

SUPPORT FOR SCHOOLS

HOW CAN SHINE SA SUPPORT SCHOOL COMMUNITIES?

SHINE SA provides a range of services to support schools to implement a comprehensive, whole school approach to relationships and sexual health education. In South Australia, SHINE SA collaborates with the Department for Education to support schools in this area.

Comprehensive relationships and sexuality education (RSE) is defined as learning that begins at birth and continues throughout life, concerning the physical, emotional, mental and social aspects of sexuality and relationships. Comprehensive RSE helps to empower all children and young people to develop a positive body image and manage important transitions such as puberty; contributes to their ability to make informed decisions concerning relationships, reproductive and sexual health and wellbeing; and influences attitudes and values like respect, equality and diversity. (Family Planning Alliance Australia 2016. Relationships and Sexuality Education in Schools Position Statement)

SHINE SA offers curricula, professional development courses, resources, and personnel support to increase the confidence and capacity of teachers, counsellors and support staff to facilitate a consistent and comprehensive relationships and sexual health education program. This support is in line with best practice principles and enables students to develop the skills to establish respectful, positive relationships and feel comfortable to access services.

Relationships and sexual health education

SHINE SA has developed comprehensive Years 5–7 and Years 8–10 relationships and sexual health curricula and associated resources which are age and developmentally appropriate. These curricula are mapped to the *Australian Curriculum: Health and Physical Education* and Department for Education *Keeping Safe: Child Protection Curriculum*.

Teacher training for primary or secondary sectors explores what makes an effective program for students, best practice in relationships and sexual health education, and classroom strategies for teachers. These courses are scheduled throughout the year and can be offered regionally. For detailed information and to register for courses see the website.

Students with a disability

SHINE SA provides professional development, curriculum outlines and resources (via the Resource Centre) to support teachers and support staff who work with young people with a disability.

Dedicated two-day workshops are offered throughout the year and can also be delivered regionally or at an educational site.

An additional one-day **Rules About Sex: Getting Them Right** training provides a resource based workshop for educators, enabling them to create explicit teaching resources specific for the learning needs of their students.

Aboriginal students

SHINE SA aims to increase the capacity of principals, teachers, Aboriginal support staff (e.g. AEWs, ACEOs, ASETOs), parents and school communities in Aboriginal and Anangu schools, and schools with Aboriginal students, to promote and improve the relationships and sexual health literacy and wellbeing of school students in Years 5–10. This is achieved through age and culturally appropriate curriculum, resources and professional development.

School counsellors

SHINE SA's courses for teachers, although centred on curriculum delivery, also provide knowledge and strategies to address relationships and sexual health issues with young people which would be of interest for school counsellors.

Pregnancy Choices Training is available to school counsellors, teachers and other workers. This course explains all options available to students experiencing an unplanned pregnancy.

SHINE SA's sexual health counsellors are available to talk to school counsellors and workers if they have a query or are unsure where to refer a student.

Keeping Safe: Child Protection Curriculum

SHINE SA is the Department for Education approved training provider for the *Keeping Safe: Child Protection Curriculum* professional learning program. For course options and to register go to shinesa.org.au

Young people who are pregnant

The **HYPE** (Healthy Young Parents in Education) Journal is a resource produced by SHINE SA and aims to improve the educational, health and wellbeing outcomes for teenage mothers by encouraging them to stay in school. The HYPE Journal helps pregnant young women to understand their pregnancies and is a personal guide through the first 12 months of their baby's life. The journal can be used in conjunction with flexible SACE subjects as a tool to help young mums achieve SACE credits. This resource is free and can be ordered via the online shop.

Parents and caregivers

SHINE SA provides an extensive library containing information relevant for parents of children of various ages and abilities. Counselling support is available for individuals or as a couple and for referrals. Support for schools to host a parent information evening is also available. **Talk it like it is** is a guide for parents to communicating with their children about life, love, relationships and sex. This resource can be viewed or downloaded from our website.

Library & Resource Centre

An extensive Library with free membership is available to all community members and offers a range of books, journals, reports, research articles and DVDs. Membership to the Resource Centre is available to schools and organisations for an annual fee and has a large selection of DVDs, resources and activities to support teaching relationships and sexual health education. These resources cater for a range of students including primary, secondary, Aboriginal, culturally and linguistically diverse, and students with a disability. Most resources can be supplied via the Department for Education courier system. Visit the website for more details and to access the Resource Centre membership form.

Relationships & Sexual Health Education Network for Teachers

Members will receive emails about new resources, professional development opportunities, latest statistics, relevant journal articles, updates on relevant topics and information on current issues. To become a member email schools-support@shinesa.org.au

SA Sexual Health Awareness (SASHA)

SASHA is a current awareness service with news and views on various aspects of sexual health and sexuality, from a wide range of sources. These range from credible sources of sexual health and related information, to relevant opinion pieces in the media. Of particular interest to school staff may be the categories *Sex & relationships education* and *young people*. sasha.shinesa.org.au

Research and statistics

SHINE SA's support for schools is informed by current research and statistics. Visit our website for state and national statistics in the area of relationships, sexual health and wellbeing of young people.

Resources and services for young people

Tell it like it is is a booklet produced for young people aged 13–18 which explores life, love, relationships and sex through the eyes of eight young characters. The booklet can be used to generate classroom discussion about the characters' experiences. It can be viewed or downloaded from our website.

SHINE SA offers confidential clinical and counselling services for young people on a range of relationships and sexual health issues:

- sexually transmitted infections (testing and treatment)
- condoms and safer sex information
- sexuality and gender identity
- emergency contraception
- contraception (advice and provision)
- pregnancy testing and options

For locations and opening hours phone 1300 794 584 or see our website.

To talk to a sexual health nurse about any sexual health issue and for information, advice and referral contact SHINE SA's Sexual Healthline.

Fact Sheets

A range of Fact Sheets on sexual health topics has been produced, including information on contraception methods, sexually transmitted infections, sexual health and the law for under 18s, safer sex, and pregnancy options. These can be viewed or downloaded from our website.

CONTACT
SHINE SA

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Schools Support

- **Schools Education and Support team:** Tel 8300 5317 Email schools-support@shinesa.org.au
- **Library & Resource Centre:** Tel 8300 5312

For detailed information and to register for courses: www.shinesa.org.au/support-for-schools

Clinic & Counselling Appointments and General Enquiries

Tel 1300 794 584 Clinic locations and times are available at www.shinesa.org.au

Sexual Healthline

Tel 1300 883 793 Country callers (toll free) 1800 188 171

Students, teachers and community members can talk to a sexual health nurse about any sexual health issue. Available 9am – 12.30pm, Monday – Friday