

## Sexuality Education Resource List

Sexuality education is a lifelong process of acquiring information and forming attitudes, beliefs and values about such topics as identity, relationships and intimacy (SIECUS 2004).<sup>1</sup>

Children and young people gain information about sexuality from a range of sources including parents, peers, the media, internet, music and books. Whilst parents are the primary sexuality educators of their children, schools are well placed to enhance the sexuality information children receive.

Education Queensland has an ongoing commitment to the development and delivery of high quality sexuality education for all students in Queensland state schools. The resources listed in this document may assist schools to develop and implement sexuality education programs. They have been categorised into two sections:

- Section 1: Whole of school approaches to sexuality education
- Section 2: Sexuality education resources.

Schools are reminded that consultation with parents/carers and the wider school community is necessary when developing and implementing sexuality education programs.

It is at the discretion of the principal, in consultation with the school community, as to the inclusion of resources in school-based programs.

With any resource, teachers should check content to ensure it is suitable for their class group (e.g. age, reflects community values).

<sup>1</sup> Sexuality Education and Information in the United States (SIECUS). 2004. *Guidelines for Comprehensive Sexuality Education*. Available online at <http://www.siecus.org/data/global/images/guidelines.pdf>.

## Choosing sexuality education resources

To assist schools in their selection of health resources, the following characteristics apply to useful resources:

- align with the Queensland curriculum
- contain current and accurate information
- are easily adaptable to meet diverse student needs
- are sequential in nature and developmentally appropriate
- supports and complement the central role of the classroom teacher in the delivery of health education.

The resources in Section 2 have been critiqued using the above characteristics.

When schools are considering sexuality education resources, the following useful characteristics may assist schools in their selection:

- present a balance of information based on possible effects, risks and consequences of sexuality issues
- refrain from presenting sexuality issues in a way that would support, encourage or normalise experimentation with unsafe practice
- provide an opportunity for young people to develop and understand their values, attitudes, and beliefs about sexuality
- encourage a positive attitude to sexuality
- reinforce and support the key messages that incorporate values, attitudes and behaviours agreed by the school community.

## Section 1

### Whole of school approaches to sexuality education

A number of resources are available to support a whole-school approach to sexuality education (alphabetical order):

**Catching On Everywhere** (Department of Education and Early Childhood Development Victoria 2008)

A program development resource designed to assist primary and secondary school principals and teaching staff in the development and maintenance of a comprehensive sexuality education program. This resource provides school case studies, a learning model based on the Health Promoting Schools Model, a suggested three-year program development plan, a curriculum audit tool (based on Victorian Essential Learnings) and a literature review.

<http://www.education.vic.gov.au/studentlearning/teachingresources/health/sexuality/teachingprog.htm>

**Catching Online** (Department of Education and Early Childhood Development Victoria 2007)

This website is designed to support school principals and teachers in their delivery of effective, comprehensive sexuality education. The site contains a range of information relating to sexuality education such as teaching programs, professional learning and links to resources. While it includes specific policy for the Victorian context, much of it is generally applicable.

<http://www.education.vic.gov.au/studentlearning/teachingresources/health/sexuality/>

**Guidelines for Comprehensive Sexuality Education** (Sexuality Information and Education Council of the United States 2004)

An example of what constitutes age-appropriate sexuality education is available from the Sexuality Information and Education Council of the United States (SIECUS).

<http://www.siecus.org/data/global/images/guidelines.pdf>

**International Guidelines on Sexuality Education** (United Nations Educational, Scientific and Cultural Organisation 2009)

The International Guidelines on Sexuality Education are designed to help education, health and other relevant authorities involved in the development and implementation of school-based sexuality education programs and materials. In particular, this resource may assist schools in understanding the rationale for sexuality education and characteristics of effective programs.

<http://hivaidsclearinghouse.unesco.org/featured-resources/unescos-programme-on-sex-relationships-and-hiv-education.html>

**Student Health and Wellbeing Curriculum Framework** (Department of Education and Training Queensland 2005)

The Student Health and Wellbeing Curriculum Framework proposes how a range of health issues can be addressed in the curriculum from Years P to 12. It highlights the links between health issues and student health and wellbeing through the development of a common set of personal and interpersonal skills, including decision making, communication, assertiveness and self-esteem that underpin health behaviours in a range of contexts. It also provides guidelines and appropriate content for addressing specific health issues, including sexual health.

<http://education.qld.gov.au/schools/healthy/framework/introduction.html>

**Talking Sexual Health: National Framework for Education About STI's, HIV/AIDS and Blood-Borne Viruses in Secondary Schools** (Commonwealth of Australia 1999)

Although dated, the Framework provides general information and principles and may be useful when developing sexuality education programs. The Framework has five key components for the development and delivery of a comprehensive education that focuses on STIs, HIV/AIDS and BBVs.

These include:

- Taking a whole school approach – developing partnerships
- Acknowledging young people as sexual beings
- Acknowledging and catering for the diversity of all students
- Providing an appropriate and comprehensive curriculum context
- Acknowledging the professional development needs of the school community.

<http://www.latrobe.edu.au/arcshs/downloads/arcshs-research-publications/TSHframework.pdf>

## Section 2

### Sexuality Education Resources

The resources included in Section 2 are an indication of the types of programs available to support schools in the development and delivery of sexuality education. Any resource should be considered in a whole of school approach to sexuality education.

In alphabetical order, the sexuality education programs and resources included in this document are:

#### **Bodies & Relationships Education Essentials**

Bodies and Relationships Education Essentials contains lesson outlines from Prep to Year 7 to support the delivery of sexuality education. It includes teacher support materials, worksheets and information for parents.

#### **Catching On**

Catching On is designed to be used with other resources to assist teachers in planning a comprehensive sexuality education program. The resource contains teacher support material and learning activities on HIV/AIDS, sexually transmissible infections and blood borne viruses.

#### **Catching On Early**

Catching On Early provides a comprehensive sexuality education program for students from Prep through to Year Six. Although designed for Victorian Schools, it is adaptable for use in Queensland state schools.

#### **Chlamydia — The Secret Is Out DVD**

This resource aims to inform young people aged 16 to 20 about Chlamydia.

#### **Feel Safe CD-ROM**

The CD reinforces self-protection information on: types of touch, rules about touch, feelings, who to talk to if you need help, male and female body parts, wanted and unwanted touch and body warning signs.

#### **Growing and Developing Healthy Relationships website**

An interactive website that provides a range of age appropriate learning activities and support to assist teachers to deliver relationship/sexual health education including learning activities, an online question box, background information and teaching notes, resources and podcasts.

#### **High Talk**

High Talk contains lesson outlines from Prep to Year 7 to support the delivery of sexuality education. It includes teacher support materials and worksheets.

#### **I Stay Safe**

I Stay Safe is a Queensland Health website designed for teenagers that aims to answer questions about safe sex and sexual health.

### **National STI Prevention Program: Sexual health Campaign**

Australian government website designed to raise young people's awareness about the risks of infection and to generate a sense of personal responsibility to help prevent the spread of sexually transmissible infections (STIs).

### **Puberty Plus CD-ROM**

Puberty Plus is an interactive information package that provides clear and simple information about puberty, relationships, reproduction, bodies, health and social issues.

### **Put It On DVD**

Put It On is a story about a group of young people from Cape York and the Islands of the Torres Strait facing choices and consequences around sex and the health implications of unsafe sex.

### **Sex Ed website**

This website from La Trobe University's Australian Research Centre in Sex, Health and Society (ARCSHS) is moderated by an experienced teacher in sexuality education. The site gathers a wide range of resources, including classroom activities.

### **Sex Safely DVD**

Looks at safer sex issues, including contraception and is aimed at young people in high school, as well as those accessing youth services.

### **Talking Sexual Health: A Teaching and Learning Resource**

Talking sexual health is a resource to assist teachers to focus on issues related to education about sexually transmissible infections, HIV, AIDS and other blood-borne viruses.

### **The Hormone Factory**

Developed by La Trobe University's Australian Research Centre in Sex, Health & Society, this website offers specific sexual and reproductive development information for children (10 to 12 years), teachers and parents.

### **Year 7 Emerging relationships and feelings of attraction module**

A unit of work developed by Education Queensland that assists students to develop an understanding of influences on relationships and that well-considered decisions can enhance their health and wellbeing.

The resources included in the attached table have been critiqued using the following criteria:

- up to date
- available
- accurate
- linked to Queensland Essential Learnings
- developmentally appropriate
- adaptable for diverse needs
- supports teacher delivery.

Information is also provided as to the key sexuality concepts addressed within the resource and the year level/s that the resource is designed for.

## Sexuality Education Resources

Resource (alphabetical order)	Key Concepts*				Phases of Learning					Other Criteria						
	Growth and Development	Personal Safety and Health Choices	Identity and Relationships	Cooperation and communication	Early	Middle			Senior	Up to date	Available	Link to Qld Essential Learnings	Accurate	Developmentally appropriate	Adaptable for diverse needs	Supports teacher delivery
					Prep–Year 3	Years 4–5	Years 6–7	Years 8–9	Years 10–12							
Bodies & Relationships Education Essentials (Family Planning Queensland 2007) <a href="http://www.fpq.com.au">www.fpq.com.au</a>	■	■	■	■	■	■	■				■	■	■	■	■	■
Catching On (Department of Education and Early Childhood Development Victoria 2004) <a href="http://www.education.vic.gov.au/studentlearning/teachingresources/health/sexuality/lresources.htm">http://www.education.vic.gov.au/studentlearning/teachingresources/health/sexuality/lresources.htm</a>		■	■	■				■	■	■	■	■	■	■	■	■
Catching On Early (Department of Education and Early Childhood Development Victoria 2011) <a href="http://www.education.vic.gov.au/studentlearning/teachingresources/health/sexuality/lresources.htm">http://www.education.vic.gov.au/studentlearning/teachingresources/health/sexuality/lresources.htm</a>	■	■	■	■	■	■	■			■	■	■	■	■	■	■

\*See Definitions of Key Concepts on page 11.

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					Prep–Year 3	Years 4–5	Years 6–7	Years 8–9	Years 10–12							
Chlamydia — The Secret Is Out (Australian Research Centre in Sex, Health and Society 2008) <a href="http://www.7dimensions.com.au/index.cfm?fuseaction=ses.Chlamydia_The_Secret_is_Out">http://www.7dimensions.com.au/index.cfm?fuseaction=ses.Chlamydia_The_Secret_is_Out</a>		■	■						■	■		■	■	■	■	
Feel Safe CD-ROM (Family Planning Queensland 2006) <a href="http://www.fpq.com.au">www.fpq.com.au</a>		■	■	■			■	■	■	■		■	■	■	■	
Growing and Developing Healthy Relationships website (Department of Education, Department of Health and the Association of Independent Schools WA 2011) <a href="http://gdhr.wa.gov.au">http://gdhr.wa.gov.au</a>	■	■	■	■	■	■	■			■	■	■	■		■	
High Talk (Family Planning Queensland) <a href="http://www.fpq.com.au">www.fpq.com.au</a>	■	■	■	■				■	■		■	■	■	■	■	

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					Prep–Year 3	Years 4–5	Years 6–7	Years 8–9	Years 10–12							
I Stay Safe (Queensland Health 2011) <a href="http://www.health.qld.gov.au/istaysafe/">http://www.health.qld.gov.au/istaysafe/</a>	■	■	■	■				■	■	■	■		■	■		
National STI Prevention Program: Sexual health Campaign <a href="http://www.sti.health.gov.au/internet/sti/publishing.nsf/Content/home-1">http://www.sti.health.gov.au/internet/sti/publishing.nsf/Content/home-1</a>		■							■	■			■	■		■
Puberty Plus CD-ROM (Family Planning Queensland 1999) <a href="http://www.fpq.com.au">www.fpq.com.au</a>	■	■	■	■		■	■	■		■			■	■		
Put It On DVD (2005) <a href="http://www.hitnet.com.au/health.html">http://www.hitnet.com.au/health.html</a>		■	■						■	■			■	■		
Sex Ed website <a href="http://www.ansellsex-ed.org.au/">http://www.ansellsex-ed.org.au/</a>	■	■	■	■	■	■	■	■	■	■			■	■	■	■

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Sex Safety (Family Planning Queensland 1997) <a href="http://www.fpq.com.au">www.fpq.com.au</a>		■	■	■				■	■		■		■	■	■	
Talking Sexual Health: A Teaching and Learning Resource (Australian Research Centre in Sex, Health and Society 2001) <a href="http://www.public.health.wa.gov.au/cproot/815/2/Talking%20Sexual%20Health.pdf">http://www.public.health.wa.gov.au/cproot/815/2/Talking%20Sexual%20Health.pdf</a>		■	■					■	■		■		■	■	■	■
The Hormone Factory (Australian Research Centre in Sex, Health and Society) <a href="http://www.thehormonefactory.com/index.cfm?flashOK=1">http://www.thehormonefactory.com/index.cfm?flashOK=1</a>	■	■	■	■		■	■			■	■		■	■		
Year 7 Emerging relationships and feelings of attraction module (Education Queensland 2009) <a href="https://staff.learningplace.eq.edu.au/Pages/Default.aspx">https://staff.learningplace.eq.edu.au/Pages/Default.aspx</a>	■	■	■	■			■	■		■	■	■	■	■	■	■

## **Definitions of Key Concepts**

- ***Growth and Development***

Personal development is underpinned by an understanding of how individuals grow and develop physically, socially, intellectually and emotionally through the lifespan.

Developmental topics: Reproductive body parts, puberty, reproduction.

- ***Personal Safety and Health Choices***

Health is maintained and enhanced by acquiring information, developing skills and implementing strategies to promote personal, group and community safety.

Developmental topics: Protective behaviours, laws, contraception, pregnancy options, sexually transmitted infections (STIs), health resources, maintaining sexual health.

- ***Identity and Relationships***

A sense of self is fundamental to understanding how an individual interacts with and relates to other people. Relationships change throughout the lifespan and involve an understanding of roles and responsibilities to maintain healthy interactions. An appreciation of the diversity within society fosters respect for individuality and discourages discrimination.

Developmental topics: Gender identity, sexuality, relationships, sexual identity, consent.

- ***Cooperation and communication***

Effective communication and cooperation skills enable individuals to understand personal values, explore ideas critically, clearly articulate thoughts and feelings, resolve conflict and make sound, informed decisions.

Developmental topics: Decision-making, problem-solving, communication skills, assertiveness, conflict resolution, negotiation.