

Doing it alone: young people managing their sexual health

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THE HUM

When sexual feelings start in your body it's a bit like your body is humming. Not really of course, don't expect to hear a strange buzz coming out of your chest.

But you know how you feel when you're walking along and your humming and its just kind of a happy tune in your head and its nice.

The hum starts around the same time as puberty.

You begin to notice it, feel it in your body. And sometimes you feel it stronger when you're thinking about a particular person.

As you get older, the hum gets stronger. Its nice.



LOVE ME, LOVE ME

Because the hum is so nice, advertisers use it to make their products more attractive. And, so that they can get our attention, the hum turns into a SCREECH.

It seems to teach some people that they should express their own personal hum in an advertising/TV/screechy kind of way to attract other people and make them like them.

But then all we can hear or see is a SCREECH. One bit of a person. Not the whole person.



There are many parts to a person. If they only connect with someone through one part, then its not a strong connection and the other bits get neglected and wither.

Its not that sexual feelings are bad, but expressing them in that way, or making connections with someone in ONLY that way, is not so good for the WHOLE you.



The data



Secondary Students and Sexual Health 2008

Anthony Smith, Paul Agius, Anne
Mitchell, Catherine Barrett and
Marian Pitts



The fourth in a series

- First conducted in 1992
- Again in 1997
- Again in 2002
- Most recently in 2008

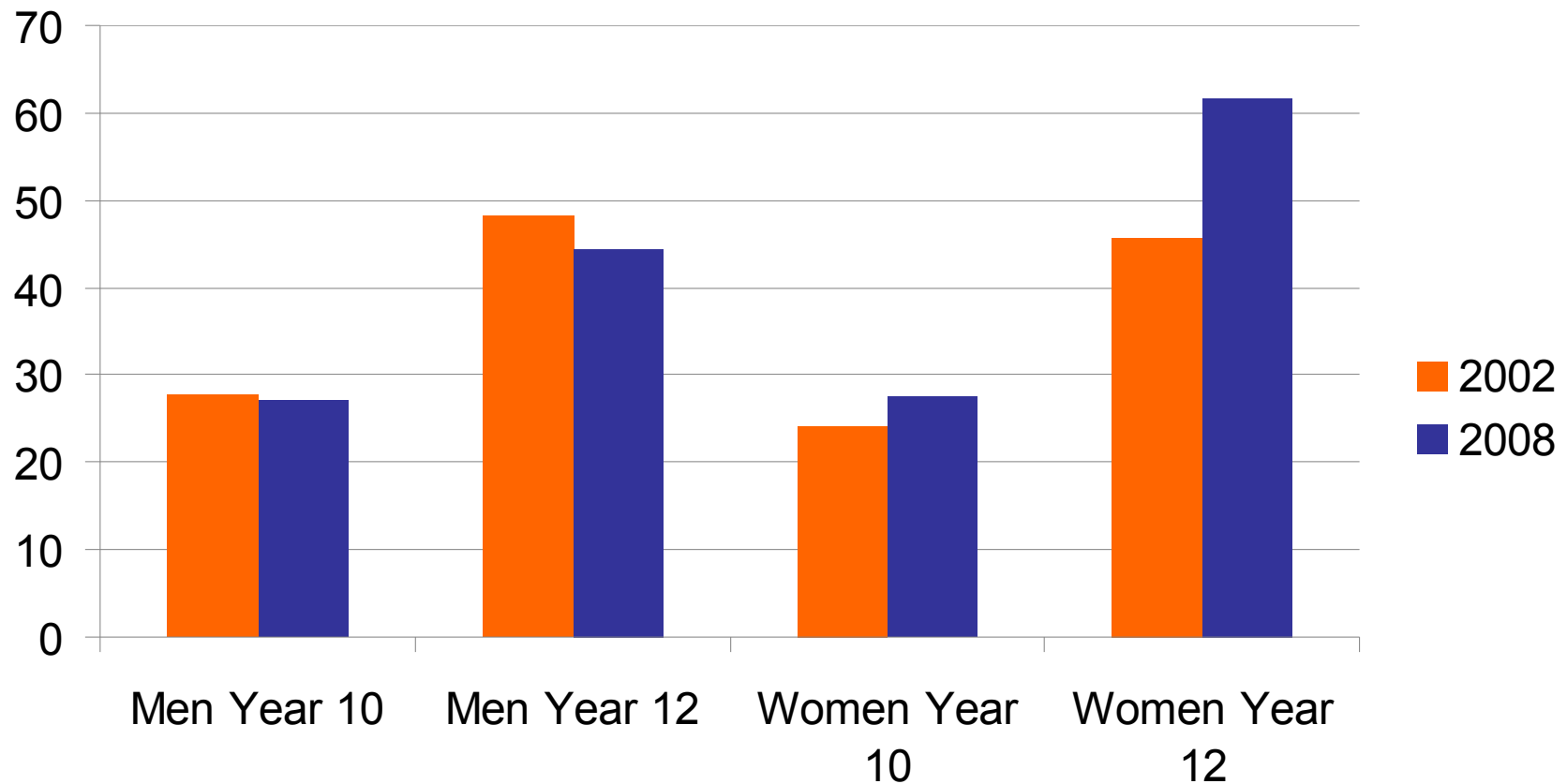


2008 Sample

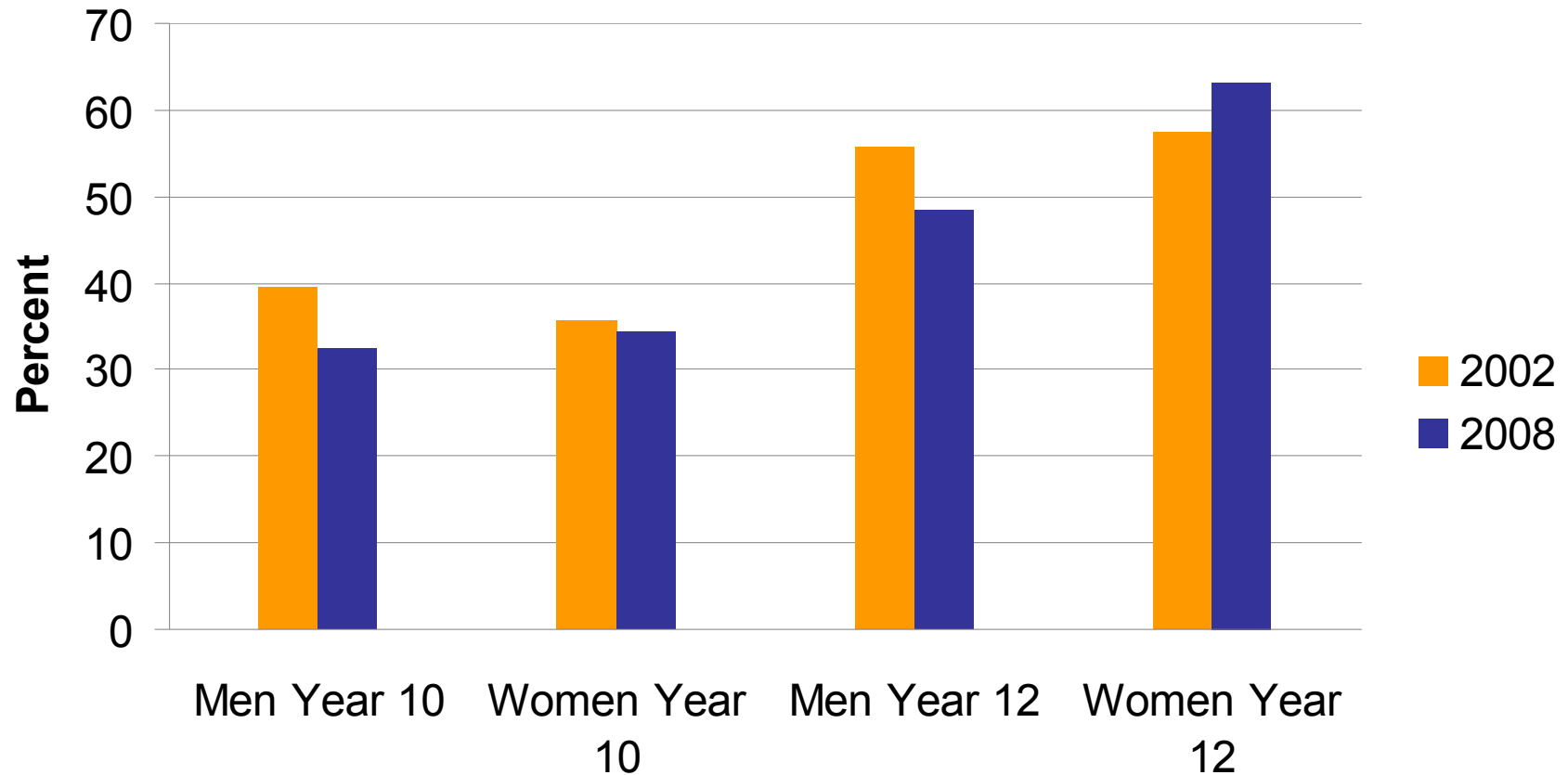
- Nationally representative study
- 105 schools
- Government, Catholic & Independent
- All States and Territories
- 2926 Students in Years 10 and 12



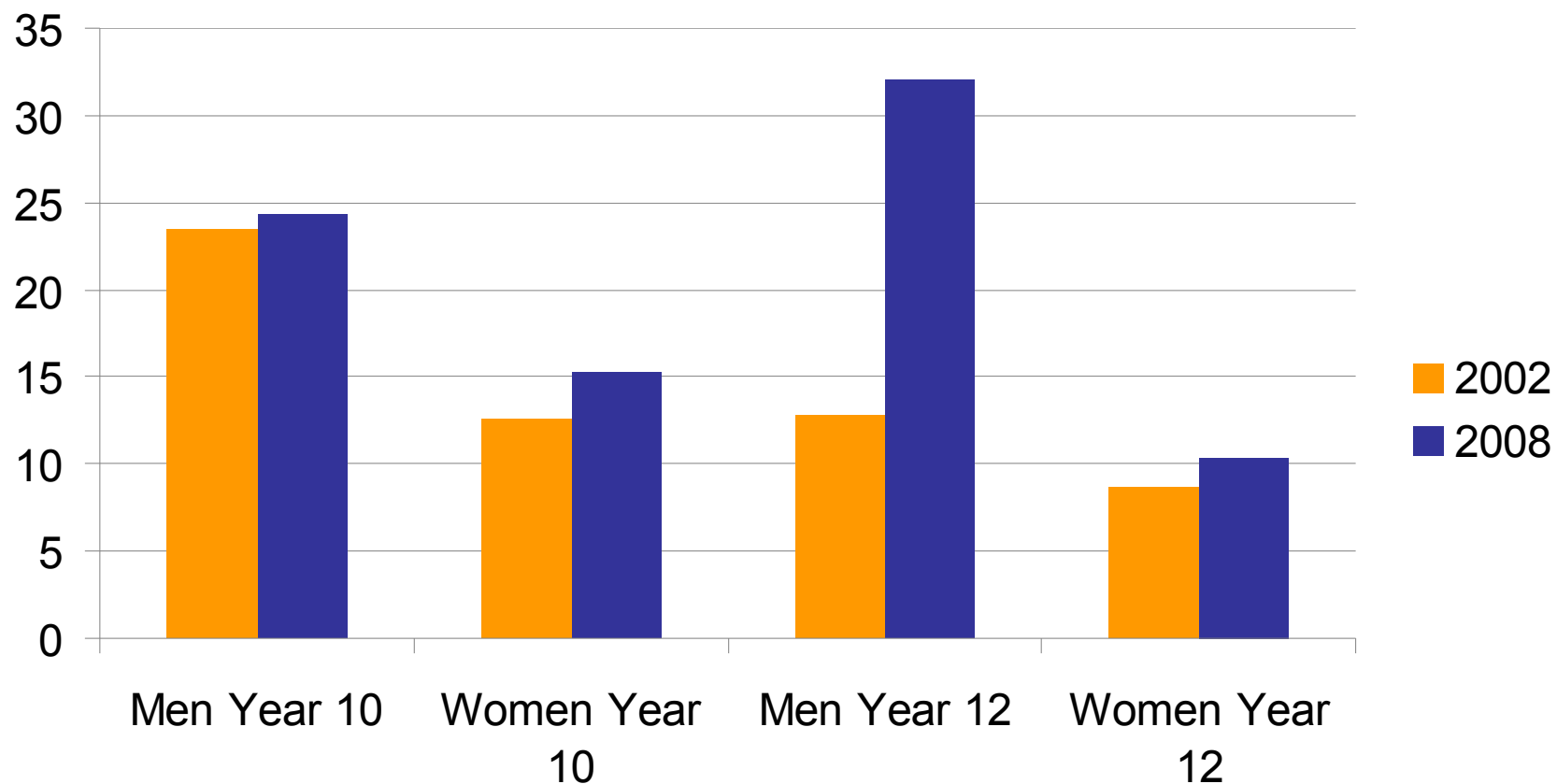
Intercourse ever



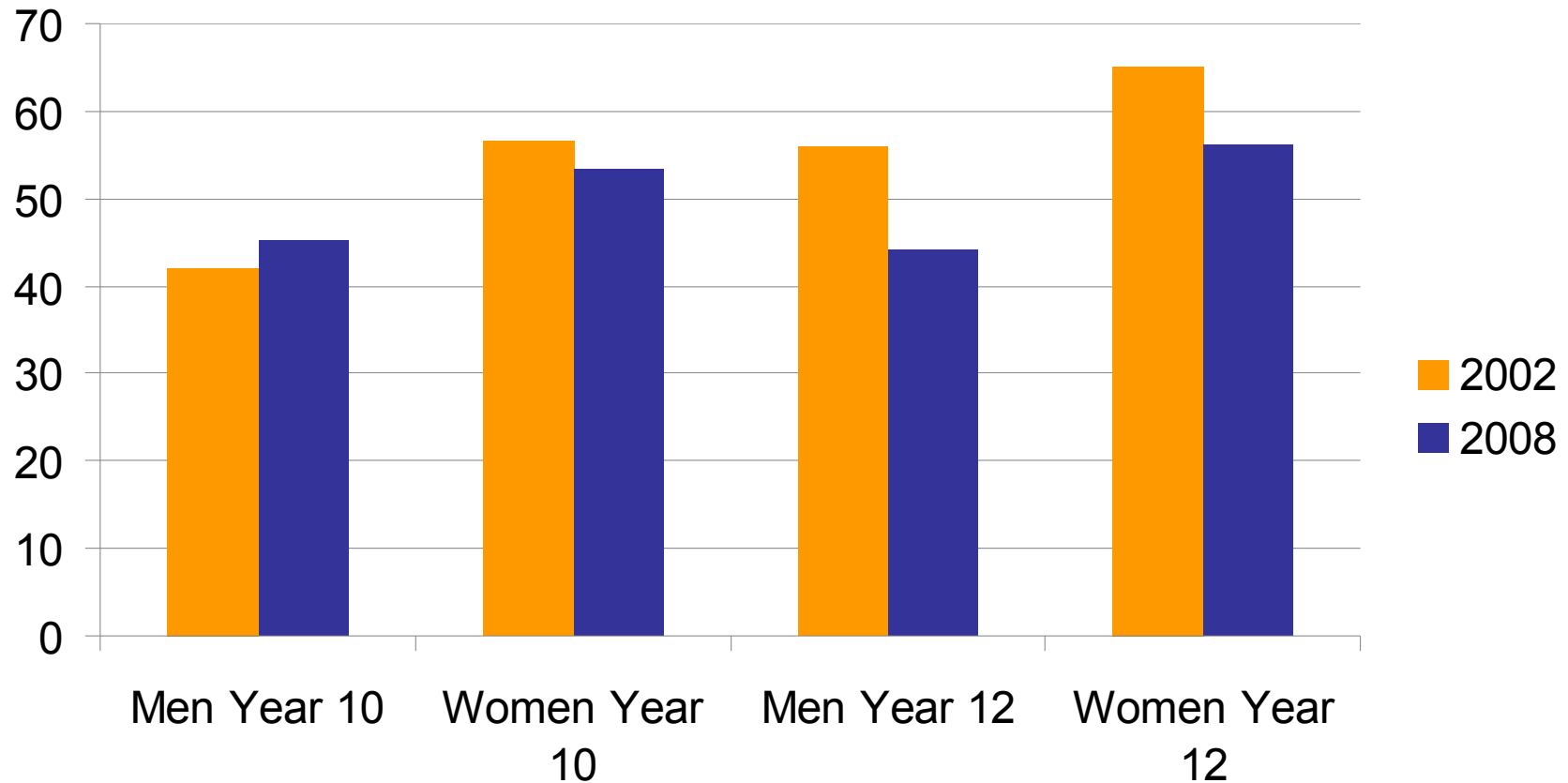
Oral sex ever



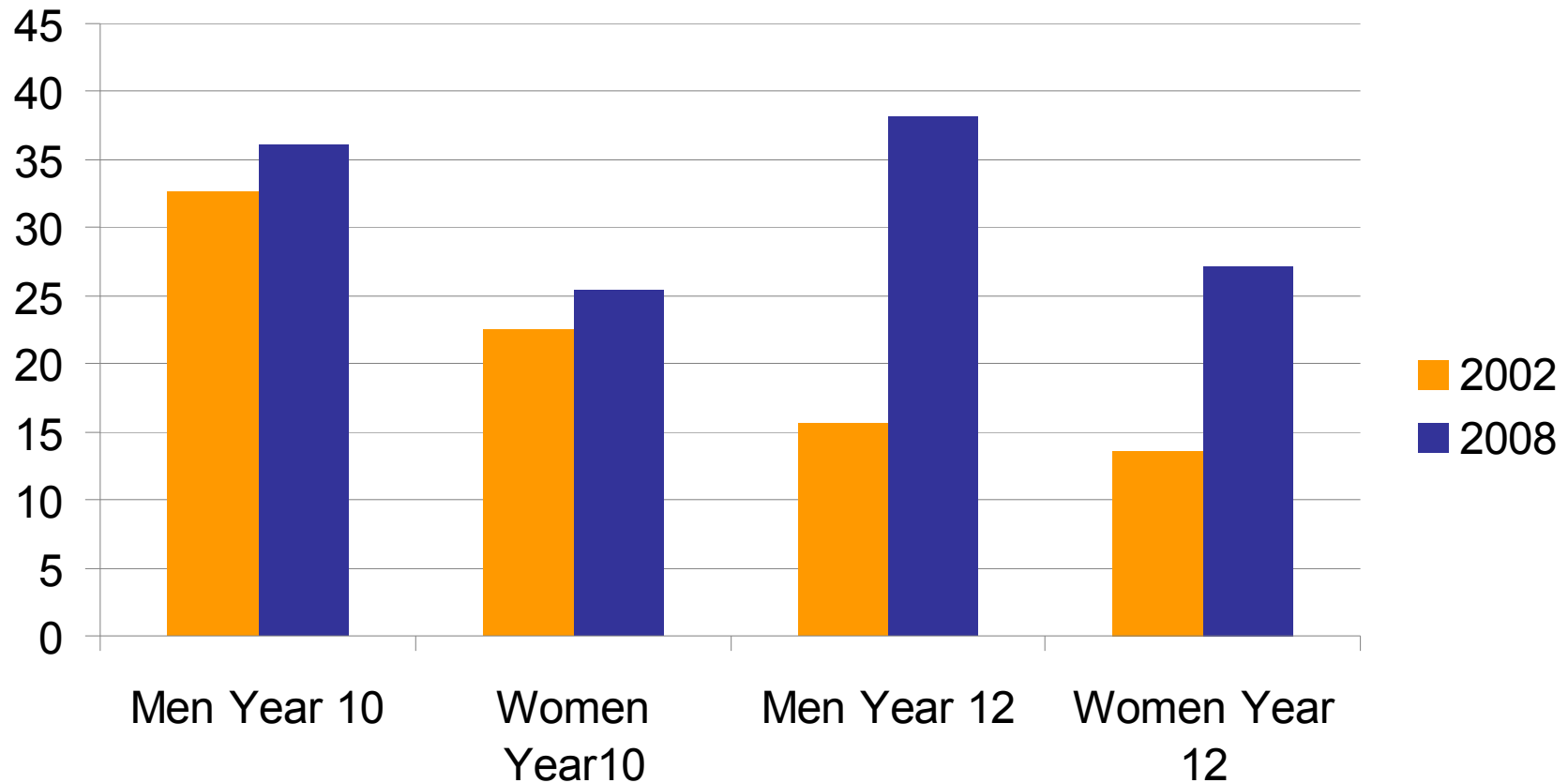
Three or more oral sex but not intercourse partners in last year



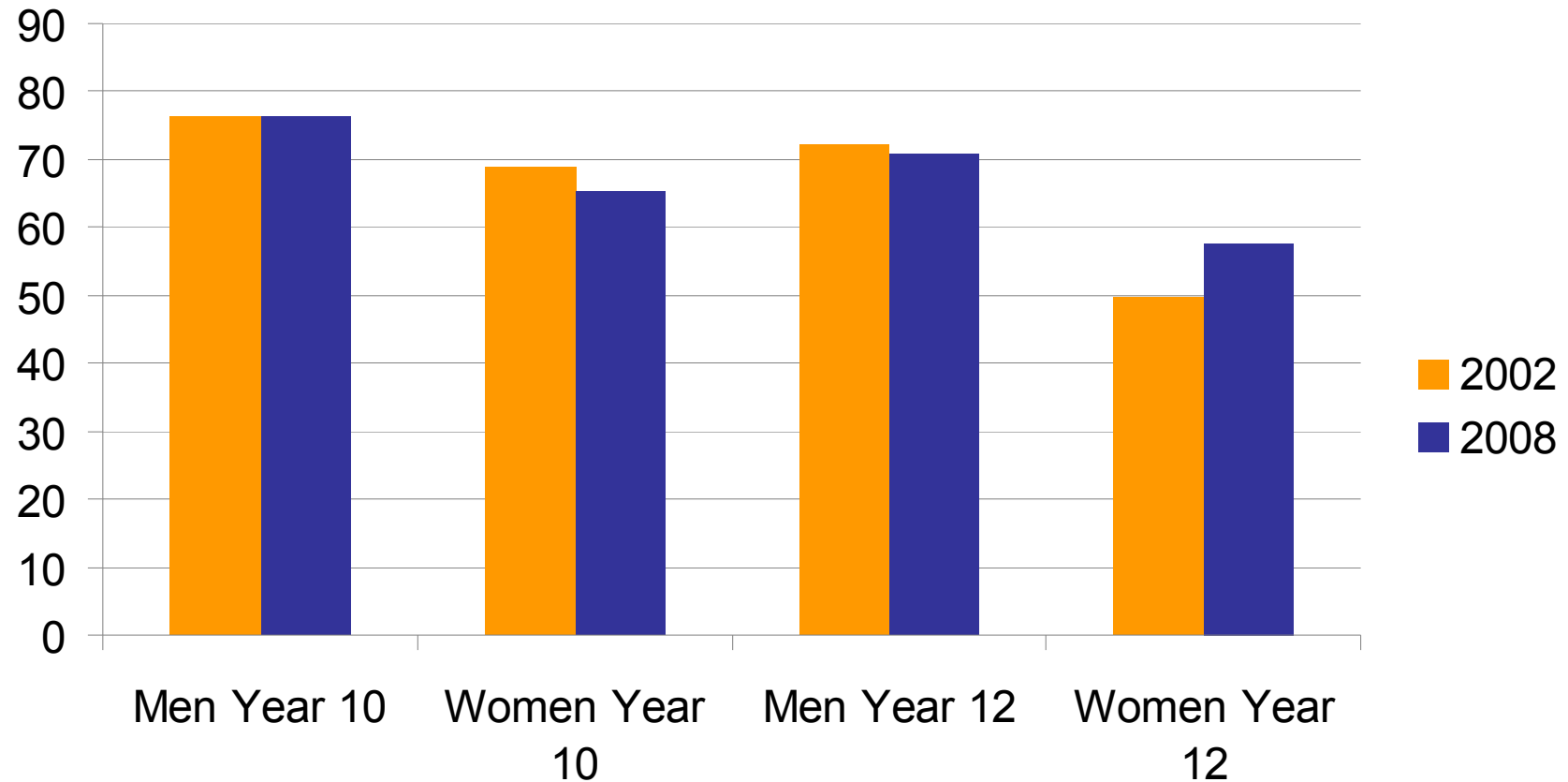
One intercourse partner in last year



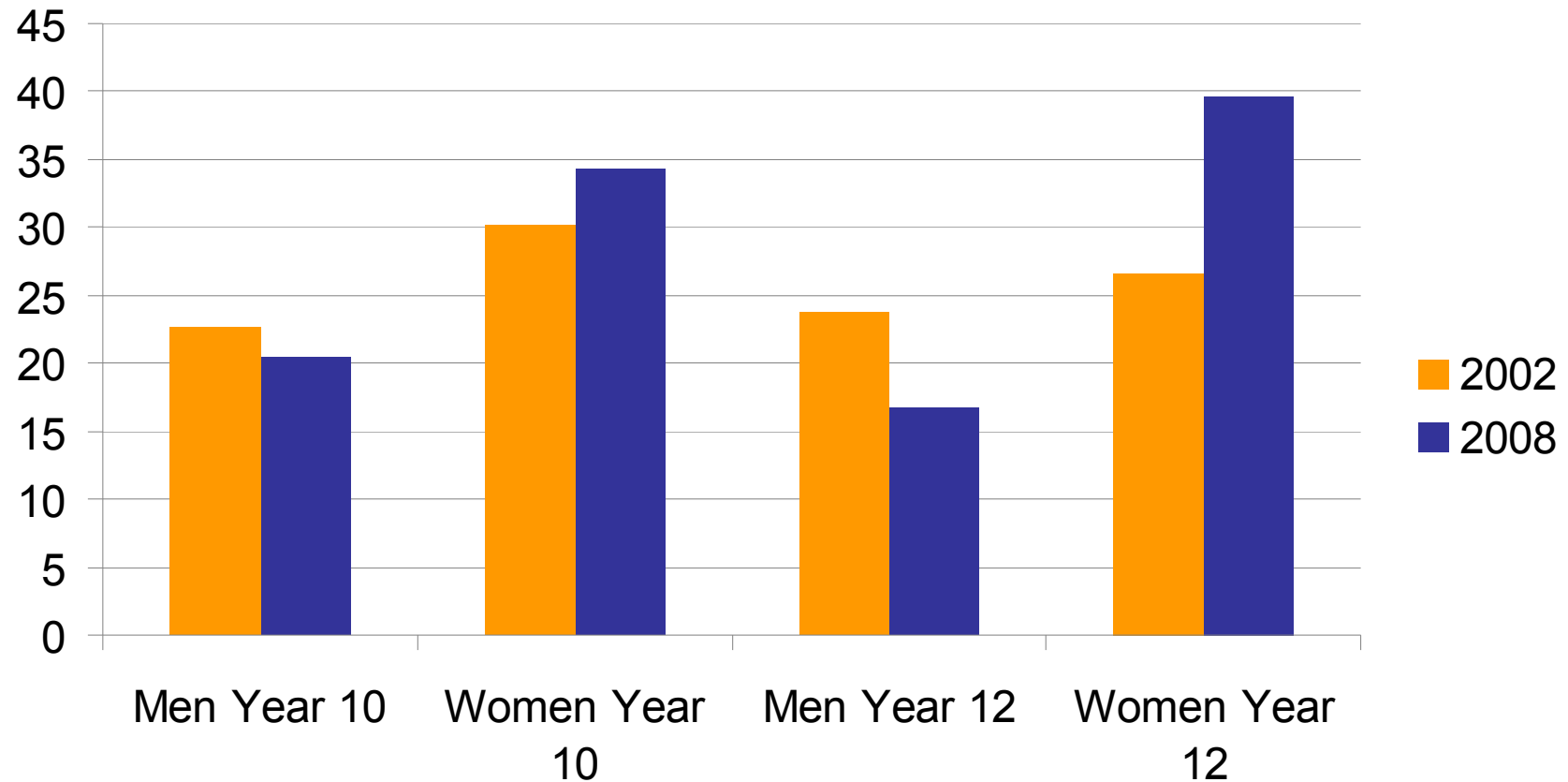
Three or more intercourse partners in last year



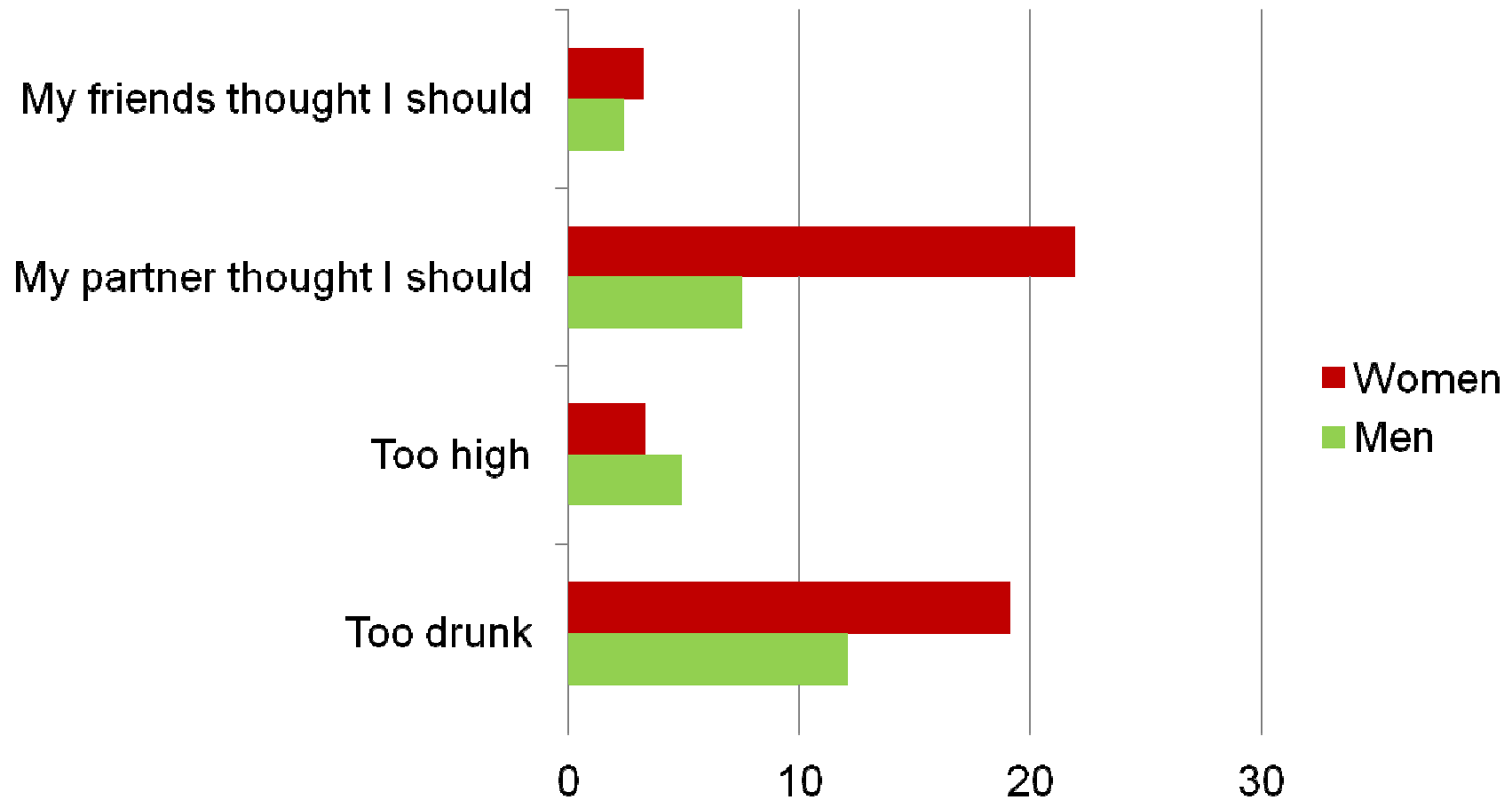
Condom use at most recent sex



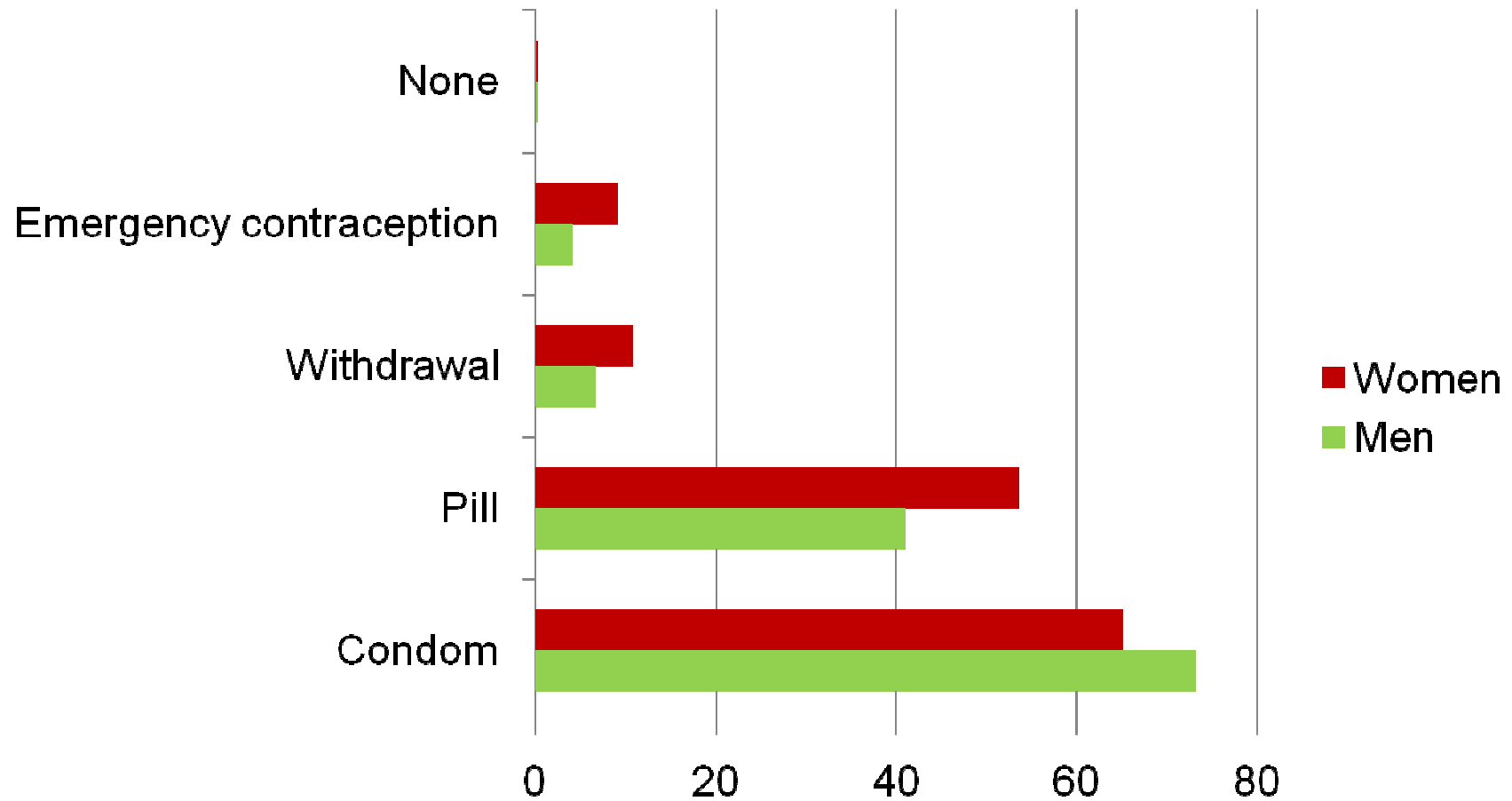
Ever had unwanted sex



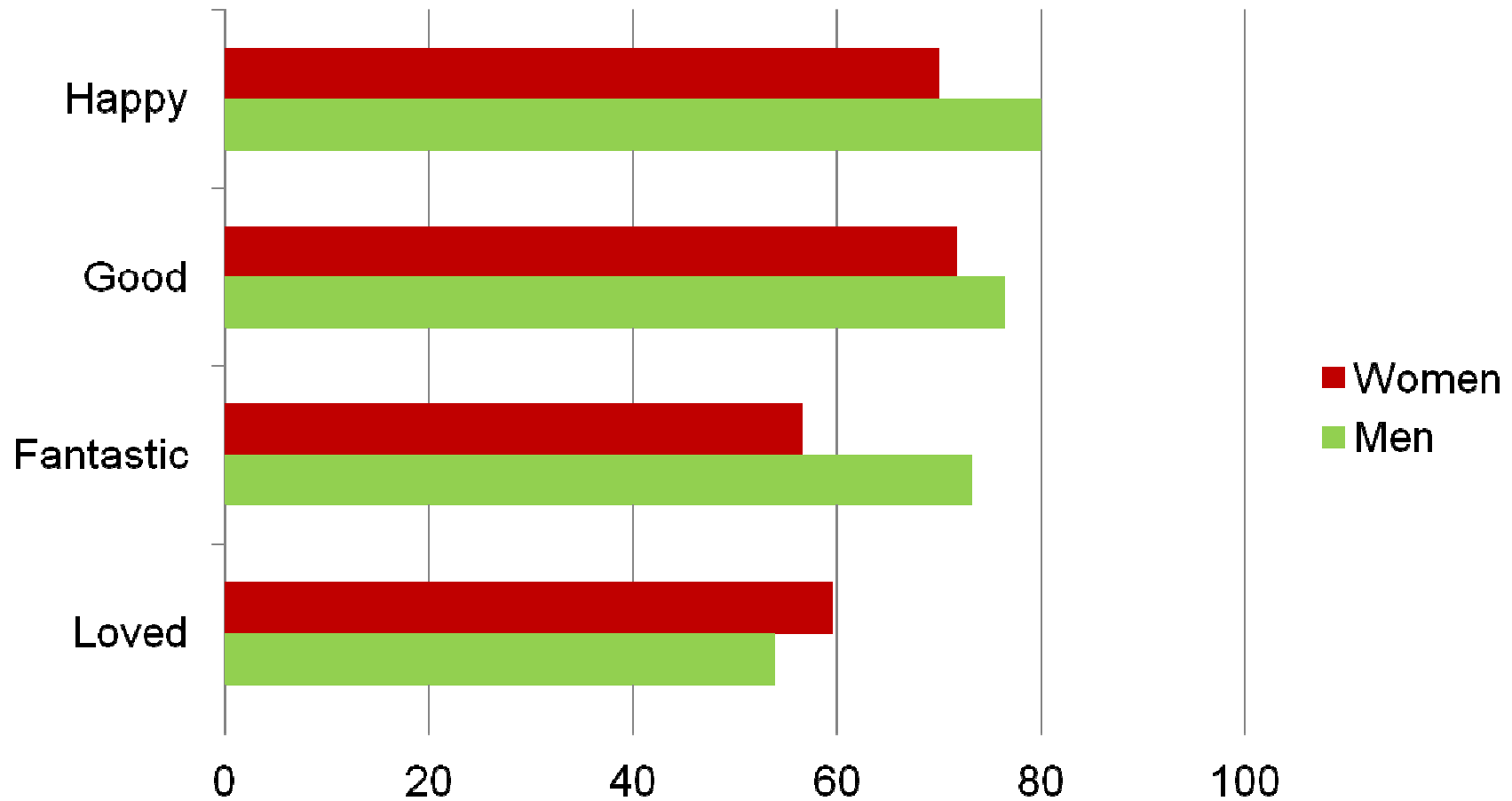
Reasons for unwanted sex



Contraception use



Positive feelings about most recent sex



Same sex attraction

- Almost 1 in 10 students surveyed reported their most recent sexual encounter was with someone of the same sex. For young men, the likelihood of having a same sex encounter at the most recent sexual experience had increased from 2% in 2002 to 8% in 2008.

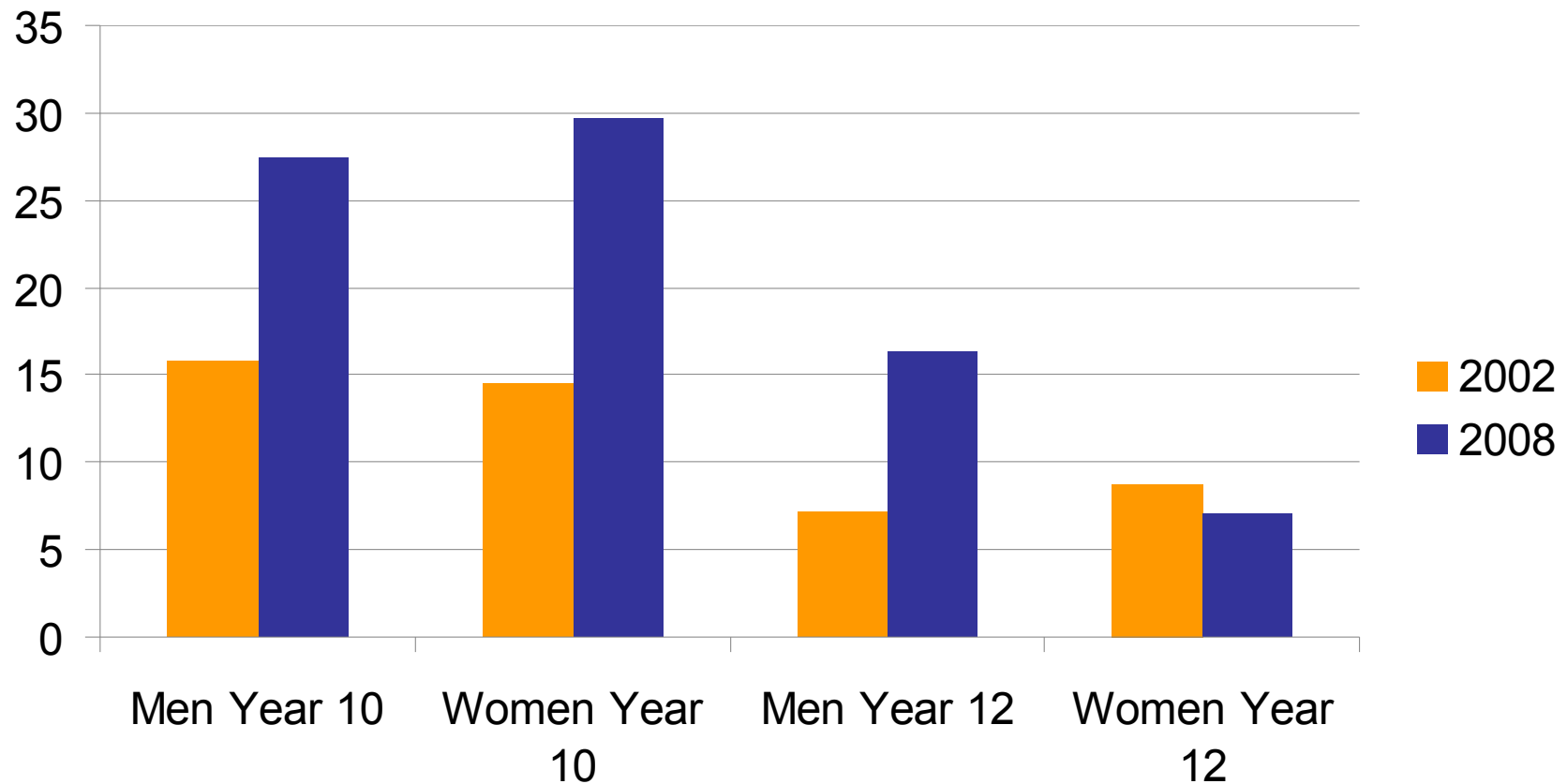


Same sex attracted students

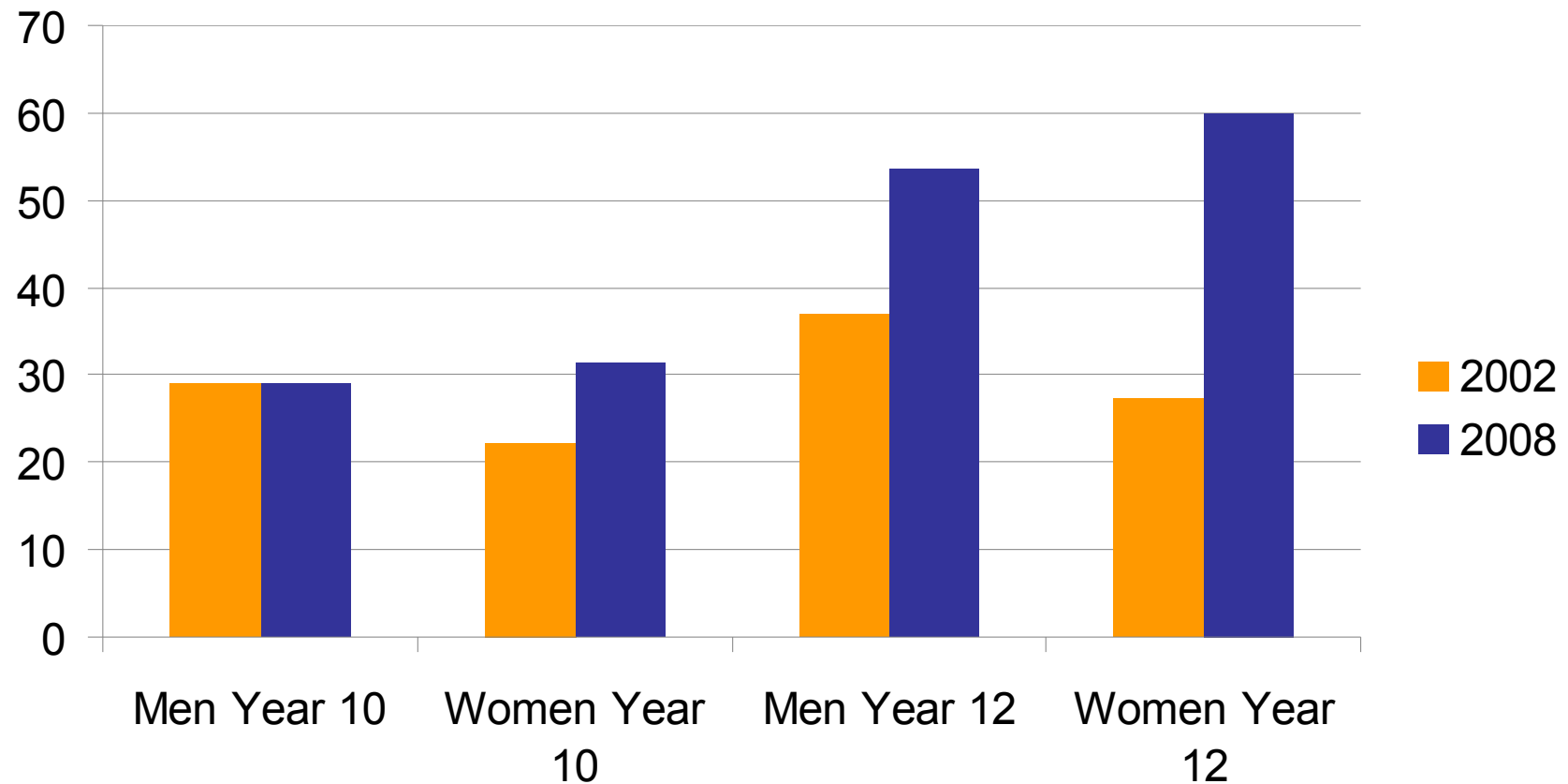
- Were 4 times more likely to have injected drugs
- Were 3 times more likely to report their health as “poor” or “fair”
- SSA young women drank more and were more likely to have been pregnant than all students generally



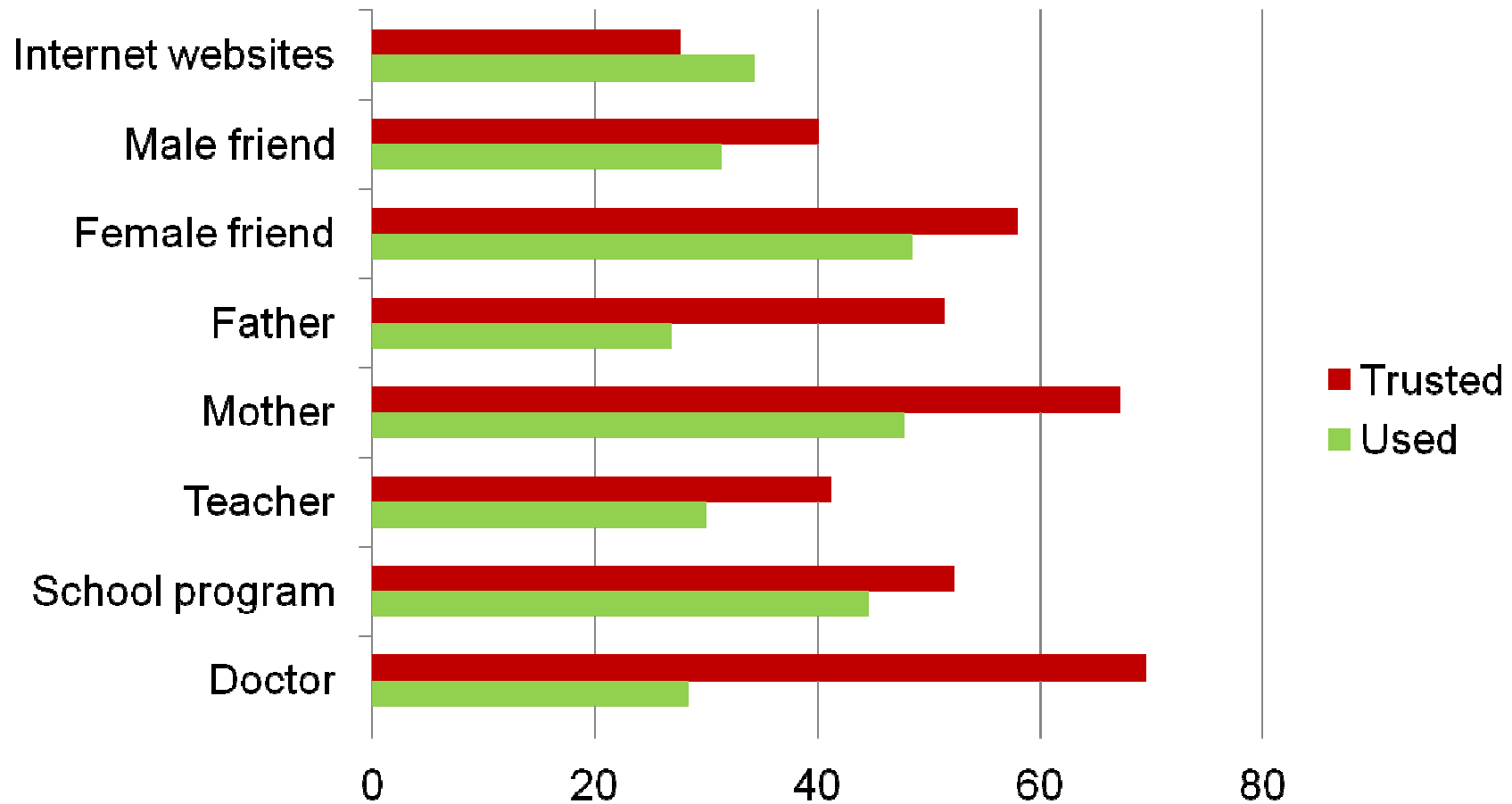
Never drink alcohol



Three or more episodes of binge drinking in previous two weeks



Sources of information



Patterns of knowledge

- Young women generally better informed than young men
- Year 12 better informed than Year 10



Chlamydia: The secret is out



Principles

- Reflect the young person's real world, in which they experience sexual feelings, fall in love, and listen to their family, friends and TV, as they consider whether, when, and how, to be sexually active;
- Provide young people with opportunities to consider what they would do in real situations and the skills and information to act on healthy, positive choices;
- Go hand-in-hand with access to clinical services, counselling and social services, support from family, peers and the community.



From Workbook

ACTIVITY 2 (20 minutes)

- **Why Do People Have (Or Not Have) Sex?**

ACTIVITY 3 (20 minutes)

- **What's Important to Me?**
- **Values Wheel: Why is getting an STI different to getting tonsillitis?**



GOING TO THE DOCTOR FOR A TEST

- Remember the scene in the waiting room?
What do you think Chloe was thinking/worried about?
- What do you think young people worry about when they have to go to a clinic to get a STI test?
- In reality what did happen?



<http://www.latrobe.edu.au/arcshs/>

http://www.latrobe.edu.au/arcshs/assets/downloads/reports/SSASH_2008_Final_Report.pdf

Chlamydia: The secret is out DVD

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