

# THE KIT: GUIDING TOOL



Thank you for your commitment to providing international students at your institution with evidence-based sexual and reproductive health information and referral pathways. This guiding tool provides everything you need to know to assemble, distribute and utilise The International Student Health Hub Kit 'The Kit'.



## The Kit

The Kit was developed by the NSW STI Programs Unit, in collaboration with Illawarra Shoalhaven Local Health District and Northern Sydney Local Health District, as a physical resource to provide additional ways international students can access sexual and reproductive health information in a non-confrontational way.

The Kit complements the [International Student Sexual Health Online Learning Module](#), the [Sexual Health Peer Education \(SHAPE\) training package](#) and the [International Student Health Hub website](#).

The Kit is an accessible and trustworthy source of sexual and reproductive health information for international students and can be used as an engagement tool and a conversation starter.

The small and discrete design of The Kit provides a variety of distribution opportunities through orientation welcome packs, at on-campus support services and stalls, within student accommodation and more.

To order additional copies of The Kit, visit the International Student Health [Hub resources page](#).

## What's included?

The Kit is a resource folder containing three sets of information cards. The resource folder comes preassembled with the information cards only.

### Safe Sex & Contraception

- Sex
- Safe sex
- Contraception
- Protection
- Support

### STIs & HIV

- Symptoms
- Prevention
- Testing
- Treatment
- Support

### Consent & Relationships

- Affirmative consent
- Healthy & unhealthy relationships
- Sexuality & gender diversity
- Break-ups
- Support



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## How to use The Kit

In addition to the distribution of The Kit to international students at events, in welcome packs and at health services, The Kit can also be used as an educational tool to support sexual and reproductive health workshops as part of the [SHAPE training package](#). The SHAPE training package includes a PowerPoint presentation as well as a range of activities and ways to utilise The Kit in workshops such as:

- **Myth Busting** – Workshop facilitator makes a sexual and reproductive health statement that is in The Kit. International students need to find the information in The Kit to say if it is a myth or a fact.
- **Q&A Race** – Workshop facilitator asks international students a question where the answer is in The Kit. A good place for these questions is in the frequently asked questions section. International students need to find the answer to the question using The Kit to win the race.



## Recommended additional inclusions

The Kit was designed to hold additional resources. Recommended additional inclusions are as follow.

### Business cards (A7 size recommended):

- Include your education institution business card with on campus international student support information.
- Include your education institution's specific Overseas Student Health Cover business card for international students.
- Include any business card with further sexual and reproductive health information and local referral support. For example, a sexual health clinic or student health service.

### Safe sex resources:

- Include an external condom. Order 144 condoms and lube for free on the [Play Safe Pro website](#).
- Include an internal condom. Order from a range of prices [here](#).



## Provide your feedback

The Kit is in its first year of pilot. We would love to hear how you are using The Kit with your students and any feedback you may have to help us improve. Please send any feedback to: [Eliza.Basheer@health.nsw.gov.au](mailto:Eliza.Basheer@health.nsw.gov.au)