



FAMILY PLANNING VICTORIA

# Chlamydia projects - are we doing it right?

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# Schoolies have unsafe sex

Article from: [SundayMail](#)

By [Paul Weston](#)

November 24, 2007 11:00pm

**THE safe-sex message has failed to get through to some schoolies, with Surfers Paradise chemists saying they sold scores of morning-after pills to distressed teenagers last week.**

Some pharmacists said they had dispensed up to 15 doses of across-the-counter emergency medication every day since the annual end-of-year festival began on the Gold Coast last weekend.



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# Sexual Health and Family Planning SH&FPA





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# Family Planning Victoria

## Clinical Services

- Box Hill
- Action Centre
- Hoppers Crossing
- Casey
- Shepparton

## Education and Training

- IS&ES / SAID
- Clinical Education Unit
- Community Education
  - BBV / STI Community Outreach
- PSST



# Overreaching FPV Activities

- **Health Promotion:** Advocacy and Capacity Building
- **Clinical Education** for Nurses and Doctors:
  - Certificate in Sexual and Reproductive Health
  - All courses cover issues around adolescents
- **IS&ES individual support** for people with special needs, including support through clinical visits, education and counselling

**Issues:**

**largely reactive due to  
resource versus  
demand issues**



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# Workforce development



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# Teaching sexuality and relationships

## Family Planning Victoria's 2008 Workshops

Conducted by experienced teachers for:

- Teachers
- Youth workers
- Community development workers
- Community health nurses
- School nurses
- Parents

## workshops 2008

### Special Needs

#### Human Relations Education In Special Developmental Schools

Learn practical strategies for teaching an effective human relations program in your SDS and see how you can use the Circles concept in a whole school approach. Our experienced educators understand the difficulties of teaching human relations in an SDS.

#### Human Relations Education In Special Schools & Teaching Units

Our experienced educators will outline an effective, integrated human relations program to suit your special school. You'll learn strategies for teaching the program at a whole school level, including the popular Circles Concept.

#### Teaching the Circles Concept A Whole School Approach

Learn practical and fun ways of teaching the Circles Concept to children with an intellectual disability. We'll discuss how to make it work, what strategies to use and how to include the whole school community.

### Primary

#### ABC of Teaching Primary Sex Education

A practical workshop for teachers eager to deliver age-appropriate sexuality education for students from Prep to Year 6. Learn ideas and strategies for teaching protective behaviours, reproduction, pregnancy, birth and puberty.

#### Sex Education & Disability In Primary School

A half-day workshop filled with practical strategies for teaching sexuality education to children with various cognitive disabilities. Discuss issues such as keeping safe, public/private, puberty, menstrual management and appropriate sexual behaviour.

### Primary and Secondary

#### Starting Out

If you haven't taught sexuality and reproductive health before, or it's been a while since you have, this course is the lifeline you need.

### Secondary

#### STIs & Contraception Updates

Update your knowledge of Sexually Transmissible Infections (STIs) and the latest contraceptives and learn new and exciting classroom and group work strategies for teaching safer sex.

#### Party Party Party!

Help young people survive the party season without tears with practical, down-to-earth strategies and resources that help students understand the strong links between sex and drugs and how to play safe.

#### Bridging the Gap: Sex Ed for 7s & 8s

A VELs-based workshop designed especially for teachers working with year 7 and 8 students. Learn great ideas for classroom activities that explore relationships, alcohol, drugs and sex, self esteem and sexual decision-making.

#### Talking Sexual Health (2 days)

A chance for teachers, youth workers, community health nurses and others responsible for the wellbeing of young



# Community Education data

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## Sessions by organisation type

Organisation Type	2004	2005	2006
BBV	30	11	0
COMMUNITY	7	3	102
DIS / SDS	345	198	114
<b>SCHOOL</b>	329	368	578
TAFE	0	0	61
TERTIARY	0	0	21
<b>TOTAL</b>	<b>711</b>	<b>580</b>	<b>1454</b>

## Type of participants

participants by year	Total Communi ty Edn. Participa nts	Number of Primary School Children	Number of Secondar y School Students	Number of Teachers
<b>2004</b>	13471	1323	6908	324
<b>2005</b>	14303	1047	7749	594
<b>2006</b>	19733	2061	12370	798



# Family Planning Victoria Clinical Education Unit Training Calendar January-June 2008



FAI

Family Planning Victoria offers a wide range of professional development opportunities in the area of Sexual and Reproductive Health. This calendar is designed to provide an overview only. For details such as course accreditation, course eligibility, assessment and entitlements, as well as a more detailed description of course content, please contact the course registrar.

For all training course inquiries: Tel: (03) 9257 0133 Fax: (03) 9257 0112 E-Mail: registrar@fpv.org.au Internet: www.fpv.org.au

## For Medical Practitioners - Certificate in Sexual & Reproductive Health

This is an intensive course covering important specialist information on Sexual and Reproductive Health. The course is accredited nationally by SH & FPA (Sexual Health & Family Planning Australia). It is also accredited by the RACGP and ACRRM.

The course has two components: **1. Theory** - 5 days (Mon to Fri) followed by exams on Saturday **2. Practicum** - 7 practical sessions.

### Course Content

- Sexual history taking
- Contraception - all methods with optional Implanon training
- STIs - diagnosis and management - bacterial and viral STIs including BBV and HIV, HPV and Pap smears
- Common gynaecology
- Sexual & relationship counselling
- Aspects of sexual dysfunction
- Sexuality

### Entitlements

SH & FPA Certificate in Sexual & Reproductive Health is awarded after a participant has successfully completed both the theory and the practicum. FPV Certificate of Attendance is provided to a participant who completes the 5-day theory course only.

**Course Fee:** Theory & Clinical - \$1,570 + \$157 GST = **\$1,727.00**  
Theoretical Only - \$920 + \$92 GST = **\$1012.00**

**Dates:** **4-8 February 08**

## For Division 1 Nurses - Certificate in Sexual & Reproductive Health & Pap Test Provider

### Part One - Increase awareness of the diversity of sexual experience & issues associated with sexual and reproductive health.

This 5-day course explores the social, environmental & physiological aspects of sexual health. For nurses who wish to specialise in women's health or sexual and reproductive health. Part One provides the essential body of knowledge required for the development of clinical competencies needed to meet the national standards for Pap smear test provision.

**Note:** Part One is a pre-requisite for the Certificate in Sexual and Reproductive Health (Nursing) Part Two.

### 5-day Main Topics

- Sexual & reproductive health issues in specific population groups
- Medico-legal issues
- Sexually transmissible infections
- Contraceptive options
- Cultural and age related issues & specific health issues

**Course Fee:** \$900.00 + \$90.00 GST = **\$990.00**

**Dates:** **18-19 February, 27-29 February 08**

### Part Two - Continue on from Part One - building on topics already covered.

The course is structured as a 5-day program. It includes intensive sessions on the role and practice of the sexual and reproductive health nurse, and, in particular, issues involved in a sexual health consultation and Pap smear test. The course builds on topics covered in Part One and encourages a holistic and comprehensive primary healthcare approach.

### Main Topics

- Role and practice of the Sexual & Reproductive Health Nurse
- Communication skills
- Pap smear, pelvic exam, diaphragm fitting
- Breast examination clinical skills
- Current professional and medico-legal issues
- Sexual assault and domestic violence

**Course Fee:** \$1100.00 + \$110.00 GST = **\$1210.00**

**Dates:** **7-11 April 08**



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# Examples of SH&FPA Member organisations' projects



**Want cheap health cover?  
use a condom every time**

SH&FPA  
Chlamydia  
awareness  
project

**2006/07 – Big night out**

**2007/08 – National awards for excellence in Sexuality Education**

**Issues: distribution, consumer involvement in planning, target group?**



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[www.2toTango.com.au](http://www.2toTango.com.au)

it takes **2** to tango



**Issues:**

**Distribution?**

**Sponsorship?**

# STAMP OUT CHLAMYDIA

1 in 14 young people in Canberra have chlamydia, but most don't know it, because usually there are no symptoms.

The SOC (Stamp Out Chlamydia) Project invites you to get a free and confidential test (and free treatment if your test is positive).



## Family Planning ACT

### What is SOC?

SOC (Stamp Out Chlamydia) is a research project that is bringing free & confidential testing for students aged 16 to 26 to the Australian National University, Canberra Institute of Technology and the University of Canberra throughout 2007.

Check out the [GET TESTED](#) Page to find out when SOC will be on your campus next.

### MORE INFO & LINKS



[GET TESTED](#) at these upcoming SOC events



Find out what the [SOC PROJECT IS ABOUT](#)

What you need to know about [CHLAMYDIA](#).



[Canberra Sexual Health Centre at TCH](#)



[CONTACT SOC](#) via SMS, email or phone



[Sexual Health and Family Planning ACT](#)

Issues:  
Reach?  
Resources?



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# FPV / DHS Bumper sticker



**Chlamydia:  
hard to spell, easy to catch  
Use a condom!**



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[www.fpv.org.au](http://www.fpv.org.au) Free call: 1800 013 952

DHS  
Chlamydia  
awareness  
bumper sticker,  
undertaken by  
FPV

**Issues:**

**we love it, but do young people?**

**Outcome evaluation?**



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# Sexfactors – Hoppers crossing

Model of clinic and community education

Annual event funded through SFYS

- Year 1 – Young people wrote plays which were shown and discussed to coed audience
- Year 2 – Condom Dialogues for year 9-10 girls
- Year 2 – Malmsbury boys and CASA presented to year 8-9 boys

## **Issues:**

- **Outcome evaluation?**
- **Involvement of target group in the development of the event?**
- **Reach?**



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# Partnerships in Safer Sex and Testing (PSSTT!!)

- 6 PCPs
- Policies and procedures
- Focus Groups with young people
- Training for workers
- Training for clinicians
- Resource development

## **Issues:**

**Community attitudes**

**Access to health services**

**Young people's ability to negotiate sex**



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# What is Health Promotion

The Ottawa Charter (1986) defines health promotion as:

"...the process of enabling people to increase control over, and to improve, their health. To reach a state of complete physical, mental and social wellbeing, an individual or group must be able to identify and to realise aspirations, to satisfy needs, and to change or cope with the environment.



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# Guiding principles for integrated health promotion

Address the broader determinants of health , ... political, social, economic and environmental factors are critical.	
Base activities on the best available data and evidence	
Act to reduce social inequities and injustice	
Emphasize active consumer and community participation	
Empower individuals and communities	
Explicitly consider difference in gender and culture	
Work in collaboration	



# Chlamydia projects - Issues

- Short term funding, often based on local community
- Lack of consumer participation
- Lack of comprehensiveness of methods and areas of work
- Lack of evaluation
- **Community attitudes** are a huge disabling factor and are not addressed
- Young people's (mostly women's) ability and or intention to negotiate sex



# Where to from here?

- Longer term funding
- National approach
- Increased consumer participation (follow the trends of Breast Cancer and Disability)
- Holistic approaches
- Emphasis on testing