



Sexual Health and Peer Education (SHAPE) Program

In peer education, people with similar interests, ages or backgrounds, or in the same circle of friends, teach others in the group.

Peer education is a popular and effective way of changing behaviour to address sexual health concerns among young people.

Young people have the potential to communicate key sexual health messages to other young people in a comfortable and supportive way, giving them the opportunity to apply safe sex strategies in real life situations.

The SHAPE Program is a best practice peer education program for organisations that want to start a new sexual health peer education program with young people, incorporate sexual health into an existing peer education program, or enhance an existing sexual health peer education program.

There may already be groups of young people attending your service or group activities who are suitable to be trained as peer educators. Why not engage them and encourage them to become peer educators?

The SHAPE Program not only educates young people but also provides a great opportunity for young people to develop skills.

Please use the Play Safe Pro [SHAPE Checklist](#) and [SHAPE Guidelines](#) if your service is intending to implement the SHAPE Program.

The [SHAPE Training Manual](#) is a useful source of information and activities for training young people to become peer educators.

It is paramount to apply a sex-positive approach in developing and implementing the SHAPE Program. Sex positivity focuses on life-enhancing and pleasurable aspects of sexuality and not just the risks. Being sex-positive includes being non-judgmental, using inclusive language, promoting choice, and supporting people to be aware of their choices.

Sexual Health Advocacy

[A Tool for Workers](#) provides evidence on why a sex-positive approach in sexual health programming is important and effective.

The following resources are useful for setting up more general peer education programs:

- [My-Peer Toolkit](#)
- [Youth Peer Education Toolkit](#)
- [Evidence-Based Guidelines for Youth Peer Education](#)

Visit [Play Safe Pro](#) for sexual health information, training, activities and games for working with young people.