

# SHine-SA

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**Annual Report**  
**2010-2011**

## About SHine SA

SHine SA is the lead sexual health agency in South Australia, working in partnership with government, health, education, and community agencies and communities to improve the sexual health and wellbeing of South Australians.

SHine SA is funded primarily by the South Australian Government through the Department of Health and by the Commonwealth Government through the Australian Health Care Agreement. Government financial support represents 94% of SHine SA's total income with 6% being raised by the organisation through its service provision. The annual operating budget is \$6.2 million (2010–11).

We provide:

- prevention, promotion and education programs that build the capacity of communities in greatest need
- education programs that build the capacity of workers across all sectors
- clinical services that target communities with health inequalities and poor sexual health
- therapeutic counselling services that target individuals who are unable to afford private providers
- information about sexual health and wellbeing
- resources and library services that are accessible to workers and the community
- opportunities for partnerships with workers, governments and agencies
- individuals and workers with links to relevant services and supports
- leadership and advocacy for sexual health
- opportunities for participation by our communities of interest

## Working with communities of interest

Throughout this report there are articles about the communities we work with. At the beginning of each of these articles you will find a symbol to indicate which community it refers to. These are the symbols to look out for.

-  Young people 19 years and under
-  Young adults 20–30 years
-  Aboriginal and Torres Strait Islander peoples
-  Regional, rural and remote communities
-  Culturally & linguistically diverse backgrounds
-  People with disabilities
-  Gay, lesbian, bisexual, transgender, intersex and queer people
-  Workers in the health, education and community sectors

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This publication, together with the 2010–2011 audited financial report, constitutes the 2010–2011 Annual Report for SHine SA.

### Annual Report Committee

This report has been prepared by the Annual Report Committee, comprising Kaisu, Rebecca, Bec, Jacqueline, Bianca, Danny and Désirée. The Committee would like to thank SHine SA staff for their contributions.



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

- The Hon Mr John Hill MP, Minister for Health
- Mr David Swan, Chief Executive, Department of Health
- Dr David Panter, Executive Director—Statewide Service Strategy and staff of the Department of Health
- management and staff of the Department of Health and Ageing
- 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

# President and Council

### On behalf of the SHine SA Council I am pleased to provide the President's report for 2010–11.

The Council of SHine SA is a voluntary Board of Directors, comprised of 8 elected and 2 co-opted members, a Ministerial and staff nominee. The Council is responsible for policy, strategic directions and overall monitoring of organisational risk management including financial management.

Council has great pleasure in commending the attached report detailing the significant diversity of service delivery and considerable success enjoyed by SHine SA over the past year, our 41st year delivering sexual and reproductive health information and education outcomes to citizens of our state. We have maintained a balanced budget with a \$6.2m operating budget which is comprised of State and Commonwealth funding and 10% generated from service delivery and other sources.

2010–11 has been another year of challenge for our professional staff as they develop new and innovative programs to get the message to our emerging generations of younger people about enhancing sexual health and engaging in respectful, responsible relationships while understanding their rights.

SHine SA's website, Sexual Healthline and resources continue to provide information about sexual health, and we have experienced an increase in queries and referrals. Clinics are delivering a broad range of sexual and reproductive health services as well as providing clinical practice training for doctors, nurses and midwives. We continue to develop the health, education and community services workforce through a range of professional education programs that you can read about in this report.

Amazingly, sex is as old as creation, yet sexual misinformation in our sophisticated community continues to bemuse even in 2011 when some critics question SHine SA's open and transparent policy of 'telling it as it is'. The SHine SA section in 'The essential guide into adulthood—Street Smart Handbook' (issued on behalf of Blue Light SA Inc) is particularly eclectic and focused.

Council has met regularly and developed strategic guidelines in cooperation with our staff, whose enthusiasm and professionalism working in harmony with CEO Kaisu Vartto is boundless. I express my gratitude to Council members for their continued wisdom, to the Department of Health as our principal source of funding, and to Desirée Schild as Council secretariat and IT specialist to SHine SA, who is a source of administrative genius delivering on time every time!

**Grant Gilbert**  
Council President

**Mr Grant Gilbert**  
President - SHine SA Council



### Council members 2010–11

- President ..... **Grant Gilbert**  
 Deputy-president..... **Chris Horsell**  
 Ministerial nominee..... **Dr Kylie O'Connell**  
 Staff nominee ..... **Kathy Edwards**

**Professor Bruce Johnson**

**Philip Jackson**

**Angela Lawless**

**Peta Smith**

**Barbara Power**

**Rae Birch**

Members of SHine SA's Council 2010–2011



## 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  
 PO Box 76 Woodville SA 5011 or email: [info@shinesa.org.au](mailto:info@shinesa.org.au).

# Chief Executive Officer

## Advocating for sexual health rights for young people

**I hope you enjoy reading our latest Annual Report. It is full of stories about how we engage with young South Australians to build their health literacy around respectful relationships, rights, responsibilities and sexual and reproductive health.**

You can find information on our Youth Action Teams and the work they do around health promotion, developing resources and engaging other young people in the community to spread the word about rights and responsibilities. Then there is the work of the respectful relationships and sexual health education *Focus Schools Program* now reaching young people in 98 state secondary schools in Years 8, 9, and 10. The Yarning On program also features on the work they are doing with Aboriginal and Anangu schools and communities. And lots more!

12 August 2011 marks the end of the United Nations Year of Youth. The official theme for the last year has been 'Dialogue and Mutual Understanding' to allow young people and adults worldwide to celebrate young people's ingenuity and energy, as well as their contributions to enhancing peace and development and young people's rights. I believe that at SHine SA we have gone some way to meet this goal but we recognise that we will continue to work earnestly toward all young South Australians understanding their sexual health rights and responsibilities.

On 4 September 2011 SHine SA will be a part of a global celebration for World Sexual Health Day, which is being coordinated by the World Association of Sexual Health and has a focus on youth sexual health and rights following on from the Year of Youth. 'Youth's sexual health. Shared rights and responsibilities' is the theme for this global celebration and our Youth Action Team members are providing leadership and vision for the South Australian event which will be a part of the international celebration of sexual health and sexual rights. We aim to involve as many young people as possible to ensure their views are heard. We want to understand what sexual health means for them – Are their sexual rights recognised and respected? How can they face the responsibilities expected of them? What are the particular challenges to their sexual health and rights in their own context? What can young people do to achieve sexual health and their sexual rights?

So why do we keep highlighting and advocating for youth sexual health rights? Most people think Australia boasts a proud history of human rights that ensures all of her citizens are protected and nurtured. But our experiences in service delivery in South Australia tell us every day that while we have 'rights' and laws, not all people are protected by them. Some young people just fall through the cracks. We find that young people, especially if they have disabilities, are Aboriginal, recent refugees, same-sex attracted or questioning their gender, are particularly not always protected. This is particularly demonstrated with much higher levels of unplanned teen pregnancy, relationship violence and sexually transmitted infections.

The *Universal Declaration of Human Rights* was agreed to by the General Assembly of the United Nations in 1948, with Australia a signatory among some 150 nations. The United Nations was established in 1945 by like-minded countries to secure peace and reaffirm fundamental human rights based on the dignity and worth of each individual person. In 1966 the *Universal Declaration of Human Rights* was further strengthened by the development of two legally binding treaties, the *International Covenant on Civil*

*and Political Rights* and the *International Covenant on Economic, Cultural and Social Rights*. Collectively these two documents are known as the *Bill of Rights*.

While Australia has agreed to protect and promote the rights described in the Declaration (which includes the right to be free from discrimination on the basis of sex, race, religion, disability, age, sexuality and political association), Australia herself does not have a bill of rights enacted in law.

The United Nations *Convention on the Rights of the Child* (CRC) was declared in 1989, Australia becoming a signatory in 1991. 192 world governments are signatories to the CRC. The CRC is a set of legal rules, with 54 different 'articles' which focus on the rights of young people below the age of 18 years. Some of the rights specifically apply to the sexual and reproductive health rights of young people. These rights define what young people are free to do, as well as the supports and services they are entitled to in a civilised society. Australia does not have a bill of rights for young people, nor a bill of rights for sexual health specifically.

Major advances in the scope of sexual health rights were achieved at the 1994 International Conference on Population and Development in Cairo in 1994 and the 4th World Conference on Women in Beijing in 1995. Beijing was particularly significant as it marked the first international consensus on the principles of sexual rights. Very little has happened to strategically advance improvements in sexual health rights at a national level in Australia for all population groups, but young people particularly.

In 2011 the UK Department of Health released the *Quality criteria for young people friendly health services*, which is a charter of young people's rights to services and their right to receive quality services. This is available at <http://www.dh.gov.uk/publications>. It recognises that meeting



**Ms Kaisu Värttö**  
Chief Executive Officer  
SHine SA

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the needs of young people, including the sexual and reproductive health needs, must be a key component of national public health agendas. A growing number of countries in the World Health Organization's European region are drawing upon the experiences of non-governmental organisations, professional societies and young people themselves to build policies and programs that address the health needs of young people. In South Australia, SA Health released the much awaited *Primary Prevention Plan* in 2011 which identifies sexual and reproductive health as a priority issue on the public health agenda across the life span.

To add to the value of the *Primary Prevention Plan*, and the recently released *Charter for Health and Community Services Complaints*, SHine SA is advocating for a charter for young people's rights. In terms of sexual health rights, we see a charter would contain the following elements:

1. Children and young people have access to comprehensive, age and culturally appropriate respectful relationships and sexual health education programs, before they become sexually active. These programs are delivered by trained and trusted teachers who are supported and resourced.
2. Young people have access to a range of sexual health services where they live, including:
  - free or low cost chlamydia screening and treatment
  - accurate information about the full range of contraception, including reversible long-acting methods
  - free condoms, with information and guidance on correct use
  - free or low cost emergency contraception
  - free and confidential pregnancy testing and the opportunity to obtain accurate and unbiased information about pregnancy options and non-directive support
  - abortion referral to state-funded abortion services
  - antenatal care
  - sexual health counselling
3. Young people are offered appropriate information and advice to help them develop their ability to:
  - make safe, informed choices – this includes advice to help them develop the confidence and skills to delay early sex and resist peer pressure
  - access appropriate, easy-to-understand information on a range of sexual health issues, including contraception, STIs, relationships, sexuality and use of condoms
4. Staff working with young people are appropriately trained to ensure that they:
  - are skilled in talking to young people about sexual health issues, including delaying sexual activity
  - understand and respect the young person's need and right to confidential services
  - are knowledgeable about the full range of contraceptive options, the promotion of positive sexual health, and prevention of pregnancy and STIs
  - are clear about what they can and cannot do to help young people
  - are clear about who they are able to help
  - are able to recognise and respond to different sexual health needs such as those relating to gender, sexual orientation, ethnicity and age
  - are able to recognise and facilitate informed consent and work within the SA *Consent to Medical Treatment and Palliative Care Act 1995*
  - are able to support a young person to make a complaint about a service or a service provider without this impacting on future services
  - understand that complaints about services or service providers is an opportunity for organisational and professional reflection and review

This is a project worth working on with young people and other service providers in South Australia.

**Kaisu Vartto**  
Chief Executive Officer  
SHine SA



Jo, Bianca, Kaisu, Frances and Annie at the 40th Birthday celebrations

## Celebrating 40 years of service to the South Australian community

We have come a long way from our days as the Family Planning Association of South Australia, working as a small group of workers and volunteers out of a rented cottage in Unley in 1970.

Remembering those early years is often easier if we do it through popular music. Do you remember The Beatles singing *Let It Be*, The Carpenters *Close To You*, and the Australian band The Mixtures singing *In The Summertime*? Songs about love, peace and hope in a time of rapid social change – the Vietnam War, Women's Liberation and the introduction of the Oral Contraceptive Pill to Australia in 1961.

In 1998 we changed our name to SHine SA to reflect the changing role of the organisation following a major re-structure and re-orientation in 1994–95. We had recognised for a long time that the name Family Planning was no longer a good fit for an organisation that was providing a broad range of sexual and reproductive health services and building the capacity of the workforce and the community.

On Sunday 20 February we celebrated 40+ years of service to the community at the Governor Hindmarsh Hotel and then invited our friends, previous colleagues, the original pioneers of the organisation and current Council members to 'The Great Sex Debate'.

Danny, Susie, Robyn and Kathy - current and previous staff members at the 40th Birthday celebrations



# Youth participation and peer education



Youth Action Team members and SHine SA workers

## Let's hear it from the Y@s (and Y@ workers)



### From the Y@ workers ...

**2011 heralded a new look to the Y@ with a poster and flier being launched in December. 'Dare to tell it like it is?' – the new Y@ catchcry – boomed off posters, through the airwaves and ricocheted through social media.**

As always, the Y@ calendar filled up fast. Pride March, Youth Week, Sexual Health Awareness Week, Orientation Weeks at TAFEs and universities, Close the Gap Day, and International Day Against Homophobia were particularly busy times for our Youth Action Teams.

Resource production was also a focus with loads of ideas coming to fruition:

- A Pin the Contraception game using giant male and female toilet door symbols as a way to promote the many forms of contraception.
- An updated *What do ya reckon?* game. A true classic brought into the 21st century.
- Y@s also starred in and informed the new SHine SA promotional DVD for young people.

And there are a few new resources in the pipeline too:

- A condom pack that includes a range of sizes so guys can find out what fits them best, explaining that when it comes to condoms size really does matter.
- Pleasure resource to be finished off.
- Jealousy activity to be created.

Definitely as a Y@ you find yourself in some unusual situations – one day hosting condom demonstrations with bananas, the next using graceful arm movements to point out the winning bidders at a charity auction, and then getting miked up and squinting into the lights as you're interviewed in front of a camera. Its got it all!

This year we've been working with a range of other youth participation teams.

Y@s have been consulted on a range of projects aimed at young people:

- *Speak Out* was an interactive theatre piece, created by the Act Now Theatre for Social Change, that encouraged participants to challenge bullying – in this case driven by homophobia.
- *Expect Respect* was another piece created by the Act Now crew that explored issues of sexual violence and consent.

- *The Relationship Violence No Way!* team ran their brand new Cyber Citizenship workshop for us and have provided some peer education on the topic of relationship violence. As a follow on from that we invited Brian from Southern Primary Health to talk about his work with men that are attempting to stop their use of violence.

Numbers across the teams have been up and down over the last year but after an intensive recruitment campaign we're back to full strength. There have been a few chops and changes in the Y@ worker team too with Jo being the bedrock. A welcome back to Naomi and Craig – you can't keep us away!

To find out what Y@s are up to visit our website or check out our Facebook page!

**Jo, Naomi & Craig**

### From a Youth Action Team (Y@) member starting out ...

Starting as a brand new Y@ in the middle of 2010 I wasn't entirely sure what to expect from my new position. I knew of SHine and its purpose, but had no idea what to expect from a group of young strangers. Turns out, I really had nothing to worry about. In the course of my time as a Y@ I've been privileged to meet some wonderful people, as well as participate in plenty of activities and events, all of which would not have come into my life without my choice to become a Y@. Having consulted on and created a number of resources, participated in outreach events and experienced sessions with SHine staff, as well as other professionals, I have learnt so much in a short space of time.

One of the highlights of my time as a Y@ so far was participating in the Pride March through the city centre late last year. Amongst the energy, colour, excitement and emotion of the event I was again reminded of the passion and love underlying the GLBTIQS movement, despite their struggle for acceptance from some quarters. The opening night celebrations for the Feast Festival which followed were great fun, with plenty of dancing and wild costumes, as well as food and entertainment.

I have also had a chance to attend various stalls at a number of events, which gave me a chance to interact with some other people in the community and also see firsthand how SHine is perceived. Though there is often shame and fear surrounding many areas SHine deals with, it is refreshing to be a part of a team so dedicated to providing an open, accepting environment for these things to be discussed in.

In addition to all of this, it has been great to get a chance to bond with the rest of the Y@ team and indeed the SHine team on the whole, forming friendships and getting to know a variety of people with so much to offer. The Southern Y@s also became a tight-knit team through some social events, such as plenty of shared pizzas before meetings, amazing juices at the Hideout Cafe, our bittersweet farewell dinner to Bianca and the end of year trip op-shopping (where we came across somewhat disturbing pictures of crying, winged clowns in the clouds and impressive macramé owls). It is sad to see some new friends leave at this time, but also exciting to see an intake of fresh faces, who I am sure will get to enjoy the great experience of becoming a part of the Y@ team, just as I have.

**Lauren**

### How I learned about the Y@ ...

Y@ worker Jo visited a group I was attending at The Second Story about a year ago. I was interested in what she had to say about the Youth Action Team and I thought why not just give it a go. It was one of the best decisions I ever made.

**Highlight:** It's really hard to choose just one thing because my whole experience so far with SHine SA has been a highlight. It was an awesome privilege to be involved in creating the youth DVD, and the celebration with the cast and crew gave me a great sense of achievement (even though I did feel rather self-conscious about being on the DVD).

**Lowlight:** There have definitely been personal challenges as a Y@, but nothing that I would call a lowlight. It has been challenging to evaluate and adapt my own values and attitudes, but I see this as a positive learning experience. The other major challenge for me has been speaking in front of groups of people, but this is a skill that I would like to eventually improve on.

**Most bizarre experience:** The most bizarre/awkward experience for me would have to be sitting with a bunch of almost total strangers in the FRESH (Freedom to Explore Sexual Health) course and passing around model vaginas and penises, and demonstrating how to put a condom on a model penis.

**What I would say to other people who may be interested in becoming a Y@:** Just give it a go! It's an awesome opportunity to network and learn new skills while having lots of fun at the same time.

**Jasper**

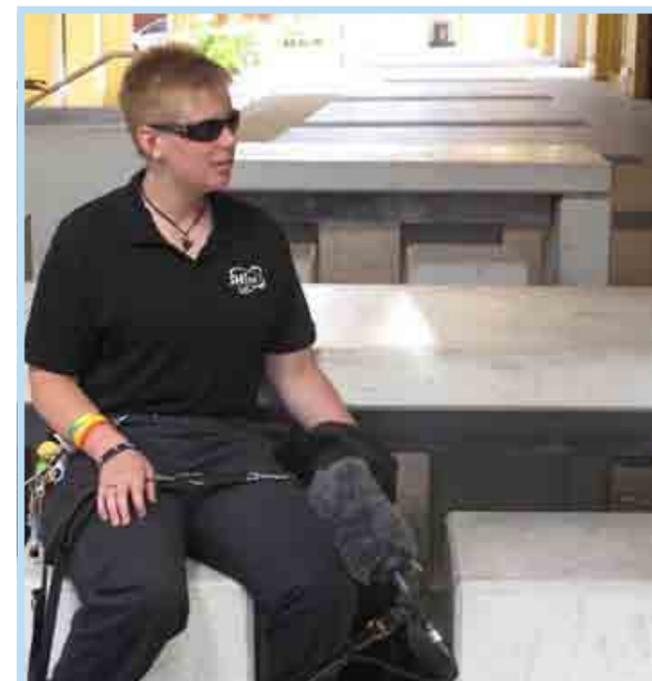
### From a Y@ finishing up ...

Being a Y@ has been a very big and important part of my life. I was already a young confident woman before becoming a Y@. In saying that, the more involvement I had with SHine, the more I became confident with myself and with the community. I will always remember the beautiful staff at SHine and thank them for all the knowledge they have passed on. Also the fantastic Y@ crews – I have met some really beautiful and amazing people who will be in my heart forever. Fantastic fun and crazy memories and experiences!

I remember all the fun and magical times as well as crazy wacky adventures I have had over the past years: like stomping on one of the sperm and egg piñatas when my foot got stuck in it; helping with the SHine services DVD; Schoolies; events like Party House; Pride Marches – yelling through a megaphone (not like I needed it but I loved it anyway).

I will see everyone around, but until then I wish all the new Y@s all the best in the future. Just be yourself, bring your own style. So SHine On Shiny Shiners and do your thang!

**Bianca**



Bianca at The Great Sex Debate, February 2011





## SHine SA Youth Services DVD



**Y@s and SHine SA staff have starred in a new DVD resource talking honestly and positively about sexual health and seeking support.**

With its accompanying lesson plan, the resource will support teachers and other workers to facilitate discussion around sexual health and to help clarify what to expect when you access SHine SA services.

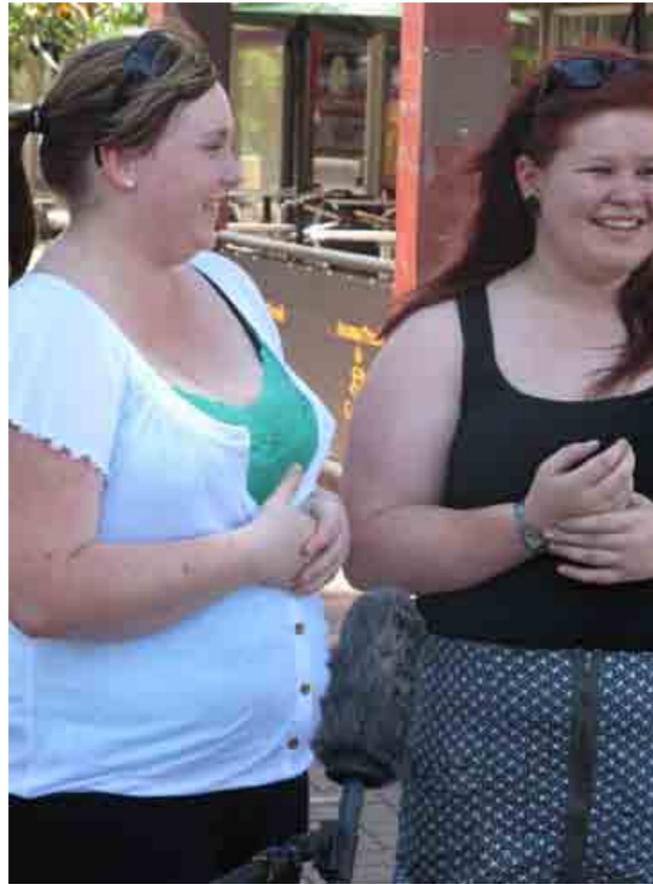
SHine SA is promoted as being a safe and welcoming place for all young people. However, it also reminds people that there are plenty of other great services that they can go to for the same supports.

SHine SA contracted the University of South Australia to develop the resource. They run an innovative program, linking their media students with community projects. The students did an amazing job capturing the energy and exuberance of Y@s and SHine SA staff.

This is a resource that will have many uses. Not only will it play a valuable role in our grassroots health promotion and our work in schools, it will also be a powerful way to communicate with government departments, funding bodies, SHine SA Council and other strategic partners.

This resource is best used as part of a comprehensive relationships and sexual health program, and is available from the SHine SA Library and Resource Centre.

Jo & Natalya



## Community education @ a glance

There were 25 558 participants in community development programs for 2010–11.

These programs included:

- Sexual Health Awareness Week
- Paralowie Wellbeing Hub Outreach
- International students

There were 29 registered participants in community groups who attended 21 sessions for 2010–11. These groups included Youth Action Teams and Safe & Free To Be Me.



## Safe & Free To Be Me

**The Safe & Free To Be Me DVD and manual are now available from SHine SA.**

The 12-month project produced this resource to support teachers and other staff working with young people to raise the issue of homophobia. It specifically challenges the use of homophobic language such as the commonly used phrase 'That's so gay!'.

The DVD was developed in consultation with a group of young people from schools in the northern suburbs of Adelaide. They worked with an experienced documentary maker to come up with ideas for two short films which highlight the issue of homophobia. The young people were involved in all aspects of the filmmaking. The DVD also includes their impressions about being involved in the process of making the films.

The launch of the DVD was held during the 2010 Feast Festival in November at the Northern Sound System. Over 100 people attended the event to hear the young people speak about their experience of creating this resource.



## Website statistics

There were 104 239 visitors who viewed 267 425 pages on our website from 1 July 2010 to 30 June 2011

**Summary of pages viewed:**

Services .....	28%
Contraception .....	25%
Workforce development .....	15%
Other/information .....	47%
Programs/Projects .....	12%

**Top 10 countries accessing the website:**

Australia .....	77%
United States .....	7.4%
United Kingdom .....	5%
India .....	1.25%
Canada .....	1%
Philippines .....	1%
Ireland .....	0.5%
New Zealand .....	0.5%
South Africa .....	0.5%
Not Known .....	0.5%

**CAN I TALK TO YOU ABOUT EMERGENCY CONTRACEPTION?**

WWW.SHINESA.ORG.AU  
SHine SA'S SEXUAL HEALTH LINE  
8AM-1PM MONDAY TO FRIDAY OR 1300 883 793  
TOLL FREE 1800 188 171

## Clinic locations

Doctors and nurses provide confidential sexual health services for both women and men. A fee of \$20 is payable each year. Concessions are available.

### Northern clinics

Telephone **8256 0700** for details on days/times and appointments.  
Davoren Park  
Salisbury Shopfront

### East/West clinics

Telephone **8300 5301** for details on days/times and appointments  
Woodville GP Plus Health Care Centre  
Gilles Plains Women's Health Clinic

### Southern clinics

Telephone **8186 8600** for details on days/times and appointments.  
Oaklands Park [Marion GP Plus]  
Noarlunga [Noarlunga Health Village]

### Youth clinics

**Salisbury Shopfront**  
Monday and Thursday pm  
Shop 4/ 72 John Street, Salisbury  
Appointment recommended: **8256 0700**

**Woodville**  
Tuesday and Friday pm  
64c Woodville Road, Woodville  
**8300 5301** or drop in



# Youth participation

# Sexual Health Awareness Week 2011

Since 2002, Sexual Health Awareness Week (SHAW) has been run between 14–21 February. The primary goal of the campaign is to encourage young adults to consider the social, cultural and behavioural factors that can influence their own sexual health and their relationships.

SHAW 2011 used the theme **Your Life. Your Contraception. Your Choice.** and acknowledged the dual celebrations of the 50th anniversary of the Contraceptive Pill in Australia and the 40th anniversary of SHine SA.

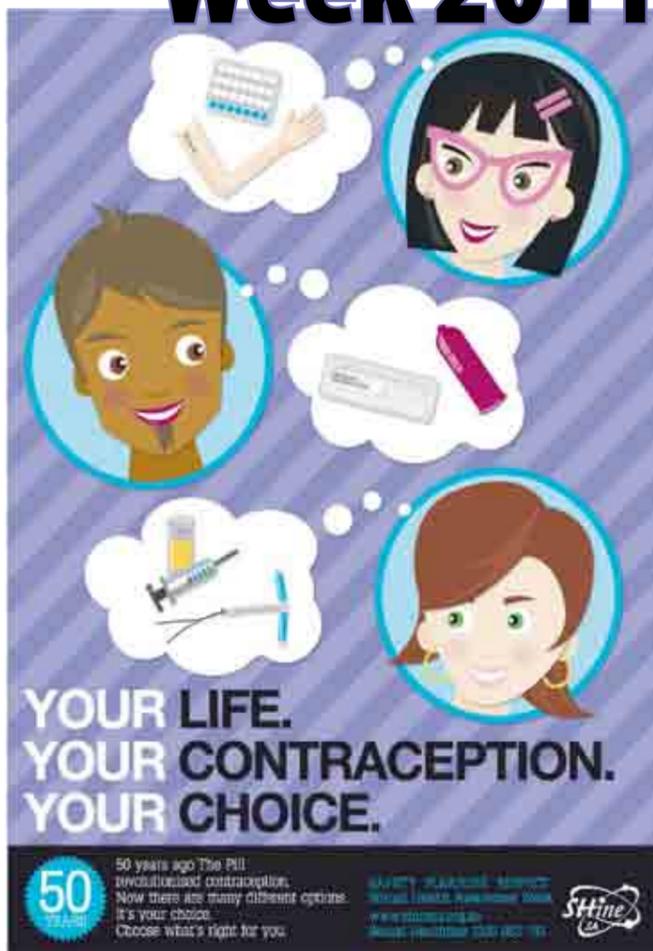
Its primary aim was for young adults to be informed of choices available independently of their GP.

As in previous years, the week was branded with the by-line **Safety + Pleasure + Respect.**

The focus of SHAW activities is on encouraging individuals, groups and communities to talk more honestly and openly about sexual health and wellbeing and about making healthy choices to take control of decisions affecting their sexual health and relationships.

Some of the highlights of SHAW 2011 were:

- 32 community agencies or groups successfully applied for a SHAW Grant. Events included a contraception dance party, soccer competition, poetry slam, aerosol art, café session and lots of cutting of celebratory cakes. Happy 50th Birthday to the Contraceptive Pill!
- 110 orders were received for SHAW resources which included posters, contraception wallet cards, magnets, calico bags and the famous condom packs.
- 200 posters were distributed in highly visible places throughout the Adelaide CBD by MAD Promo. They were spotted in Rundle Street, Hindley Street, universities and the Central Market.
- A selection of email signatures were designed.
- Paid promotion through Fringe Benefits, FRESH FM and Rip it Up magazine.
- Free promotion through Amanda Blair on 5AA, Good News Week on Channel 10, web-based via MoshTix, VenueTix, FringeTix, The Gov, several 'What's On in Adelaide' web pages and a selection of country media including WIN News and regional newspapers and radio.



- SHine SA had a significant presence in universities and TAFEs across South Australia, including a full page Sexual Healthline advertisement in the Uni Life diary.
- Two SHine SA forums were held for pharmacists in partnership with the Pharmaceutical Society of Australia.
- The Workforce Development & Resources Team again hosted a popular forum for workers from a range of disciplines.
- The Great Sex Debate featured international and local comedians and took place at The Gov on 20 February, with 180 people attending. Ticket sales and the charity auction raised \$4300. Proceeds will be used for the distribution of condoms to rural and remote South Australia in partnership with the Royal Flying Doctor Service.

What an amazing campaign! Thanks to all who supported, in particular our amazing grant recipients dotted across South Australia. Enjoy the photos...

Jo



## [ CHOICES IN CONTRACEPTION ]

There are many different types of contraception which work in a variety of ways to prevent pregnancy. These are some of the most popular types:

**YOUR LIFE YOUR CONTRACEPTION YOUR CHOICE**

**Youth friendly options**

**CONDOMS**

- > A thin piece of rubber which rolls onto an erect penis
- > It provides a barrier that prevents the transfer of sperm
- > Also very effective in reducing the risk of sexually transmitted infections.

**EMERGENCY CONTRACEPTION**

- > Hormone tablet taken after unprotected sex, sometimes called the 'morning after pill'
- > Most effective if taken in the first 24 hours, but may be taken up to 5 days after intercourse.
- > Available over the counter at pharmacies, from SHine SA and many hospital emergency departments.

**CONTRACEPTIVE IMPLANT**

- > A small plastic rod placed under the skin of the upper arm.
- > Releases constant small amounts of hormone into the body, preventing ovulation.
- > Lasts for 3 years.

**MORE INFO:**  
Talk to your doctor or SHine SA for more information about each type of contraception, their effectiveness, costs, and pros and cons.

It's your choice. Choose what's right for you.

Sexual Healthline: 1300 883 793  
www.shinesa.org.au

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# Youth participation

# Community education and development

## Disability education in the South



Requests for one-to-one disability education in the southern region have always come in a steady flow and this is an area that has remained as a focus of our work.

With the number of requests received increasing, pressure has increased for workers to meet this demand. While team members remain passionate about working in this field, we have asked how we can meet community needs more effectively.

This year we have focused more on working with parents, carers and workers to support their role in education around sexual health for many of the people requesting a service. Information can also be given to assist support workers or carers while the people in their care may be waiting for an appointment. Providing training and learning opportunities for these workers has been a powerful way to say that sexual health is 'everyone's business'.

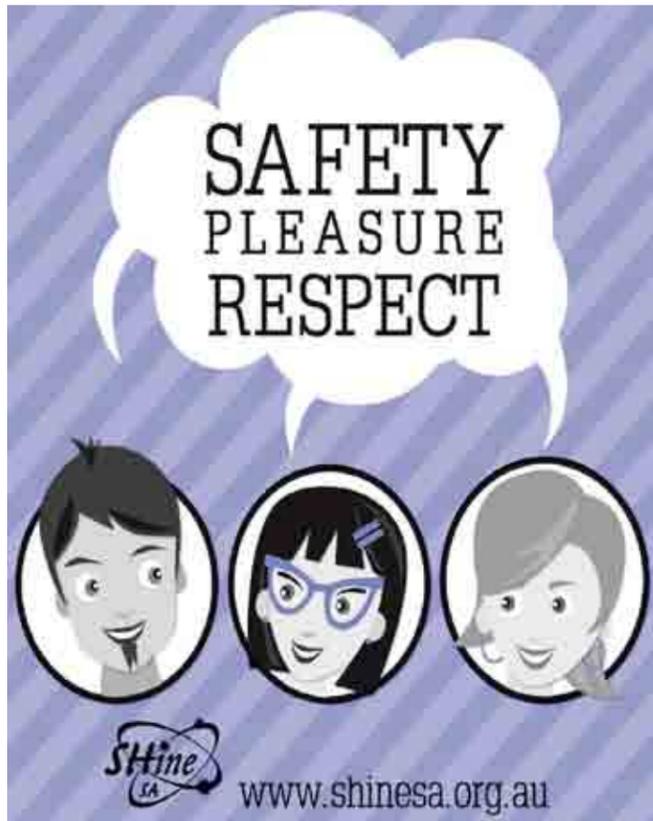
The Disability Expo 2010, held at Wayville, is an annual opportunity for us to meet with workers in the field and to put a face to SHine SA services. Since the Expo has changed location, it has become a hub for key workers in the disability field.

Southern Team workers offered a four-week program at the Marion Mental Health Outreach Service, known as Sunshine House, where we had a chance to meet and chat about a range of sexual health issues, safer relationships, pleasure with sex, contraception, and let the staff and clients know about our clinical services.

We travelled to Mount Barker to discuss our services and provide support to a parents support group. We also provided support to the fantastic teachers and workers at the Daws Road Centre, an amazing service that provides support for young people with disabilities who are preparing to enter the workplace.

I've also been involved this year in training sessions to support the use of our new resource, *Rules About Sex*, working with our Disability Education Coordinator, Ralph. This training also involved three days in Mount Gambier which was an amazing experience for me, to leave the comforts of home, travel to a beautiful region and meet such a positive group of workers.

Lyn



## Cavan Training Centre

Over the last 12 months Northern Team Community Health Worker Naomi has worked with numerous co-facilitators from a range of other health agencies to deliver a sexual health and relationships program to the young men residing in Cavan Training Centre.

The program allows the young men to positively explore and critique a range of topics around sexual health and relationships in a more intensive way.

Topics included:

- gender
- power
- sex and the law
- anatomy and reproduction
- relationships – healthy and unhealthy – what do they look like?
- being a man- what does he really look like?
- safer sex
- STIs
- human sexual response

Once again this ongoing program continues to provide a safe space for the young men to explore and have a number of conversations about their relationships and sexual health.

Naomi



## The Great Sex Debate

The verdict is in. Two teams of comedians have battled it out – is there a soundtrack to everyone's sex life?

The Affirmative Team (Gordon Southern, Dave Flanagan and Geraldine Quinn) enjoyed the early advantage, but the Negative Team (John Robins, Stephen Grant and Granny Flaps) battled back to argue the un-arguable. An impromptu applause vote confirmed – there is not a soundtrack to everyone's sex life.

A highly entertaining half-time auction was led by the irrepressible Charity Auctioneer A.J. Colman. Bidding wars were rife, the atmosphere electric.

Overseeing proceedings from his throne – a vision in tight black spandex – was moderator extraordinaire Hans. All singing, all dancing, leaving bright lipstick marks in his wake.

Proceeds raised will go to providing thousands of free condoms to remote and disadvantaged South Australian communities, with assistance from Ansell and the Royal Flying Doctor Service.

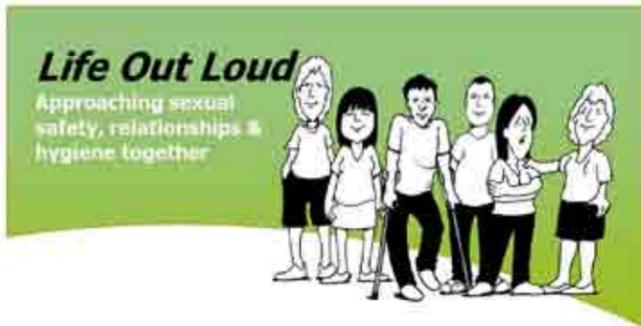
Jo



## Sexual Healthline statistics

In 2010–11, 1609 clients contacted the Sexual Healthline.

Mode of contact		Top 10 reasons	
Telephone	84%	Contraception issue	47%
Electronic (email)	15%	Sexual health	20%
Written/Fax	0.5%	STI	4%
Face-to-Face	0.5%	Herpes	3%
Type of clients		Pregnancy	3%
Male	11%	Safer Sex	2%
Female	86%	Abortion	2%
Professionals	7%	Abnormal vaginal bleeding	2%
		Chlamydia	1%
		Menstruation	1%



## Life Out Loud



**SHine SA has embarked on a new project exploring the feasibility of approaching our work with the disability sector differently in the future.**

The approach involves working closely with a single agency to improve sexual health knowledge and skills with short, medium and long-term outcomes for staff, parents and young people with disabilities. Our aim is to get everyone working in concert to support learning and skill development in young people, particularly those with cognitive impairment. The process and outcomes are being monitored by Flinders University's South Australian Community Health Research Unit (SACHRU).

The partner agency for this project in 2011 is Orana Inc. Orana runs supported accommodation services (one of which is driven strongly by parents), supported workplaces and a range of other client services. This provides SHine SA with a rich range of environments in which to work and engage with issues in the lives of young people with a disability.

The Life Out Loud project is funded by SHine SA with a number of its own staff and Orana staff contributing their time. The broad aspirational goal driving the project is:

**People with a disability in South Australia will learn, explore, advocate and communicate about their own relationships and sexual health needs in family, education, social, workplace and service environments which support their responsibilities and protect their rights regarding sexuality, consent, privacy, intimacy, reproduction, hygiene, safety and dignity.**

Dates have been set for staff training and parent meetings, and it is hoped that up to 20 young people will be involved. This will allow us to work with two groups of young people in a group setting with some one-to-one follow up on specific issues and learning needs. In 2012, SACHRU will be following up with post-engagement evaluation sessions with staff and parents, and SHine SA will develop a kit of resources for future work in this area of development and a final report and recommendations.

Ralph

## Sexual health education for international students

**SHine SA's health workers have targeted education programs and health expos specifically for international students in public tertiary institutions and private colleges in South Australia.**

We have been invited to continue a schedule of sexual health information and education sessions as institutions and colleges appreciate the value of these sessions as an integral part of student orientation.

We facilitated information programs and attended health expos at the following institutions: Le Cordon Bleu, Regency TAFE, UniSA and Eynesbury College. Students come from around the world to study in Adelaide and SHine SA provided them with information about its services and health issues (e.g. safer sex, relationship issues, sex and the law in South Australia).

Students appreciated the sessions being run in separate, gender based groups. It allowed them to feel more comfortable in discussing issues relating to sex. Students expressed their gratitude for the information provided. Many have limited understanding of how to navigate the health system, and these sessions enable them to access services and address sexual health issues while they study and work here.

Vincent & Jacqueline



## English Language Services and LM Training Centre

**Over the past year, SHine SA has been providing information and education sessions for newly arrived migrants, international students, refugees and asylum seekers at English Language Services and LM Training Centre.**

Culturally appropriate presentations, including separate male and female student sessions, covered a range of sexual health and relationships issues. Interpreters were also provided. Question time and discussions following the sessions often resulted in client referrals to SHine SA's clinical services or to other service providers.

Student feedback highlighted the importance of these information sessions in improving their health literacy and raising awareness of the benefits of regular sexual and reproductive health check-ups.

Vincent & Jacqueline

## East/West Team manager's report



### Health is an important measure of how we are doing as a society.

SHine SA aspires to enable the best possible relationships and sexual health for South Australians through our key areas of education, health promotion and early clinical intervention. It's a strategy of primary prevention underpinned by fundamental concepts of safety, pleasure and respect.

Sexual health can be challenging for people. It's a deeply personal topic, fraught with stigma and taboo, cross-cultural considerations, access and affordability issues. As agents of change the East/West Primary Health Care Team continually engages with communities, educators, government and non-government agencies in partnerships that improve understanding and overcome these challenges. Through recognising social determinants of health and inequities within population groups, the team prioritises communities that benefit most from our actions.

I would like to thank staff and Y@s for their high-quality work, and express my gratitude for the support and professionalism of my management team colleagues. Acknowledgment and thanks also to our collaborative partners, sharing vision, strategies and resources to improve health outcomes.

Rob

In addition to supporting the team, personal highlights of my involvement over the year included:

- increased access to sexual health information and clinical services for refugees
- clinical referral database of GPs, nurses and midwives providing sexual health services in SA
- increasing the number of GPs receiving IUD clinical training
- Sexual Health Awareness Week health promotion campaign
- updating brand identity on pamphlets and youth-related promotional materials
- online social networking introduced as a communication tool
- youth sexual health services DVD and facilitator's guide
- Youth Action Teams enabling improved engagement with young people

This Annual Report documents SHine SA's commitment to creating a healthier standard of living for South Australians – a state in which people control their own lives and achieve the basic right to high standards of sexual health.

### Informal client contacts

10 733 informal clients were provided services during 2010–11. The top ten reasons for the informal client contact were:

Sexual health	96%
Contraception	2%
Pregnancy	1%
Substance abuse	0.50%
Menopause	0.10%
Sexuality	0.10%
Termination of pregnancy	0.10%
Herpes	0.10%
Sexual relationship	0.10%
Sexually transmitted infections	0.10%



Images from SHAW 2011

## Northern Team manager's report



### It has been 12 months since I joined SHine SA's Northern Primary Health Care Team and it is a great privilege to work with such a committed, client and community focused group of people.

After 12 months of considerable changes in 2009–10 the past 12 months has been a year of consolidation and new initiatives.

Over the past year we have seen a number of staff changes. We farewelled Jude, Abby, Sue and Sarah-Jane. New staff who have joined the team are Bec (one of our two dynamic Regional Schools Coordinators), Eamon (who joins the nursing team and is the first male nurse employed in the organisation's history), Julie and Meagan (two nurses employed through the Nurse Mentoring Program) and Nicole (who has joined the clinic reception team). We have also had a number of casual staff working in the team in the past year including Nicki and Sandra. The team continues to have as its absolute focus the people we are here to provide services to – people living in the northern region of metropolitan Adelaide and in regional centres.

The Safe & Free To Be Me project, which was funded by the Attorney General's Department, concluded in this reporting period. There have been a number of outcomes from this 12-month project including the training of staff from local secondary schools and the development of a DVD and Teachers Manual for use in secondary schools. With the release of the latest *Writing Themselves In* report the evidence still shows that schools are the most dangerous place for young people who are same-sex attracted. A group of young people from local secondary schools came together to discuss this issue and develop two short stories for use as a training tool. The DVD was launched at the Northern Sound System as part of the FEAST Festival 2010. Listening to the young people involved in developing the DVD I was very struck by their level of maturity and their depth of understanding that homophobia is not OK and that it is everyone's business to address it. Through their involvement in the production of the DVD these sentiments will be taken into classrooms across all of South Australia as the DVD is used as a teaching tool.

The Nurse Mentoring Program in the organisation provided the opportunity to recruit a Level One nurse who had completed the sexual health nurses training but who had limited experience working in a sexual health setting. It was decided to locate this program in the Northern Team and we were very fortunate to recruit not one but two RN1

nurses. Meagan and Julie have come into the team with a great deal of enthusiasm and flexibility. While they are gaining the experience of working in a sexual health setting the team has gained their passion and commitment. Julie and Meagan took the lead on developing a small project for Pap Smear Awareness Week 2011. Women in the local community were invited to come into the service during a 4-week period at whatever time suited them for a free Pap smear. This was advertised through the local Messenger Press and through the distribution of flyers around businesses in the local community. Close to 60 women came in, many of whom were having a Pap smear for the first time. They greatly appreciated the flexibility of not needing to make an appointment even though there were times when they needed to wait for a nurse to be available.

The team continues to work in partnership with a range of local services and agencies across the region we are responsible for. This includes a number of secondary schools in the metropolitan region, the Riverland, the Lower & Mid-North and the Yorke Peninsula. The Regional Schools Coordinators also ran training for local primary school teachers to increase their knowledge and expertise in relation to sexual health and relationships. There are very close working relationships with Anglicare, The Second Story Youth

Health Service, Shopfront Youth Health & Information Service, City of Playford, City of Salisbury and SA Health agencies in the region.

Vince and Jacqueline (from the East/West team) have worked closely with agencies providing services to people from culturally and linguistically diverse communities. In the northern region Vince has attended orientation events to promote SHine SA services at local TAFEs and universities. The opportunity to work collaboratively to improve people's sexual health ensures far greater reach than we could provide if we worked in isolation. The Sexual Health Expansion Project, funded by SA Health, concluded at the end of June 2011 and negotiations are currently underway to fund outreach clinics to be provided across the region. The team has also been involved in a number of the organisation's training programs for workers.

The Northern Team will continue its focus on ensuring that we work and grow together as a team, demonstrating a commitment to the overall goal of improving the sexual health of South Australians living in the northern suburbs and regional areas of South Australia.

Desmond

## Southern Team manager's report



### This has been a busy year of ongoing change for SHine SA's Southern Primary Health Care Team.

After many years of running clinics at Flinders Medical Centre, we've ended that service and have instead moved our inner southern clinics into the long-awaited new Marion GP Plus Health Care Centre, which opened in May. This new site offers the opportunity to work very closely with Marion Youth Health Service, providing a space for drop-in clients as well as for booked appointments. Our Sexual Health Counsellor also sees clients two mornings a week in a beautiful new building where a range of health services collaborate, and we have increased opportunities to coordinate care for clients who need to access a range of services.

The planning for the Marion move was detailed and time consuming but the outcomes have been great! Which leads us into our next planned move of clinical services, at Noarlunga. Refurbishment is going on all around us in our longstanding clinic space at the Noarlunga Health Village, with noise, dust and the occasional stoppage of power and water. Stage One of the new GP Plus Super Clinic Noarlunga has seen the Aboriginal Family Clinic move (out of the shared clinic space with SHine SA) into their newly completed ATSI building. And we continue to work with architects to design the space of the new, big red building – as well as participate in a service planning group of agencies who will all be providing services in the new building. These changes at Noarlunga offer an opportunity to map and coordinate women's health services in the region as well as youth health services. All of our clinical staff (nurses, clinic receptionists and doctors), as well as clients, have been patient and forgiving as the dust falls and the noise of building continues. We expect to be offering services from the new Super Clinic from March 2012.

Staff changes this past year have seen us farewell Chris (Casual Clinic Receptionist) who moved to the west coast, as well as Marg (Medical Officer) who continues to support SHine SA in a casual capacity. Kelly (Community Health Worker), who has worked with SHine SA's Southern Team for more than 16 years, has moved to a new role with Cando4kids working with young people with visual impairment. We wish Kelly the best in her new adventure and know that she will take with her the skills and knowledge she has gained at SHine SA and the passion she has shown for young people.

Our team continues its partnerships with regional agencies in various projects and services – The Second Story, Noarlunga Primary Health Care, Marion Youth Health Service, Southern Women's Primary Health, the ATSI Team at Noarlunga,

the Onkaparinga Council, the Fleurieu Multicultural Network – as well as our role in the ongoing training of nurses, midwives, medical students and doctors in our clinics, including an increased frequency of IUD insertion training for GPs. We work with the local pharmacy to increase access to emergency contraception for our clients who drop in at our Christies Beach office.

We have had a very pleasing expansion of the *Focus Schools Program* in our region, since our staff capacity has increased, with nine new schools coming on board, including schools in the Murray Mallee, Limestone Coast and Kangaroo Island as well as metro. The Schools Coordinators have been exploring the use of new technologies to enable effective teacher training at a distance, including video link-ups.

Team members have been involved with DVD production (Youth Services DVD, Mismatched Desire DVD) as well as projects (Disability Services Development Project). A community-generated Peer Education youth project, called iPOP, is getting off the ground in the south-east of the state, aiming to improve access to sexual health services for young people and address violence and substance use. Drug & Alcohol Services SA and SA Police are involved, as are staff from Community Health Services. SHine SA has provided

training in sexual health issues to the youth peer educators and we are exploring linking this initiative to supporting an increase in training and resourcing in the region. Team travel to Mt Gambier this past year has included focus school training, disability training, and training and support for this peer ed project.

I've had roles this year working with partner agencies and SA Health to progress strategic work to improve statewide access to free or affordable emergency contraception, as well as exploring strategies for addressing HIV transmission in culturally and linguistically diverse communities in SA. Advocacy work has included involvement in presenting to SA's Social Development Committee Same Sex Parenting Inquiry, as well as coordinating a workshop for health workers with Tiwi Island Sistagirls.

We've enjoyed an active and vibrant Youth Action Team, who have participated in many events including the Feast Pride March, the Southern Feast Fete, SHAW, White Ribbon Campaign, IDAHO, various stalls and the production of the Youth Services DVD.

As a team we continue to be motivated and inspired to develop and offer the most effective information, training and services for improving the sexual health of the southern community and region.

Anne

# Work with schools



## Focus Schools Program



**The Focus Schools Program contains the key elements of professional development, resources, curriculum, and personnel support to assist school communities to develop a comprehensive, whole of school approach in the area of Relationships and Sexual Health (R&SH) education.**

The program continues to grow in terms of the number of member schools and the regard in which it is held within this state, and nationally. Staffing has remained fairly consistent with only one change of personnel during the year. This has allowed the Schools Coordinators to develop and consolidate their relationships with their designated schools with positive outcomes.

### New schools

We have welcomed **17** new schools to the program, bringing the total to **95!** These are all Department of Education & Children's Services (DECS) schools with a secondary component and have received Principal and Governing Council endorsement to be involved in the program. Throughout this year we have focused our efforts within the Limestone Coast Region, resulting in Keith Area, Bordertown High and Mount Gambier High schools becoming *focus schools*.

Kangaroo Island Community Education, which encompasses three campuses at Kingscote, Penneshaw and Parndana; Banksia Park International High; Elliston Area; Gladstone High; Seaton High; Karoonda Area; and Mintabie Area schools are also now involved.

Bowden Brompton Community School (BBCS) provides enrolment opportunities for students who have experienced difficulties remaining engaged within mainstream schooling. These students often have complex personal issues. All three BBCS sites (Christies Beach, Torrens Road and Little Para) are now part of the program. The addition of BBCS to the program has presented an opportunity to work collaboratively with

staff to adapt our curriculum and develop new resources to meet the needs of these students. As these sites are located within each of our Primary Health Care regions this will allow for additional support from our health care workers.

Gordon Education Centre in the south-east and the Mid North Education Centre located in Port Pirie are both schools that support students with special needs. We are working in partnership with these schools to further develop our curriculum and resource materials in the area of special education. We are hopeful that this will benefit all schools in the future.

Additionally there are a number of other interested schools that are in various stages of negotiations. We look forward to breaking the century barrier later in 2011!

### Professional development

Opportunities for professional development to *focus schools* staff are provided free and include the initial 15-hour training as well as yearly updates for staff that have previously attended the full training. These trainings work towards building the confidence and capacity of teachers to deliver comprehensive R&SH curriculum to students in their

care. This year we have facilitated 21, 15-hour courses with 309 teachers attending. A number of these workshops are also offered to staff from non-*focus schools*, including Independent and Catholic schools, and other community workers who may have a supporting role within the school. Before the training **53%** of participants indicated that they were **confident** or **very confident** to teach relationships and sexual health. This increased to **97%** after they had completed the training!

Faculty update sessions, ranging in duration from 1½ to 2 hours, allow for personal reflection, group discussions and information to be shared relating to new activities and resources. This year 474 teachers have been involved and they have welcomed the up-to-date information and opportunity to focus on R&SH issues. Other professional development opportunities involving a total of 99 participants have also been offered, such as the Teachers Network meetings addressing various issues (e.g. contraception, being inclusive) and dedicated courses for primary staff and teachers of students with special needs. The number of teachers who have participated in this range of



professional development opportunities has significantly increased from previous years.

### Curricula and resources

The 2010 curriculum and associated resources, such as teacher year level books, the secure site and activity packs, were reviewed and revised to reflect teacher feedback and to respond to emerging issues. As this review coincided with the production of *Teach it like it is 2*, we were able to adopt a number of new activities. The curriculum now gives students the opportunity to explore issues such as sexting and cyberbullying, what the advantages and disadvantages of using technology are and how these impact on their lives. A number of existing activities have had new scenarios added to further explore these issues. Additionally, there are new activities addressing critical health literacy, what is abuse and negotiating consent. These changes have been well received by schools.

At the start of 2011 each *focus school* was presented with a 'Noticeboard'. This is a large plastic coated poster to be displayed in the general staffroom and acknowledges that the school is a *focus school* in relationships and sexual health education. It details information concerning who in the school is the key

contact, where the teaching resources are located, how the curriculum is delivered, login details for the secure site, professional development opportunities and how to contact their school's SHine SA Schools Coordinator. Schools are incredibly busy places with many staff often only aware of what is happening within their faculty areas. This Noticeboard is not only instrumental in displaying information but it also provides a focus on R&SH issues to further promote a whole school awareness.

In a further attempt to inform the whole school community of R&SH issues we have written one article each term for schools to include in their own bulletin or newsletter that goes home to caregivers.

### Support for schools with Aboriginal students

The Close the Gap and *Focus Schools* teams are working closely to offer support for schools that have a high enrolment of Aboriginal students. We are able to offer activities that may be more culturally appropriate in addition to the existing Year 8–10 curriculum for teachers to use as they see fit for their students.

### Culturally and linguistically diverse (CALD) students

A workshop was organised, with the assistance of SHine SA Community Health Worker Jacqueline Riviere, for the *Focus Schools* team to consider the issues for schools delivering a comprehensive R&SH program where a number of their students are from CALD backgrounds. We invited support staff from DECS, teachers, a multicultural community health worker and a parent to share their experiences. As a result of this day we facilitated three information workshops – one for the seven DECS Community Liaison Officers who provide a link between communities



and schools, and then two sessions to the Bilingual School Service Officers who work within schools directly supporting CALD students (approximately 100 attended). These sessions reinforced the need for schools to provide detailed information to parents and to be aware that offering single-sex groupings may be desirable where practically possible.

### Same-sex attracted students

The findings of the third national study (*Writing Themselves in 3*) on the health and wellbeing of same-sex attracted and gender questioning (SSAGQ) young people has further strengthened our resolve to promote the need for schools to provide safe environments for all students, particularly addressing the needs of SSAGQ students. Throughout the curriculum and in training we reinforce the use of inclusive language and examples to ensure the lessons are meaningful and reach all students, and an article was given to schools with information on IDAHO (International Day Against Homophobia) to use within their newsletters. *Focus Schools* team members also attended the Safe Schools Coalition conference in Victoria, providing many ideas for us to explore here in South Australia in the coming year.

### Technology

Many schools use Interactive Whiteboards within lessons. We are developing a number of our existing activities to be used with this technology aiming to engage learners and to keep abreast of technological advancements in education.

We are also offering to meet online with teachers, particularly those in rural and

remote areas, via video conferencing suites or through the use of Centra. To be able to meet with a number of teachers from different sites at the same time has huge benefits including time and financial savings. We will explore conducting update sessions using this technology in the coming year.

### International presentations

This year we presented at two international conferences: The Positive Sexual Health, Family Planning Conference in Wellington, New Zealand and the 4th Asian Conference on Sexuality Education hosted by Hong Kong Family Planning. Both conference presentations generated great interest with many questions and follow-up conversations ensuing. Attendance at these international conferences broadened our understanding of the state of play for many countries in respect to R&SH education, and reinforced our approach as best practice.

### Focus newsletter

The third edition of the *Focus* newsletter was produced and distributed to all DECS, Independent and Catholic schools with a secondary component. This edition highlighted the achievements of the schools involved in the *Focus Schools Program*, the findings of *Writing Themselves in 3*, feedback from teachers and students, professional development opportunities and details of new resources, information and ideas to assist schools. The newsletter is also available on our website along with further information about relationships and sexual health education, the *Focus Schools Program* and other resources for young people, parents and teachers.

Helena



# Relationships and sexual health education for young people with a disability



**SHine SA receives many calls from schools seeking information to help them with students with disabilities, often as a reaction to inappropriate behaviour.**

Issues raised include students masturbating in class, touching themselves and/or others. Many teachers working with students with special needs feel inadequately trained and resourced to deal with the tricky problems.

This year the *Focus Schools Program* has invited a special school from each of the regions to come on board and to work in partnership with the *Focus Schools* team. To date, Gordon Education Centre in Mount Gambier and the Mid North Education Centre in Port Pirie have accepted. The schools receive similar support to the focus schools with training, resources and a dedicated Schools Coordinator. In return, staff will provide feedback on the *Making Choices* resource currently in draft. This is a curriculum resource to assist special schools to teach relationships and sexual health with suggested exercises for each topic. We anticipate this resource will be of interest to many schools who have students with special needs.

Also, in the past year, the Schools Coordinators have worked closely with the special education units at Salisbury High School, Roma Mitchell College and Kadina Memorial High School. As a means to support the school, the staff were offered teacher training and/or parent education workshops to develop strategies and/or insight into managing children with disabilities who are displaying sexual behaviours.

The *Focus Schools* team offered the 'Sexual health and young people with a disability' workshop to all teachers and school support staff who work with students with special needs.

The first section of the workshop looked at the rationale behind teaching relationships and sexual health to young people with disabilities and the common myths they face, such as that avoiding sexuality education will protect people with disabilities from exploitation or abuse.

The course provided up-to-date sexual health information and the opportunity to view a range of resources with the practical demonstration of many classroom activities. Participants then looked at a curriculum framework and topics, which included:

- Public and private spaces – learning what is appropriate and inappropriate sexual and non-sexual behaviour in each setting.
- Protective behaviours – understanding the parts of the body that are private and public; learning personal boundaries and saying NO to unwanted touch; identifying feelings associated with unwanted touch; assertiveness; and developing a network of people to ask for help if needed.
- Puberty issues – physical and emotional developmental changes, menstrual management, masturbation and hygiene issues.
- Relationships – developing social skills, understanding the different types of relationships and appropriate and inappropriate touch.
- Sexual safety – safe behaviours, contraception.

The course also helped teachers to work collaboratively with parents to meet the challenges they face and to ensure young people receive messages that are consistent at home and at school.

There isn't a 'standard' model of sex education that suits children with disabilities. The teachers and support workers know the young people in their care and so are the best people to tailor the education to suit their needs.

Mel

## Drop-in pregnancy testing

A drop-in pregnancy testing service is available from all Primary Health Care Team bases.

There is a cost involved which can be reduced or waived if necessary.

North .....	8256 0700
South .....	8186 8600
East/West .....	8300 5300

**YOUR LIFE. YOUR STYLE. YOUR JOB. YOUR PHONE. YOUR STUDY. YOUR FUTURE. YOUR MUSIC. YOUR VALUES. YOUR PARTNER. YOUR FRIENDS. YOUR FUN. YOUR CONTRACEPTION. YOUR CHOICE.**

**SHine SA**  
www.shinesa.org.au  
1300 883 793

## Resource Centre

A selection of DVDs and teaching resources is available for loan by organisations and individuals who have a paid subscription. Catalogues of video holdings and teaching resources describe each available item and the suggested target audience. Material is available on topics including:

Aboriginal health, reproduction, gay, lesbian, bisexual and transgender issues, contraception, foetal development, birth, infertility, relationships, sexually transmitted infections, sexual concerns, adolescent health, disability and sexuality, men's health, multicultural issues, safer sex, women's health.

To search the online resource catalogue go to [www.shinesa.org.au](http://www.shinesa.org.au)

# Advocacy

## IDAHO 2011: Northern Rainbow Café event



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### IDAHO (International Day Against Homophobia) celebrates the day that the World Health Organization officially removed homosexuality from its list of mental disorders.

For the second year running the NAAHS (Northern Alliance Against Homophobia in Schools) ran its successful Northern Rainbow Café event. The event is run to highlight community awareness about homophobia and its impacts on the community. This event is a joint effort supported by workers from Shopfront Youth Health & Information Service, The Second Story (TSS) Youth Health Service North and SHine SA. Twelve 25 (Salisbury Youth Enterprise Centre) again kindly donated their fantastic venue to hold the event.



www.shinesa.org.au

The focus of IDAHO this year was 'Love'. Once again the community were invited to come along and share in the very popular rainbow cupcakes, fruit and pizza. The crowds were entertained by local young musicians and workers. Activities for participation included making posters for the *This is Oz* campaign and photos for the IDAHO SA website.

Over 100 community members supported the event including Shopfront, TSS and SHine SA peer educators, as well as South Australia Police Gay and Lesbian Liaison Officers, staff from various youth agencies and local young people. Of great significance was the Salisbury Council raising the Rainbow flag, a well recognised symbol for the Gay, Lesbian, Bisexual and Transgender communities across the world.



Naomi

## Keeping the community informed

Throughout 2010–11 SHine SA has continued to produce quality sexual health information for the South Australian community. The information is regularly reviewed and updated by SHine SA staff and consultants. Pamphlets and other resources are available on the website, or can be ordered from SHine SA.

The resources most commonly ordered this year were:

• Choices in Contraception fold-out card .....	13 400
• Tell it like it is .....	6821
• Emergency contraception confidentiality wallet card .....	6272
• SHine SA clinics .....	5582
• Choices in contraception .....	5181
• Sexual health services .....	4501
• Girls sex stuff .....	4003
• Boys sex stuff .....	3953
• Sexually transmitted infections .....	3863
• Emergency contraception .....	2018

The total number of resources distributed in 2010–11 was 137 615.

# Close the Gap



## Close the Gap on Aboriginal sexual health inequalities – Yarning On

**Eighteen months ago saw the commencement of the Close the Gap – Aboriginal Sexual Health Program, initiated by SHine SA and funded for four years through the National Indigenous Partnerships (Indigenous Early Childhood Development and Close the Gap on Indigenous Sexual and Reproductive Health).**

The program is developing 'Sexual Health Education Programs Targeting Aboriginal Young People' which aim to improve the sexual and reproductive health, wellbeing and safety of young Aboriginal South Australians.

Employing nine full time staff, five of whom are Aboriginal, the program, renamed **Yarning On** (youth and relationships, nurturing Indigenous growth onwards), has not only developed great partnerships with the 17 identified communities and many agencies but is well on its way to delivering the two programs which will contribute to the health and wellbeing of Aboriginal young people and their communities. There has been only one staff replacement during this time and we welcome Aaron Ken into the position of Regional Coordinator – Investing in Aboriginal Youth.

The two programs being delivered use a community capacity building approach to ensure skills, knowledge and resources remain in the community after the life of the program. The programs are the **Aboriginal Focus Schools Program** and **Investing in Aboriginal Youth Program**.

The Investing in Aboriginal Youth Program trains workers and key community members to use peer education as a method to engage young people 12–24 years who are outside the school system. It provides:

- four days training on peer education, relationships and sexual health topics
- a step-by-step handbook for workers on peer education
- resources to support the program
- support for trained workers to implement a locally based peer education program
- free access to the SHine SA Library & Resource Centre

Peer education recognises that young people are our greatest resource. They have experience relevant for their age and can reach other young people who adults often can't. Through training and support, young people can not only be great educators but they can learn lifelong

skills, and sometimes they may choose to become the community workers/educators/leaders of the future through this opportunity and experience.

The **Aboriginal Focus Schools Program**, based on the best practice Focus Schools Program, builds the capacity of teachers and Anangu Education Workers to deliver respectful relationships and sexual health education to students in Years 5–10. This program ensures Anangu and Aboriginal students have the same opportunity to access comprehensive relationships and sexual health education as students do in other metropolitan and rural schools.

The program provides:

- curriculum which is age appropriate and culturally relevant
- resources to support the curriculum
- 15 hours training for teachers, Anangu Education Workers and

*Continued on page 23*

*Continued from page 22*

- Aboriginal Community Education Officers
- support for school staff to implement the curriculum
- support for staff to provide parent/family information sessions or programs
- free access to the SHine SA Library & Resource Centre and items sent free of charge or through the DECS courier

One of the major strengths of both programs is the community consultation process to ensure that the program and lesson content, activities and resources are culturally and age appropriate. The implementation of the schools program has been supported by the Pitjantjatjara Yankunytjatjara Education Committee, which has policy and operational control of education on the APY Lands.

Partnerships are crucial to the success of this program. A State Reference Committee with wide representation from the community and a range of agencies contributes to the development, implementation and evaluation of the program by sharing of experience, knowledge and ideas and by actively promoting and supporting the program. A Memorandum of Collaboration exists between the Department of Education and Children's Services and SHine SA. This partnership has been instrumental in providing sound curriculum advice and pathways to learning opportunities for staff and schools.

There are other vital working relationships including community councils in the targeted communities, local workers, community Elders and key government and non-government agencies. These include: Nganampa Health Council; Aboriginal Health Council of SA; Relationships Australia SA; Families SA; Child & Adolescent Mental Health Services; South Australian Community Health Research Unit (SACHRU).

At the end of 18 months the program has developed:

- an action plan for the life of the program
- a communication strategy
- a program logic
- an Aboriginal Health Literacy review
- an Aboriginal Focus Schools curriculum and lesson resource
- an Investing in Aboriginal Youth handbook
- training programs for both programs
- in draft – a series of 8 starter stories to support the curriculum

Four schools have received Aboriginal Focus Schools training, and four communities have completed four days of Investing in Aboriginal Youth training.

A significant highlight is the training at a regional level for Aboriginal Community Education Workers in the Mid North region through the DECS Port Augusta Regional Office. The group has requested additional training so they can engage parent groups around relationships and sexual health topics which will support the delivery of curriculum in schools. Due to the work in this region, SHine SA has been recognised as 'demonstrating effective practice to improve engagement and outcomes for Indigenous students' by the Stronger Smarter Institute.

Where a school has a significant number of Aboriginal students, we offer a combined 'mainstream' Focus Schools and Aboriginal Focus Schools training and support to develop appropriate lesson plans. This is occurring initially in Port Lincoln High School and Meningie Area School.

An unintentional outcome has been the engagement of the South Australian Aboriginal Sports Training Academy, where later in 2011, 20–25 school staff will undertake training to incorporate relationships and sexual health into their program.

2011–12 is looking to be a busy year for the roll out and implementation of these programs across rural and remote SA.

For further information contact the Program Manager, Sue Arwen on (08) 8300 5343 or [susan.arwen@health.sa.gov.au](mailto:susan.arwen@health.sa.gov.au)

**yarning** 

youth and relationships, nurturing Indigenous growth onwards



## Wiltja residence program

**The Wiltja residence is a co-ed boarding facility with separate accommodation for male and female residents.**

The accommodation is further split into junior and senior sections, not by age but by maturity. During school terms, students from the Anangu communities in the Tri State Area across Western Australia, Northern Territory and South Australia live in the residence in order to access schooling at either Woodville or Windsor Gardens High Schools.

The Wiltja residence is administered by a manager, assistant manager and staffed by youth workers who have extensive experience in supervising and caring for Aboriginal young people who are away from their communities.

In partnership with Wiltja workers, SHine SA Yarning On workers are delivering respectful relationships and sexual health education sessions after school to the residents.

The program, developed in consultation with Wiltja staff, is delivered in a culturally appropriate manner and tailored to the maturity level of the students. Through the Aboriginal Focus Schools Program, comprehensive respectful relationships and sexual health education will soon be taught in the schools in the Anangu Pitjantjatjara Yankunytjatjara (APY) Lands in Years 5–10. The Wiltja program will introduce, build upon or reinforce for residents the information and key messages of the Focus Schools program.

The program is run on a Tuesday evening during weeks 2–8 of the school term with each junior/senior section receiving a session fortnightly. Topics covered include:

- Respect, health and life
- Puberty
- Feelings and emotions
- Relationships
- Gender / stereotypes
- Safer sex / contraception / sexually transmitted infections
- Negotiation and decision making
- Places to go for help and support
- Keeping safe

Here are a few quotes from the young people and workers about the program:

- *Really interesting and we are learning lots.*
- *This helps me and I can tell my friends about it as well.*
- *The youth are definitely taking this on board and we can see changes in behaviours around the sessions you've done with them.*

# Aboriginal Focus Schools Program

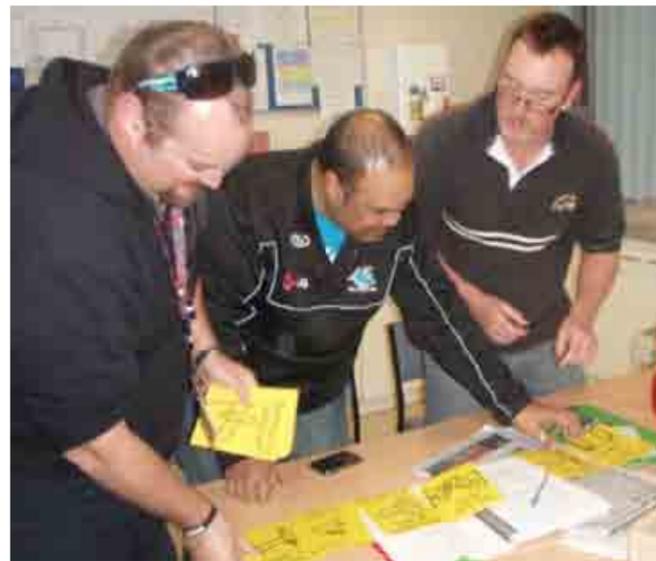
**The Aboriginal Focus Schools Program, which is part of the Yarning On initiative, is 18 months into its development and implementation.**

Based on the best practice *Focus Schools Program*, the comprehensive relationships and sexual health training, curriculum and resources have been adapted, and at times totally rewritten, to meet the needs of Aboriginal students and communities.

During the first six months of the program, workers travelled to 14 rural and remote Aboriginal communities to build a relationship with the schools and communities. The relationships formed aided the consultation process and development of both the curriculum and training resources. The Yarning On team ensured all communities were consulted and had the opportunity to share their views around the issues facing young people in their community. This consultation was crucial to ensure communities can relate to and have ownership of the program. Their input also ensured the resources are age and culturally appropriate.

Before schools formally 'sign up' to be an Aboriginal Focus School, the Yarning On team ensures the community is informed and supportive of the program being implemented. This has been done in a variety of ways through school staff and parent presentations, school governing council approval, community council approval, home visits and general parent and community conversations often around a BBQ, sharing information.

Schools on the Anangu, Pitjantjatjara & Yankunytjatjara (APY) Lands are governed by the Pitjantjatjara Yankunytjatjara Education Committee (PYEC). The PYEC has approved the implementation of the schools program into the 9 APY Lands schools. Consultations are occurring with the school community and the Department of Education & Children's Services (DECS) Aboriginal Education Services on how the training and implementation will occur over the next six months.



The following schools have received up to 15 hours comprehensive relationships and sexual health education training: Marree Aboriginal School, Oodnadatta Aboriginal School, Koonibba Aboriginal School, Carlton R-9 School and Meningie Area School. These schools receive ongoing support from a Focus Schools Coordinator which maintains the relationships formed and supports further development of resources, curriculum and ongoing staff development. Anangu Education Workers (AEWs) are an essential part of program delivery in schools which have these staff positions. AEWs, who are often from that community, know the students, their families and community and play a huge role in ensuring the program is community and culturally appropriate. Aboriginal Community Education Officers (ACEOs) often work with parents and the community and are a vital link between the school and community. AEWs and ACEOs are included in the Focus Schools training or separate training is provided to ensure the needs of the participants can be met.



School staff, teacher, parent and student evaluations and feedback are an important component of the program development which is built into the program materials. Feedback is eagerly awaited so that any adjustments can be made to the program and resources.

The Focus Schools best practice principle is a whole school approach so partnerships with other agencies and organisations also working within communities are an asset to the program. In many communities, partnerships facilitated through the program have linked in health and education, so that both parties can support one another and ensure

the young people are getting consistent messages around respectful relationships, health and wellbeing.

Some comments from training:

- *Great activities to promote safety.*
- *The program was useful as it considered the context of our students in a small Aboriginal community.*
- *A difficult subject but with the resources it's less embarrassing for both student and teacher.*
- *Great techniques that encourage involvement and discussions.*
- *Really useful and hands on.*

Robyn & Anna

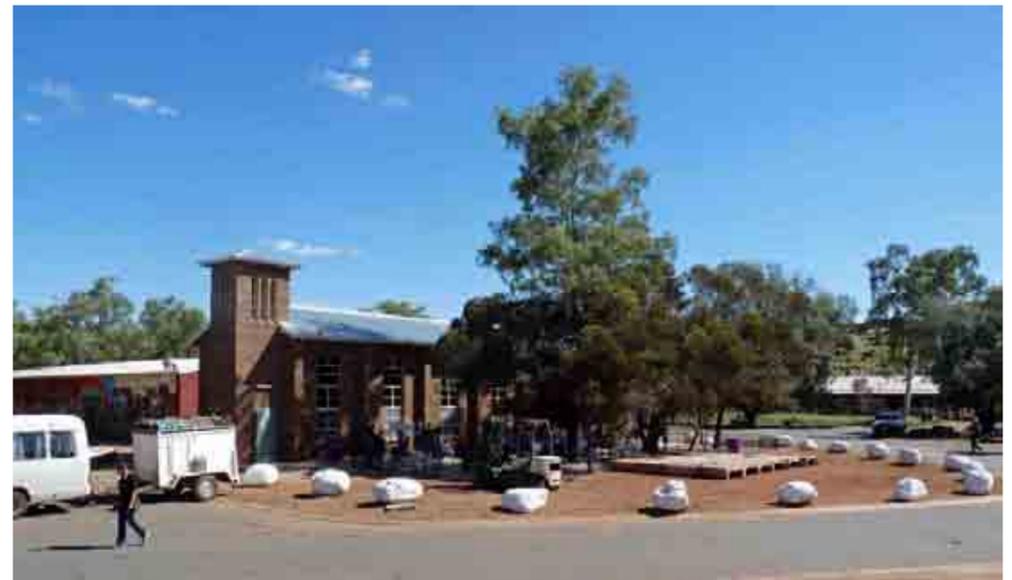


# APY Lands trip

**During June, two team members visited eight of the Anangu, Pitjantjatjara & Yankunytjatjara (APY) Lands schools to inform the community, governing council and staff about the Yarning On Focus Schools Program.**

Permission had been granted by the Pitjantjatjara Yankunytjatjara Education Committee for the program to be delivered in the APY Lands schools. Staff from Anangu Education Services accompanied the team to each community to support and translate. Their help was invaluable and very much appreciated.

Indulkana, Fregon, Ernabella and Mimili were visited over the first week of the trip. Community members and school workers are aware of the issues facing their young people and are keen to participate.



Barbecues and morning or afternoon teas were held.

The second week involved the team's first travel to the western side of the APY Lands to visit Amata, Murputja, Pipalyatjara and Watarru. The outcomes again were very positive. The catering was somewhat depleted when a dingo at Murputja jumped into the back of the Landcruiser and stole not one, but two, boiled fruitcakes! That was Pipalyatjara and Watarru's loss!

Discussions will now occur on how the training for Anangu Education Workers and teachers will occur so that the Focus Schools Program can be implemented. Once each school has undertaken the 2-day training program, the Yarning On team will visit each term to provide ongoing support.

Support with accommodation from the Child & Adolescent Mental Health Services, Department for Families & Communities, Drug & Alcohol Services

SA, Murputja school and community members made travelling for two weeks very manageable. Links with Marla Travellers Rest helped with barbecue meat being refrigerated and frozen.

It was very gratifying to see the commitment and dedication of workers. The team is keen to work with each community and develop ongoing, productive, supportive relationships.

Robyn



## Sexual Healthline

# 1300 883 793

9 am to 1 pm Monday - Friday

email [sexualhealthhotline@health.sa.gov.au](mailto:sexualhealthhotline@health.sa.gov.au)

country callers 1800 188 171

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

# Close the Gap



## Staff profile: Bianca

**In September 2010, Bianca Mark commenced an administrative traineeship with the Close the Gap team.**

Bianca is a proud Ngarrindjeri woman who came to SHine SA with a background working in a peer education/volunteer capacity with various health promotion initiatives.

In March 2011, she was selected to go to Melbourne to attend the *SNAKE Forum: Young Aboriginal and Torres Strait Islander Women's Sexual and Reproductive Health and Rights*, hosted by Marie Stopes Australia. This provided her with a unique opportunity to learn more about sexual health and rights issues affecting young Aboriginal women Australia wide.

It is Bianca's ambition to work in the health sector, with a particular emphasis on improving the health and wellbeing of Aboriginal young people.



## ACEO training

I have had the opportunity to participate in the Sexual Health workshops held in Port Augusta as a training and development session for Aboriginal Community Education Officers. The information presented made all our ACEOs feel quite confident and has empowered them to present back in their sites, which in turn engages our students in a positive manner. I know that we looked at exploring the issues around respectful relationships, health and wellbeing for young Aboriginal people, and it gave us some strategies on responding to student needs plus our own needs. Can I also say that both presenters were fabulous and by this I mean they made us feel at ease and relaxed enough for us to ask the questions that can sometimes cause embarrassment.

I would recommend this training to everyone because of the positive manner in which the presenters made us feel great. Absolutely brilliant.

**Glennis Warrior**  
Aboriginal Community Education Manager  
Far North & Aboriginal Lands Regional Office

## Investing in Aboriginal Youth

**The Yarning On Investing in Aboriginal Youth Program aims to build the capacity of workers and communities, predominantly rural and remote, to work with young Aboriginal people aged 12–24 who are out of the school system.**

It does this by providing training to workers to use a peer education model to engage young people and then by supporting workers to develop and deliver a small, grant funded, locally based community project which will contribute to improving the respectful relationships, sexual health and wellbeing of the young people.

In the project's first year, time was spent building relationships and partnerships with each community, which is a critical element in the success of the Investing in Aboriginal Youth community-based program being taken on by each community.

The community-based, four-day training (two days on peer education and two days on relationships, sexual health and wellbeing) has been completed at Point Pearce, Port Augusta, Copley and Nepabunna. Further training is scheduled in 2011 for Marree, Oodnadatta, Raukkan, Koonibba/Ceduna and Mimili.

It has been exciting delivering the program in many different and unique settings in rural and remote communities. Participant feedback indicates that communities enjoy our no shame and easy going approach to sharing relationships, wellbeing and sexual health information in a safe and respectful way.

Rob

## New worker profile



**Aaron Ken has joined SHine SA's Yarning On team as a Regional Coordinator in the Investing in Aboriginal Youth program.**

Aaron's work background before SHine SA was with MindMatters, a National Mental Health Promotion resource for secondary schools. He has facilitated and developed a range of workshops for a variety of participants (students, school staff, agencies, community members) all over Australia.

Aaron has worked extensively with young people, either through facilitating workshops or mentoring students to present the MindMatters resource to fellow students. After three years of his role as a Youth Empowerment Presenter, he was offered the role of Community Partnerships Officer, where he then started to facilitate workshops for school staff and community members. These Community Partnership workshops focused on schools that wanted to engage community effectively and respectfully and also to give community members a voice and the skills to present the MindMatters resource within the school environment.

The skills and experience Aaron brings to the Yarning On team is a wealth of knowledge of the APY Lands, facilitation skills with a variety of audiences and the ability to create acceptable and respectful content for Indigenous people.

## 'Meet the Mob Doing the Job' conference



**This 2-day conference, held in Adelaide in June 2011, was supported by the Department of Health and Ageing, SA Department of Health, the Aboriginal Health Council of SA (AHCSA), General Practice SA and the Rural Doctors Workforce Agency.**

The conference enabled programs funded through the Council of Australian Governments (COAG) initiatives – Closing the Health Gap in SA, to network, present programs and share the challenges and successes of the last 18 months.

SHine SA's Yarning On program worked in collaboration with AHCSA's HERO team. There were two opportunities to share with conference delegates the aims of both programs and how they work in collaboration. On Day 1 there was a table top presentation where members of the Yarning On and HERO teams had 10 minutes per table to give a brief overview of the programs – this was repeated for 20 tables.

The following day, again working in collaboration with the HERO team, both presented for a shared 90 minutes. The presentation titled 'No Shame in Sexual Health' was attended well with standing room only. The presentation included a more in-depth overview of the programs, the underlying principles and how it aligns with the outcomes of SHine SA's health literacy literature review, finishing off with personal stories of our successes and challenges.

Feedback from the participants was that the presentation was lively, interactive and an excellent program.

Anna



## Yarning On partners with SAASTA

**Yarning On has formed a great partnership with the South Australian Aboriginal Sports Training Academy (SAASTA), a school-based education program designed to support young Aboriginal students achieve their SACE.**

SAASTA offers curriculum to schools across the state with a sport and health focus and aims to improve:

- education, including literacy and numeracy
- health and fitness
- self-esteem
- life skills
- cultural identity
- employment opportunities

All teachers involved in the SAASTA program will be supported through training and resources by members of the Yarning On team to deliver a comprehensive unit of work around respectful relationships, health and wellbeing. SAASTA has dedicated 16 lessons towards this teaching within their program.

On completion of the lessons students will receive a Respectful Relationships Certificate and each participating school will nominate a student who best involves themselves in the program to receive a Yarning On polo shirt and become a Yarning On Ambassador for their school.

We look forward to a successful partnership with SAASTA that will allow young Aboriginal people to be empowered to make healthy life choices in relationships, health and wellbeing.

Anna

## Stronger Smarter Institute recognition

**SHine SA has been awarded a Certificate of Recognition from the Stronger Smarter Institute, which is part of the Education Faculty of the Queensland University of Technology.**

The Institute believes that it is possible to turn the tide and deliver high-quality education right across Australia – from the remotest areas to the inner cities and regional communities.

The Stronger Smarter Institute:

- delivers quality leadership programs for school leaders to enhance the teaching of Indigenous school students
- develops and facilitates innovative research projects
- works in partnership with governments, schools and universities engaged in Indigenous education
- supports the development of Indigenous leadership in communities
- is a hub of a growing network of schools and individuals who are engaged in creating 'stronger smarter' realities for Indigenous children

Their motto is 'Stronger and Smarter' – strong in our hearts, proud of our identity, solid in our community; and smart in the way we do things, focused on high achievement, determined to succeed.

The award is in recognition of the work of the Yarning On Focus Schools team within schools in the Port Augusta region. We have been recognised as *'an organisation which is demonstrating effective practice to improve engagement and outcomes for Indigenous students'*.

Sue

# Workforce development



## There have been several staffing changes in the Workforce Development & Resources (WDR) team in the last 12 months.

Those who have left include Lucy Cirocco who has moved to a new position at Women's Health Statewide after 3½ years at SHine SA, and Anne Lawrence, Library & Resource Centre Assistant, who has provided 9½ years of service, first as a volunteer and then as a staff member. We appreciate their contribution to the team and to the organisation. Frances Whaley is coordinating Nursing and Midwifery Education while Sonya Harris-Bray is on maternity leave. I started as Team Manager in March and Melina Healey has started as the Library & Resource Centre Assistant.

The WDR team continues to provide an excellent range of educational offerings for the workforce. This includes the regular courses for doctors; nurses and midwives; teachers; and Aboriginal health, disability and youth workers as well as tailored training for particular groups. Some courses have also been presented in rural areas in addition to those in Adelaide. The impact of the team's work is widespread and critical in ensuring that the South Australian workforce is well equipped to provide contemporary understanding and expertise in the area of sexual health.

The ongoing development of high quality resources and review of current resources is important to the work of all teams in SHine SA in the delivery of training and clinical services. The ability of SHine SA staff and community members to borrow books and other resources, to order printed materials through the Library & Resource Centre and to access information on the SHine SA website ensures that good quality information is disseminated widely in the community.

The WDR team is in the process of moving to a greater online presence. Course websites where course materials will be uploaded and made available to course participants via a protected password have been prepared and will soon be available. There are a number of advantages to this approach. There is less impact on the environment by reducing printing and we are able to efficiently maintain currency of materials. Ensuring copyright compliance is also built in to our checking prior to uploading materials. On completion of

their course, participants will also be able to complete an online course evaluation electronically. This will provide us with an automatic collation of the results. There will also be future development of online courses and modules and we are currently discussing the feasibility of a web-based registration form for our courses. We have also set up websites for the various professional networks where meeting agendas, presentations and documents as well as digital recordings of the meetings (as podcasts) can be uploaded. This increases the connection to network members living in rural

and remote areas and others who have difficulty attending meetings in Adelaide. All of these strategies are designed to improve efficiencies for the team and for other SHine SA staff but more importantly, to provide course participants and network members with increased flexibility in their engagement with our work.

On a personal note, I would particularly like to thank members of the WDR team and all of SHine SA staff for welcoming me to the organisation.

Helen Calabretto



## FRESH (FREedom to Explore Sexual Health)

This year alternative approaches were adopted for delivering the FRESH Course to metropolitan and rural participants.

For the time being, a fixed program is offered to diverse workers from rural locations (Ceduna and Mount Gambier in 2011), and to separate focused groups of youth workers, Aboriginal community workers or disability workers respectively from metropolitan locations.

By August 2011, the course had been delivered to: 14 Aboriginal Maternal Infant Care Workers in partnership with the Aboriginal Health Council of SA; 17 Disability workers; and 10 diverse workers from the South East. Further youth-focused and Aboriginal-focused FRESH courses are planned for later in 2011.

All students can choose to participate in assessment exercises which support them to be formally recognised as competent to provide sexual and reproductive health information to clients or to deliver more substantial education programs in their workplace.

Members of the FRESH team are also available to support training in shorter tailored programs. Wendy, Ralph and Dominic delivered a one-day sexuality and disability introductory training program in Ceduna with participants attending from both Ceduna and Port Augusta. Wendy will be teaming with the Yarning On team to deliver the course in Ceduna which will have a women-only focus for cultural reasons. Lud has been co-delivering Flexible Learning Options (FLO) worker training and Ralph has provided several short programs for the disability sector including a two-day program in Darwin.

Wendy & Ralph

## Rules About Sex training module



The *Rules about sex: getting them right* CD-based resource is now available to disability workers and other relevant individuals who participate in a half-day training module.

The resource reviews the basic rules about sexual behaviours and provides workers with suggested ways to discuss sexual rights and responsibilities using simple sex-positive language. In the training module, participants review the history of sexuality and disability work, revise sexual-related law in SA and are introduced to the booklet included on the disk and discuss its uses. A set of specific dilemmas are generated by the group and these form the basis for a practical exercise in creating tailored visual approaches to communicating about sexual behaviours – what is OK, what is not OK and why. Group members assist each other in the activities using personal laptop computers.

One of the differences between this resource and other disability and sexual health education kits, is that it contains a set of images which may be combined manually or electronically, either with each other or with additional images. This enables the creation of unique visual stories or image sequences that enable communication about rights, responsibilities, behaviours and feelings in context. Manipulating these images carries no copyright burden for users, unless used in the creation of new resources for further commercial production.

Recently the module has also been included within longer training programs, which offers an efficient pathway to improve communication between disability workers and their clients about sexuality and relationship matters.

By the end of 2011 nearly 100 disability workers and educators across SA and NT will have completed this module and received a copy of the resource. To date, evaluations have been very positive, with some participants highlighting the ease with which they

## FREEDOM TO EXPLORE SEXUAL HEALTH

A NATIONALLY RECOGNISED COURSE FOR WORKERS



A comprehensive sexual health and relationships course incorporating a pleasure positive approach.

### Course includes:

- Introduction to Sexual Health
- Gender and Diversity
- Contraception and Pregnancy Options
- STIs and Safer Sex
- Pleasure Positive
- Anatomy and Physiology
- Sexual Violence

### Participant feedback

- *I've had a fantastic 6 days . . . I love the way you delivered the training and have returned to work feeling much more confident in discussing sexual health issues with clients.*
- *I am still buzzing after last week and am so excited about better educating myself to provide a better service.*
- *My colleague and I were seriously contemplating taking up asylum in the SHine SA training room as we were so inspired and energised by the course content.*

### Enquiries

Tel: 8300 5317

Email: SHineSACourses@health.sa.gov.au

are able to generate visual material quickly in response to specific need. Some have highlighted the need for additional images of people with a physical disability, semi-clothed people and the inclusion of a wider variety of emotions and postures. These issues will be considered as part of the normal review of the resource.

*Rules about sex: getting them right* is a good beginning to provide disability professionals with a unique resource which includes relevant visual images and enables clear sex-positive language balanced with a strong moral compass.

Ralph

# Teacher education



## My role as Coordinator of Teacher Education changes as the needs for supporting schools to implement effective comprehensive relationships and sexual health education changes.

The second edition of the teacher resource, *Teach it like it is 2*, was completed in late March. Approximately 200 copies have been sent to schools around SA, with several being ordered from interstate and several sent to youth health organisations. *Teach it like it is 2* has an increased emphasis on the technologies that young people are now using and the increasingly sexualised nature of advertising and popular media. It also addresses the complex issue of consent, aiming to assist young people to develop a clear understanding of their rights and responsibilities.

SHine SA engaged the University of South Australia in 2006 to evaluate the *share* schools program. The evaluation was invaluable for a range of reasons, most importantly for us to know how teachers view the work we do with them. Not only is this important for continued funding but it also provides us with broad recognition and credibility as we are able to demonstrate that our program is evidence-based, sustainable and independently evaluated. In 2010, SHine SA decided that it was time to evaluate again how we work with schools. In 2003 we supported 15 schools. Earlier this year we formalised a partnership with a 95<sup>th</sup> Department of Education & Children's Services (DECS) school. The University of South Australia will again conduct the evaluation. I have been working with Professor Bruce Johnson from the School of Education to provide the necessary information and contact with schools. The evaluation plan will involve approximately 35 teachers in face-to-face or phone link-up focus groups where teachers' views about the issues they face when teaching relationships and sexual health education will be explored. Approximately 200 teachers will be involved in the second phase of the evaluation through the completion of an online survey that will explore the nature and extent of strategies used by teachers to deal with the issues they face when teaching relationships and sexual health education.

I have also been working with the Close the Gap Focus Schools staff. This has involved two trips to meet and consult with teachers and Aboriginal Education Workers on the Anangu, Pitjantjatjara and Yankunytjatjara Lands. I have also provided support in the development of an appropriate Years 5–10 curriculum. Through an ongoing series of consultations the concept of developing stories to support the curriculum arose. From this idea we have, in draft, 16 stories (8 male and 8 female) about respect, relationships, consent, gendered roles, puberty, intimate relationships, contraception and sexually transmitted infections.

The Teacher Network currently has approximately 300 members, primarily teachers. I coordinate the network via a group email list through which I provide information about new resources, training opportunities, relevant articles, statistics and current issues. I also run a two-hour evening session per term. The topics covered in the last year have been contraception; responding to homophobia and being inclusive of sexual diversity; the benefits and harms of new technologies; and teaching relationships and sexual health education to students with special needs.

The inaugural *Safe Schools Symposium: Responding to homophobic bullying* was conducted by DECS this year. I was invited to set the context for this symposium and clarify the relevant issues using data from the recent *Writing Themselves in 3* report from La Trobe University.

*Writing Themselves in 3* is the third national study on the sexual health and wellbeing of same-sex attracted and gender questioning (SSAGQ) young people. We continually use this data to shape the way in which we work with schools. Most importantly, what this report tells us is that when young people reframe their experience of homophobia as an issue of bullying and not one of truths about themselves, they are more likely to feel better about being same-sex attracted. Schools were the most dangerous places for young people to be, with 80% of those who were abused naming school as the place where bullying occurred. The report also highlights that SSAGQ young people are:

- less likely to use a condom
- twice as likely to become pregnant
- more likely to contract a sexually transmitted infection compared with their heterosexual peers

The 2010 data give us substantial evidence of the significant contribution that can be made to the positive mental health of young people by schools that have policies against homophobic abuse. Of particular significance is the finding that young people who reported their school as having a supportive environment were less likely to harm themselves or attempt suicide. This is a clear demonstration of the importance of putting policy into practice.

I have also been working with TAFE SA and a manager of the Innovative Community Action Networks (ICAN) from DECS to write two modules: Respectful Relationships and Managing Relationships and Sexual Health. Students can study these courses as a part of the Introductory Vocational Education Certificate.

Most recently I have been working with two groups of employees DECS. I was invited to run a day of training for seven Community Liaison Officers (CLOs) and their manager. The CLOs, as their name suggests, link schools with communities and support students in schools who come from specific communities. The seven CLOs represent newly developing Arabic, Kurdish, Khmer, Vietnamese, Bosnian, Spanish, Serbian and Sudanese communities within SA. The day of training was an important start to collaboration with these communities so they can understand the work we do with schools in supporting young people in the area of relationships and sexual health education. It was also important for us to hear their views to assist us in delivering our training to teachers so that they are able to present relationships and sexual health education in a culturally appropriate and sensitive way. The second group of DECS employees with whom I have run training are the Bilingual Support Services Officers (BSSOs). There are 180 BSSOs working in schools in SA. Their role is to assist English as a Second Language (ESL) students in schools. Feedback from both groups was that the training was very much appreciated. Participants indicated that the training improved their understanding of our work with schools and the importance of this education for their students. Feedback also indicated they appreciated that we were willing to listen and support schools to deliver relationships and sexual health education in a culturally appropriate and sensitive way.

The Bowden Brompton Community School provides alternative sites and programs for students who have become disengaged with school. The school operates over three sites, all of which have recently become *focus schools*. We appreciate that the schools, students and staff have different needs to many other *focus schools*. In early June we conducted the first of a two-day training program with the 30 staff from the three sites. The primary focus for the day was to show the teachers the *focus schools* curriculum and demonstrate some of the activities. Equally important was the provision of time to discuss possible modifications or alternatives to the content and teaching strategies to ensure the program is relevant and appropriate for their group of students.

I continue to work with both Flinders University and the University of South Australia in pre-service education programs for teachers. In the past 12 months I have run several sessions for students who will be teaching health in schools. The aim of these sessions is to ensure students are aware of how SHine SA works with schools and understand what comprehensive relationships and sexual health education in schools looks like.

Looking forward, I am interested in following the development of the Health and Physical Education Learning Area in the new Australian Curriculum. Those of us working in the area of sexual health are keen to see that it addresses relationships and sexual health in a contemporary and comprehensive way. I am seeking opportunities to participate in contributing to the writing or giving feedback on the relationships and sexual health content.

Jane



# Nursing and Midwifery education



## Sonia Harris-Bray has been on maternity leave (welcome to Charlie), and her position has been backfilled by Frances Whaley.

An RN/RM, Frances has worked in many roles and regions with experience in sexual health, community health, research, diabetes education and nursing undergraduate clinical facilitation.

### Certificate in Sexual Health (RN/RM)

In February 2011, 17 nurses and midwives undertook Part 1 of the Certificate in Sexual Health (Theory Component), and of those, 15 went on to attend Part 2 (Introduction to Sexual Health Counselling). To date in 2011 the Clinical Component (Part 3) has been successfully completed by one RN/RM, and other nurses will complete the clinical component this year.

The structure, content and assessment of the Certificate in Sexual Health is undergoing a review, to enable nurses/midwives to increase their professional capacity and best meet the needs of clients and workforce demand. The result will be increased flexibility, with pre-course readings and some course content to be delivered electronically, and online theory assessments. An application process for the clinical component has been implemented to prioritise placements for nurses and midwives who are supported by their employers to utilise the knowledge and skills they develop in the course. Continued streamlining of processes will decrease the time taken to proceed from the theory courses to the clinical component. Demand continues to be high, with a further 18 students enrolled for the September 2011 course.

### Pap Smear Training

Demand continues to be high for the Pap Smear Provider training: in the 2010–11 period 53 nurses/midwives undertook this training. The External Preceptor Program for Pap smear provider nurses continues to develop, with 11 preceptors from Port Lincoln, Whyalla, the Riverland and metropolitan Adelaide now trained. The preceptorship model is particularly beneficial for rural nurses and midwives who can complete their clinical training at their own place of employment without the expenses of coming to Adelaide. Work continues with Cervix Screening SA and the Divisions of General Practice/Medicare Locals to plan and deliver appropriate sexual health training for the needs of the nursing and midwifery workforce.

### Pregnancy Choices Training

A successful 2½ day course was conducted in June 2011, with a multi-disciplinary group of youth workers, community workers, case managers and nurses participating. Their evaluation was positive about the valuable information and insight they received.

### Sexual Health Nurses & Midwives Network

Membership of this network continues to grow; current membership is 138 nurses and midwives across South Australia, Northern Territory and Broken Hill. Due to the competing demands of additional courses, the main network activity this year has been via email; however, the reconvening of the SHNMN working group will assist in planning and providing professional development/education evenings for the second half of the year. With the growth of online capabilities at SHine SA we anticipate offering some online professional development and podcasting of SHNMN professional development/education sessions to enable access for rural nurses and midwives.

### Additional training

Sessions have been delivered to undergraduate nursing students at the University of South Australia and Pharmacy Assistants at the Pharmacy Guild of Australia (SA Branch). We also continue to support other education within SHine SA, assisting with medical students and FRESH course participants.

Frances

# Medical education



## The Medical Education Coordinator's position has continued to be shared by Drs Katrina Allen and Anne Stephens, assisted by the Medical Advisory Committee including Dr Silvana Mazzaro, Dr Chris Hinton and Dr Anusha Visvanathan.

It is very satisfying to be reaping the benefits of our long-term dedication to the training of the medical work force. We are involved with medical student training for the University of Adelaide and Flinders University Medical Schools, including a busy (chaotic) afternoon workshop on taking a sexual health history for the Adelaide University Medical School. Doctors undertaking General Practice training attend our 2-day Introductory Course in Sexual and Reproductive Health Care and some go on to complete the nationally accredited Certificate Course (usually run in May in South Australia).

We are very grateful to the specialists who contribute to these courses and who are noted for the passion and enthusiasm of their presentations, much enlivening the course. We were delighted when one of these specialists commented that they have noted an improvement in referrals and knowledge within the general practice workforce in their topic.

Our courses have been supported again this year by the dedicated experienced group of nurses and doctors who work within the Primary Health Care teams in SHine SA. We appreciate the breadth of clinical knowledge and expertise shared by these staff in their teaching within our courses.

The Education Meetings, which are evening events focusing on relevant clinical issues and attended by GPs, nurses and other interested health professionals, have continued. This year they have included a session on Epigenetics by Professor Julie Owens (Reproductive Health Scientist), Erectile Dysfunction by Dr George Nisyrios, and a presentation by Dr Alice Rumbold on the impact of cervical cancer / Wart virus infection on Aboriginal women.

Dr Anna Neoh, one of our long serving doctors, was recently acknowledged on her retirement from the RFDS after more than 10 years of service in the Country Women's Health Visiting scheme. This is a huge personal commitment and another example of the way the community benefits from the expertise of our skilled workforce. We are fortunate to have Anna continue working with us, particularly with her contribution to educating the GP workforce with IUD insertion.

SHine SA was asked to provide training for doctors in the new insertion device for the contraceptive implant (Implanon NXT). This additional teaching has been a big commitment and most of it has been provided after hours. We are greatly appreciative of the way the SHine SA doctors worked together to provide this training. It has been a valuable opportunity for SHine SA to network with the medical community. We have also been able to extend the training of GPs in IUD insertion by negotiating support from Bayer Schering Pty Ltd to run extra, dedicated IUD clinics from the three regional primary health care sites.

We can look back on the year and feel satisfied that we are contributing to improving the knowledge and skills of medical practitioners in SA in the area of sexual and women's health care. Shine SA's clinics strive for the best standard of sexual health care and in working with the clinics to train South Australia's GPs we are able to see the improvement of sexual health care provision for South Australians.

Anne & Katrina

# Workforce development

# Clinical services

Continued from page 32

## Staffing

We farewellled Dr Alison Clarke after 18 years of service to SHine SA, welcomed Dr Jessica Floreani, and welcomed back RM Kellie Najjar. Male RN Eamon McIntyre and casual clinic receptionist Nicole Calvaresi joined the Northern Team. The Southern Team farewellled clinic receptionist Chris Warner and Dr Margaret Butler (who has retained a casual role), while welcoming Dr Noni Ferguson. Thank you to all clinical staff, clinic reception staff, casual nurses and doctors for your commitment, passion and professionalism.

## Nurse Preceptor Training

The Northern Team recruited two Level 1 nurses for 12 months to gain experience and receive supervised support in sexual health nursing. Nurses at SHine SA play a key role in the daily functioning of clinical services and this mentoring has been a successful and positive learning experience for the nurses involved.

Sue, Annie & Annette

## Multicultural clinics

SHine SA's CALD Community Health Worker, clinical staff, external bi-cultural workers, multicultural peer educators and interpreters have been working with Chinese, Bhutanese, Iraqi, Afghani and African women.

They have regularly conducted women's sexual and reproductive health check-ups and provided clients with information about preventing cervical cancer, contraception issues, menopause, breast checks, period issues and relationships.

These SHine SA clinics were in collaboration with other service providers to best address the complex needs of CALD communities, particularly refugees and asylum seekers.

Multicultural clinics included morning teas to encourage socialisation and put clients at ease. Group discussions would follow, covering topics of health and wellbeing issues, of experiences living between two cultures, and to 'tell our story'.

Feedback from clients consistently expressed that these clinics are very helpful to them, and they are very grateful for the support, respect and sensitivity that SHine SA provided in caring for their health.

Jacqueline

## Pap Smear Awareness Week

**The Northern Team ran a successful Pap Smear Awareness Week campaign from 27 April to 13 May, coordinated by nurses Meagan and Julie.**

The aim was to target women in the local community who could drop in for a free Pap smear. No appointment was necessary and a free gift, courtesy of Cervix Screening SA, was given to every woman who used the service over the period of the campaign.

Flyers were distributed to local businesses along Peachey Road at Davoren Park, and emailed to other community service groups and agencies so they could notify their clients about the campaign. An article was also placed in the local Messenger paper to promote the campaign.

Statistics of the clients who used the service were kept so that service usage could be tracked:

- 54 women accessed the service for a drop-in Pap smear over the campaign period.
- Sources identified as leading to use of the service included the article, the flyers, general Pap smear enquiries, and word of mouth.
- Some women had not had a Pap smear for 8–9 years, even 10–20 years in one case, and for others it was their first smear.
- The women who accessed the service came from the northern suburbs and the majority were clientele that we wanted to target specifically.
- Feedback from clients was that they appreciated being able to drop in without having to make an appointment.

Julie

Jacqueline (second from right) with members of the Chinese Women's Group



## Medical Director

This electronic medical records system is now fully implemented, using standardised management templates to guide consistent clinical practice, an improved system for reviewing clinical results, medical referrals and managing abnormal Pap smear recalls.

## Clinical Services Review

This review is now nearing an implementation stage, when we will:

1. positively prioritise service delivery to disadvantaged clients with greatest sexual health needs and to clients from our communities of interest
2. implement a new referral database which will allow clinic reception staff to refer clients to more appropriate or relevant services in their area

A mixed model of service delivery with both fixed appointments and drop-in sessions are already operating daily at SHine SA sites across Adelaide.

*Service Delivery Guidelines: Clinical* have been reviewed, updated and implemented into practice and are electronically available to our practitioners.

*Service Delivery Guidelines: Sexual Healthline* have been reviewed, updated and implemented.

## Clinical training

The training of nurses, midwives and doctors continues to be a challenging and enjoyable element of clinical practice at SHine SA, ultimately benefiting many people in the community. Administrative support is now in place to coordinate a range of clinical placements: all Pap Smear Provider nurse placements, Certificate in Sexual Health nurse and midwife placements, Certificate in Reproductive & Sexual Health General Practitioner placements, and IUD insertion training requests.

Extra IUD insertion training clinics have been implemented across SHine SA due to demand from GPs, and increased demand for IUD contraception from clients. Bayer-Schering have generously funded an extra 26 clinical sessions for 12 months, enabling staffing by experienced IUD insertion trainers and nursing staff to support this initiative.

## Special projects

Pap Smear Awareness Week is promoted by SA Cervix Screening every year. Clients who have attended SHine SA for their Pap smears in May include clients from Muscular Dystrophy Association, SA SIN (Sex Industry Network) and women living with HIV. A drop-in clinic for women in the northern suburbs was promoted and held, with more than 50 women dropping in to be screened over three weeks.

## Culturally and Linguistically Diverse clients

SHine SA clinics at Woodville continue to provide specific clinical services to newly arrived communities, such as women from Bhutanese, Iraqi, Chinese and African groups. The SHine SA Community Health Worker, Jacqueline Riviere, works together with external health and peer support workers to promote sexual health services to these women.

## Gilles Plains outreach clinic

This clinic now offers a drop-in service on Thursday mornings. The new GP Plus Modbury outreach building at Gilles Plains is due for completion in December 2011.

## Adelaide Women's Prison

This service, now in its 8th year, continues on Friday mornings coordinated by the Northern Team. Dr Jemma Elliott has recently joined the team, providing sexual health services to women who are in prison.



Clinic staff, Anne, Dennise and Alice, at the last Gilles Plains clinic

## New developments in the South

After many years of operation, the SHine SA Southern Team held its final Thursday evening clinic at the Flinders Medical Centre in April 2011, and is now providing clinical services at the new Marion GP Plus Health Care Centre. This centre is conveniently located next to Westfield Marion shopping centre and the new State Aquatic Centre and is an ideal location for clients. We are collocated with Marion Youth Centre and Marion Youthlink and are able to see drop-in clients from these services. We participated in the launch of the new Marion GP Plus building, as part of the interagency Family Fun Day, held in June.



Clinic staff, Anne, Sue, Mathilde, Chris and Annie, at the last FMC clinic

We are preparing to relocate our Noarlunga clinic services into the new GP Plus Super Clinic Noarlunga, which will be open for business in early 2012. Refurbishment of the Noarlunga Health Village is taking place all around us and offers some logistic surprises some days. But our clients have been very understanding and clinical staff have not missed an opportunity to promote our services to the onsite construction workers!

The Southern Team office base at Christies Beach continues to provide drop-in pregnancy testing, Emergency Contraception and counselling services.



SHine SA's stall at the Open Day of Marion GP Plus Centre

## Utility Room

Our Clinic Support Officer, Amanda continues to competently manage the task of ordering, maintaining and supplying all SHine SA clinics with clinic consumables and equipment.

Continued on page 33

## Clinical services statistics

Clinical services are an important part of the core work of SHine SA and contribute 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 2010–11, 31 573 clinical services were provided from 13 755 clinic visits to 5507 unique clinic clients. Of these:

- 96% of clients were women, 3% were men
- 13% were under 19 years of age
- 28% were 20 to 29 years of age
- 4% identified as Aboriginal
- 6% identified themselves as having a disability
- 19% identified as culturally diverse
- 3% identified as being gay, lesbian, bisexual or transgender
- 2.3% required the use of an interpreter
- Clients came from 110 different countries of birth, identifying with 98 different ethnicities and speaking 40 different languages!

The top three services provided were:

- screening and assessment, including cervical smears, breast checks, STI screening, HIV screening, pregnancy tests
- care and treatment, including provision of contraception (oral contraception, EC, diaphragms, condoms, IUD, implant and injectable contraception)
- education and information including provision of contraceptive choices, prevention of STIs, safer sex information

## SHine SA's first male nurse

**SHine SA's nursing team welcomed the first male nurse employed in the organisation when Eamon McIntyre commenced as a member of the Northern Primary Health Care Team in April.**



Eamon has five years experience working as a Clinical Nurse Specialist in Blood Borne Viruses and Sexually Transmitted Infections at The Alfred Hospital in Victoria. He also has several postgraduate qualifications including a Graduate Certificate in Public Health (Sexual Health), and he is an Accredited Nurse Immuniser, Pre and Post HIV/HCV counsellor.

Although all of the nursing staff see both men and women in the clinics it was hoped that Eamon's employment would increase the number of male clients seen in the clinics offered at both Davoren Park and Shopfront Youth Health & Information Service. Since Eamon started the number of men seen in the north has more than doubled, largely due to a Men's Sexual Health promotion which Eamon planned. This promotion brought 24 new male clients into the service in the first three weeks. Another significant characteristic of this promotion was that men could drop in at any time, without making an appointment. Also the Davoren Park site stayed open until 7pm on four consecutive Thursday evenings, meaning that men could drop in on their way home from work. A number of men read about the promotion in the local Messenger Press or picked up one of the flyers which had been distributed widely through the local community.

# Counselling services

# Information and Resources

## Sexual Health Counsellors are based at the three SHine SA sites and work closely with other members of the Primary Health Care Teams.

Demand for counselling services across the organisation remains high, with issues such as painful sex, desire issues within relationships, unplanned pregnancy, and sexual and gender identity concerns being the most common areas where support is requested. We offer counselling, consultancy to workers, referral and information. The counselling role also includes health promotion, training and project work.

In the South we have begun to offer counselling services from the new Marion GP Plus Health Care Centre building, two mornings each week. This has been a great chance to work alongside Marion Youth Health Service, as well as to see clients who live in the inner southern region, in a fabulous new building. Working in partnership with other agencies, as well as working closely with SHine SA clinical staff, provides a holistic approach for clients, with care providers working as a team.

This year we have had the opportunity to work on a 'mismatched desire' project to produce a DVD to assist workers and clients. Mismatched desire is a concern for many couples and we hope the DVD will also be a useful resource where partners are unable to attend counselling services. The DVD will be available soon.

The East/West and Northern counsellors attended meetings for the Australian Society of Sex Educators, Researchers & Therapists (ASSERT). Along with various networks and seminars, our contact with ASSERT has enabled us to share ideas and information within the field.

The East/West counsellor also attended a three-day workshop on Sexual Difficulties, run by sex therapist Sandra Pertot. In addition to providing a valuable update on the topic it meant that local therapists who work with these issues could connect and talk through the dilemmas as well as the rewards of this work.

At the end of 2010 the Australasian Sexual Health Conference in Sydney also gave us an opportunity for reflection and learning.

The counsellors have worked to update the counselling policy and procedure manual and have ensured some new resources have been purchased which are available for community members to borrow from the library. These include a CD on Pelvic Floor Relaxation and a documentary called Orgasm Inc.

Sexual Health Counsellors Team

## I Cannot Possibly be A Man

I cannot possibly be a man  
Because I crave affection,  
Because I care about people,  
Because I am nurturing.

I cannot possibly be a man  
Because I have been victimised,  
Because I have feelings,  
Because I cry.

I cannot possibly be a man  
Because I avoid aggression,  
Because I dote on my children,  
Because I am emotional.

Do I have to give up  
All these things that I am  
And become half a person,  
Just to be a man?

I cannot possibly be a man  
Because at times I feel vulnerable,  
Because I feel love deeply,  
Because I am sensitive.

© Terrence Mohr

## Sexual Health Counselling

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

Sexual difficulties • Sexual effects of assault/abuse • Living with sexually transmitted infections • Unplanned pregnancy • Post abortion counselling • Concerns about same-sex attraction/sexual identity • Concerns related to your sexual health or sexual relationships.

You can make an appointment at your nearest SHine SA Primary Health Care Team:

North: 8256 0700 South: 8186 8600 East/West: 83005300

## Therapeutic counselling statistics

There were 178 registered therapeutic counselling clients who received 513 services for the 2010–11 period. 72% of clients were women and 28% were men. 1286 non-registered therapeutic counselling clients also received services.

Clients identified with the following community of interest:

- young people 15–29 (47%)
- disability (17%)
- gay, lesbian, bisexual, transgender (11%)
- Aboriginal & Torres Strait Islander (2%)

Top three reasons for attendance were:

- Sexual Health (27%)
- Sexual relationship (27%)
- Vaginismus (17%)

## Client testimonial

When my partner came out as transgender, I was shocked, confused and extremely isolated. The endless gender stereotypes on radio, TV, in conversation – in fact, just about everywhere – would trigger emotional avalanches all the time. It was exhausting.

Fortunately, Jo, a Sexual Health Counsellor at SHine SA, was able to see me two days later, and helped me find stability. We discussed ways to manage the sensitivity, stress and grief I was feeling.

I began to see gender as a spectrum which is fluid, rather than a binary set in stone at birth. Six months later, I'm still in love with my partner and fully support their transition. People have been supportive, and I enjoy exploring identity and gender theory.

I strongly recommend that people who are trans, partners and family see a counsellor. If you feel alone, talking to someone can help. The first steps are always the hardest but support is there for you.

## Library and Resource Centre

The Library provides a broad selection of items on sexual health and relationships. The collection consists of books, journals, reports and a DVD collection.

There have been 219 new library borrowers registered this year. We have added 162 new items to the library collection and processed 1626 loans. The free access to the Internet in the library has continued to be popular, with 460 sessions this year.

The Resource Centre has a large selection of DVDs and teaching resources available for loan to organisations and individuals in South Australia who have paid an annual membership fee. There have been 2607 loans processed and we have added 46 new resources this year. There are currently 135 organisations with a current subscription to the Resource Centre, and there are 63 teachers participating in the Focus Schools Program who receive free memberships.

SHine SA also has two smaller libraries located at Christies Beach and Davoren Park. All the libraries have free membership, and the public are welcome to browse and borrow.

The Woodville library is open 9.30am to 4.30pm Mondays to Fridays. For more information phone (08) 8300 5312 or email [SHineSALibrary@health.sa.gov.au](mailto:SHineSALibrary@health.sa.gov.au).

Sharon

## Library

Open

9.30 am to 4.30 pm  
Monday to Friday

(closed from 1pm - 1.30 pm)

tel (08) 8300 5312  
country callers - 1800 188 171

email

[SHineSALibrary@health.sa.gov.au](mailto:SHineSALibrary@health.sa.gov.au)

SHine SA also offers FREE Internet access for Library members at the SHine SA Library at Woodville.

Members can have up to 2 hours access. Library membership is free for South Australians.

## New SHine SA resources

### Choices in Contraception flipchart

This stand-up flipchart details the common forms of contraception. For the educator, information is listed about what the contraception is, how it works, the effectiveness, the benefits and disadvantages as well as other important information. For the students, a large picture of each form of contraception is included to support the information.



### Safe & Free To Be Me

This DVD and Teachers Guide package was developed as part of the Safe & Free To Be Me project, with the purpose of working directly with school communities to minimise homophobia and increase safety for same-sex attracted young people in schools.

### Choices in Contraception fold-out card

This fold-out card contains brief information on the most popular types of contraception and how they work, with youth-friendly options highlighted.



### Yarning On: Youth Peer Education Handbook

Produced as part of the Investing in Aboriginal Youth program, this handbook for community workers provides a step-by-step approach to setting up a peer education project and organising peer education training for young people.

### Rules about sex: getting them right

This CD based resource has been produced to assist workers in the disability sector to teach the rules about sexual behaviour and strategies for sexual safety to those in their care, within the framework of the following key concepts: consent; age of consent; private places; sexual harassment; sexual assault and rape; incest and sexual abuse; safer sex.



### Yarning On: Relationships and sexual health education resource for schools

Produced as part of the Aboriginal Focus Schools Program, this resource supports Aboriginal school communities in providing respectful relationships and sexual health education.

### Teach it like it is 2

This is the second edition of SHine SA's relationships and sexual health education curriculum resource for teachers of middle school students. This edition contains updated information and statistics. It has also been revised to accommodate the different world that young people live in today and the impact this has on their relationships and sexual health, such as the changes in technologies and the increasingly sexualised nature of advertising and popular media.



### Sexual Health Services for Young People DVD

This DVD promotes SHine SA as a safe and welcoming place for all young people, and will support teachers and other workers to facilitate discussion around sexual health and to help clarify what to expect when accessing SHine SA services.

# Organisational Development



Annette, Anna, Jane, Nola, Sue and Natalya at the Family Planning Conference 2010 – Positive Sexual Health held in Wellington New Zealand

## SHine SA staff presentations @ conferences

**SHine SA – comprehensive relationships and sexual health education**  
4th Asian Conference on Sexuality Education  
Hong Kong, 12–14 August 2010

Jane Flentje  
*Coordinator, Teacher Education*  
Helen Rawnsley  
*Coordinator, Focus Schools Program*

**Focusing on best practice relationships and sexual health education in mainstream and Aboriginal schools**  
Family Planning Conference 2010 – Positive Sexual Health  
Wellington, New Zealand, 15–17 October 2010

Anna Sephton & Natalya Giffney  
*Regional Schools Coordinators*

**No Shame in Sexual Health**  
Closing the Health Gap in SA – ‘Meet the Mob Doing the Job’  
Adelaide, 28–29 June 2011

Sue Arwen  
*Close the Gap Program Manager*  
Anna Sephton  
*Regional Schools Coordinator*

**Creating an empowering context for youth health**  
Coordination of Settlement Services for Humanitarian Entrants Conference  
Adelaide, 16–17 March 2011

Rob Kalka  
*East/West Team Manager*

## 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. We take a preventive and proactive approach.

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 Advisory Committees provide a risk management structure for specific areas of operations including clinical services, therapeutic counselling, community and workforce development, and Occupational Health and Safety, including client safety. There is representation from each team and management. The committees report to the Council through the CEO. The Council plays an active role with management to monitor the organisation’s financial, legal and political risks.

Outcomes for 2010–11:

- There were no WorkCover claims.
- There was one property damage claim related to vandalism and attempted break-in.
- There were no public liability claims.
- There were no medical negligence claims.
- A balanced end of year financial position was achieved.

SHine SA is reviewing the risk management processes within the organisation and is developing a Risk Management policy, procedures and a Risk Management framework which will be implemented within the next financial year.

Kaisu

Jo promoting Sexual Health Awareness Week 2011 at Flinders University Orientation Week



## Comments and feedback

The Annual Report Committee hopes you find this report 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  
PO Box 76 Woodville SA 5011  
tel: (08) 8300 5345 fax: (08) 8300 5399 email: kaisu.vartto@health.sa.gov.au



Georgie, Louise and Phoebe promoting Sexual Health Awareness Week 2011 at Flinders University Orientation Week

## Occupational Health & Safety Committee

**As the current Chairperson of the Occupational Health, Safety & Welfare (OHSW) Committee, I would like to take this opportunity to thank the committee members for their hard work, commitment and contributions this year.**

The committee is continually working to achieve a safe and environmentally aware workplace. This year the committee has worked on such issues as online induction for new staff, training for frontline/library staff to deal with aggressive clients/situations, updating material safety data sheets and standard operating procedures.

Reports from individual sites show that each site is taking OHSW seriously and working hard to maintain the high level of safety that is expected.

Various sites have experienced staff changes and this has seen new people put their hands up to fill the positions left vacant in such areas as Fire Warden training and First Aid Officer.

Kathy Edwards continues to supply us with a health and safety newsletter which everyone finds interesting and which covers various issues such as reporting accidents, manual handling, ergonomics, eating right and flu vaccines.

The committee wishes to thank SHine SA staff for their role in maintaining a healthy and safe work environment.

Jean

## Why we work with ...

### Young people

State and federal government policies identify sexual health as a significant health issue for people under 25 years of age. The highest concentrations 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.

### Young adults

Despite increasing independence and life experience, young adults have relatively high rates of sexually transmitted infections and unplanned pregnancies. 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 are relevant to their needs.

### Aboriginal and Torres Strait Islander communities

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 to 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.

### Regional and rural communities

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 workforce.

### Gay, Lesbian, Bisexual, Transgender, Intersex, Queer and Same-Sex Attracted people

SHine SA upholds the rights of lesbian, gay, bisexual, transgender, intersex, queer and same-sex attracted 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.

### Multicultural people

Our work with people from culturally and linguistically diverse backgrounds continues to be a major focus for SHine SA. These communities often 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.

### People with disabilities

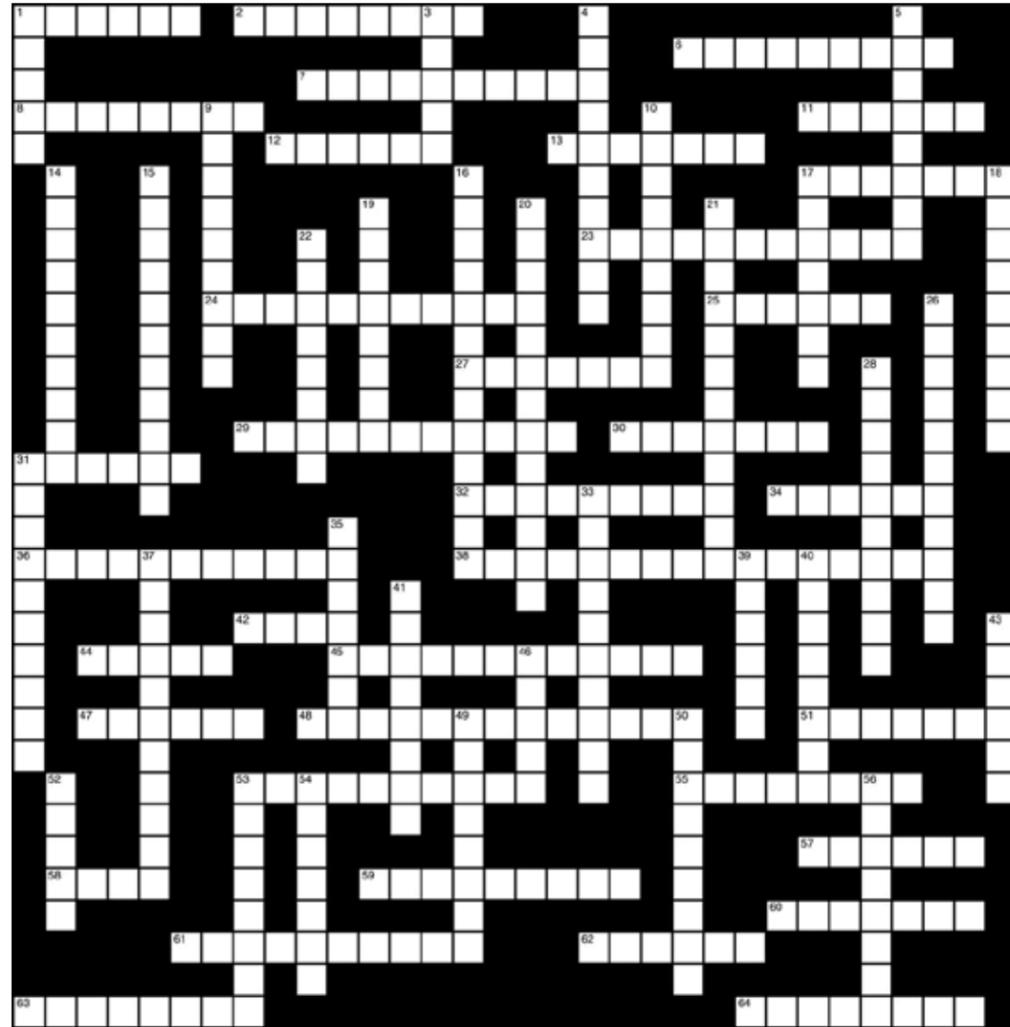
There is evidence that people with disabilities are more at risk of sexual abuse and have often not been offered appropriate education about sexuality and sexual health. They often have to overcome barriers to access support and health services.

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.

# Entertainment

## Across

- Common to or shared by two or more parties (6)
- A worker who holds or is invested with an office (8)
- Detected by instinct or inference rather than by recognised perceptual cues (9)
- Match badly; match two objects or people that do not go together (10)
- Special importance or significance (8)
- Close the gap community (6)
- Close the gap community (6)
- Close the gap community (7)
- The condition of being concealed or hidden (7)
- Consisting of or derived from tradition (11)
- Close the gap community (5,6)
- A distinct feature or element in a problem (6)
- A record or narrative description of past events (7)
- Serving as an essential component (11)
- The attire worn in a play or at a fancy dress ball (7)
- The extended spatial location of something (6)
- Close the gap community (9)
- A self-contained component (unit or item) that is used in combination with other components (6)
- Close the gap community (4,7)
- Close the gap community (9-7)
- A source of danger; a possibility of incurring loss or misfortune (4)
- A feeling of self-respect and personal worth (5)
- Close the gap community (6,6)
- Something visible that by association or convention represents something else that is invisible (6)
- An organisation of independent states formed in 1945 to promote international peace and security (6,7)
- Capital of the People's Republic of China (7)
- Having or expressing strong emotions (10)
- Something that provides direction or advice as to a decision or course of action (8)
- Close the gap community (6)
- The general feeling that some desire will be fulfilled (4)
- Causing fear or anxiety by threatening great harm (9)
- Conspicuously or grossly unconventional or unusual (7)
- Joyful enthusiasm (10)
- A healthy capacity for vigorous activity (6)
- A statement (either spoken or written) that is made in reply to a question or request or criticism or accusation (8)
- A signed written agreement between two or more parties (nations) to perform some action (8)



## Down

- Close the gap community (5)
- Close the gap community (5)
- Close the gap community (10)
- An organised series of acts and performances (usually in one place) (8)
- With little or no preparation or forethought (9)
- Close the gap community (3,6)
- Freedom from doubt; belief in yourself and your abilities (10)
- A joyful occasion for special festivities to mark some happy event (11)
- Including all or everything (13)
- Move ahead; travel onward in time or space (7)
- New SHine SA program within the Close the Gap team (7,2)
- Close the gap community (8)
- The statement (oral or written) of an exchange of promises (13)
- Close the gap community (12)
- The quality of being cheerful and dispelling gloom (8)
- Close the gap community (7,4)

**Across:** 1 Mutual, 2 Official, 6 Perceived, 7 Mismatched, 8 Emphasis, 11 Down: 1 Maree, 3 Anata, 4 Oondadeta, 5 Festival, 9 Impromptu, 10 Wilby, 12 Bata, 13 Waterm, 17 Privacy, 23 Traditional, 24 Point Fearce, 25 Aspect, 27 History, 29 Fundamental, 30 Costume, 31 Region, 32 Indikiana, 34 Modile, 36 Port Augusta, 38 United Nations, 51 Beijing, 53 Passionate, 55 Sunshme, 26 Kenmore Park, 28 Production, 31 Respectful, 33 Liberation, 18 Yarning on, 19 Murrumbidgee, 20 Understunding, 21 Pipilalajara, 22 Oak Valley, 14 Confidence, 15 Celebration, 16 Comprehensive, 17 Proceed, 62 Energy, 63 Response, 64 Covenant, Spander, 56 Campaign, 46 Peace, 49 Dialogue, 50 Signatory, 52 IDAHQ, 53 Pressure, 54



## Air Signs

Intellectual, Logical, Flirtatious, Sarcastic, Impatient, Communicative, Flighty, Romantic, Independent. Air rises high with exciting Fire signs, blends with sensual Water signs, is independent with responsible Earth signs and blows in all directions with Air signs.

### Gemini

22 May – 21 June



Geminis are rulers of duality and partnership, they are born with the gift of gab, ideas, and salesmanship. Their words can get them into and out of trouble. Geminis are very adaptable and intellectual and despise stagnation of any kind, they thrive on circulation and movement (like their element Air). They are lively, witty, trendy, and let us not forget ... charming!! You inspire and motivate others and generally get away with stuff you really shouldn't. Their best colour is **Yellow** for clarity.

### Libra

24 September – 23 October



Librans create balance and harmony all around them. They are born flirts, which in most cases is quite harmless. They are also known to be very visual, so the nicer you look, or the nicer you keep your living area, the more happy and content they will be. They are inclined to be indecisive, weighing over the pros and cons of each choice they have to make in life but are quite optimistic and sentimental. They have a need inside them to constantly try and please everyone. Naturally, because of the scale thing, your deal is balance, stability, justice, harmony, but if it's possible to overdose on balance goals, mate, you FOUND IT. Their best colour is **Pink** for kindness.

### Aquarius

21 January – 19 February



Aquarians are very independent, original in thought, and humanitarian who have very strong opinions and firm beliefs. They focus on change, invention, and the unexpected. They are usually known for their outrageousness and thrive on being different, unique, and even rebellious. They tend to do better around a crowd than by themselves. Usually, they are better at giving advice than taking it. You are honest, loyal and original and apparently water bearing, so you should use your philosophical and artistic mind to come up with a better horoscope. Their best colour is **Shocking Blue** for independence.

## Fire Signs

Passionate, Funny, Charming, Adventurous, Exciting, Argumentative, Popular, Curious, Energetic, Creative, Challenging, Protective, Loud, Egotistical. Fire rises with intellectual Air signs, is secure with stable Earth signs, loses spark with nurturing Water signs and dances with Fire signs.

### Aries

21 March – 20 April



Aries has great strength and courage, along with the ability to climb great heights in their lifetime and are action-oriented, and full of non-stop energy. Generally most have a strong aggressive personality, and can be quite argumentative. There is no front with this sign, they speak honestly. They are a lot of fun and are playful and get bored easily. They love to be the centre of attention – and usually are, they are natural leaders and heroes. Friends, lovers, and family members love your devotion, but not your late night calls. Their best colour is **Red** to gain attention.

### Leo

23 July – 22 August



Leos are full of strength, generosity, and leadership skills. They are used to creating what they are looking for in life, but only on their terms. Leos have a bright sunny attitude, cheerfulness, and confidence. The more one applauds or compliments them, the gentler they become. Their personality shines with creativity, passion, and fierce ambition and are good-hearted and true romantics. Occasionally officious, but always working for the greater good the world is a better place when you're in charge--and if we forget, you'll always remind us. Their best colour is **Orange** for honourable intentions.

### Sagittarius

23 November – 21 December



Sagittarians are optimistic and cheerful. Sagittarians are well-known as the bachelor of the zodiac, like they need lots of open space, freedom, and a lot of outdoor activities. Sagittarius people have a great sense of humour, not only do they like to laugh, but they love to make others laugh as well. Sometimes they tend to over exaggerate their conquests which shows their hunger for challenges and bigger goals in life. Remember to win a race, even if you want to come from behind, you have to choose a direction. Don't get distracted with EVERYTHING all the time. Their best colour is **Purple** for wisdom.

## Water Signs

Nurturing, Supportive, Mystical, Intuitive, Dreamy, Possessive, Insecure, Emotional, Needy, Loving, Secretive, Cuddly, Sacrificing, Disillusional, Obsessive. Water comforts calm Air signs, boils with independent Fire signs, quenches needy Earth signs and flows in all directions with Water signs.

### Cancer

22 June – 22 July



Cancerians are sensitive, protective, and seek security, they are very strong people who make their move in life based on their emotions and like the tides, their moods tend to fluctuate. They are known to be clingy and somewhat possessive and must feel secure in life in order to thrive. They can never get enough of love and like a Crab, they have the illusion of a hard shell on the outside to protect their warm, mushy self on the inside. Family, friends, co-workers, and loved ones always put you in charge of buying the group card, and dinners at your house are always a hit. Make other people help you clean up, even if they do it wrong. Their best colour is **Sea Green** for serenity.

### Scorpio

24 October – 22 November



Scorpions are magnetic, forceful, sexual, and Spiritual. Once you have been stung by a scorpion...it's hard to get them out of your skin. Scorpions are incredibly passionate, persistent, and intense. Some Scorpions are known for being terribly secretive and insanely jealous. They might seem impassive or unapproachable but their obsessive emotions, like the tides of the ocean, come at you in full force. They also love a good mystery, so the less you reveal about yourself, the more they will be inclined to try figure you out. Learn to place your bets a little sooner so the rest of the world can feel secure for a change. You can keep a secret especially when it's about your thoughts and feelings. Their best colour is **Black** for letting go.

### Pisces

20 February – 20 March



Pisces are known as compassionate, romantic, imaginative, and intuitive. Pisces people are often born with the gift of prophecy and vision. They are loyal, sensitive, devoted, incredibly sentimental and overly imaginative. Pisces is a spiritual sign and they seem to have very old souls. Your generous nature can be taken advantage of, but your determination and passion always guarantees whatever is lost is easily won back. Their best colour is **Blue** for gentle calmness.

## Earth Signs

Materialistic, Grounding, Boring, Dominating, Responsible, Giving, Conservative, Consuming, Organised, Stubborn, Perfectionists, Family-Oriented, Security. Earth melts with nurturing Water signs, is independent with flirty Air signs, warms with passionate Fire signs and is indestructible with Earth signs.

### Taurus

21 April – 21 May



Taurus offers dependability and security and can be stubborn and bull-headed. They are usually quite attracted to beauty and luxury, especially when it concerns their own possessions ... material things and/or people. They like to take their time making decisions and believe that this aids them in making the best investments, whether in a romantic or financial situation. They tend to be private, more of a listener, which is frustrating for those who need more communication. They are patient, strong, sincere, loyal and have tons of common sense. You are very generous with your possessions so check your sibling's closet or neighbour's garage, if you can't find something they probably "borrowed" it. Their best colour is **Green** for growth.

### Virgo

23 August – 23 September



Virgo is the sign of the analytical thinker and they dissect situations until they can find the most practical solutions and explanations to their problem. They have strong reason and communication skills. To help clear their mind from constant thought, they can become workaholics, and therefore very successful. They want the best, not only for themselves, but for others as well. They need to be reminded to lower their standards, so they may attain their goals. Your analytical skills and intuition makes you annoying to watch a murder mystery with. Your friends, loved ones, and co-workers all want the seat next to you at a dinner party. Luckily you can talk loudly. Their best colour is **Gray** for stability.

### Capricorn

22 December – 20 January



Capricorns will have a slow climb to reach their goals, but they will eventually succeed. They are not only ambitious, but practical as well. Capricorns take each step with sternness and good judgement, they will have more than their share of obstacles in life, but with great precision, and a slow steady pace, they will overcome them. Capricorns are also serious thinkers, keeping their thoughts to themselves, not sharing their thoughts with loved ones. Everybody else gives sucky advice Capricorn so use your patience, intuition and incredible planning skills to schedule in time to dwell on problems from time to time. Their best colour is **Brown** for strength.



# Celebrating

**INFORMATION**  
**sexual health**

sexually transmitted infections

Counselling

Doctor  
COURSES

teachers

diaphragm

Workers

Resources

Social Justice

**QUEER**

**Unplanned Pregnancy** Intersex

living within two cultures

**Respectful Relationships**

**Clinics**

gender  
advocacy

Library

students

Refugees

condoms

young people

**Intervention**

**Relationships**

sexuality

**PREVENTION**

termination

**LESBIAN**

**The Pill**

condoms

1970s Bisexual

**Y@ SEX EDUCATION**

emergency contraception care

screening

education

safer sex

puberty

**Nurse**

reproduction

Primary Health

**community**

Sexual Healthline

**chlamydia**

South

**Australia**

pregnancy

Family Planning SA

**Disability**

awareness

Aboriginal

rural **IUCD**

pap smear

**FPSA** website

**SHAW**

Multicultural

**same-sex**

**Wellbeing**

partnership

emergency contraception

**HIV/AIDS**

**CONTRACEPTION**

**SHine SA**

GAY Focus School

Yarning on

# Years

working with the South Australian community