

Sexual Health First Aid Workshop

Brisbane
Saturday 10th September 2016

EVALUATION REPORT



This workshop has been approved for 14 Category 2 RACGP QI&CPD points

Executive Summary

The Sexual Health First Aid Workshop was designed by Iris Education to fulfil an unmet need in education in the reproductive and sexual health sector. Iris Education provides a broad range of professional development and more information may be found at www.iriseducation.com.au. This was the first staging of this workshop.

This workshop focussed on the immediate 'first aid' response to a topic being raised by an individual. To assist this, the program was structured in seven sessions with discrete common questions forming the basis for the content of each session. The sessions and questions are shown on the program over the page. Each session provided background information and tips on how to engage in the topic. This workshop did not provide in-depth discussion or analysis of each topic however it did provide referral options and further resources.

Participants primarily found out about this inaugural workshop through email. In addition at least nine participants indicated they have been informed of the workshop through colleagues or friends as they thought this might be an area of interest.

Thirty-two participants registered for the workshop and thirty-one attended on the day. One participant deferred until the next staging of the workshop. Participants originated from many professions including nursing, General Practice, psychology, corrections, teachers, School Based Youth Nurses (SBYN) and youth workers. This report divides responses into different professions. Participants originated from all across Queensland, including Bamaga, Cairns, Rockhampton and the Gold Coast, as well as interstate, including Perth.

Of the thirty-one participants who attended the workshop, 28 (90%) completed the evaluation documentation. This was an extremely strongly evaluated workshop. Participants were asked to rate the content and the delivery of each session on a 5 point Likert Scale. The strongest average rating (4.68) for the session on 'I think I caught something' demonstrated that almost all participant thought that this session – the last session of the day - was 'excellent'. Even the least strongest rated session, 'I think I am Gay', with an average rating of 3.94, demonstrated that most participants indicated this session was 'excellent' or 'very good'.

The workshop offered value for money and relevance to everyday practice. All Participants were asked to provide feedback about the cost of the workshop. The workshop cost \$275.00 and 89% of respondents (n = 25) indicated this workshop was entirely worth the cost. No individual indicated that it was not worth the cost. Participants were also asked if the workshop was relevant to their everyday practice. 82% (n=23) indicated it was entirely relevant. This was evident across all professions and disciplines represented in the participant cohort.

Finally, it is evident that this workshop has made a difference. Participants were asked to rate their level of confidence in 'Sexual Health First Aid' at the beginning of this workshop and at the end. All participants expressed an increase in confidence as a result of attending this workshop with the overall average moving more than 1.5 points along a 5-point Likert Scale (from 2.55 to 4.34). Additionally, participants were able to readily identify changes to their daily practice as a result of attending this workshop.

Program

| Time | | Topic | Presenter and Facilitators |
|---------|--------|---|---|
| 8.30am | 20 min | Arrival, registration, coffee | |
| 8.50am | 10 min | Welcome & introduction | Dr Stephen Lambert |
| 9.00am | 60 min | Growing and changing: Am I normal? What is happening to me? We've lost that spark. | Dr Stuart Aitken |
| 10.00am | 30 min | Gender and Sexuality (Part 1): I think I am gay. | Ms Ricki Menzies |
| 10.30am | 15 min | Morning tea | |
| 10.45am | 30 min | Gender and Sexuality (Part 2): I am so confused about my gender. | Ms Ricki Menzies |
| 11.15am | 60 min | Choice or Chance I don't want to get pregnant. I think I am pregnant. I can't fall pregnant. | Dr Kay Strom Dr Fiona Mack Dr Caroline Harvey |
| 12.15pm | 30 min | Deciding and Negotiating: Am I ready? Developing healthy relationships. | Ms Holly Brennan |
| 12.45pm | 60 min | Extended lunch and showcase | |
| 1.45pm | 60 min | Secrets and Safety: Should I be worried about this child's behaviour? What gives you the right? Is this legal? | Ms Holly Brennan Dr Caroline Harvey |
| 2.45pm | 45 min | When Sex isn't Sex: I have been sexually assaulted. | Dr Amy Mullens |
| 3.30pm | 15 min | Afternoon tea | |
| 3.45pm | 60 min | Love Bugs: I don't want to catch anything. I think I caught something. | Ms Sara Bell Dr Joe Debattista Dr Judith Dean |
| 4.45pm | 30 min | Discussion and evaluation | Dr Steve Lambert |
| 5.15pm | | Close | |

Confidence Levels

Participants were asked to rate their level of confidence in 'Sexual Health First Aid' at the beginning of this workshop and at the end. All types of participants expressed an increase in confidence as a result of attending this workshop. The table below illustrates the average increase for each group of participants with the overall average moving more than 1.5 points along the Likert Scale.

| | Not Confident | 1 | 2 | 3 | 4 | Very confident |
|--------------------------------|---------------|---|-------------|------|---|----------------|
| Youth Worker (2) | | | 2.00 | | | 4.50 |
| SBYHN (5) | | | | 2.80 | | 4.20 |
| All other nurses (8) | | | 2.50 | | | 4.63 |
| GPs (2) | | | | 3.00 | | 4.50 |
| Counsellors / Psychologist (6) | | | 2.40 | | | 3.83 |
| Ungrouped (5) | | | 2.60 | | | 4.40 |
| Total | | | 2.55 | | | 4.34 |

Value for money

Participants were asked to provide feedback about the cost of the workshop and whether it represented value for money. The workshop cost \$275.00 and 89% of respondents (n = 25) indicated this workshop was entirely worth the cost. No individual indicated that it was not worth the cost.

| | No | Partially | Entirely |
|--|----|-----------|----------|
| Did this workshop represent value for money? | 0 | 3 | 25 |

Relevance to Practice

Participants were also asked if the workshop was relevant to their everyday practice. 82% (n=23) indicated it was entirely relevant. This was evident across all professions and disciplines represented in the participant cohort.

| | Not Relevant | Partially Relevant | Entirely Relevant |
|---|--------------|--------------------|-------------------|
| How relevant has this workshop been for your everyday practice? | 0 | 5 | 23 |

Achievement of Learning Objectives

The workshop had set learning objectives. Participants rated their achievement of these objectives at the end of the workshop and these are listed over the page.

| | Not | Partially | Entirely |
|--|-----|-----------|----------|
| | | | |

| | Met | Met | Met |
|---|-----|-----|-----|
| Recognise the range of normality applicable to sexual characteristics and performance | 0 | 4 | 24 |
| Demonstrate a broad approach to issues of unintended pregnancy and its associated care | 1 | 3 | 24 |
| Define relevant issues of confidentiality and legal requirements when working with young people | 1 | 5 | 22 |
| Outline important components of the initial response to someone reporting sexual assault | 0 | 5 | 23 |
| Summarise strategies for discussion of safer sex, and STI concerns | 0 | 3 | 24 |

Individual Session Evaluations

Each session of the workshop was evaluated separately. For each session, the rating of content and the rating of the delivery of that content is provided in separate tables. These tables divide responses by groups of participants to determine if any subgroup was more (or less) focussed on any particular topic. The average response is provided in yellow at the bottom of each table. Comments by participants are printed verbatim in the evaluation documents. Where a subgroup provided no comments the heading of that subgroup has not been included.

Session 1: Growing and Changing

| | | Poor 1 | Fair 2 | Good 3 | Very Good 4 | Excellent 5 |
|-----------------------|--------------------------------|-------------|-----------|-----------|----------------|----------------|
| Content | Youth Worker (2) | | | | 2 | |
| | SBYHN (5) | | | | 2 | 3 |
| | All other nurses (8) | | | 1 | 3 | 4 |
| | GPs (2) | | | | 1 | 1 |
| | Counsellors / Psychologist (6) | | | | 2 | 4 |
| | Ungrouped (5) | | | 2 | 2 | 1 |
| Total | | 0 | 0 | 3 | 12 | 13 |
| Average rating | | 4.33 | | | | |
| Delivery | Youth Worker (2) | | | | 2 | |
| | SBYHN (5) | | | | 1 | 4 |
| | All other nurses (8) | | | 1 | 2 | 5 |
| | GPs (2) | | | | 1 | 1 |
| | Counsellors / Psychologist (6) | | | | 2 | 4 |
| | Ungrouped (5) | | | | | 5 |
| Total | | 0 | 0 | 1 | 8 | 19 |
| Average rating | | 4.58 | | | | |

Comments:

SBYHN

- Well explained with good graphic to make sense.
- PLISSIT framework for a consultation good. Was not familiar with it.
- Clinical experience indicates teens both genders are having difficulty understanding that porn is “not real” that it is “actors” etc. Any research being done?
- Fantastic, not for a day like today, but interested to know more of medical conditions effect on puberty eg developmental delays / ASD / sensory processing.

Nurse (other)

- Very informative.
- Well presented, although dragged on. Liked now topics on characteristics and performance & social attractiveness.
- Loved the photos & humour & puns. Well done. Enjoyed.
- Great information.
- Engaging, informative & most of all humourous. At least 5 points for me to go home and research.

Psychologist / Counsellor

- Great presenters!! Good pacing!

Other

- Loved this. Really engaging delivery.
- Photos difficult to see. Excellent verbal delivery, level of detail not as high on slides.

Session 2: Gender and Sexuality: I think I am gay

| | | Poor 1 | Fair 2 | Good 3 | Very Good 4 | Excellent 5 |
|-----------------------|--------------------------------|-------------|-----------|-----------|----------------|----------------|
| Content | Youth Worker (2) | | | 1 | 1 | |
| | SBYHN (4/5) | | | 1 | 2 | 1 |
| | All other nurses (8) | | | 1 | 4 | 3 |
| | GPs (2) | | | | 1 | 1 |
| | Counsellors / Psychologist (6) | | 1 | | 2 | 3 |
| | Ungrouped (5) | | | | 5 | |
| Total | | 0 | 1 | 3 | 15 | 8 |
| Average rating | | 3.93 | | | | |
| Delivery | Youth Worker (2) | | | 1 | 1 | |
| | SBYHN (4/5) | | | 1 | 2 | 1 |
| | All other nurses (8) | | | 1 | 4 | 3 |
| | GPs (2) | | | | 1 | 1 |
| | Counsellors / Psychologist (6) | 1 | | | 2 | 3 |
| | Ungrouped (5) | | | | 4 | 1 |
| Total | | 1 | 0 | 3 | 14 | 9 |
| Average rating | | 3.94 | | | | |

Comments:

SBYHN

- Good information but don't think it really covered the 'I think I'm gay'. The first time disclosure of 'I think I'm gay' for a primary care setting would be a great topic to explore.

Nurse (other)

- Realisation & lifelong presented well & kept the topic as identified.
- Relevant, interesting. Great.
- So much more to learn.
- Fairly rushed.

Psychologist / Counsellor

- Interested in sexuality regarding attraction to children & support for these individuals.
- Ricki is a great presenter. I've seen her before and she continues to impress.

Other

- Wonderful presenter.

Session 2: Gender and Sexuality: I am so confused about my gender

| | | Poor 1 | Fair 2 | Good 3 | Very Good 4 | Excellent 5 |
|-----------------------|----------------------------------|-----------|-----------|-----------|----------------|----------------|
| Content | Youth Worker (2) | | | 1 | 1 | |
| | SBYHN (4/5) | | | 1 | 2 | 1 |
| | All other nurses (8) | | | | 5 | 3 |
| | GPs (2) | | | | 1 | 1 |
| | Counsellors / Psychologist (5/6) | | | | 1 | 4 |
| | Ungrouped (5) | | | | 5 | |
| Total | | 0 | 0 | 2 | 15 | 9 |
| Average rating | | | | | | 4.12 |
| Delivery | Youth Worker (2) | | | 1 | 1 | |
| | SBYHN (4/5) | | | 1 | 2 | 1 |
| | All other nurses (8) | | | 1 | 4 | 3 |
| | GPs (2) | | | | 1 | 1 |
| | Counsellors / Psychologist (5/6) | | | | 1 | 4 |
| | Ungrouped (5) | | | | 4 | 1 |
| Total | | 0 | 0 | 3 | 13 | 10 |
| Average rating | | | | | | 4.21 |

Comments:

Nurse (other)

- A little quick and compact.
- Great information.
- Linked into what our organisation does when we link in to our Headspace.
- Very educational.

General Practitioner

- Any suggestions on specific resources to direct patients to re. support groups, informative/education for themselves.

Other

- Wonderful presenter.
- So much info.

Session 3: Choice or Chance: I don't want to get pregnant

| | | Poor 1 | Fair 2 | Good 3 | Very Good 4 | Excellent 5 |
|-----------------------|----------------------------------|-------------|-----------|-----------|----------------|----------------|
| Content | Youth Worker (2) | | | 1 | | 1 |
| | SBYHN (5) | | | | 1 | 4 |
| | All other nurses (8) | | | | 3 | 5 |
| | GPs (2) | | | | 1 | 1 |
| | Counsellors / Psychologist (5/6) | | | | 1 | 4 |
| | Ungrouped (5) | | | 1 | 3 | 1 |
| Total | | 0 | 0 | 2 | 9 | 16 |
| Average rating | | 4.39 | | | | |
| Delivery | Youth Worker (2) | | | 1 | | 1 |
| | SBYHN (5) | | | | 2 | 3 |
| | All other nurses (8) | | | | 3 | 5 |
| | GPs (2) | | | | 1 | 1 |
| | Counsellors / Psychologist (5/6) | | | | 1 | 4 |
| | Ungrouped (5) | | | | 4 | 1 |
| Total | | 0 | 0 | 1 | 11 | 15 |
| Average rating | | 4.46 | | | | |

Comments:

SBYHN

- Good reminder to know what's available in your community.
- The latest emergency contraception.
- Thank you for the excellent info, perfect for my clientele. Especially the % list to go on the wall etc.

Nurse (other)

- Great medical intervention options.
- Content and delivery was excellent! Although update source? Says 2014? Clinicians now have 2016 statistics.
- Very informative.

Other

- So clear. Great information.

Session 3: Choice or Chance: I think I am pregnant

| | | Poor 1 | Fair 2 | Good 3 | Very Good 4 | Excellent 5 |
|-----------------------|--------------------------------|-------------|-----------|-----------|----------------|----------------|
| Content | Youth Worker (2) | | | | 2 | |
| | SBYHN (5) | | | 1 | 1 | 3 |
| | All other nurses (7/8) | | | 1 | 2 | 4 |
| | GPs (2) | | | | 1 | 1 |
| | Counsellors / Psychologist (6) | | | 1 | 1 | 4 |
| | Ungrouped (5) | | | 1 | 2 | 2 |
| Total | | 0 | 0 | 4 | 9 | 14 |
| Average rating | | 4.34 | | | | |

| | | | | | | |
|--------------|--------------------------------|----------|----------|----------|-------------|-----------|
| Delivery | Youth Worker (2) | | | | 2 | |
| | SBYHN (5) | | | 1 | 2 | 2 |
| | All other nurses (7/8) | | | 1 | 2 | 4 |
| | GPs (2) | | | | 1 | 1 |
| | Counsellors / Psychologist (6) | | | 1 | 1 | 4 |
| | Ungrouped (5) | | | | 3 | 2 |
| Total | | 0 | 0 | 3 | 11 | 13 |
| | Average rating | | | | 4.34 | |

Comments:

Youth Worker

- From a male point of view, I feel as though if it is pregnancy between a couple or 2 people in a relationship together, and both agreed to sex etc, that it should be a mutual agreement in relation to abortion.

SBYHN

- More specific info on who to refer teenagers with pregnancy to. Could be in resources provided – will read when at home.
- About the law in Qld.
- Good revision – the laws make abortion very difficult – that’s not how it should be!!

Nurse (other)

- Termination in pregnancy. Why are we still in the dark ages in regard to women’s choices? Very informative.
- And again – latest statistics?
- This section was delivered fantastically. I am a full supporter of women’s right to choose.
- Beautiful speaking voice.
- Lots of useful information. Good revision.
- Great stats & guidelines & options.

Psychologist / Counsellor

- Really clear instructions about options for women! Would like to know how male partners fit into this space.

Other

- Every female in high school needs to have this information. All females in Qld need to know about Children By Choice.

Session 3: Choice or Chance: I can’t fall pregnant

| | | Poor 1 | Fair 2 | Good 3 | Very Good 4 | Excellent 5 |
|--------------|--------------------------------|-----------|-----------|-----------|----------------|----------------|
| Content | Youth Worker (2) | | | 1 | 1 | |
| | SBYHN (5) | | | 1 | 2 | 2 |
| | All other nurses (7/8) | | | | 3 | 4 |
| | GPs (2) | | | | 1 | 1 |
| | Counsellors / Psychologist (6) | | | 1 | 2 | 3 |
| | Ungrouped (5) | | | 1 | 4 | |
| Total | | 0 | 0 | 4 | 13 | 10 |
| | Average rating | | | | 4.10 | |

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| | | | | | | |
|--------------|--------------------------------|----------|----------|----------|-------------|-----------|
| Delivery | Youth Worker (2) | | | 1 | 1 | |
| | SBYHN (5) | | | 1 | 1 | 3 |
| | All other nurses (7/8) | | | | 3 | 4 |
| | GPs (2) | | | | 1 | 1 |
| | Counsellors / Psychologist (6) | | | 1 | 2 | 3 |
| | Ungrouped (5) | | | | 3 | 2 |
| Total | | 0 | 0 | 3 | 11 | 13 |
| | Average rating | | | | 4.23 | |

Comments:

SBYHN

- Not really new information.

Nurse (other)

- Informative.
- Wealth of knowledge.
- 😊

Psychologist / Counsellor

- Really interesting and clear information about when to worry & what to worry about.
- Need to address “safe sex” options as this is becoming more prevalent in our counselling practices.

Other

- Not relevant to my work, however very interesting.

Session 4: Deciding and Negotiating:

| | | Poor 1 | Fair 2 | Good 3 | Very Good 4 | Excellent 5 |
|--------------|----------------------------------|-----------|-----------|-----------|----------------|----------------|
| Content | Youth Worker (2) | | | | 2 | |
| | SBYHN (5) | | | | | 5 |
| | All other nurses (7/8) | | | | 3 | 4 |
| | GPs (2) | | | | | 2 |
| | Counsellors / Psychologist (5/6) | | | | | 5 |
| | Ungrouped (5) | | | | 4 | 1 |
| Total | | 0 | 0 | 0 | 9 | 17 |
| | Average rating | | | | 4.63 | |
| Delivery | Youth Worker (2) | | | | 2 | |
| | SBYHN (5) | | | | | 5 |
| | All other nurses (7/8) | | | | 3 | 4 |
| | GPs (2) | | | | | 2 |
| | Counsellors / Psychologist (5/6) | | | | 1 | 4 |
| | Ungrouped (5) | | | | 2 | 3 |
| Total | | 0 | 0 | 0 | 8 | 18 |
| | Average rating | | | | 4.66 | |

Comments:

SBYHN

- Well structured.

- Thought provoking.
- Holly was fabulous! Enjoyed her questioning and acknowledgement of professional judgement.

Nurse (other)

- Well presented.
- Gave me lots to think about.
- Deep thinking content. Well delivered.

General Practitioner

- Great introduction to thinking about sexual behaviours & the sexual health consult.

Psychologist / Counsellor

- Really interesting.

Other

- This is realistic information. Thank you.

Session 5: Secrets and Safety: Should I be worried about this child's behaviour

| | | Poor 1 | Fair 2 | Good 3 | Very Good 4 | Excellent 5 |
|-----------------------|--------------------------------|-----------|-----------|-----------|----------------|----------------|
| Content | Youth Worker (1/2) | | | | 1 | |
| | SBYHN (5) | | | | 1 | 4 |
| | All other nurses (7/8) | | | 1 | | 6 |
| | GPs (2) | | | | 1 | 1 |
| | Counsellors / Psychologist (6) | | | 1 | 1 | 4 |
| | Ungrouped (5) | | | 1 | 3 | 1 |
| Total | | 0 | 0 | 3 | 7 | 16 |
| Average rating | | | | | | 4.42 |
| Delivery | Youth Worker (1/2) | | | | 1 | |
| | SBYHN (5) | | | | 1 | 4 |
| | All other nurses (7/8) | | 1 | | | 6 |
| | GPs (2) | | | | 1 | 1 |
| | Counsellors / Psychologist (6) | | | 1 | 1 | 4 |
| | Ungrouped (5) | | | | 2 | 3 |
| Total | | 0 | 1 | 1 | 6 | 18 |
| Average rating | | | | | | 4.50 |

Comments:

Youth Worker

- Slides didn't seem to be in booklet.

SBYHN

- Traffic light resources is an excellent tool! Slides would have been good.
- Excellent structure with opportunity to exercise/test the knowledge. Instant learning!
- But had no handouts. Would have been helpful – would still like as exercise lists I could use etc.
- Fantastic again! Thought provoking. It appears as though this presentation (slides) wasn't in handout? Could you please send it, thanks.

Nurse (other)

- Wasn't in booklet, couldn't follow slides.
- Given lots to think about. So interesting.
- The presentation slides are not in the folder and would be good. Great interaction with audience.

Psychologist / Counsellor

- While not relevant to my cohort this was interesting, particularly the True resource green/yellow/red.

Other

- None of it in folder – thought this was stated in your documentation. Delivery confident itself was good.
- No printout provided.
- Relevant to my work – need to speak with Holly. Participants need to have a list of services for counselling – such as CASV-zigzag-BRISC – free services for young women.

Session 5: Secrets and Safety: What gives you the right? Is this legal?

| | | Poor 1 | Fair 2 | Good 3 | Very Good 4 | Excellent 5 |
|-----------------------|--------------------------------|-------------|-----------|-----------|----------------|----------------|
| Content | Youth Worker (2) | | | 1 | 1 | |
| | SBYHN (5) | | | | 2 | 3 |
| | All other nurses (7/8) | | 1 | | 1 | 5 |
| | GPs (2) | | | 1 | | 1 |
| | Counsellors / Psychologist (6) | | | 1 | | 5 |
| | Ungrouped (5) | | | 1 | 4 | |
| Total | | 0 | 1 | 4 | 8 | 14 |
| Average rating | | 4.17 | | | | |
| Delivery | Youth Worker (2) | | | | 2 | |
| | SBYHN (5) | | | | 2 | 3 |
| | All other nurses (7/8) | | | 1 | 1 | 5 |
| | GPs (2) | | | 1 | | 1 |
| | Counsellors / Psychologist (6) | | | 1 | | 5 |
| | Ungrouped (5) | | | 1 | 3 | 1 |
| Total | | 0 | 0 | 4 | 8 | 15 |
| Average rating | | 4.31 | | | | |

Comments:

SBYHN

- Good to have such a practical health professional speaking to this topic.
- Good to clarify.

Nurse (other)

- Good to have a refresher.
- Information was well sourced, well presented, * put together good 😊

General Practitioner

- Good summary of legalities.

Other

- Would like more information – it was very good.

Session 6: When Sex isn't Sex:

Comments:

| | | Poor 1 | Fair 2 | Good 3 | Very Good 4 | Excellent 5 |
|-----------------------|--------------------------------|-------------|-----------|-----------|----------------|----------------|
| Content | Youth Worker (2) | | 1 | | | 1 |
| | SBYHN (5) | | | | 2 | 3 |
| | All other nurses (7/8) | | | 1 | 2 | 4 |
| | GPs (2) | | | | 2 | |
| | Counsellors / Psychologist (6) | | 1 | | 1 | 4 |
| | Ungrouped (4/5) | | | | | 4 |
| Total | | 0 | 2 | 1 | 7 | 16 |
| Average rating | | 4.31 | | | | |
| Delivery | Youth Worker (2) | | 1 | | | 1 |
| | SBYHN (5) | | | 1 | 1 | 3 |
| | All other nurses (7/8) | | | 1 | 2 | 4 |
| | GPs (2) | | | 1 | 1 | |
| | Counsellors / Psychologist (6) | | 1 | | 1 | 4 |
| | Ungrouped (4/5) | | | | | 4 |
| Total | | 0 | 2 | 3 | 5 | 16 |
| Average rating | | 4.19 | | | | |

Comments:

SBYHN

- Excellent practical examples of “what to do”, “How to assess” & clear referral pathways. A real 1st aid focus.
- Judith was fantastic – very lively & helpful. Amy – great information review.
- Great info & validation – thank you.
- The complexity of psychological & emotional interventions – insightful.

Nurse (other)

- Brilliant presentation. If I was in need of help, I couldn't ask for anybody better – such power & confidence within, generated forward I would feel supported.
- A reminder for us to support each other as health professionals.

Youth Worker

- Sounded a bit nervous and wasn't very engaging.

Psychologist / Counsellor

- It's a very lecture-like talk, there are some great organisations specialising in supporting survivors of sexual assault such as BRISSC, Zigzag, and CASV.

Other

- Once again sexual assault services need to be given here. BRISSC was listed – others needed to be listed as well.
- A heavy topic well presented. Afternoon tea was appropriately placed as a circuit breaker.

Session 7: Love Bugs: I don't want to catch anything

Comments:

| | | Poor 1 | Fair 2 | Good 3 | Very Good 4 | Excellent 5 |
|-----------------------|----------------------------------|-------------|-----------|-----------|----------------|----------------|
| Content | Youth Worker (2) | | | | 2 | |
| | SBYHN (5) | | | 1 | | 4 |
| | All other nurses (6/8) | | | | 1 | 5 |
| | GPs (2) | | | | 1 | 1 |
| | Counsellors / Psychologist (4/6) | | | 1 | 1 | 2 |
| | Ungrouped (4/5) | | | | | 4 |
| Total | | 0 | 0 | 2 | 5 | 16 |
| Average rating | | 4.53 | | | | |
| Delivery | Youth Worker (2) | | | | 2 | |
| | SBYHN (5) | | | 1 | | 4 |
| | All other nurses (6/8) | | | | 1 | 5 |
| | GPs (2) | | | | 1 | 1 |
| | Counsellors / Psychologist (4/6) | | | 1 | 1 | 2 |
| | Ungrouped (4/5) | | | | | 4 |
| Total | | 0 | 0 | 2 | 5 | 16 |
| Average rating | | 4.53 | | | | |

Comments:

SBYHN

- Brilliant helpful.
- Loved Judith again – contemporary information useful tips – lots of info to use in practice and share with colleagues.

Nurse (other)

- Informative & good snapshot of relative info. Presenters well & engaging for the end of the day.
- Good information.

Psychologist / Counsellor

- I would like to see some awareness and acknowledgement of gender inequality, societal expectation on women in particular. Eg when mentioning to fear of losing virginity. Be mindful of using women as a stereotype/example of who carries STI eg hooker.

Other

- Great presenter.

Session 7: Love Bugs: I think I caught something

Comments:

| | | Poor 1 | Fair 2 | Good 3 | Very Good 4 | Excellent 5 |
|-----------------------|----------------------------------|-----------|-----------|-----------|----------------|----------------|
| Content | Youth Worker (2) | | | | 1 | 1 |
| | SBYHN (4/5) | | | 1 | | 3 |
| | All other nurses (6/8) | | | | 1 | 5 |
| | GPs (1/2) | | | | | 1 |
| | Counsellors / Psychologist (4/6) | | | 1 | | 3 |
| | Ungrouped (4/5) | | | 1 | | 3 |
| Total | | 0 | 0 | 3 | 2 | 16 |
| Average rating | | | | | | 4.64 |
| Delivery | Youth Worker (2) | | | | 1 | 1 |
| | SBYHN (4/5) | | | 1 | | 3 |
| | All other nurses (6/8) | | | | 1 | 5 |
| | GPs (1/2) | | | | | 1 |
| | Counsellors / Psychologist (4/6) | | | 1 | | 3 |
| | Ungrouped (4/5) | | | | 1 | 3 |
| Total | | 0 | 0 | 2 | 3 | 16 |
| Average rating | | | | | | 4.68 |

Comments:

Youth Worker

- Funny. Good presentation.

SBYHN

- Great sense of humour! Great statistics of HPV rates in Australia.
- Thorough, informative, good referral pathways listed.

Nurse (other)

- I really enjoyed the list of resources supplied.
- Amazing presentation.
- Wow! Wow! Great presentation.
- Great refresher – great resource list.

Psychologist / Counsellor

- Too much for me... Information wise. But good.

Summary Questions

Participants were asked a series of questions at the end of the workshop to assist with refinement and improvement of the workshop. The questions and all responses are listed below.

What has been of most value to you in this workshop?

Youth Worker

- Secrets and safety. Growing and changing.

SBYHN

- The new terms and greater understanding the variety of (female) & (male) outside perimeters. The statistic result of HPV vaccinations. Excellent list of resources.

- Glad to have a *comprehensive overview*. Obviously not enough time to go into great detail on specific topics.
- The content relevant.
- Up to date info. Passionate knowledgeable speakers.
- Practical skills / relevancy to multiple different care provider streams.

Nurse (other)

- Different guest speakers.
- Gaining information regarding referrals & contacts for each subject.
- Listening to educated, broad-minded professionals with a varied and wide range of information shared.
- Well worth my extra costs for travelling to venue. The information. Chance to refresh and update skills.
- All of it. Good speakers. Good to have take home resources.
- How to effectively communicate with patients.
- Different ways and ideas to approach sensitive topics with clients. Up to date stats. Advice.

General Practitioner

- Not only medical aspects, but also psychological aspects as well.
- Discussions around 'normal' 'sex & relationships', child behaviour – hooks and tips to trigger an open conversation.

Psychologist / Counsellor

- Deciding & negotiating. Secrets & safety.
- Increased confidence & ability to normalize sexual issues. Reason I came to this training is because I have students with health anxiety. I now feel I can address this.
- Deciding & negotiating / security & safety. When sex isn't sex.
- Session 1 – 5 – excellent, informative, good presentation styles and inspiring questions.
- I acquired new information on all topics.
- Networking and the broad range of topics.

Other

- All amazing presenters – knew their stuff.
- Good info. Networking with others.

What suggestions do you have for improvement of this workshop?

Youth Worker

- Over 2 days if possible, be able to take more information.

SBYHN

- More of men's health & reducing STIs. The PrEP availability, accessing for HIV treatment.
- Would be good to know where people in the room came from ie workplaces / areas of practice. Maybe brief intro at the beginning of the day.
- Update Child Protection information.
- 2nd presentation from Holly was missing. Would still like.

Nurse (other)

- Seating of workshop, lighting – glare on whiteboard.
- I was happy with all aspects of this workshop.
- More time for discussion after presentations – maybe more interactive.
- I think for a day program, this course is already well set up.
- The speed of session 2 & 3 and delivery.

General Practitioner

- Case presentation and discussion. Youth mental health.

Psychologist / Counsellor

- Trans mental health. Supporting transition from a mental health POV.
- Really great interesting stuff. Some bits were repetitive, but I thought that was reinforcing.
- Invite some community services, org guest speakers, not just doctors and lecturers.
- Build into the presentations a 2-3 minute “stand up” and “stretch” exercise. Will help support continued focus.
- Consider sexual related topics specific for sex offending behaviour & community expectations.

Other

- More in-depth legal info – I know there was a time limit.
- Allow more networking time – this was *gold*.
- Specific references – not the website homepage.

What is one thing you might now do as a result of having attended this workshop?

Youth Worker

- A lot of information from Growing & Changing. Marijuana can cause Gynaecomastia.

SBYHN

- The approach and language to open up the initial permission as an opportunity for intervention.
- Changes to presentation / education I deliver to young people.
- Read all my notes – follow up the links provided, ask more questions.
- Talk more about sexual health as an opportunistic act.

Nurse (other)

- As working in the only sexual health clinic in central Qld, will definitely take info back.
- Apply these ideas in the workplace & use strategies to assist clients.
- Give information to my children – let them know that there is excellent help available if they need it.
- Confidence and information to talk to the younger people who opportunistically come through the door seeking support.
- Tell colleagues about it. Provide websites / reading.
- Go online & complete more online study. Areas of HCV specifically.
- More focus on possible STIs with all clients. Areas of research for me to look. Confidence increased in this area.

General Practitioner

- Discuss relationships & sexuality more in depth, especially with adolescents.
- Active listening, then provide information.

Psychologist / Counsellor

- Change my language / Use of statistics of HIV transmission.
- Confidence in working with sexual issues that may be effecting clients. Increased referrals to GPs for STI checks.
- Implementing some of the suggestions with my clients.
- Increased awareness regarding various sexual health issues and where to get good resources.
- Inform my employer as to what knowledge is available.
- Tell everyone to get on the list for next year.

Other

- Use HEADSS in practice.

Have you any comment about the logistics of the workshop?

(Eg: online registration process; contact with organisers; venue; catering; etc)

Youth Worker

- Online - good, venue - good, catering – morning tea could have been better, lunch was good. Maybe add some exercise practices, or ‘breaking the ice’ activities to remove restlessness.

SBYHN

- Great venue. Great healthy choice of meals!! Pleasant overall.
- All great.
- Very easy. Great venue.
- All except above missing presentation fantastic. Thank you so much for providing.
- Registration was easy. Good food. Easy to get to as out-of-towners.

Nurse (other)

- Catering great. Venue great. The overall set up was put together very well.
- Well organised and planned.
- I would appreciate knowing where some of the presenters actually work – I would like to be able to tell my children where to go to for help – knowing they will receive the best, correct information that they may be seeking. Eg GP clinic names.
- The most interesting and thought provoking. The range of topics covered in my area of practice. Great venue / lunch / catering. Well run.
- Check spelling. Not an issue for me, but list of participants has name misspelled. Maybe a choice of fish/meat at lunch time. Vegies were lovely, but meat unappealing.
- Excellent facility. Free parking ☺
- Everything spot on.

General Practitioner

- Food great & venue outlook. Well organised and on time!

Psychologist / Counsellor

- Great food. Convenient venue.
- Would like to be able to access the powerpoint online. Can you please email the information to us. Thanks.
- Registration process – OK. Contact with organisers – very organised and friendly. Venue – great! Catering – so yummy.
- All very well thought out!

Other

- Lovely food. Friendly organisers & presenters.
- All very easy.
- Catering was delicious.

Any other comments:

Youth Worker

- Great workshop. Enjoyed all of the presentations! Found all of the information very relevant and the presenters were wonderful. Thank you 😊

SBYHN

- A great start esp by the medical team & psychologists / nurse. It's a great idea to outreach to the rural places in Qld, especially the health workers who work in the community, like teachers, GO, chaplain & School Based Youth Health Nurses, in the light of the New Sexual Health Ed the Govt to introduce in the curriculum. Please contact the state wide SBYHN symposium as a guest speaker in the program.
- Thank you for an excellent day. A huge amount of very valuable info. Objectives well met.
- Never be too confident as not exactly work in this area all the time so will always need regular updates so keep relevant up to date etc. Useful to have info re where / how to contact speakers. Who to refer to & how.
- Great day, perhaps a few more interactive activities. Awesome networking event – session at beginning to see where everyone was working / in what roles – could have been more useful. Will take lots back to my team. Thanks for organising.

Nurse (other)

- I found the Sexual Health First Aid Workshop provided great information. I found out some things that I was totally unaware of. I wish the organisation the very best and hope it continues to provide a valuable service.
- Thank you for having us from Rockhampton. Was very educational & well done to the presenters.
- Great workshop. Would definitely consider attending further workshops broken down into more specific areas.
- Huge thanks for an informative, valuable day.
- So many areas to follow up on and start learning / researching. Great to update knowledge base. Maybe start earlier so people travelling don't have to leave early. Thank you for an informative and interesting day.
- Really valuable workshop – will encourage colleagues to attend. Would be interested in follow-up educational days – particularly more interactive ones. Great presenters – very knowledgeable & passionate.

- Thank you. For a first time course, you all did an amazing job 😊

General Practitioner

- Topics I would be interested in: counselling/management strategies for sexual disorders/issues eg. libido in menopause, libido inequalities in relationships.

Psychologist / Counsellor

- Please, please do a workshop on: trans mental health; assisting assessment & support for transitioning.
- Great work! Undoing 12 years of Catholic schooling sex ed! (which is a great thing)
- I would like to know how we can support students (or gender issues) be accommodated in the school setting.
- Very, very good and informative across wide range of areas – especially with limited time. This sexual health first aid should continue!!! Thank You Very Much! Oh, I would like to have more time for Q & A after each session – a little bit rushed 😊 workshop can start @ 8am or 8.30.
- Take time in the morning so attendees can introduce themselves.
- Today was excellent, interesting & informative. I would love to be on a “resource list” for contact & agency referrals.

Other

- Thank you – very interesting & informative 😊
- A list given to participants of counselling services that provide counselling to sexual assault survivors. The ‘Love Bites’ program – this should be mentioned regarding young people. Concerns around the ‘hooker’ picture – sexualisation of females is a major concern – perhaps this needs to be looked into as well. Porn – the future?? How this is changing sex now and in the future. Thanks. Overall a great day 😊
- Some speakers gave detailed verbal information, but wasn’t captured well on the slides. Some slides had very small text, particularly text images and references. Overall, the day delivered exactly what it promised – sexual health first aid!