

HARP Unit

| BUILDING SEXUAL HEALTH CAPACITY |

The HIV/ADS & Related Programs Unit (HARP) aim to make it easy for community workers, youth agencies and educators in the Illawarra/Shoalhaven region to support their clients with sexual health and blood-borne virus issues including; sexuality, relationships, drug use, risk-taking, consent, safer behaviours, peer and social pressure, technology and media.

Evidence shows that if you already have a relationship with your clients/students, you are in the best position to engage with them around sexual health and there is a ready store of materials and information available to support you.

Our goal is to encourage positive environments where individuals and communities feel comfortable to approach issues around HIV and STIs confidently - mindful of their impact, both globally and within their own communities.

We work towards creating environments where HIV and STIs are accepted, discussed and prevented without fear, myth, stigma or discrimination. We believe such an atmosphere is the key to reducing the incidence of HIV and STIs.

| Best practice sexual health programming |

The HARP Unit and the Illawarra /Shoalhaven Sexual Health Clinic are regularly asked to provide one-off education sessions for young people. However one-off education sessions to students are not endorsed by the education sector or NSW Health as best practice (NSW Health, Health Promotion with Schools: a policy for the health system. 2000).

Evidence indicates that:

- Sexual health and relationship programmes do not promote earlier or increased sexual activity in young people.
- Schools that explicitly promote and build school connectedness for students are strongly associated with reduced sexual activity in adolescence.
- Increase sexual knowledge may increase safe sex practices;
- May delay the time of first sexual intercourse resulting in young people reporting on better communication in their relationships.

The HARP Unit and the Illawarra Shoalhaven Sexual Health Service have a small team servicing the Illawarra/Shoalhaven from Helensburgh to Ulladulla. When

determining if a request for a sexual health education session can be met, the HARP Unit will take the following points into account:

- Is the activity supported by other strategies in your organisation to address the issue? E.g. policies, changes to social and physical environments.
- Is there an opportunity to look at other strategies to support this health issue?
- Is the request a response to an issue/event at your place of work?
- What are the barriers to staff doing these themselves?

HOW HARP CAN BEST SUPPORT YOU:

| Networking and sector support |

Illawarra/Shoalhaven Sexual Health & Blood Borne Infections Network (ISSHBBIN)

HARP hosts a quarterly interagency of the Illawarra/Shoalhaven Sexual Health and Blood Borne Infection Network (ISSHBBIN). This meeting represents a valuable opportunity for workers to network, share information and identify effective collaboration on projects of mutual benefit for priority populations. Guest speakers are often featured and round table updates provide a showcase for all to share their work and/or request and identify collaborative opportunities.

Meetings are held at Illawarra Shoalhaven Local Health District offices at Level 1, 67-71 King Street, and Warrawong. Wednesday Feb 22nd 2017 / Wednesday 24th May 2017 / Wednesday 23rd August 2017 / Wednesday 22nd November 2017

Contact: Scott.lockhart@health.nsw.gov.au for more information

| Training and capacity building |

THE TALK

The Talk takes participants on a journey through sex in society, current HIV & sexually transmissible infections update, LGBTI perspectives and an HIV positive speaker. Now it's in sixth year, The Talk continues to change to meet the ever evolving needs of workers. Refreshments and lunch are provided.

- Tuesday 7th February 2017 Wollongong
- Tuesday 5th September 2017 Shoalhaven

FIRST STEP PROGRAM BUS TOUR

First Step Program would like to invite one or two people from your team or organisation to attend a tour of their service. We intend to continually improve the way we relate to other services and increase staff knowledge around the issues of Drugs and Alcohol, with the intention that this opportunity will fill gaps in networking and referrals between services. First Step Program is a blood borne virus prevention service in the Illawarra and Shoalhaven area. The service provides clean injecting equipment, free condoms as well as support and referrals in all matters of health and welfare including detox and rehabilitation. It is a free and confidential service. They also provide outreach services and education on HIV/AIDS, Hepatitis A, B and C and waste management of used syringes to individuals and groups.

- Tuesday 21st February Port Kembla Hospital
- Tuesday 16th May Port Kembla Hospital

CONDOM CREDIT CARD

Family Planning NSW in collaboration with the HARP Unit invite services who work with young people to join up to the Condom Credit Card (CCC). The CCC is a condom dissemination program that allows young people under the age of 25 free access to condoms and water based lubricant across NSW. The project combines education and condom dissemination using a rewards card concept and provides support to services with free training and resources.

- Tuesday 21st March 2017 Shellharbour
- Tuesday 20th June Shoalhaven

GET BLOODY SERIOUS

Do you work with people living with hep C, people who inject drugs, young people, Aboriginal people or people affected by the criminal justice system? In this workshop you will get to know the difference between hepatitis A, B and C – transmission, effects & prevention, recognise how and why some communities are more affected by hep C, increase your confidence in talking with people around risks and consequences, learn new activities and skills to promote health and harm reduction, understand the stigma behind hepatitis, its structural discrimination & how your role can reduce it, get equipped in supporting people to make informed decisions about managing their hep C and when to start treatment.

- Tuesday 28th March 2017 Shoalhaven
- Tuesday 6th June 6th 2017 Wollongong

STICKY STUFF

Sticky Stuff is for youth workers, health workers, teachers, coaches or anyone who is in contact with young people and wants to be able to help them make healthy decisions about sex and sexuality. We focus on helping workers ask (and answer) the hard questions! A collaborative initiative between HARP, YFoundations and UOW.

- Tuesday 9th May 2017 Wollongong
- Tuesday 8th August 2017 Shoalhaven

DOIN IT RIGHT

The DOIN 'IT' RIGHT! resource from the Aboriginal Health & Medical Research Council, provides workers (including non-sexual health and non-Aboriginal workers) with step by step instructions on delivering a range of sexual and reproductive health activities appropriately and effectively to Aboriginal young people. Refreshments & lunch provided along with a printed hard copy per organisation of the resource DOIN 'IT RIGHT! Valued at \$66 each.

- Thursday 16th March 2017 Shoalhaven
- Thursday 14th September 2017 Wollongong

ON THE COUCH

On the Couch aims to get up close and personal with a panel of speakers who will be hosted by a facilitator around a subject area. Our intention is for this to be a safe space, but nonetheless, one where the audience can ask questions and engage freely.

- **Sex & Disability** -Thursday 23rd 2017
- **Sex & Young people** -Thursday 25th May 2017
- **Sex & Ageing** -Thursday 24th August 2017
- **Steroid Users** -Thursday 26th October 2017
- **HIV** -Thursday 16th November 2017

| Project and program support |

Each year, NSW Health distributes grants through the Local Health District Service HARP units. The grants support sector partners to develop relevant projects or programs aimed at raising awareness around sexual health and blood borne virus issues.

The NSW Health grants (including Youth Week, World AIDs Day and Hepatitis C grants) provide an opportunity for workers to consult and develop awareness raising projects. Previous grants have been used to provide a space for peer learning and practical skills-development that engage, educate and support the community around sexual health, relationships, tattooing and piercing issues.

HARP also has a substantial history of partnering directly with organisations Please contact HARP if you have project or programme ideas that you would like to discuss.

| Online support and resources |

- **A question and answer (Q & A)** service provides young people with clear, unbiased, non-judgemental and professional answers to any questions they may have about their health, including drug use, sexual health, mental health, harassment, relationships and body image. The answers are provided by health professionals and published on **Somazone**, creating a database of over 1700 questions and answers for young people to refer to. All of the health professionals are fully qualified and have undertaken an assessment and quality assurance process monitored by the Australian Drug Foundation (ADF) <http://www.somazone.com.au/>
- **Animated movies** about Sexual Health and Blood Borne Infections http://www.health.qld.gov.au/sexhealth/adults/animated_movies.asp
- **Body Talk** is about giving you relevant and accurate information about your body, relationships and health. Just so you know, some pages of this website show realistic drawings of private body parts. <http://bodytalk.org.au/>
- **Caddyshack** provides mobile sexual health information and free onsite Chlamydia check-ups. Our Facebook page www.facebook.com/thecaddyshackproject offers current information, clips, tips, links and Caddyshack Summer tour dates.
- **Family Planning NSW** <http://www.fpnsw.org.au/>
- **Free resource order form** HARP can provide your service with condoms, information booklets, brochures and Z cards. We have pens and postcards available as well. To place an order please email Jennifer.farinella@sesiahs.health.nsw.gov.au
- **Hepatitis NSW** Free fax back order form. Great resources about tattooing & piercing and blood to blood information. <http://www.hep.org.au/index.php?article=content/info-resources/faxback-order-form>
- **How the HPV vaccine** works <http://www.youtube.com/watch?v=epczNqZazeo>

- **KISS fact sheet**-keep it simple
http://www.curriculumsupport.education.nsw.gov.au/sexual_health/assets/pdfs/kissfactsheets.pdf
- **Lawstuff website** <http://www.lawstuff.org.au/> The law is different in each state and territory.
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- **Love Sex Relationships** A teaching resource from the Australian Research Centre in Sex, Health and Society, La Trobe University, with activities exploring relationships, sexual consent, equity and sexual and reproductive health. Funded by the Australian Government. 'The Practical Guide to Love, Sex and Relationships for Years 7 to 10'. Find the program materials here: www.lovesexrelationships.edu.au
- **Play Safe** aims to connect young people aged 15-24 years old with sexual health information and sexually transmissible infection (STI) testing, treatment and prevention services via an online platform.
<https://playsafe.health.nsw.gov.au/zipper>
- **Safe Schools Coalition Australia** member schools have access to a broad range of tools, resources and support that suit the unique needs, concerns and capacity of your schools community. These services aim to improve safety and inclusivity for all students and teachers while taking a zero-tolerance approach to homophobia and transphobia in the school community.
<http://www.safeschoolscoalition.org.au/>
- **Sexual Health Info Line:** Sexual health nurses, doctors and counsellors will answer your questions on sexual health and sexually transmissible infections. They can also provide referrals to services close to you.
<http://shil.nsw.gov.au/>
- **Sydney Sexual Health Centre** virtual visit
<http://www.sshc.org.au/VirtualVisit.aspx>
- **Teaching Sexual Health** is a website that aims to keep teachers up to date with new ideas for engaging secondary students in sexual health education. You can access this teaching portal at
<http://www.learning.schools.nsw.edu.au/teachingsexualhealth/guides-and-policies/guiding-principles/>
 - **A video for teachers and educators** in the area of sexuality and sexual . The video outlines the key messages in relation to addressing safer sex, STIs, BBVs and testing for young people. It covers the strategies and approaches which are most effective for school based sexuality education and some resources for teachers to use.
<https://www.youtube.com/watch?v=oGK3yCyBBsw>

- **Youth Affairs Council of Western Australia** (YACWA) is the peak non-government youth organisation in Western Australia. We operate primarily as a human rights organisation that seeks to address the exclusion of young people in a rapidly changing society. <http://www.yacwa.org.au/projects/the-yep-project.html>