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Introduction

It is that time of the year again!

Sexual Health Week (SHW) is being held during the third week of September for the 5th year in a row. To celebrate a permanent branding, a logo has been designed for the coming years.

A key part of SHW in 2009 is working with NSW Health's state-wide STI/HIV campaign 'play safe, get tested'. This campaign will be seen on television, print media and online. SHW will implement the state-wide campaign at the grassroots level with a focus on disadvantaged young people.

SHW continues to support disadvantaged young people through its Community Grants programme, and this year more grants have been awarded to youth services than ever before. There will be workshop/launches in each of the participating area health services to encourage and support grants winners as well as other youth and health workers to get involved in SHW. Practicing safer sex and going for sexual health checkups will continue to be crucial messages for this year.

2009 has been a different year for SHW with the partnership with NSW Health.

Welcome to
Sexual Health Week

14th to 20th September



The SHW working groups have been creative to work in synergy with the state campaign and keep a focus on disadvantaged young people at the same time. All the working groups have

been maintained from last year and include media, general practitioners, resources, and community grants. The partnership of the 4 Sydney region area health services and Family Planning NSW and the Health Outreach Team continues to be strong.

The enthusiasm and hard work of all the staff involved is inspiring and the campaign would not be able to get off the ground without every persons passion and input. We would like to thank everyone involved with SHW 09 for all your hard work; it has been a pleasure working with you all!

For further information details on events, or to order resources please visit www.fpnsw.org.au or contact your area representative as listed on the back page.

Thanks

Mark Morris and Tim Duck

Resources Working Group

For the past few years the resources working group has diligently produced some really exciting sexual health resources for workers to use with young people across the Greater Sydney area, and these resources have proved so popular that orders have come in from around New South Wales, and indeed from around Australia. Tireless efforts over the last few years, and strong partnerships with some community based organisations and corporate fairy godparents have seen some really well themed safe sex packs, information cards and treats such as temporary tattoos and stickers hit youth services for some time.

So perhaps it was a relief this year when NSW Health gave Sexual Health week a break, letting us know that in 2009 a state-wide resource driven campaign would be launched targeting young people. The Resources working group might have thought they had gotten a break, but instead, the creative cogs started turning as we knew we had to live up to a reputation of putting out something great for workers and young people.

The group decided that it would be a really great idea to hold some resource education days to help workers get resources off dusty old shelves, and actually be comfortable in how to use them. Workshops have been planned right across the Greater Sydney area with already a strong interest from workers all around. Local sexual health experts have been invited to present, as well as community grant winners, to inspire those services who might not have put in an application this year. It is hoped that these days will help workers feel more comfortable with the state-wide resources and some other handy tools for working with young people and sexual health.

Being the wonderfully committed group that they are, the resources working group also set to beginning the mammoth task of branding Sexual Health Week. The Sexual Health Week name is starting to become known to youth services across Sydney, and we thought it might be time to raise our profile, and develop a brand that workers and young people alike, can start to recognise and identify with. We looked around Sydney for bright young things in design, and were once again drawn to our loyal friends Purple Goat Design in Newtown who came up with some great ideas which were mostly well received by youth and workers.

We are currently fine tweaking the designs, and hope to shed our skin and have some exciting visuals for everyone for 2010. At the same time, we hope to continue working with some fresh new themes and

ideas each year for the resources, so 2010's safe sex packs and posters will be as modern and relevant as they ever have been.

And in all this creative turmoil, we are still pushing forward with the day in day out business of pumping resources out across Greater Sydney. You should all have seen the resource order form for your area, if not, contact details for your local rep are in this magazine. Look forward to seeing resources all about town.

Have a Happy Sexual Health Week Sydney!

Media Working Group

For 2009 the Sexual Health Week Media Working Group has continued to develop new ways of reaching young people youth in the Sydney region. One of the key messages we want to promote for 2009 Sexual Health Week is about the importance of taking your sexual health seriously and where you can find available and simple testing for Sexually Transmitted Infections.

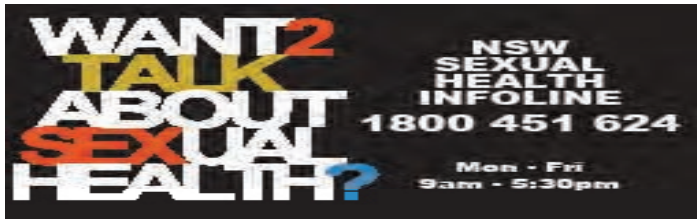
The media working group will be aiming to target media that reaches groups of young people that main stream media doesn't always get to; for example Aboriginal, culturally and linguistically diverse and homeless youth.

We will also be creating a Sexual Health Week media release to raise awareness through local newspapers and various local youth publications with the goal of reaching as many young people as possible.

In addition to this we have taken on a new role that includes working with Sexual Health Week Community Grant winners in helping them promote their events. We have created a template that grant winners can use that promotes Sexual Health Week and allows them to add information about their proposed event which will aim to attract relevant and community media sources.



NSW Sexual Health Infoline



The NSW Sexual Health Infoline is a statewide service jointly funded by NSW Health and Sydney Sexual Health Centre and is staffed by highly experienced sexual health nurses.

The aims of the service are to educate and promote sexual health in the community and to facilitate efficient use of publicly funded sexual health centres across NSW.

Currently the phone line performs several functions which include providing:

- Σ information, advice & support to health care workers (HCW);
- Σ information and advice to members of the community; and
- Σ a statewide referral to local services, that are appropriate to a callers needs.

Most HCW want information about sexually transmissible infection (STI) testing and management strategies, to access up to date information and obtain referral information. Generally, most callers from the community request further information about STI, because they are concerned about symptoms, risks and transmission to others, have recently tested or have been recently diagnosed.

**FREE AND CONFIDENTIAL
SEXUAL HEALTH INFORMATION
PROVIDED BY SPECIALIST
SEXUAL HEALTH
PROFESSIONALS**

The NSW Sexual Health Infoline number is

Ph: 1800 451 624 (toll free) and the service is anonymous and confidential.

The line is open from Monday to Friday 9am to 5.30pm.

For those with a hearing impairment TTY is available on **Ph: 9221 6515**.

Sexual Health Trivia Nights

In 2009 Sexual Health Week is encouraging youth services to engage with their young people through holding trivia competitions designed to dispel myths about sexual health. A "Sexual Health Week Trivia Pack" has been created which contains 25 questions, consisting of both multiple choice and true/false questions.

The questions are all about areas of sexual health which young people may not have a sound knowledge on. This will allow young people to attempt to answer the question and be able to be told the correct answer. It will also allow service providers to begin conversations with young people around sexual health topics that they may otherwise find difficult.

'Sexual Health Week Trivia Packs' will be available to be ordered through your local Sexual Health Week representative. Try your sexual health knowledge on these sample questions:

1. A test for Chlamydia is often done through a urine test.

True/False

2. Worldwide, which group has the highest rate of HIV?

- a. **Straight women**
- b. **Straight men**
- c. **Gay men**

Answers:

1. True. Chlamydia is easy to test; through a urine test and easy to treat; through a single dose of antibiotics.

2. a) Straight Women. This shows that the belief that "HIV is a gay disease" is untrue.



GP Working Group Article

Connecting doctors and nurses with young people!

Sexual health week has a history of connecting doctors and nurses with young people and has included doctors and nurses in its campaigns for a number of reasons. For example, not all young people are able to go to sexual health clinics, as the young person may not fit into one of the prioritized service groups, or maybe the clinic is just too far to travel to. Young people need other options for their sexual health care besides sexual health clinics and GPs can provide those options. GPs can provide sexual health services and can be found everywhere in the local community where young people live. Sexual health week has adopted a key action of linking young people and GPs and facilitating these links by providing opportunities for young people and GPs to get to know each other better!

In 2008 the 'check it out' campaign included a resource called the 'GP youth info card', this info card answered questions for young people about GPs and encouraged young people to go to GPs for sexual health services. 2008 also saw the establishment of a sexual health week GP working group for the first time. The GP working group included a young people and sexual health expert Dr Melissa Kang. Melissa's work was and is a great support to sexual health week and its goal of connecting doctors and nurses with young people in sexual health. Melissa was a key spokesperson for sexual health week in the media in 2008 and will be again in 2009. A key resource for GPs and nurses working with young people that Melissa has been part of can be found at www.caah.org.au

This year sexual health week is working in parallel with NSW Health and its upcoming statewide sexual health campaign, due for release on August 30. This campaign will include television ads and online resources focusing on young people and general practitioners. Sexual health week plays a key role in distributing the statewide campaign.

These resources support the main target group of young people, as well as focusing on disadvantaged young people in our community. The Sexually Transmissible Infections Programs Unit (STIPU) is involved in the statewide campaign and had developed a range of key resources for doctors and nurses working in sexual health. These and other key resources for the management of STIs can be found at (available 31/8/09)

<http://www.stipu.nsw.gov.au/GPinfo.html>



Family Planning NSW (FPNSW) is a reproductive sexual health service that offers services to young people and health professionals. FPNSW sites at Penrith, Newcastle, and Ashfield all offer youth drop in clinics.

Info for young people as well as accredited courses for doctors and nurses can be found at **www.fpnsw.org.au**

Health professionals or young people can find out more information easily over the phone by speaking to one of FPNSW's nurses on Healthline **1300 658 886**.

FPNSW is proud to be part of sexual health week and the goal of getting doctors and nurses and young people together to improve the communities overall sexual health!

Community Grants Program

The Sexual Health Week Community Grants Program encourages community organizations to have a greater involvement in sexual health promotion. The Grants Program generated an overwhelming response this year, with fifty-seven applications being received from a wide variety of organizations that work with marginalized young people under 25 years. Thirty-eight grants of up to \$1000 were awarded to enable innovative events and activities to take place during Sexual Health Week.

Congratulations to all the grant winners!

1. Biripi Aboriginal Corporation Medical Service
2. The Shack Youth Outreach (Epping)
3. Manly Youth Council
4. Youth Reach, St Vincent de Paul Society (Brookvale)
5. LINKS Youth Service (San Remo)
6. Regional Youth Support Services (Gosford)
7. Willoughby City Council
8. Surry Hills CDAT
9. Shellharbour City Council Youth Services
10. South Coast Medical service Aboriginal Corporation Inc.
11. Disability Services Australia (Mascot)
12. Mission Australia (Wollongong)
13. Illawarra Youth Housing
14. Ulladulla Youth Centre
15. Wollongong Youth Services
16. South Coast Women's Health and Welfare Aboriginal Corporation (Nowra)
17. Camden Council
18. Bankstown Multicultural Youth Service
19. The Settlement (Darlington)
20. Claymore Neighbourhood and Youth Services Inc.
21. Juniperina Juvenile Justice Centre (Lidcombe)
22. The Fact Tree Youth Service Inc (Waterloo)
23. Vietnamese Women's Association (Cabramatta)
24. Disability Services Australia (Condell Park)
25. The Smith Family Community Settlement (Burwood)
26. The Twenty-Ten Association (Newtown)
27. The Exodus Foundation (Ashfield)
28. Riverwood Community Centre
29. Cobham & Emu Plains Juvenile Justice Centre (St Marys)
30. Mountains Youth Services Team (Springwood)
31. Mt Druiitt Communities Agency (MECA)
32. Central West Supported Playgroups Parenting Young (Lithgow)
33. Mountains Youth Services Team (Katoomba)
34. Disability Services Australia (Castle Hill)
35. Parramatta Mission Koompartoo
36. Horn of Africa Relief & Development Agency of Australia (Homebush West)
37. Rowland Hassall Special School (Parramatta)
38. The Deaf Society of NSW (Parramatta)



Kiama Sexual Health Clinic

Feature Stories

Lithgow involved for the first time!

The first application from Lithgow for a Sexual Health Week community grant, from the Central West Supported Playgroup Parenting Young group, was successful this year in gaining a \$1,000 grant.

The Group will be putting on an event at Cook Street Plaza, near the station, where a lot of young people 'hang around'. The local High School Rock Band will be supplying the music, there will be a sausage sizzle, and members from the Group will staff an information table. Pamphlets will be designed by the parents from the Group and will contain national and state telephone numbers and web sites where young adults can phone or search for assistance and details of local services that are supportive of young people in regards to sexual health. Those operating the table will engage in discussion with young people too.

There will also be a local pharmacist, a GP and a women's health nurse, who will be able to offer advice and answer any medical or health related questions, as well as encourage young people to feel comfortable in seeking professional medical help when required.

The Group feels that a lot of young women in Lithgow are not actively taking responsibility for their own sexuality and are taking many unnecessary risks. The event is designed to assist in empowering them and raising their self esteem and confidence to make more positive choices and be more responsible for their own sexual health.



Camden Youth Space

Camden Youth Space has been successful again in receiving a \$1000 grant from the Sexual Health Week campaign. After producing a series of three sexual health resource post-cards designed by young people in 2008; they are at it again with another great innovative idea.

During Sexual Health Week 2009 Camden Youth Café will be holding five afternoon sessions of black and white photography classes. These workshops will give marginalised young people the opportunity for self-expression around identifying healthy sexual relationships.

The project co-ordinator from Camden Youth Café suggests that "it is important for young people to have access to health workers so they can gain the right information to assist them make the right choices for themselves".

The launch of the photos that are produced by young people will be on display at the Camden Youth Café, Narellan and Camden Libraries. The art work displays will aim to increase the community's awareness of key sexual health issues and increase access to sexual health services.

Regional Youth Support Services (RYSS)

Regional Youth Support Services (RYSS) in Gosford has won a Sexual Health Week 2009 Community Grant for an innovative project that will be launched during Sexual Health Week.

Young people attending RYSS will be involved in all stages of a photographic postcard project. Photographs taken by young people depicting diverse and positive relationships will be used to develop and create postcards. Information about sexual health services available to young people living on the Central Coast will be included, along with details of the GenQ groups for same sex attracted youth held in the Gosford and Wyong areas. [For information about GenQ Gosford meetings contact Kim on telephone 4323 2374, and for GenQ Wyong, call Corrina on telephone 4390 7888.]

Kim McLoughry, manager of RYSS, explained that the project had two aims - to promote healthy sexual relationships to young people and to increase access to services by marginalized young people, particularly those who are same-sex attracted, homeless, and those who have disabilities.



Bankstown Multicultural Youth Service

The team at Bankstown Multicultural Youth Service were successful in gaining a community grant and will be providing a workshop and art projects to highlight sexual health for young people during Sexual Health Week.

A workshop to discuss sexual health will provide ideas and inspiration for the subsequent art projects. Topics to be discussed during the workshop will include:

- Σ How I feel about myself – becoming a sexual being, body image, self esteem
- Σ Relating to others – relationships (family, friends, intimate relationships)
- Σ Looking after myself – Safe sex, STI's, BBV's and general adolescent health
- Σ Coming to a decision – Sexual decision making skills, risk taking, peer pressure, drugs and alcohol, sexual assault, contraception options
- Σ Pressures and expectations – values and attitudes, learning influence, expectations and behaviours, balancing power, legal rights and obligations
- Σ Respecting Diversity – sexual and cultural diversity



After the workshop young people can participate in two art projects – designing and screen printing their own sexual health messages onto t shirts or designing a graffiti wall mural that illustrates sexual health and well being.

The event happens on the 17th September at HomeBass Youth Facility, 2/69 The Mall, Bankstown. Contact Bankstown Multicultural Youth Service on 9790 3406 for further information.

Ulladulla Youth Program

1) Which service do you work for and what do they offer young people?

I work for the Dunn Lewis Foundation, which was established by Gayle Dunn in the wake of the Bali bombings, as a response to a lack of services, programs and opportunities for young people in our South Coast community. At present, the Foundation is offering a number of programs to young people who want to pursue trades, complete the Year 10 equivalency, and we also run groups such as a Young Parents Group. The Foundation's mission is to provide a continuous care model, in relation to vocational, social, and wellbeing needs for young people. At the present time we are finishing the building work on a large youth recreational facility that will open next year.

2) What encouraged you to apply for a sexual health week grant?

This project is for the Ulladulla Youth Centre. This centre is the more established youth facility in the area. It offers a range of school term programs, after school drop in activities, and have a school holiday program. The service has good resourcing, with 3 employees and a number of volunteers. The Dunn and Lewis Foundation and the Ulladulla Youth Centre are really different organisations but we are working together in partnership to grow each of our services. It's a really exciting time to be working for young people in this area and a lot of good things are ahead for both of our organisations.

Jody Quinnell, who is the Youth Centre Manager, applied for the grant last year and was successful so we thought we'd have another go this year! For us it's very much about staying focused on the issue of sexual health, despite the pull of all those other issues facing young people.

3) What are your main concerns regarding sexual health in your local area?

There is a definite need for addressing issues of STD diagnosis in this area. We do not currently have a sexual health clinician in the area.

The influence of alcohol and binge drinking on youth sexual behaviour is as much a concern in our area as it is within other Australian communities.

4) What event/activity will you be running for sexual health week and what are you hoping to achieve?

Our project is called 'Healthy Sexuality' which will be launched for Year 10 at Ulladulla High School on Wednesday 16th September. The campaign will focus on the development and design of marketing material, such as posters, on the topic of 'Healthy Sexuality'. The students will be assisted to blend issues they feel are important about sexuality within their own lives as well as what they see in the local area into the marketing messages. Asking someone 'what is Healthy Sexuality?' is a big question, and I think a lot of adults would struggle to get clear on that one straight way, so its going to be really interesting and hopefully thought provoking!

I wanted to provide additional interests for the students, so I am also drawing on my experience as a marketing lecturer for the development stage, and an artist will conduct the design phase. So the benefits of the program will go beyond education about sexual health, reflection on own sexual health practices and motivators, and knowledge of local health issues: there will be also be practical exposure to marketing and to art and design. I am hoping that this will mean that the young people are much more engaged in the topic and the project, rather than passively absorbing information about sexual health.

I expect to learn a lot through the project, and I'm looking forward to meeting some great new young people who will get to know a bit more about our Youth Centre and the Dunn Lewis Foundation.



Further Information

To obtain more information on sexual health and testing check out these websites:

1. www.gettested.com.au
2. www.fpnsw.org.au
3. www.yaa.com.au/Health_Outreach_Team_HOT
4. www.wordpress.yaashota.com

Don't forget to contact the representative in your local area to obtain a resource order form.



Boy + Boy =

Girl + Girl =

Boy + Girl =

Sexual health is the integration of the physical, emotional, intellectual and social aspects of sexual being, in ways that are positively enriching and that enhance personality, communication and love.

For more information check out:

- NSW Sexual Health Info line 1800 451 624
- Gay and Lesbian Counselling Service NSW 9207 2800 www.glcsnsw.org.au
- Kids Helpline 1800 551 800
- NSW Sexual Health Info line 1800 451 624
- Traxside Youth Health Service 4625 2525

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FUNDED by:

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www.camdencreativestudios.com.au/whw09
Cultivating Creativity, CAMDEN
camden creative studios

Newsletter Contacts

To obtain a resource order form or for information about any other aspect of Sexual Health Week 2009, please contact the representative from your area listed below.

Western Sydney and Blue Mountains	North Sydney Suburbs, Northern Beaches, Central Coast.
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Sydney City, Eastern Suburbs, Illawarra and Shoalhaven	Sydney Inner-West and South-Western Suburbs, Campbelltown and Southern Highlands.
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