

RESOURCE GUIDE

Sexuality and sexual health resources and support for wellbeing nurses

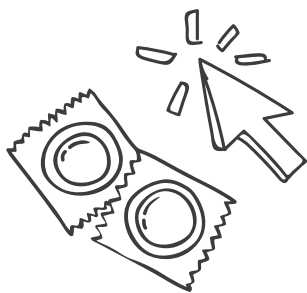


Sexuality and sexual health are key aspects of overall health and wellbeing. In partnership with parents and carers, schools and professionals working in them play a crucial role in equipping students with the age-appropriate knowledge, motivation, and skills needed to have respectful and healthy relationships and to support and enhance their sexual and reproductive health as they mature.

The NSW STI Programs Unit has collated a range of resources for wellbeing nurses that can be used to support the delivery of sexuality and sexual health information and support to students. These resources will enable wellbeing nurses to respond to student questions on sexuality and sexual health.

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Play Safe Pro

The NSW Health website, [Play Safe Pro](https://pro.playsafe.health.nsw.gov.au), provides a range of evidenced-based tools, training and resources to support delivery of sexuality and sexual health information. Pro helps professionals who work with and support young people to respond to questions they may have questions on sexuality and sexual health. A range of useful Play Safe Pro resources are listed below.

[Activities and teaching resources](#)

Play Safe Pro includes a range of fun and interactive games and activities for young people that can support conversations with young people about sexual health.

[Health promotion material and other freebies](#)

A range of free resources, including health promotion posters, information packs, stickers, USB video resources, safe sex packs and more. All orders for resources are made via the website and mailed directly at no cost.

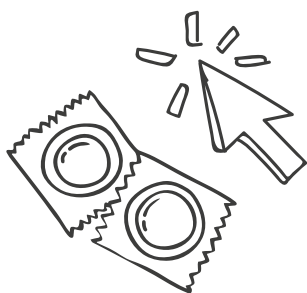
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Play Safe Pro

Factsheets and tools

Play Safe Pro includes a range of factsheets and tools such as sexual health factsheets, tips on how to have conversations and strategies to combat stigma. Some useful resources include:

- [Key sexual health messages factsheet](#)
- [Consent, age and the law factsheet](#)
- [Trauma Informed Care: A guiding tool for discussing sexual health with young people](#)
- [Sexual health promotion with young people with a disability](#)
- [Sexual health promotion with Aboriginal young people](#)
- [Sexual health promotion with young people from culturally diverse backgrounds](#)

Best Practice Statement: A tool to plan, deliver and evaluate sexuality and sexual health education in NSW schools

Together with Family Planning Australia, NSW Health has developed the sexuality and sexual health education best practice statement which provides guidance for planning, delivering and evaluating sexuality and sexual health education programs in NSW schools. While wellbeing nurses may not deliver sexuality and sexual health education programs, the principles regarding effective communication with young people around this topic may be useful.

Resources for educators, parents, carers and young people

This factsheet includes a range of resources and professional organisations who provide evidence-based information and support on a range of sexuality and sexual health education topics. The factsheet may be useful for parents or carers who may want to continue conversations about sexuality and sexual health at home and need support on how to do so.

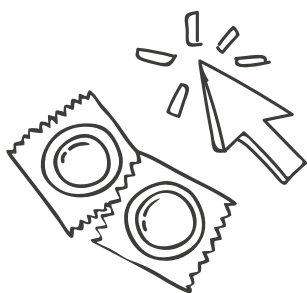
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Sexual Health Infolink

The [NSW Sexual Health Infolink](#) (SHIL) is a state-wide nurse-led NSW Health sexual health information service. The SHIL team provides clinical information for health professionals on sexual health, HIV and STIs, testing services and appropriate services for young people, including sexual health clinics, youth health clinics and more.

Family Planning Australia

Family Planning Australia has a range of professional support services and resources for professionals working with young people. Relevant resources may include:

- [Family Planning Australia's](#) website which contains information on STIs, contraception options and information specifically for young people
- [Body Talk](#) website which includes a teacher's toolkit with a range of factsheets, classroom activities, lesson plans and useful websites to support the delivery of sexuality and sexual health information
- [Talkline](#) (1300 658 886), a nurse led support line that provides free and confidential information, advice and options across a wide range of sexuality and sexual health topics
- [Pregnancy Choices Helpline](#) (1800 008 463) provides free, unbiased and confidential information on pregnancy options available in NSW.

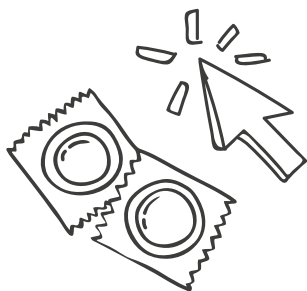
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NSW Department of Education

The [NSW Department of Education](#) (has a range of information, resources and guidance on their website about teaching sexuality and sexual health education in NSW schools. These include:

- school-based considerations before delivering sexuality and sexual health information
- evidence-based guiding principles of sexuality and sexual health education in NSW public schools
- PDHPE K-10 Syllabus
- sexuality education in PDHPE K-6.

Sexual health services and care for students

For students who may need referral, advice or support to seek clinical care, the [NSW Sexual Health Infolink](#) service can help you identify the best local service for them. These services may include NSW sexual health clinics, youth health clinics, GPs or other primary care services.

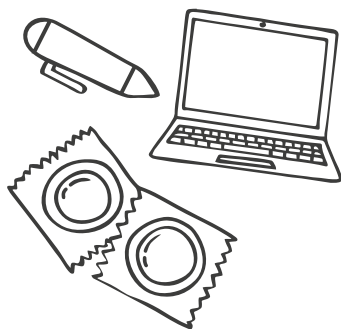
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Sexuality

AND SEXUAL HEALTH TRAINING FOR WELLBEING NURSES



There are several sexuality and sexual health training courses available on the latest content, ways of engaging with young people. The NSW STI Programs Unit, recommends:

[Sticky Stuff Online:](#) This training provides professionals working with young people with tools, valuable tips and activities to support young people around their sexual health.

[Nitty Gritty Online:](#) This training is a self-paced course covering communication strategies and health literacy, consent, STIs and contraception, working effectively with students from priority groups including LGBTIQ+, Aboriginal and Torres Strait Islander, culturally and linguistically diverse communities and young people with disability. Family Planning Australia also run free Nitty Gritty courses, funded by NSW Health, across the State. .

[Because You Care:](#) This training is a self-paced course for foster carers, those working in the out of home care sector and others working with groups of vulnerable young people with an interest in having trauma informed sexual health conversations.

[ACON's Pride Training:](#) ACON has a range of eLearning, in-person and webinar trainings available for clinical and non-clinical professionals working with the LGBTQIA+ community.

[Improving Sexual Health Outcomes in Young People:](#) A practical guide for clinicians: This free online training, developed by ASHM, focuses on helping health professionals feel more confident and connected when talking with young people about their sexual health. It provides an overview of healthy adolescent development, information about STIs and BBVs and their mode of transmission, strategies to enhance communication with young people and pathways available for young people to access services for their sexual healthcare needs.

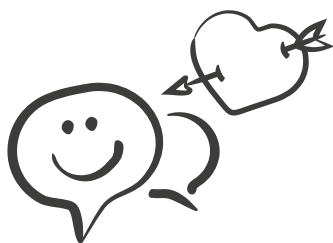
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Play Safe

The [NSW Health Play Safe](https://www.health.nsw.gov.au/PlaySafe/Pages/default.aspx) website has everything students need to know about safe sex and sexual health, including information on condoms, STIs/BBVs, testing and treatment. Wellbeing nurses can help students use the site to find the information and support they need. Below are a few notable features on the Play Safe website:

[Nurse Nettie: Free, confidential sexual health advice](#)

If students have sexual health questions, they can ask these confidentially through the websites' chat function and receive a confidential response from a qualified sexual health nurse.

[Need to know where your local sexual health services are?](#)

This page allows students to enter a postcode and view a map view of nearby STI testing locations. There is also a quiz to help young people choose the right STI testing service for them.

[Could you have an STI quiz](#)

The quiz takes less than a minute and asks a few simple questions about sexual activity, condom use and previous testing to find out if a student may be at risk of an STI. Any information provided is strictly confidential.

[Safe sex quiz](#)

This quiz puts students' safe sex knowledge to the test with quick questions about consent, STIs, condoms and healthy relationships.

Take Blaktion

The [NSW Health Take Blaktion](https://www.health.nsw.gov.au/TakeBlaktion/Pages/default.aspx) website, designed for Aboriginal young people, has a range of STI prevention, testing and treatment information and videos to support learning.

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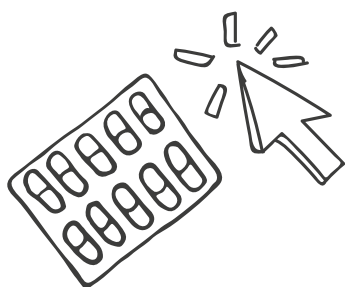
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Additional

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Sexuality and disability:

[Planet Puberty](#): Planet Puberty, developed by Family Planning Australia, is an interactive website with games, resources and social stories to support educators, parents and carers of young people with intellectual disability and/or autism spectrum disorder to learn about puberty and relationships.

[SECCA](#): SECCA has developed a range of unique resources to help people of all abilities learn and teach about relationships, sexuality, health and rights.

[Positive Partnerships](#): Positive Partnerships is an organisation that provides information to parents, carers and educators of school-aged autistic children. This information is based on research and accessed through workshops and digital resources.

Sexualised behaviours:

[Safe Wayz](#): Safe Wayz, a NSW Health program, supports children under ten who have displayed problematic or harmful sexual behaviours, including providing support for their families and carers. Safe Wayz can answer questions, address concerns, provide counselling and make referrals.

[New Street Services](#): New Street Services, a NSW Health Program, provides therapeutic services for children and young people aged 10 to 17 years who have engaged in harmful sexual behaviours towards others, and their families and caregivers. New Street Services work with the young person to assist them to understand, acknowledge, take responsibility for and cease the harmful sexual behaviour.

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