

# "The success of a school is not around sexual health..."

## Sexuality education delivery in Australian regional secondary schools: a qualitative case study

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### Background and Aim

Factors such as **government policy, school leadership and teacher confidence affect sexuality education (SE) delivery** to school-based young people.

The aim of this study was to understand what can be done to support **regional secondary school students to experience good sexual health**, from the perspective of education, health and welfare professionals.

### Methods

A **qualitative study** using an **inductive analysis** approach to identify key themes.



Five focus groups  
(37 people in total)  
conducted in  
Fairview, regional  
Victoria

### Findings

#### Main Theme

The **inconsistent presence and delivery of SE curriculum** in Fairview schools.

This was attributed to **(1)** perceived lack of commitment at government level to SE; **(2)** importance of SE in comparison to other subjects; and **(3)** variation in inclusion across year levels.

#### Sub Themes

**The delivery of SE:** a lack of capacity among teachers and use of external providers were discussed as key issues for the teacher role.

**The role of school leaders:** opinions varied between seeing principals as constraining SE delivery, whilst others felt that principals were overwhelmed with a number of competing demands at a whole-school level.

### So Now What?

**Clearer government policy** would increase the importance and consistency of SE in the curriculum. **Greater resourcing of SE via teacher training** would signal the importance of SE to school leaders and teachers. Such measures may contribute to **improving students' sexual health and wellbeing**.

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