

# "Prevention is better than cure, any day"

With rises in STIs and HIV young people need to be equipped with accurate sexual health knowledge and negotiation skills.



In NSW approximately one person every day contracts HIV, for which there is still no cure.

These serious health consequences reinforce the importance of preventative programs, such as these educational sessions.

Seminars are presented acknowledging the complexity of the social world in which young people make decisions about sexual health.

The role of culture, drugs, alcohol, family dynamics and the media all impact on how successfully a young person navigates their way through life. Primarily interactive, the teaching approach is based on building self esteem, caring, and developing problem solving skills, rather than simply giving information.

Feedback and formal evaluations have demonstrated that sometimes young people feel more comfortable discussing these subjects with someone other than the classroom teacher.

The Healthy Cities Illawarra HIV/AIDS Health Promotion Officer can assist you with coordinating a team of educators to fulfill PDHPE Crossroads requirements.

## Topics Covered

There are a range of issues to discuss with young people and it's possible to tailor-make a session to your students' needs ie. a program or just a one-off talk.

Some ideas of key topics are listed opposite. Please indicate your choices and return. If you wish to discuss any of the topics please contact the HIV/AIDS Health Promotion Officer.



Every year student groups view the AIDS Memorial Quilt as a way of improving understanding about the personal impact of this disease.

- HIV/AIDS global & local picture
- World AIDS Day
- The AIDS Memorial Quilt
- Sex & culture
- Minimising risks
- Hepatitis A, B & C
- Sexually Transmissible Infections
- Sex & the media/role models/ stereotypes/body image
- Safer sex
- Where to go - services
- Harm minimisation
- Needle & Syringe Program
- Self esteem
- Sex & drugs
- Negotiation skills
- Homophobia
- Sexual identity
- Sexual assault
- Relationships
- Sex & legal issues
- Sexual health promotion - Ottawa Charter
- HIV/AIDS and the Law

## Positive Speakers

An added service that exists in this area is a group of HIV Positive people who are able to offer a valuable personal insight into living with HIV/AIDS. This service costs \$80. Please indicate below if you would like more information about this service.

- Yes, I would like more information

# PREVENTION

HIV/AIDS

# SEND BACK



Please complete the following:

Your Name: \_\_\_\_\_

School/Organisation: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Phone No.: \_\_\_\_\_

Best time to call: \_\_\_\_\_

Your Year Group: \_\_\_\_\_

Look forward to speaking with you!



Please return this section to

HIV/AIDS Health Promotion Officer  
Healthy Cities Illawarra Inc.

63 Auburn Street, Wollongong 2500

Phone: (02) 4226 5000

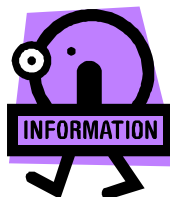
Fax: (02) 4226 5339

e-mail: [manager@healthycitiesill.org.au](mailto:manager@healthycitiesill.org.au)



## Education is the Key

Many of these STIs are preventable and curable. But young people often are unable to gain access to the right information.



# STI AWARENESS

# SEXUAL HEALTH

what young people need to know

" Since health is a fundamental human right, so must sexual health be a basic human right. Sexual health is the integration of the physical, emotional, intellectual and social aspects of sexual beings, in ways that are positively enriching and that enhance personality, communication and love."

WORLD HEALTH ORGANISATION