

This is the second time the Sexual Health First Aid Workshop is to be staged by Iris Education. The first was on Saturday 10<sup>th</sup> September 2015 in Brisbane. 31 people participated in this inaugural workshop and the response to the workshop has been positive and strong. The evaluation of the workshop demonstrates that this workshop meets the 'First Aid' need in this area and builds the confidence of participants to engage in these topics.

This second workshop is being staged to coincide with the beginning of the school year and the beginning of training for many health professionals.

#### Topic 1

##### **Growing and changing:**

Am I normal?  
What is happening to me?  
We've lost that spark.

#### Synopsis

This topic explores the standards of normality applied to sexual characteristics and performance - genital size and shape - and what constitutes social attractiveness and acceptability. It seeks to provide practical information and skills for any person engaged with someone who is anxious about whether their physical appearance and sexual characteristics are normal. Following this, the topic explores issues of puberty and adolescent development from the physiological, emotional, psychological and social perspective. It seeks to provide practical information and skills for any person engaged with a young person or guardian puzzled or challenged by the sexual changes associated with puberty. Finally, sexual dysfunction, considering physical, psychological and relationship issues, and an initial approach to management is discussed. It seeks to provide practical information and skills for any person engaged with someone struggling with sexual dysfunction or loss of interest/enjoyment in sexual activity.

#### Topic 2

##### **Gender and Sexuality**

I am so confused about my gender.  
I think I am gay.

#### Synopsis

This topic explores issues of gender identity, formation and expression, gender reassignment and management of gender dysphoria, and intersex, as they impact on people, particularly young people, children and parents struggling to identify their own gender and navigate safely into that identity. It seeks to provide practical information and skills for any person engaged with someone trying to understand their own or another's gender confusion. This topic also explores issues of sexuality, 'coming out', homophobia, bisexuality, asexuality, heteronormative behaviour, and heterosexism as they impact on people struggling to identify their own sexual orientation and navigate safely into that identity. It seeks to provide practical information and skills for any person engaged with someone trying to understand their own or another's sexual orientation.

### Topic 3

**Choice or Chance**                      I think I am pregnant.  
   I don't want to get pregnant.  
   I can't fall pregnant.

### Synopsis

This topic explores issues of unintended pregnancy and its possible outcomes. It seeks to provide practical information and skills for any person engaged with someone who fears or has just discovered they are pregnant and is searching for options. This topic further explores contraceptive methods, their modes of action and delivery, as well as their relative efficacy and important side-effects and benefits. It seeks to provide practical information and skills for any person engaged with someone who is trying to avoid pregnancy, either as they begin a sexual relationship, ongoing relationship or having finished a family. The clinical and social issues of infertility for males and females, its causes, diagnoses and management are also discussed. It seeks to provide practical information and skills for any person engaged with someone who is trying to fall pregnant with no success or struggling with infertility.

### Topic 4

**Deciding and Negotiating:**      Am I ready?  
    Developing healthy relationships.

### Synopsis

This topic explores presentations of people who are considering starting a sexual relationship, negotiating healthy sexual encounters and relationships.

### Topic 5

**Secrets and Safety:**                      Should I be worried about this child's behaviour?  
    What gives you the right? Is this legal?

### Synopsis

This topic explores issues of child sexual abuse and child protection, recognising the signs, responses to both child and parent(s) who are concerned and immediate interventions that can be considered. It seeks to provide practical information and skills for any person engaged with someone reporting a suspected or confirmed child sexual assault, or concerned about sexualised behaviour in a child. This topic also explores the issues challenging health workers, educators and community members who work with young people. It seeks to provide practical information and skills for any person engaged in the work of advocacy, health promotion and education, addressing legal, social, and ethical issues of consent, confidentiality, equity, and human rights.

### Topic 6

**When Sex isn't Sex:**                              I have been sexually assaulted.

### Synopsis

This topic explores issues of rape, sexual assault, unwanted sexual experiences, and consent including the effects of drug and alcohol. It also provides an overview of the law, police and forensic responses. It seeks to provide practical information and skills for any person engaged with someone reporting a sexually assault or suspicion of one.

### Topic 7

**Love Bugs:** I don't want to catch anything.  
I think I caught something.

### Synopsis

This topic explores issues of safer sex including various strategies for protection, use of male and female condoms, other risk reduction strategies and negotiating protective behaviours with partners. It seeks to provide practical information and skills for any person engaged with someone commencing a sexual relationship (or ongoing relationship) and concerned with protecting themselves from infection. This topic also explores sexually transmitted infections. It seeks to provide practical information and skills for any person engaged with someone who fears they have an STI or have just been diagnosed with one.