

Activity: 9-10.16.3

Key Message

- It is important to have many sources of support to go to for assistance with sexuality issues and to be familiar with local sexual health services.

Activity Details

Victorian Curriculum

Health & PE Identify and critique the accessibility and effectiveness of support services based in the community that impact on the ability to make healthy and safe choices
VCHPEP145

Time 60 minutes

Levels 9 & 10

Accessing sexual health services

Purpose

To demonstrate the steps students need to follow when accessing sexual health services.

Teaching notes

This activity is a practical way of preparing students for accessing sexual health services. Students are often not sure of how to organise and follow up health service appointments so this activity aims to address this issue. Students are more likely to use a health service if it is easy to access, so providing them with knowledge about accessing health services improves their overall health status. You can also use the Young People Accessing Health Services video and educator guide, found at <http://fuse.education.vic.gov.au/?s27sts>, or try to source brochures/websites of local sexual health services that can be used in this activity. Students can present their findings to the class via discussion or PowerPoint presentation.

Procedure

1. Give students the handout *Accessing sexual health services* and ask them to fill it in.
2. Allow students time to research the answers using the Internet and/ or brochures.
3. Students can work individually or in pairs/ groups.
4. Students should report back to class with their results.

Discussion

Some discussion points could include:

- Were there any steps in accessing sexual health services you think would be difficult? Why/ why not?
- How could you approach your parents/ carers about accessing sexual health services on your own?
- Do you always have to have parental permission?
- Were there procedures that you thought were too complicated to follow? If so, how could you make it simpler and easier?

Accessing sexual health services

This table will help you to think about what you or a friend might need to consider, ask and have ready at each stage of accessing a sexual health service.

	Things to consider	Questions I might ask	Things I might want or need
Before you arrive	E.g. how will you get there? • • • •	E.g. will I need to pay anything? • • • •	E.g. medicare card number • • • •
When you are there	• • • • •	• • • • •	• • • • •
Before leaving	• • • • •	• • • • •	• • • • •
After leaving	• • • • •	• • • • •	• • • • •

