


**family planning nsw**  
Reproductive & Sexual Health

**Strategies and resources for working with young people**

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**About Family Planning NSW**

- Integrated Clinical Services
  - Health Promotion
  - Clinics at Ashfield, Fairfield, Penrith, Newcastle and Dubbo
  - Talkline: 1300 658 886 email [talkline@fpnsw.org.au](mailto:talkline@fpnsw.org.au)
- Education and Training
- Research and Evaluation
- International Programs





**Family Planning NSW**  
Youth programs and resources

- Condom Credit Card
- Digital media engagement
- Health Promotion resources
- Education programs





**Meeting the needs of young people: Effective sexuality education**

- Holistic approach
- Strengths-based
- Sex-positive
- Values-fair
- Inclusive and reflecting diversity
- Positive role modelling
- Engaging – current, relevant, easy to access
- Evidence based



**Condom Credit Card (CCC)**

- Innovative
- Evidence based
- Partnership
- Confidential
- Targeted at young people
- Available in all 5 FPNSW clinics and over 160 external CCC providers.

**Why a condom distribution project?**

- Increase access to condoms
- Provides opportunities for education and addresses inconsistent condom use
- Normalise condom use
- Increase reach of information and resources
- Increased number of young people accessing clinical services.

### CCC App

Find your nearest CCC provider

About CCC

How to Use a Condom

STIs

Contraception

BODY TALK

Want to know more?

Visit a clinic

www.bodytalk.org.au | helpline: 1300 222 222 | info@bodytalk.org.au

### Digital media engagement

**BODY TALK**  
www.bodytalk.org.au

**In REAL Life**  
STORIES OF SEX & RELATIONSHIPS  
www.inreallife.org.au

**frank**  
TALK. TEST. ENJOY.  
www.frank.org.au

Facebook Instagram YouTube

www.bodytalk.org.au | helpline: 1300 222 222 | info@bodytalk.org.au

### Bodytalk.org.au

#### Puberty Explorer

CLICK THE PUBERTY ZONES TO FIND OUT ABOUT BODY CHANGES

OFFICIALS CLOTHES ON OFF

UNDERWEAR ON OFF

AFTER PUBERTY ON OFF

GO TO ALEX X

Not everyone has the same body. Our bodies come in different shapes, sizes and genders and that's OK. For more information check the link.

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### Relationships and consent

Relationships Figuring it out

Relationships explored

Your sexuality

Sexual relationships

Am I ready? Sex and relationships

Relationships and consent

Technological relationships

Feeling safe

When intimate relationships end

Tips for talking with your parents

Can I consent?

Why is it important to make sure that the person you're with has given consent?

It's important that you are sure that the person you're with is happy and comfortable, because non-consensual sexual activity (anything from touching and kissing to penetrative) is against the law. The punishments for sexual assault are severe. Not only is it a crime, but the emotional consequences of rape and sexual assault can last a lifetime.

There are many legal issues around sex and consent. The laws in some states may differ. To find out more about the laws in your state visit [www.bodytalk.org.au](http://www.bodytalk.org.au)

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### Chlamydia

(Chlam-ee-ee-ah)

Chlamydia is a bacterial infection that can infect the reproductive organs in girls and guys. Less commonly, it can infect the throat and anus.

How is it tested?

- Urine test (pee in a cup) and/or
- Swab sample from the vagina, anus or throat

How is it passed on?

- Unprotected vaginal, anal or oral sex
- Sharing sex toys

Symptoms

Usually no symptoms, but may include:

- Unusual discharge (fluid) from the penis, vagina or anus
- Pain during sex
- Pain when peeing
- Girls may notice bleeding in between periods
- Lower abdominal pain

Chlamydia is the most common STI among young people in Australia.

How is it treated?

- A single dose of antibiotic tablets.
- Your sexual partners will need to be tested and treated to avoid re-infecting each other.
- Avoid having sex for seven days after you have both been treated to prevent passing the infection onto your partner/s or becoming infected again yourself.
- A follow-up test in three months' time to make sure you haven't got the infection again.

How can I prevent getting it?

Keeping an eye on STIs

- Chlamydia
- Gonorrhoea
- Syphilis
- Genital herpes (HSV)
- Genital Warts (HPV)
- HIV (Human Immunodeficiency Virus)
- Hepatitis B (Hep B)
- Trichomoniasis
- Pubic Lice

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### In Real Life

<https://www.youtube.com/watch?v=u4W6tJsEskw>

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**Frank**



<https://www.youtube.com/watch?v=-3vLrGM731c>



**Talk. Test. Enjoy**




**Resources for working with young people**

- Talkline: 1300 658 886 email & online chat
- STI and Contraceptive Kits
- Booklets / PDF
  - ✓ Puberty
  - ✓ STIs
  - ✓ Contraception
  - ✓ Relationships





**Teenage Pregnancy: Prevention**

what suits me?


- Comprehensive sexuality education
- Contraception options
- Emergency contraception



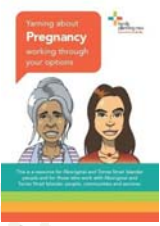

**Teenage Pregnancy: Responding to a young person**



- Who can I talk to?  
How can that person be reached?
- Seeking help from early in pregnancy
- Duty of care
- Continuing young person's education




**Teenage Pregnancy: Options for unplanned pregnancy**



Pregnancy options:

- Adoption
- Parenting with or without a partner
- Abortion



Medical versus surgical abortion (medical up to 9 weeks)




**Teenage Pregnancy :  
Information and support**

Family Planning NSW  
social workers:

- Parenting support
- Adoption / fostering
- Abortion services

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**Education Programs**

- **Community Education:**  
Community groups and schools
- **Professional development**

<b>Beyond the Birds and Bees</b>	Teachers : Primary	Full day or select modules
<b>Sexual Health Education: Working It Out</b>	Teachers: Years 5-8	Full day or select modules
<b>Beyond the Nuts and Bolts</b>	Teachers: Secondary	Webinar series, full day or select modules
<b>Sexual Health Education for Life</b>	Teachers: Students with intellectual disability	Full day face to face
<b>The Nitty Gritty</b>	Youth workers	Full day or online modules

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**Contact us at Family Planning NSW**

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