

Sustainable Sexuality and Relationships Education

Building young people's knowledge to make informed and empowered decisions



Youth Services ¹

headspace is a national youth service established in Shepparton in 2013 with Federal funding.

Youth friendly staff provide FREE and CONFIDENTIAL services for young people between the ages of 12 and 25 including:

- Mental health issues
- General physical health and healthy eating
- Sexual health and sexuality issues
- Family and relationship issues
- Alcohol and drug issues
- Employment, education and training



Young people can call, drop in on their own or with a friend, or they can ask a parent, GP or health care worker to refer them.

Sexual Health Information, Education and Services

What is delivered:

Guided by the young person, the Youth Health Nurse, medical practitioner and Sexual Health Nurse Practitioner provide individual consultations, sexual health screening, education and resources.

Consultations can include:

- Puberty education & information
- Safe Sex information –Contraception & STI prevention
- Pap tests
- STI screening
- Pregnancy testing
- Pregnancy options counselling
- Referrals to other youth accessible sexual health services

Community education is provided by the Youth Health Nurse and Community Awareness Officer at **headspace** Shepparton for groups of young people or in schools, TAFE and community colleges. Sessions are strengths based, culturally sensitive and tailored to meet the specific interests and needs of young people. Young people often arrange a consultation at **headspace** after meeting the Youth Health Nurse in educational settings.

Keys to Success:

Free, confidential services are provided to young people by welcoming, multi skilled staff.

In addition, the **headspace** Shepparton's **Youth Reference Group**² supports young people with opportunities to inform programs, research and evaluation and to develop and apply their knowledge and skills in the community.

Enablers for youth engagement and sustainability

- ❖ Youth centred services and programs where vulnerable and marginalised youth are priority groups.
- ❖ Comprehensive youth services addressing factors influencing health and wellbeing and the inequalities experienced by young people in rural communities³.
- ❖ Accessibility: welcoming, multi skilled staff with free services and resources with a focus on *privacy, confidentiality, inclusivity and cultural sensitivity*.
- ❖ Staff emphasis on building respectful relationships with young people, youth advocates and service providers
- ❖ Meaningful youth feedback and involvement sought, supported and valued.
- ❖ Youth led consultations with user friendly information for choices and options.
- ❖ Sexual health information, education, resources and services available in one setting.
- ❖ Integrated health care and services: opportunities for young people to access health care with other services on site.
- ❖ Strong networking and partnerships with local agencies and youth service providers with shared goals and clear referral pathways.
- ❖ Flexibility and outreach: opportunities for Youth Health Nurse to provide information, education and resources in other youth settings and programs.
- ❖ Communication and planning: staff and youth services meet regularly to plan and deliver *relevant* information and education *appropriate* to young people.

More information

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¹ headspace Shepparton <http://www.headspace.org.au/headspace-centres/headspace-shepparton>

² Youth Reference Group <http://www.headspace.org.au/headspace-centres/headspace-shepparton/youth-reference-group>

³ YACVic 2013, *Young People and Sexual Health in Rural and Regional Victoria*, p.4 <http://www.yacvic.org.au/policy-publications/publications-listed-by-policy-area/33-rural-regional-and-urban-fringe-issues/521-young-people-and-sexual-health-in-rural-and-regional-victoria>