



Resources to share with  
parents, carers and  
young people



We invite schools to share the following compilation with parents, carers and young people.

These resources and community organisations provide information and support on sexuality and sexual health. Resources are accessible via a web search using the name of the organisation and/or resource.

Preference has been given to Australian resources, which make up the majority of those listed here.

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Topic	Organisation or resource	Content
Aboriginal and Torres Strait Islander	Ask for Health	Website developed by Youth Action containing a range of health literacy topics including information on Aboriginal health support
	Family Planning Australia	<b>'Yarning about'</b> ... A series providing information on sexual and reproductive health for Aboriginal and Torres Strait Islander young people
	Take Blaktion	Culturally appropriate sexual health messaging to engage Aboriginal young people using comedy
Body image and body diversity	Butterfly Foundation	Support with eating disorders and body image issues
Consent	Amaze	Videos for young people on consent and other relationship and sexual health topics
	Family Planning Australia	<b>BodyTalk</b> website provides information and resources for young people and teachers
	Youth Law Australia	Website providing free, confidential legal information and help for young people under 25
Contraception	Family Planning Australia	<b>BodyTalk</b> website provides information and resources for young people and teachers on contraception and other areas of sexual health  Family Planning Australia website contains information on contraception including <i>What suits me? Contraception options for girls and guys</i>  <b>Know Your Health</b> website provides information in Easy Read and community languages about contraception and sexual health
	Freedom Condom	Project providing free condoms and health information at Family Planning Australia clinics and youth services across NSW

Topic	Organisation or resource	Content
<b>Cultural and linguistic diversity; multicultural health</b>	<b>Family Planning Australia</b>	<b>Know Your Health</b> website provides videos and factsheets on sexual and reproductive health in community languages
	<b>Health Translations</b>	Free online library of high-quality translated information about Australian health and wellbeing
	<b>Multicultural Health Communication Service</b>	Health service coordinates the provision of multilingual health information
	<b>NSW Refugee Health Service</b>	Provides a range of clinical services and medical assessments for recently arrived refugees and asylum seekers
	<b>Transcultural Mental Health Centre</b>	Service which supports positive mental health for people from culturally and linguistically diverse communities
<b>Domestic and family violence, sexual assault</b>	<b>1800 RESPECT</b>	Information, resources and online counselling for domestic violence
	<b>Child Protection Helpline</b>	24/7 telephone service for information and assessment of child protection concerns
	<b>Full Stop Australia</b>	Counselling, training and advocacy for people impacted by sexual and family violence
	<b>NSW Domestic Violence Line</b>	24/7 telephone service which provides crisis counselling, advocacy, and assists with referrals
	<b>NSW Health Sexual Assault Services</b>	Contact list for NSW Health Sexual Assault Services
	<b>NSW Rape Crisis Centre</b>	24/7 telephone and online crisis counselling service for anyone in Australia who has experienced or is at risk of sexual assault and family or domestic violence
	<b>QLife</b>	Telephone and webchat peer support and referral service for LGBTIQ+ people and their loved ones
	<b>Rainbow Sexual, Domestic and Family Violence Helpline</b>	24-hour national sexual assault, family and domestic violence counselling line which includes support for the LGBTIQ+ community
	<b>SAMSN</b>	Organisation for male survivors of child sexual assault which includes sections for supporters and service providers

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Health literacy	Ask for Health	Website developed by Youth Action containing a range of health literacy topics including sexual health
	Health Direct	Government-funded service providing information online and over the phone
Intellectual disability and autism	Family Planning Australia	<p><i>Disability Resource Collection</i> contains resources for people with intellectual disability and their support people.</p> <p><b>Planet Puberty</b> is a digital resource suite helping parents and carers of kids with intellectual disability and autism navigate puberty.</p> <p>The Family Planning Australia website contains numerous booklets about intellectual disability including:</p> <ul style="list-style-type: none"> <li>• <i>Relationship goals: Planning for success with friendship and dating</i></li> <li>• <i>Your child's growing sexuality: A guide for parents and carers of children with intellectual disability</i></li> </ul>
	NSW Council for intellectual Disability	Provides representation and information for people with intellectual disability, including Easy Read information about sexuality
Legal information	Youth Law Australia	Legal information for young people, including information on sex and consent
LGBTIQ+	ACON	Leading health promotion organisation in NSW specialising in HIV and LGBTIQ+ health
	Intersex Human Rights Australia	National body that focuses on human rights, health and bodily autonomy for people with intersex variations
	Intersex Peer Support Australia	Intersex peer support, information and advocacy group for people with intersex variations and their families
	Gender Centre	Service and activities for transgender, gender diverse and gender questioning people
	Minus18	Empowerment, inclusion and mental health support for LGBTIQ+ young people
	Pivot Point: Alcohol and Other Drugs Online Resource	Information and support for sexuality and gender diverse people with alcohol and other drug use
	TransHub	Information and resources for transgender people, allies and health providers
	Twenty10	Provides specialised services for LGBTIQ+ people

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Mental health	Beyond Blue	Mental health organisation with information and support for young people
	eHeadspace	Free online and telephone mental health support for young people and their families
	Kids Helpline	24/7 telephone counselling service and online support and information for young people
	Reach Out	Free, confidential peer support and information on mental health and wellbeing for young people, schools, parents and carers
Online safety, technology and sexuality	eSafety Commissioner	Agency providing information, resources and training about staying safe online for children, parents and professionals
	Family Planning Australia	<b>BodyTalk</b> – Website for young people including information on online safety, pornography and other areas of sexuality
	ReachOut	Information and support including online safety
	Safe on Social	Training and education to teachers, students, parents and carers on online safety and online bullying including free parent downloads
	ThinkUKnow	Education program led by the Australian Federal Police which includes information for parents, carers, educators and young people
	Youth Law Australia	Legal information for young people, including on sex and consent
Pregnancy, pregnancy choices and abortion	Children By Choice	All-options information for people experiencing unplanned pregnancy (Queensland based)
	Family Planning Australia	A range of booklets and factsheets including <i>Pregnant? Working through your options</i> Health provider of sexual health services <b>Know your health</b> – Information and factsheets on pregnancy options in community languages and Easy Read <b>Talkline</b> – Free, confidential unbiased support and advice telephone line
	Marie Stopes Australia	Health provider of sexual health services

Topic	Organisation or resource	Content
Puberty	Family Planning Australia	<b>BodyTalk</b> website provides information and resources on puberty  Family Planning Australia website contains resources on puberty including <i>Me Myself and I: Puberty information for everybody</i>  <b>Planet Puberty</b> is a digital resource suite helping parents and carers of kids with intellectual disability and autism navigate puberty.
	7th National survey of secondary students and sexual health	Report on the sexual health and wellbeing of young people in Australia
	Family Planning Australia	<b>Talking Frank</b> is a podcast discussing Australia's sex life
Sex and sexuality	Scarleteen	US-based sex and sexuality education and information in e-zine format
	Amaze	Videos designed for children and young people on relationships, sexuality and sexual health
	Australian Parenting Website	Information for parents and carers, including strategies for talking to children and teen about sexuality and sexual health
	Talk Soon Talk Often	Parents' and carers' guide to talking sexuality with kids (NSW version of booklet)
Sex education resources for parents and carers	Talk Soon Talk Often – Tip Sheet	One page tip sheet for parents and carers on talking sexuality with kids
	Family Planning Australia	<i>Your best defence: Keeping an eye on STIs</i> – Booklet on sexually transmissible infections for young people  Factsheets on website  <b>Talkline</b> – Free, confidential unbiased support and advice telephone line
	PlaySafe	STIs, testing and treatment information for young people
	Sexual Health Infolink	Access to evidence-based information and telephone support on all aspects of HIV, STIs and sexual health

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