9 am to 1 pm Monday - Friday

telephone 08 8364 0444 country callers 1800 188 171

TTY 08 8431 5177

email sexualhealthhotline@health.sa.gov.au

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 registered nurses

Resource Centre

A selection of videotapes and teaching resources are available for hire by organisations and individuals. Catalogues of video holdings and teaching resources describe each available item and the suggested target audience. Material available on topics including:

Aboriginal health . Reproduction . Gay lesbian bisexual & transgender issues . Contraception
Foetal development . Birth . Infertility . Relationships . Sexual concerns . Sexually transmitted infections . Adolescent sexual health . Disability and sexuality . Men's health
Multicultural issues . Safer sex . Women's health

telephone 08 8364 5537
country callers 1800 188 171
email SHineSAResources@health.sa.gov.au
tty 08 8431 5177



SHine SA Online

Young People's Site
Professional Education
Media Centre
Virtual Resource Centre
Sexual Health Info
Downloads
and much more

www.shinesa.org.au

Library Services

The 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 . Safer 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 Coordinator:

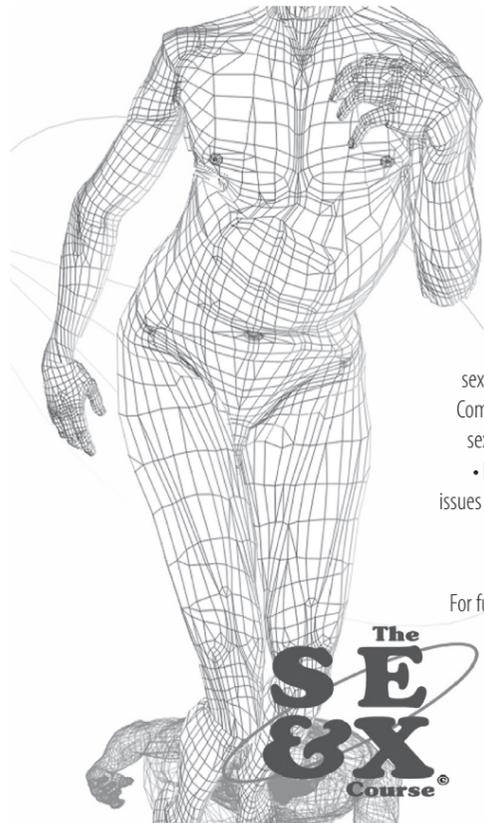
telephone 08 8364 5537
country callers 1800 188 171
email SHineSALibrary@health.sa.gov.au

Library hours 9 am to 5 pm Monday to Friday



Professional Education Courses

Supporting young people's Sexuality Exploration and Xpression



SHine SA presents a nationally accredited course improving the sexual health of young people 'at risk'

A six day accredited course

SHine SA is providing a nationally accredited course for workers who provide services to at risk young people. The course aims to improve the competence of workers to deliver appropriate support in the area of sexuality and sexual health.

Course content

- Rape and sexual assault • Understanding the sexual health of young people • Protective behaviours • Communication • Pregnancy, termination • Safe sex and sexual responsibilities • Sexuality • Managing diversity • How oppression operates • Values clarification • Legal issues in relation to sexual health • Contraception • Sexually transmitted infections and blood borne viruses

Course contact details

For further information or how to enrol please contact the Course Support Worker on:

tel (08) 8431 5177

fax (08) 8364 2389

email SHineSACourses@health.sa.gov.au

Website:

http://www.shinesa.org.au/edu_workers_youth_introduction.php

Post-Graduate course for registered nurses in sexual and 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 responds 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, SA country callers 1800 188 171, fax 08 8364 2389; email SHineSACourses@health.sa.gov.au or go to the website http://www.shinesa.org.au/edu_medical_nurses_introduction.php

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, SA country callers 1800 188 171, fax 08 8364 2389; email SHineSACourses@health.sa.gov.au or go to the website http://www.shinesa.org.au/edu_medical_doctors_introduction.php

Relationship & Sexual Health Education Course for teachers

This course provides information, resources and classroom strategies for teachers. What makes an effective program for your students will also be explored. Participants will get copies of the latest relationships and sexual health resource for young people *Tell it like it is*. A certificate of achievement and recognition for 15 hours training and development will be provided at the end of the course.

For further information please contact the Course Support Worker on telephone 08 8431 5177, SA country callers 1800 188 171, fax 08 8364 2389; email SHineSACourses@health.sa.gov.au or go on the website http://www.shinesa.org.au/edu_teachers_teachers_introduction.php

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 and 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 and 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 further information please contact the Course Support Worker on telephone 08 8431 5177, SA country callers 1800 188 171, fax 08 8364 2389; email SHineSACourses@health.sa.gov.au or go to the website http://www.shinesa.org.au/edu_workers_atSI_introduction.php

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 and Torres Strait Islander workers. The aim of the course is to provide Aboriginal and 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 are 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 further information please contact the Course Support Worker on telephone 08 8431 5177, SA country callers 1800 188 171, fax 08 8364 2389; email SHineSACourses@health.sa.gov.au or go to on the website http://www.shinesa.org.au/edu_workers_atSI_introduction.php



Disability workers

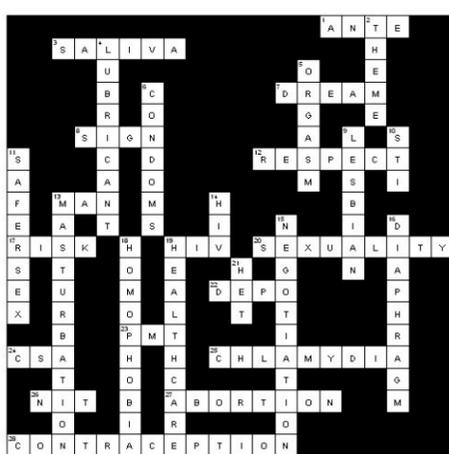
Professional education course

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 includes:

- 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; SA country callers 1800 188 171, fax (08) 8364 2389; email SHineSACourses@health.sa.gov.au or go to website http://www.shinesa.org.au/edu_workers_disability_introduction.php



Council

Council Members 2003/2004

Council Member

- Deb Kay (President)
- Dr Christine Putland (Vice President)
- Allison Willis
- Prof. Gus Dekker
- Tanya Hosch (Ministerial Nominee)
- David Kuhne
- Mary Wilkinson
- Lis Burtnick
- Annette Brown (Staff Nominee)
- Dr Ben Wadham

Portfolio Area

- Young people under 19 years
- workers
- Disability
- Culturally & linguistically diverse
- Aboriginal & Torres Strait Islander
- Organisational
- Regional rural remote
- Gay lesbian bisexual transgender
- Staff nominee
- Young adults 20 - 25 years

Thank you

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

- **The Hon Ms Lea Stevens**, Minister for Health
- **The Hon Stephanie Key**, Minister for Social Justice
- **Mr Jim Birch**, Chief Executive, Department of Health
- **Dr Tom Stubbs**, Executive Director and staff of the Department of Health
- **Management and staff** of the Department of Health and Ageing, 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**.



Back left, Jacqueline, Julie, Helen and John. Front left, Michelle, Cherice & Ralph, SHine SA Community Health Workers and *share* Regional Coordinator.

One measure of a community's values is how it cares for, supports and educates its young people. As the peak sexual health agency in South Australia, SHine SA has again this year demonstrated its strong commitment to health, safety and respect for young South Australians, and the adults and services supporting them.

Young people, both in schools and the wider community, are a priority group for SHine SA's work. This strategic decision is based on overwhelming state, national and international evidence about the need to provide quality relationships and sexual health education and youth friendly services for young people. While unplanned pregnancy and abortion rates have dropped, research shows that knowledge about sexual transmission of disease is poor, not only in young people, but in the adult population where young people might turn for advice. In addition, one in five Australian women and one in twenty men report having experienced sexual coercion - half before the age of sixteen. A large proportion of adult Australians report some sexual difficulty. Nearly half of the young people identifying as same-sex attracted report being abused, with 70% of this abuse occurring within school settings.

Working with young people is vital if we are to ensure our community is sexually literate: able to plan, act and advocate for health, safety and respect in all matters related to relationships and sexual health. SHine SA has a number of key strategies to support quality work in this area.

The SHine SA Y@S (Youth Advisory Teams) ensure all youth work at SHine SA is genuinely informed by a youth perspective. They do fine work and receive wide-spread praise for creating a powerful youth voice in and for the organisation.

SHine SA clinics are located where access is easier for young people. They link with other key youth services to meet young people's needs. Partnerships include collaboration with Indigenous community health services, child protection services, services for homeless people and gay, lesbian, transgender and bisexual support services.

A wide range of activities have occurred with young Aboriginal people including the production of the *Which wheels do you want?* poster, Investing in Aboriginal and Torres Strait Islander Youth program and work with Wiltja Residential Program.

SHine SA is working with the Department of Education and Children's Services (DECS) to pilot the *share* (sexual health and relationships education) program. While sexual health education has been taught in South Australian schools for over thirty years, this pilot brings together a comprehensive, structured approach, based on evidence from the health and education sectors. *share* will also inform the *Healthy start pathways* project in ensuring pregnant and parenting young people can maintain their education and vocational pathways. All fifteen *share* school communities are very positive and enthusiastic about their work, as are health, education, youth and welfare services across the community.



Deb Kay
President - Council

share has received considerable media coverage in response to opposition from a small, vocal group. The profile this has given to the importance of sexual health education for young people within schools, families and the wider community has been welcomed. The repeated circulation of wrong information about the pilot and the organisation, and the attempt to create a sense of 'controversy' has not been so beneficial for the work of the schools and other services in endeavouring to work locally, respectfully and inclusively. It is clear however that the vast majority of people want to ensure young people are informed, safe, healthy, and mutually respectful.

Of course SHine SA's work and communities of interest spread much more widely than just young people. On behalf of Council, I would like to acknowledge and extend appreciation and congratulations to the staff of SHine SA for their excellent work across the community in clinical services, professional education, therapeutic counselling, information and resources development, collaborative partnership work and leadership and advocacy for sexual health. They continue to lead the way for the state in quality professional and community services for sexual health, safety and wellbeing.

Finally, may I express my personal appreciation for the opportunity to work with SHine SA and the community through membership of Council. It has been a privilege to work and learn with the staff, Council, clients and friends of SHine SA. I wish the organisation every success in its ongoing commitment to health, safety and respect for all South Australians.

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
- will be given full information about your health and your choices for treatment
- will be spoken to in a clear and respectful manner and in a language you understand
- can ask to change the worker you see
- can say NO to any treatment or advice offered
- can ask for an interpreter
- 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 feedback form, which is given to you at each appointment
- write to or call Kaisu Vartto our Chief Executive Officer:
17 Phillips St Kensington 5068 Tel: 8364 5539 Fax: 8364 2389 Email: kaisu.vartto@health.sa.gov.au
- contact a member of our Council.

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.

SHine SA Council (Board of Directors)

Contact them via Executive & Information Technology Support Officer at SHine SA on 8431 5177 or 1800 188 171 (toll free) (TTY 8431 5177) or email info@shinesa.org.au



Back left, Ben, Lis, Allison and Tanya. Front left, Annette, Christine and Deb, SHine SA Council Members



Sexual Health Awareness Week 2004 display, Department of Health offices in the city.



Chief Executive Officer



Kaisu Vartto
Chief Executive Officer

The last 12 months have been most productive for SHine SA. Besides the range of services and programs discussed in some details in this *Annual Report*, we have been involved in a number of organisational development initiatives to improve the quality of service delivery, and develop infrastructure and the people who work in the organisation.

We implemented the new Community Health Information System (CHIS) on 1st July 2003, which brings SHine SA activity collection and reporting in line with other metropolitan primary health care services. This was possible with the support of the Department of Health. While we will continue to run quality assurance reports on our data and provide ongoing training and support for staff, initial results indicated that it has been a most positive course of action. Data is important for service monitoring and evaluation, resource allocation and reporting back to the community and funding bodies.

We were the recipients of both the Bronze and Silver Service Excellence Awards in September 2003, an initiative of the Department of Health in South Australia. I am not too proud to say we were the first organisation in South Australia to receive both awards. This followed three year National Accreditation by the Quality Improvement Council until 2005 and Registered Training Organisation status until 2007. External validation of our work, not only provides opportunities to identify areas for development, but also areas of excellence in our work.

The *share* (sexual health and relationships education) program, a pilot in 15 public secondary schools in South Australia is increasingly receiving local, national and international attention as a program of "excellence and best practice". The *share* Program has possibly been the most talked about program in this state and not all of the discussion has been based on fact. Despite this, we have had the privilege of hosting a number of overseas delegations, with representatives of government and non-government agencies visiting from South Korea, Japan, PNG and Indonesia interested to find out more than is posted on our website. A long way to come for a chat, but these visits have forged a global network. Thankfully, the Internet has also allowed us to share experiences and resources with other interested colleagues in England, Scotland and Finland. There have also been visits from International Masters of Public Health and Health Services Management students. The *share* program is findings its way across the world!

Young people under 30 years, continue to be the largest users of clinical, counselling and information services and participants in community development programs. While their participation is discussed elsewhere in this report, their involvement contributes to new ways of thinking about of services, programs and resources, to ensure that they are relevant to youth.

Professional education participants are generally in the 30-50 age group. This is not unusual considering the 'ageing' of the professional work force in South Australia, an issue highlighted in *Better Choices Better Health: South Australian Generational Health Review* (2003) and *Creating Opportunity State Strategic Plan* (2004). The professionals who participated in education opportunities, return to their respective communities and agencies more confident to deliver quality services and programs. A professional education highlight has to be the dramatic increase in the number of teachers and school counsellors from the public, Independent and Catholic education sectors attending teacher training. Back in their school communities they have the capacity to reach thousands of young people and deliver with confidence sexual health and relationships education programs.

Sexual Health Awareness Week 2004 was again a success, with 120 organisations, the highest number to date involved in coordinating community based events or displaying materials to promote safety, pleasure and respect.

The three Youth Advisory Teams, Y@S as they are affectionately called, comprise some 24 young people under 25 years of age. They have continued to provide advice to SHine SA in policy, service and resource development, while having access to development of personal knowledge, skills and confidence and leadership. Many Y@S go onto local, state and national youth leadership programs such as Youth Round Table and youth forums.

Youth participation and peer education programs such as *Investing in Aboriginal and Torres Strait Islander Youth*, *Investing in Rural Youth*, *Making A Difference* and *RESPECT*, to name just a few, not only provide young people with the confidence to teach and talk to their peers about sexual health and relationships and where to go for help, but also develop their self esteem, confidence and leadership skills. It has been our experience, that those young people who participate in peer education programs at SHine SA often go onto to do 'things' they had not thought of doing before becoming involved, like going back to school, getting a job, enrolling in further education. SHine SA also benefits, as participation by young people ensure that services, programs, policies and resources are accessible and relevant.

During the year the organisation undertook research, consultation and development of the *Strategic Directions 2005-2008*. This will be launched in November 2004 so look out for it on www.shinesa.org.au. Based on research into sexual health best practice nationally and internationally, our new directions also take the local and national policy and program context and the voices of those we consulted into consideration. We are looking forward to interesting times!



Gifts of Korean figurines presented to SHine SA from the visitors from Korea



Cheryl, SHine SA presenting to Korean visitors on share



Sally, SHine SA presenting to Korean visitors



Susie, SHine SA presenting to Korean visitors on share



SHine SA new Peep Show at the Big Day Out

Risk management

Risks are those things that may threaten the achievement of SHine SA's *Strategic Directions*.

At SHine SA risk management is about sound management to avoid adverse effects while taking advantage of development opportunities. Risks are inherent in everything we do and, in order to reduce the likelihood of adverse effects, risks need to be managed continuously and systematically.

Risk management is based on the generic Australian/New Zealand Standards for Risk Management (AS/NZS 4360:1999) and assessed against these standards

SHine SA has five Advisory Committees that evaluate and monitor specific areas of operations including clinics, therapeutic counselling, community and professional capacity building. The Occupational Health and Safety Committee have responsibilities for planning a safe environment for clients, the community,

staff and volunteers. The Council plays an active role with the Management Team to monitor the organisation's financial, legal and political risks.

Outcomes for 2003/04

- There was one Workcover claim compared to nil in the previous year.
- There was one property damage claim.
- There were no public liability claims.
- There were no medical negligence claims.
- A balanced end of year financial position was achieved.
- Opponents to the *share* program continued a misinformation campaign in the media which resulted in some staff being harassed requiring support from SAPOL and the employee assistance program.



Kylie, SHine SA presenting to Korean visitors on SHAW and SHine SA's resources



John, Liz & Sharon, SHine SA staff



Indonesian universities students visit SHine SA



Sonia, SHine SA presenting to Korean visitors on SHine SA's clinics

wiltja reconciliation

