



What? Who? How?



- Sexual education Program for year 9 students, aimed at getting a large amount of education and information to students in a small amount of time.
- Six rotations of ten minutes on sexual health themes. Rotations are – Sex and the Law, Contraception, Healthy relationships, Condoms, Sexually Transmitted Infections & The Influence of Pornography.
- Partners: School Nursing Program, GV Health, Victoria Police, Kildonan UnitingCare.
- Parent night: Held at one of the participating schools inviting all parents from all schools to attend. Purpose of program explained, key time of adolescent development, age appropriate material, as part of existing sexuality education program.
- Participating Schools: Wanganui Park SC, Mooroopna SC, Shepparton High School, McGuire College, Numurkah P-12, Nathalia P-12.



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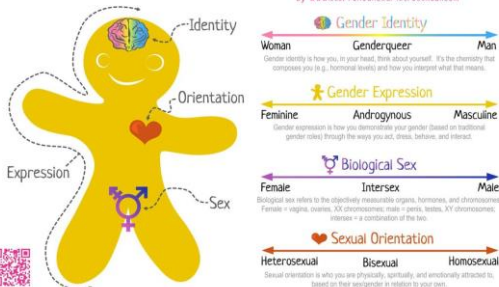
Healthy Relationships & Diversity

- True/False questions
- Discussion includes all types of relationships and placing value in all of them... single parents, blended families, intimate relationships, relationship with self, not feeling pressured into a sexual relationship, being responsible for own body and being assertive.
- Sexuality & gender (discuss the Genderbread person).
- Bullying is unacceptable and the term "that's so gay" does damage; have available Diversity Group brochure, list of GLBTIQ terms.
- Show Video, "Stand Up! - Don't Stand for Homophobic Bullying" (<http://www.youtube.com/watch?v=JxqvalFPM>)

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The Genderbread Person

by www.ItsPronouncedMetrosexual.com



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Condoms

- Where can you buy condoms?
- How do condoms work? – barrier method
- What are main objectives of condoms – prevent pregnancy/prevent STI
- Make sure condom packet is not damaged in any way
- Check expiry date
- When opening condom don't use sharp objects (scissors, knives or teeth) – may cut the actual condom. Use hands and fingers.
- Mention that condoms are lubricated. Explain why lubrication is important
- Demonstrate how to put condom with use of the fake banana penis
- Demonstrate if condom put on wrong what happens i.e. Doesn't roll down, chance of breaking increases
- Get students to practice
- Once they have successfully put condom on demonstrate how to take it off effectively and where to dispose of it i.e. bin, not toilet
- Ask is there any questions?



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Sex and the law

- Consent/age of consent/informed consent (<http://www.legalaid.vic.gov.au/745.htm>), under 12, then 12–15 years, then 15–17 years, then 18+
- Sexting/Child Pornography



Pornography



- Definition - Printed or visual material containing the explicit description or display of sexual organs or activity, intended to stimulate sexual excitement (e.g. images on phone, websites, DVDs, magazines)
- Statement that the station is based on: Sex should be respectful, consensual and pleasurable for all parties and we question whether or not pornography portrays it this way.
- Statistics:
 - 70% of boys and 53.5% have seen porn by the age of 12
 - 100% boys 97% girls have seen it by age of 16
 - 79% unwanted exposure to porn happens at home
 - Worldwide pornography revenue in 2006 was \$97 billion
 - 20% of teens have sent or posted nude or semi nude photo's of videos of themselves
 - Every second, \$3,075.64 is being spent on pornography, 28,258 Internet viewers are viewing pornography, 372 Internet users are typing adult search terms into search engines, and every 39 minutes, a new pornographic video is made in the United States

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- 88% of scenes included acts of physical aggression and 48% of scenes contained verbal aggression. In 94% of the cases, the aggression was pointed towards women.
- Effects: exposure to pornography had a negative impact on young people's attitudes to sexual relationships and body image, mental health and sexual behaviour.
- Activity: fact or fiction cards
Have a fact card up one end of continuum and fiction up the other. Tell students to place their card on where they think it goes. Explain the appropriate response. (Have the statement in the middle between fact & fiction card)
- porn is real
- porn stars are paid actors
- porn stars enjoy all the sex acts they perform
- pornography can be useful in healthy relationships

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Pornography



- you need to have consent before any sexual behaviour
- porn often has conversations on safe sex, contraception and STI's
- having group sex is normal
- porn stars look like you and me
- porn will make me a better lover
- violence and aggression is okay in sex
- sex should be pleasurable only for the man
- sex is noisy
- women should do whatever guys want
- guys are hero's and women are sluts
- all men/women want sex all the time
- most heterosexual/homosexual sex includes anal sex?
- violence happens with sex
- porn stars don't get STI's
- it's cool to see 2 girls/guys getting it on – stats 1 in 10 ssasgd
- its common to have sex with unknown people e.g. pizza guy

End with the statement again:
Sex should be respectful, consensual and pleasurable for all parties and we question whether or not pornography portrays it this way.

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STIs and BBVs

WHAT PROTECTS AGAINST STIs?

Sexual behaviour

- 1 in 4 year 10s and 1 in 2 year 12s have had vaginal intercourse
- between 15 and 20% of all adolescents who have ever had sex have had 2 sexual partners in the last year
- oral sex is common

Sexual risks

- one in 4 teenagers have had sexual intercourse without a condom
- only 40% of year 12s always use a condom
- year 10 students are more likely to have had their most recent encounter with someone they met for the first time

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STIs and BBVs



- 1 in 4 teenagers were either drunk or high during their most recent sexual encounter
- 28% of teenagers may be infected with chlamydia

RATES OF CONDOM USE AMONGST ADOLESCENTS IN VICTORIA

- 65% condoms, 37% the pill, 12% withdrawal, 9% no contraception used
- oral sex common risk of transmission of herpes, chlamydia, HPV

COMMON SYMPTOMS OF STI'S

- discharge, pain on sex/urination, sores, blisters, rashes, warts on genital area
- itch around genital area, bleeding on/after intercourse, lumps/bumps on genitals
- pain in scrotum

SYMPTOMS OF CHLAMYDIA = HIGH TRANSMISSION RATE. LONG TERM EFFECTS.

Treatment Screening

HERPES: SYMPTOMS, MODE OF SPREAD, TREATMENT

HEP B: SYMPTOMS, MODE OF SPREAD, TREATMENT

SCREENING:

TREATMENT: VIRAL, BACTERIAL, PARASITES

- after any unprotected sexual contact with a new or casual sexual partner
- after any unprotected sexual contact with regular partner if you suspect they have had

RISK REDUCTION

WHERE TO GET SCREENING

QUESTIONS

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Contraception

Discuss

irregular use of condoms, high level of unprotected intercourse

50% of all unwanted pregnancies occur within first 6 months

chlamydia rate

hormonal contraception

how to make an appointment for hormonal contraception how it is obtained –

local services, Medicare card, legal age for prescription who you may see

how it works

types favoured by adolescents - combined ocp, depo provera, Implanon

discussion of pros and cons of each type –

pros-efficacy perfect use, non-invasive

cons-efficacy real use, prescription, health side effects, invasive procedure

Reversibility, ease of use, cost

emergency contraception

Indication, how long it is effective, efficacy, where to access, cost,

side effects, non hormonal methods

male condom, efficacy ideal v typical, pros-cost, availability,

STI protection

cons – control over use, attitude

