

Our Lives, Our Health, Our Responsibility 1997

Kylie Stephens worked with Beechworth Secondary College on this short term collaborative project. Our Lives, Our Health, Our Responsibility focused on sexuality, human relations and personal development issues for young women in Beechworth.

The aim was to develop and conduct a program to educate young women about these issues. This report outlines the stages of the project from its background, through program establishment and development, outcomes and recommendations. It is available for loan from Women's Health Goulburn North East.

This is where it's at! is a Poster Resource produced in 1996-7 by a group of young women from Beechworth Secondary College. It is designed to improve access to information, support and advice about their health and relationships.

The project was facilitated by Kylie Stephens. Issues identified by the group were lack of access to appropriate health services for young women and their reluctance to use the services available. The group decided that it was in their interest to include young men as an improvement in young men's knowledge, skills and attitudes would impact positively on their health.

A poster and accompanying teacher/peer educator booklet was produced. The poster displays free-call telephone numbers and space is provided for local numbers to make the resource locally relevant. For young people to use the poster effectively they have to take an active role in determining what local services they wish to advertise on their posters.

The booklet details how to use the poster as a strategy to assist young people to increase their knowledge about local health services, to take greater responsibility for their health information and support needs and to practice human relations skills. The booklet shows how this project fits with the key learning areas of Health and Physical Education CFS, Victorian Education Department.

This project contributes to an effective model for delivery of health information and support for young women as it changes the focus to a proactive, initiative-based approach often lacking in schools and communities in rural areas. this is where it's at! poster resource is available for purchase from Women's Health Goulburn North East.

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