

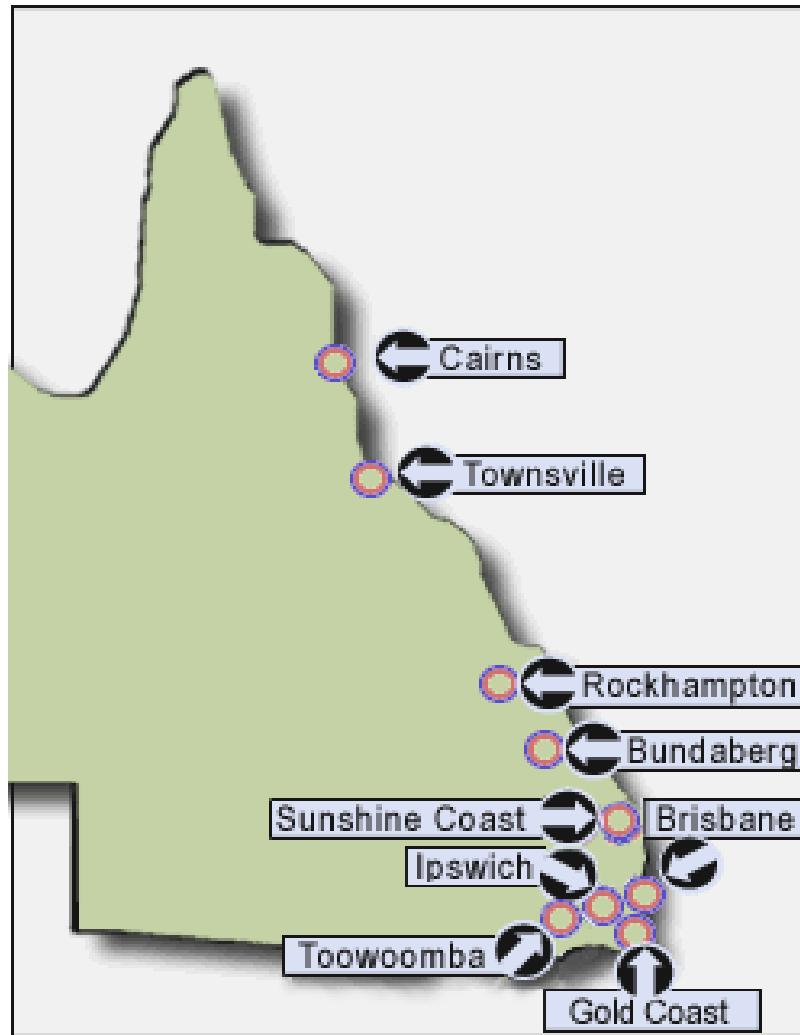
# Innovation and Sexuality Education

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](http://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)



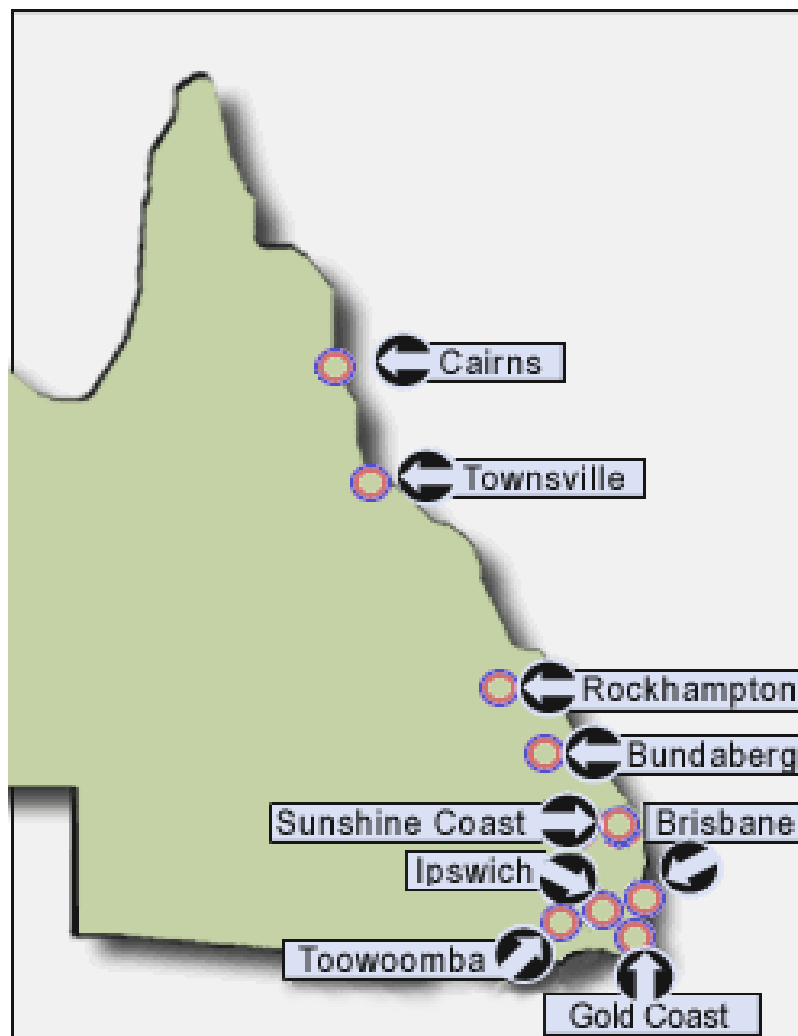
# Innovation and Sexuality Education

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](http://www.fpq.com.au)

# What is Sexuality?

**sex**

**pregnancy**

STI

**consent**

*abuse*

puberty

babies

breasts

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.

# 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.

[www.fpq.com.au](http://www.fpq.com.au)



# Bibliography

Australian Institute of Health and Welfare 2010. Child Protection Australia 2008-09. Child welfare series no. 47. Cat. No. CWS 35. Canberra: AIHW

Australian Institute of Health and Welfare 2005. Child Protection Australia 2003 –04: Child welfare series no. 36. Canberra: AIHW

Berlyn, C. & Bromfield, L. (2009) Child protection and Aboriginal and Torres Strait Islander Children National Child Protection Clearinghouse, Australian Institute of Family Studies

Brennan, H (2008). Settings and Solutions: Supporting access to sexuality and relationship information for children in care. Brisbane: Family Planning Queensland.

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

Crime and Misconduct Commission Queensland. (2004). Protecting Children: An Inquiry into the Abuse of Children in Foster Care. Brisbane: Crime and Misconduct Commission Queensland.

Family Planning South Australia, Intellectual Disability Services Council South Australia & Child and Youth Health. (1996). A Family Approach to Protective Behaviours: For Children with Special Needs. Adelaide: Family Planning South Australia Inc.

Finkelhor, D., Asdigian, N. & Dziuba-Leatherman, J. (1995). The Effectiveness of Victimization Prevention Instruction: An evaluation of Children's Responses to Actual Threats and Assaults. *Child Abuse and Neglect*, 19, 2, 141 –153.

Fleming, J. (1997). Prevalence of Childhood Sexual Abuse in a Community Sample of Australian Women. *Medical Journal of Australia*. Vol 166, No. 2 (20 Jan) pp65-68.

FPQ. (2001). Every Body Needs to Know: A sexual and reproductive health resource for teaching people with a disability. Brisbane: Family Planning Queensland.

FPQ. (2002). Feel Safe: An educational CD Rom promoting self protection for young people with learning needs. Brisbane: Family Planning Queensland.

# Bibliography

- Bromfield, L & Irenyi, M (2009) Child abuse and neglect statistics. National Child Protection Clearing House resource sheet: Australian Institute of Family Studies
- FPQ. (2003). I have the right to be safe: Flip Chart. Brisbane: Family Planning Queensland.
- FPQ. (undated). *Support for Women: Cairns Sexual Assault Service brochure*. Brisbane: Family Planning Queensland.
- FPQ (2007) Bodies and Relationships Essentials Education. Brisbane: Family Planning Queensland
- FPQ. (2009). Where Do I Start: Supporting healthy sexual development in early childhood. Brisbane: Family Planning Queensland.
- Finkelhor D, Mitchell K, Wolak J (2006) Online Victimization of Youth: five years later. Crimes against children research centre University of new Hampshire
- Greenberg, J., Bruess, C. and Coonley, K. (1992). *Sexuality: Insights and Issues*. USA: McGraw and Hill.
- Gilgun, J.F. (1986). Sexually abused girls' knowledge about sexual abuse and sexuality. *Journal of Interpersonal Violence*, 1, 3, 309 – 325.
- Legosz, M.L. (2001). The childhood and adult sexual abuse experiences of women who attend a family planning clinic. Queensland: Queensland University of Technology.
- Melican, B. (1994). *Power Source: A user's guide to the Protective Behaviours Programme*. Victoria Police, Australia.
- O'Connor, R. (1991). Working Paper 16: Child sexual abuse: Treatment, prevention and detection. Victoria: Centre for Health Program Evaluation
- Queensland Crime Commission and Queensland Police Service. (2000) Project Axis: Child Abuse in Queensland: The Nature and Extent. Brisbane: Queensland Crime Commission.

# Bibliography

Rowley, T. (2007) Everyone's Got A Bottom. Brisbane: Family Planning Queensland

Sanderson, J. (2004). Child-focused sexual abuse prevention programs. *Research & Issues Paper Series*. No. 5 June 2004. Crime and Misconduct Commission Queensland.

Secretariat National Aboriginal and Islander Child Care. (2002). Through Young Black Eyes: A handbook to protect indigenous children from the impact of family violence and child abuse. Northcote: SNAICC.

Smallbone and Wortley cited in Queensland Crime Commission and Queensland Police Service. (2000) Project Axis: Child Abuse in Queensland: The Nature and Extent. Brisbane: Queensland Crime Commission.

Sobsey, D. (1994). *Violence and Abuse in the Lives of People with Disabilities*. Baltimore: Paul H. Brookes Publishing Co.

Sobsey, D. & Doe, T. (1991). Patterns of Sexual Abuse and Assault. *Journal of Sexuality & Disability*, 9(3), 243-259.

Sorenson, R. & Snow, B (1991). How Children Tell: The Process of Disclosure in Child Sexual Abuse. *Child Welfare*. Vol 70, No. 1 (Jan-Feb) pp3-15.

Warden, D. (1996) The prevention of child sexual abuse. *Child Safety: Problem and Prevention from Preschool to Adolescence*. London: Routledge.