

# a quick word from the harp team

April  
2017

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## QUOTE OF THE MONTH



**Give the people what they want- ...isn't nearly as powerful as teaching people what they need.**

Seth Godin

## USEFUL FACT OR STATISTIC

### Gender Stereotypes



The Australian Research Centre in Sex, Health and Society asks, how influenced are we by gender stereotypes and to what extent do our bodies shape our options?

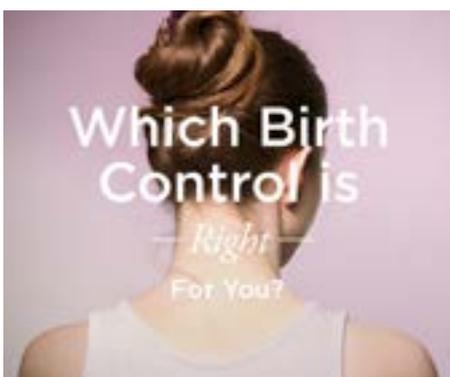
Take a trip to Mars to find out what is ok for a Martian girl to do, and what's ok for a Martian boy. What happens when the Earthlings buck the system?

View the video **HERE** (NOTE: this 5 minute video ends with sketches of genitals so please check that this is ok for you or your audience).

Or **CLICK HERE** to access great learning moments

## INTERESTING WEBSITE

### Birth Control Around The World



To find out more about contraception trends across the globe, we analysed data from a UN report that surveyed married or in-union women of reproductive age about their contraceptive use.

How has birth control changed between 1994 and today? And what are the current contraception trends on every continent and in every country?

Keep reading for important information about an issue that matters to all of us.

**CLICK HERE** to find out more

## CAMPAIGN

### Dry Blood Spot Test HIV Test



NSW Health is committed to the bold but achievable ambition of the virtual elimination of HIV transmission by 2020. To achieve this goal, very high levels of testing are required among people at risk of HIV. We know that early diagnosis and treatment of HIV, provides the best health outcomes for the individual and dramatically reduces the likelihood of passing the infection to others. However, in NSW, approximately 35% of HIV diagnoses occur at a late stage of the disease.

To improve testing rates, NSW Health has invested in innovative testing strategies to ensure a mix of HIV testing options are available to meet the needs of our priority populations.

The Dried Blood Spot (DBS) HIV Test provides a new testing option for people at risk of HIV. The DBS HIV Test is a self-collection test, which enables people to collect a finger prick sample of blood, at home. The testing kit is ordered online and posted to a preferred address in a plain, express post envelope. Following collection, the sample is posted to the laboratory for testing. The delivery of results and follow up care is coordinated through the Sexual Health Infolink and the relevant Local Health District. This allows people to collect samples in their own home, post back and receive results without having to attend a health service.

The DBS HIV Test is highly accurate and provided free of charge to the patient. This type of testing is particularly beneficial for people concerned about known barriers to HIV testing in conventional health settings, including embarrassment, cost, transport or other logistical issues or concerns about needles or traditional venepuncture sampling.

DBS HIV testing is currently available to men who have had sex with men; people from countries where HIV is more common (Africa or Asia); or people who have had sexual partners from these regions.

**CLICK HERE** for further information or to order a testing kit.

## KEY EVENT

### Puberty Blues...



**CLICK HERE** for pretty much everything you need to know about puberty in 7 minutes!

## WHO ARE THEY AND WHAT DO THEY DO?

### Mind Blank



Mind Blank is a not-for-profit organisation that generates awareness and innovative education of mental health topics in youth across Australia. We are creatively committed to mental health education with mindfulness and integrity.

Our vision is to be recognised Australia wide for mental health awareness & education through delivering innovative interactive theatre programs in schools, communities, and workplaces. We advocate a holistic and balanced approach through strategic partnerships and collaborations.

Our aims are to build collaborative partnership between service providers and schools which seek to educate young people about mental health issues and pathways to seeking help, with the intentions of decreasing poor outcomes in at risk young people. To date we have hosted over 100 programs to over 20,000 Australia wide.

**Current Production Themes that could interest you:**

- Depression Awareness and Suicide Prevention
- Hepatitis C education

**CLICK HERE** for more information about Mind Blank

### On The Couch Sex & Disability



L-R Naomi Viret (MC) Mekita Vanderheyde (FPNSW), Julie Bates (Principal Urban Realists Planning & Health Consultants), Saul Ibister (President of Touching Base Inc)

On Thursday 23rd February 2017 the HARP team hosted 'On The Couch' this time looking at Sex & Disability as the focus for discussion along with partners from Touching Base and Family Planning NSW.

The panel comprised; Saul Ibister, a Sex worker activist and President of Touching Base Inc. Saul has over 25 years' experience as a sex worker in both New Zealand. In November 2016 Saul's volunteer work was recognised internationally by the UK Sexual Freedom Awards - winning Sex Worker of the Year 2017.

Julie Bates was our second panelist and is the Principal of Urban Realists Planning & Health Consultants and a sex worker. Julie is a political lobbyist for the decriminalisation of sex work and social researcher investigating harms associated with legislative regimes that criminalise aspects of the sex industry.

Julie's sex work practice today focuses on senior citizens living with a range of disabilities including dementia both in and outside of care facilities.

Our third panel member was Mikitah Vanderheyde, an Education Officer with Family Planning NSW who has worked in the disability & community sector since 2001 with the Cerebral Palsy Spinal Injuries Association, Hepatitis Council of Queensland, Carers Queensland, Ethnic Communities Council, Service for the Treatment & Rehabilitation of Torture & Trauma Survivors (STARTTS).

The session was attended by workers from House with No Steps and The Disability Trust as well as people with a disability. On The Couch has modelled itself on the SBS programme Insight. **CLICK HERE** to view a series that aired in April 2016 on 'How to Negotiate Sex With a Serious Disability'.

HARP would like to especially acknowledge Rachel Wotton for her initial conversation that shaped the contours of this session of On The Couch. **CLICK HERE** to see Rachel featured in a clip with Colin Wright, a 60 year old man who was born with cerebral palsy and who regularly sees Rachel - a sex worker who believes everyone has a right to have sex, no matter their disability.

On the Couch aims to get up close and personal with a panel of speakers - hosted by a facilitator around an evolving range of subject areas. HARP's intention is for this to be a safe space, but nonetheless, one where the audience can ask questions and engage freely with the topic for discussion.

For more information about On The Couch please contact **Jennifer.Farinella@health.nsw.gov.au** or telephone: **02 4221 6740**.

## RESOURCES

### The FREE Dried Blood Spot (DBS) HIV Test



Go online to order the DBS HIV test (as featured above). The DBS kit arrives by post so you can do it where and when you like.

The test works by placing some small drops of blood from your finger onto a test card. You will then send the test card back in the reply paid envelope. Your blood will be tested and a nurse will give you your HIV result in about a week.

**CLICK HERE** to order a DBS kit.

## THE LAST WORD FROM THE CLINIC

### Autumn Alert...



Did you know that testosterone rises in autumn? The leaves might be falling but sex drives are not! So dust off those condoms to prevent any unwanted STIs.

The Illawarra Sexual Health Service has been experiencing high rates of chlamydia, gonorrhoea and syphilis and we know that condoms are very good at reducing the incidence of these infections. Anyone with symptoms (or friends with symptoms) should see a health professional for testing and treatment and let their partners know about the diagnosis so that we can all have a happy healthy Easter break!

# April 2017

01 - 10 April	NSW National Senior's Week
01 - 30 April	Sexual Assault Awareness Month
07 - April	World Health Day
31 March - April 09	Youth Week
22 April	Earth Day
25 April	Anzac Day
28 April	World Day for Safety and Health at Work

## Training Update

### **Talk Soon, Talk Often Shoalhaven Entertainment Centre**

**04th May - Shoalhaven Entertainment Centre**

A conversation with parents and carers to talk to teens aged 13 and upwards about sex. The information covered will address healthy relationships, consent and provide an update on Sexually Transmissible Infection (STIs) and services available. Refreshments will be provided at the end of the session with an opportunity to talk to the presenters and to collect free supportive resources. This event is free and refreshments will be provided at the end of the session.

**CLICK HERE** to register

### **Sticky Stuff : Wollongong**

**09 May - Nan Tien Institute, 231 Nolan St Unanderra**

Sticky Stuff is for youth workers, health workers, teachers, coaches or anyone who is in contact with young people and wants to be able to help them make healthy decisions about sex and sexuality. We focus on helping workers ask (and answer) the hard questions! A collaborative initiative between HARP, YFoundations.

**CLICK HERE** to register

### **On the Couch: Sex & Young People**

**25 May - Nan Tien Institute, 231 Nolan St Unanderra**

On the Couch aims to get up close and personal with a panel of speakers who will be hosted by a facilitator around a subject area. Our intention is for this to be a safe space, but nonetheless, one where the audience can ask questions and engage freely.

**CLICK HERE** to register

## Service Directory

Service	Address	Opening Hours	Contact
<b>First Step Program</b>	Port Kembla Hospital Fairfax Rd Warrawong	Monday - Friday 8.30AM - 5.00PM	PH: 4275 1529 PH: 0411 408 726
<b>Illawarra/Shoalhaven Sexual Health Service</b>	Port Kembla Hospital Fairfax Rd Warrawong	Free and confidential appointments available at Wollongong, Warrawong and Nowra	PH: 4223 8457
<b>ACON Regional Outreach Services</b>		Monday - Friday 9.00AM-5.00PM Web: <a href="http://www.acon.org.au">www.acon.org.au</a> <a href="https://www.facebook.com/ACONSouthernNSW">www.facebook.com/ACONSouthernNSW</a>	<a href="mailto:jcasey@acon.org.au">jcasey@acon.org.au</a> <a href="mailto:regionaloutreach@acon.org.au">regionaloutreach@acon.org.au</a> PH 9206 2113
<b>Liver Clinic</b>	Level 3 Wollongong Hospital, Crown street, Wollongong	Monday & Friday 7.00AM-4.30PM	PH: 4222 5181

If you would like to receive Quickword direct to your Inbox, please email: [jennifer.farinella@health.nsw.gov.au](mailto:jennifer.farinella@health.nsw.gov.au)

The HARP Unit acknowledges permission received from all contributors featured.

April 2017 edition of Quickword collated by Jennifer Farinella and compiled by Scott Lockhart.

# the harp team