

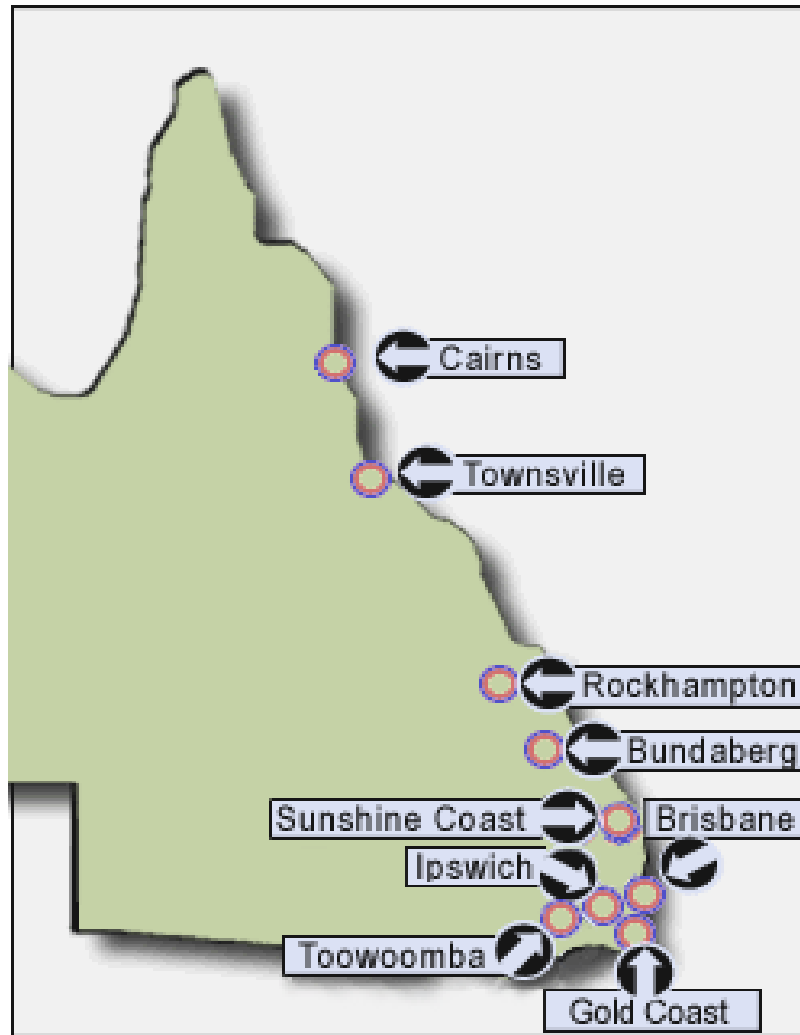
Innovation and Sexuality Education

Activities and resources for supporting children and young people in care.

Australian Foster and Kinship Carers Partnership

National Conference 2010

FPQ Locations



FPQ Services

- Education services –
Schools, Parents/Carers, Professionals, Community
- Nationally recognised training
- Clinic facilities
- Resources
- Referral to other services

www.fpq.com.au

What is Sexuality?

sex

pregnancy

STI

consent

abuse

puberty

babies

bręasts

sex

relationships

desire

penis

pregnancy

periods

identity

body image

gender

STI

pornography

attraction

nervous

embarrassed

excited

love

fantasy

marriage

pleasure

consent

gay

private

taboos

masturbation

abuse

fun

What is sexuality

“Sexuality is an integral part of life and it influences personality. It may be denied, repressed or used effectively but it is part of our selves. Sexuality is a process commencing at birth and ending only with death ... Sexuality is culturally defined and thus influenced by family, peers, religion, economics, school, media, law and science.”

The Clarity Collective

The Clarity Collective.(1990). *Taught Not Caught:Self Esteem in Sex Education*.
Melbourne: Spiral Educational Resources.

*“Sex is what we do
Sexuality is who we are”*

Anna Freud
Daughter of Sigmund and Martha Freud, 1895-1982

The landscape

During 2008-09 across Australia, over 200,000 children were the subject of one or more child protection notifications; almost 33,000 children were the subject of one or more substantiations; over 35,000 children were on care and protection orders; and around 34,000 children were living in out-of-home care.

Children and Young People in Care

Higher rates of :

- earlier onset of sexual activity
- sexually transmitted infections
- earlier pregnancy and parenting
- sexual abuse
- child sexual exploitation
- problem sexual behaviour

Whose job is it anyway?

Children and young people in care have poorer sexual health outcomes than peers not in care.

‘... care providers and service providers experienced a great deal of confusion, fear and lack of power with regards to whose responsibility it was for helping young people to access sexual health services.’

Farmer et al (2000)

La Trobe University study (Australia)

- 78% have experienced some form of sexual activity
- 30% report having more than three sexual partners in a year
- 69% reported using a condom the last time they had sex
- Less than 1 in 10 students believed they were at risk of infection with HIV/AIDS, an STI, hepatitis B or hepatitis C
- 1 in 10 students reported their most recent sexual encounter was with someone of the same sex
- Most students (88%) had sought information regarding sexual health

'I didn't know I could ask them about sex.

They (carers) talked about their family and stuff but never about contraception, or saying yes, or saying no.'

Rationale for Self Protection Education

- Children who have been sexually abused are more vulnerable to further sexual abuse or exploitation. (Forde Inquiry, 1999)
- Research suggests that perpetrators of sexual abuse are less likely to choose victims who demonstrate knowledge of self protection skills. (Daro, 1991 cited in O'Connor, 1991)
- Children in care are less likely to access school sexuality education programs and are less likely to have the same sexuality knowledge of their peers – therefore have a high need for sexuality education. (Brennan, 2008)

A Positive Learning Environment

Is one where everyone feels....



Informed



Comfortable



Safe



Motivated

Sexuality Education Topics

- Body parts
- Being private
- Puberty
- Menstrual support
- Relationships
- Sexual relationships
- Safe sex
- Sexual abuse issues
- Sexual health checks
- Sexual functioning
- Self protection
- Assertion skills
- Self esteem

Looking after you – it's important!

- Be aware of your risk factors
- Attend to physical, emotional, spiritual, creative, interpersonal well being
- Seek personal counselling/therapy
- Nurture yourself
- Seek balance between work, rest and play
- Re-establish meaning and connection (with yourself, family, friends, others)

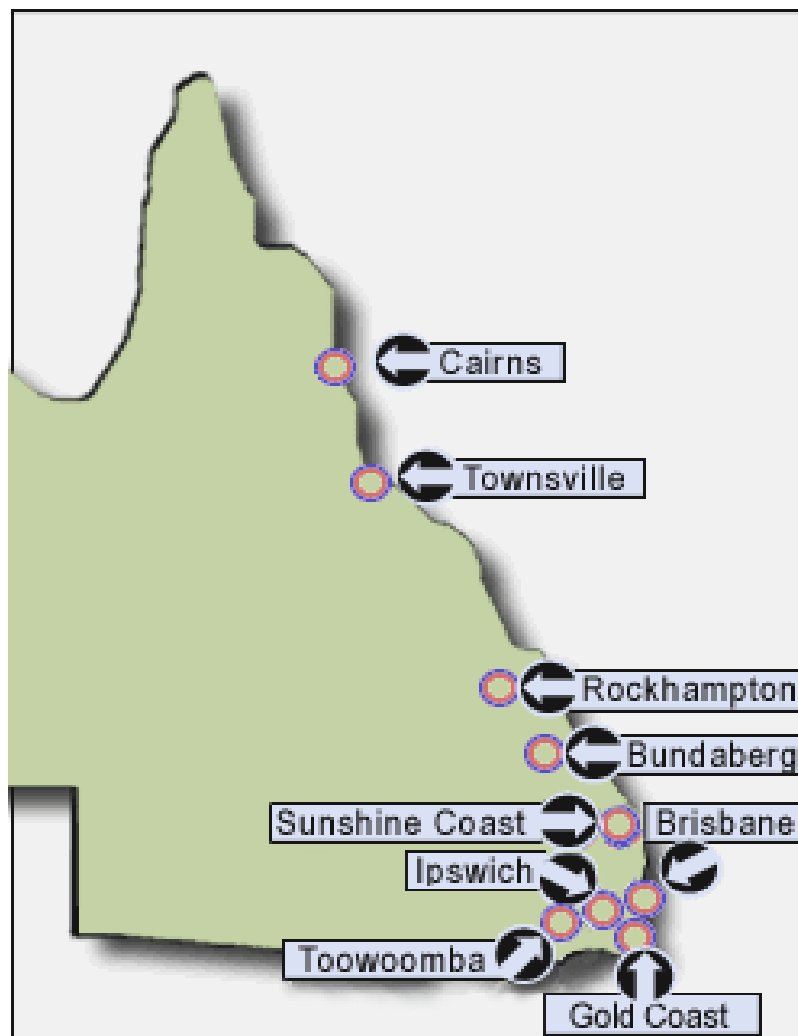
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Tanya

‘I have to tell you... You told me I could say no and I did and he stopped and went away. Did you know that would happen?’

What are self protection skills?

- Naming private body parts
- Naming and identifying feelings
- Understanding types of relationships
- Knowing the rules about touch
- Recognising warning signs
- Understanding problem solving
- Identifying support networks

Why is Sexuality Education Important?

In most other areas of knowledge we try to enlighten children, ... not so with sexuality. Far from providing enlightenment we evade, remain silent, we put children off by saying they are not old enough to understand, we provide partial and misleading information, or we tell downright lies. ... As in other skills and meanings that children acquire, they need a gradual and encouraging process of explanation and support in search for sexual meaning.

Values and Attitudes

- How do your personal values and beliefs affect how you interpret sexuality issues?
- Personal and professional values – sometimes they are in line and other times they conflict. What can we do?

It is important to meet the needs of children and young people by responding with a positive attitude to sexuality.

Recognising the rights of all children and young people to health, safety, information and freedom from discrimination can be a useful guiding framework.

Communicating with Young People

- Use consistent, simple language
- Use modelling and practice
- Break information into “manageable chunks”
- Repeat information in a variety of ways
- Use concrete materials
- Use real life examples
- Follow up
- Respond to the young person’s emotional reactions

Can women have erections?

When Answering Questions

Keep it:

Brief

Factual

Positive



We Have a Choice to Make

Leave children to find their own way through the clouds of partial information, misinformation and outright exploitation that they will find from media, the internet, peers and the unscrupulous, or instead face up to the challenge of providing clear, well informed, and scientifically-grounded sexuality education based in the universal values of respect and human rights.

UNESCO (2009)

Conclusion

Advocate for the right
of all children and young people
to be informed and safe.

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