

# Sexuality and Respectful Relationships for Young People

Presented by Natasha Wilmann, Youth Health Education



Forum for improving skills and communication in Sexuality education, clarifying discourse, myths, stereotypes and inequalities; accurate information and updates on this...

Format: Face to Face - Individual

Audience: For Secondary school teachers of sexuality and reproductive health. School principals & senior staff and staff looking at school programs on this topic.

## Description

Identifying what Sexuality education actually is, what should be included in order to reduce stigma, fear, stereotypes and inequality. This program outlines why sexuality education is essential for health and wellbeing as Sexuality is a fundamental feature of being human, as it includes ones identity through sex, gender, sexual orientation, roles within relationships and the wider community, intimacy, pleasure, and reproduction. This course identifies the importance of moral and ethical considerations and that these topics need to be considered in conjunction with physical, emotional, cultural, spiritual and social aspects of health. We look at providing holistic, open, honest and accurate conversations and information in order to encourage youth access to appropriate information and health services thereby developing healthy, respectful and well-adjusted youth.

This program is developed for Secondary school teachers of sexuality and reproductive health. School principals and senior staff considering why sexuality education is important within schools. School staff looking at philosophy, psychology and other subjects regarding equality/inequality in gender, age, socio economic status.

Providing accurate information for safe sexual experiences, free of coercion, discrimination, and violence.

### Additional notes about this format

This format gives the opportunity to hear and understand other peoples perspectives, beliefs and attitudes and how it is dealt with in different schools

## Occurrences

There are no occurrences of this format in Australia (NSW) at this time.

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## Sessions

### Sexual and Reproductive Health -Why it is so important and why we have to talk about it

#### 2 hours

- Holistic health- how all areas of health work together
- Definitions of Sex, sexuality and reproductive health
- Youth sexual experiences including rates of sexual relationships, initiation and assault and harassment statistics
- Historical perspective and the law, right and responsibilities
- How Sexuality impacts every day health
- Sexuality in general- male, female, misogyny, misandry
- looking at gender identifications
- How males and females look at Sex and relationships very differently
- media and pornography

### Sexual assault and definitions

#### 1 hour

- Definitions including assault, harassment, rape
- Victims and perpetrators;- myths and stereotypes
- Sporting and Male dominated societies
- The impact of Alcohol and other drugs on sexual assault
- The law and how it has changed

### Working with Youth

#### 2 hours

- Why youth are most vulnerable
- Adolescent males and females
- Skills youth need to learn
- different contraception's
- working with males and females separately
- Activities for the classroom, AusVEL/ BOSTES NSW outlines and objectives specific to age and

## About the team



### **Natasha Wilmann**

#### **Creator**

Natasha is a Youth Health Education expert and founder of "Youth Health Education". Natasha utilises a holistic approach examining all areas of health such as physical, emotional, cognitive, social, cultural and spiritual health. Natasha tackles youth health issues by confronting those once, uncomfortable topics, such as sexuality, sexual harassment, alcohol and other drugs, mental health, peer pressure, violence and many more, in a professional, educational and interactive way thereby eradicating community stigma, stereotypes and myths which impact youth health outcomes.

Natasha's academic background includes exercise physiology, nutrition and sport psychology, Post graduate in Secondary Teaching with a focus on bullying, violence, stress and peer pressure and a Masters in Youth Health Education and Management.

Natasha's passion and commitment to continued success for positive outcomes is through a whole community approach. Therefore Natasha works with school staff, sporting organisations, parents and students in a positive, holistic way.

Natasha provides a unique perspective having not only the academic background and working with Australian Football League (AFL), Northern League AFL, local councils, Mental Illness Fellowship Victoria, Young Women's Arthritis Support Group and Volleyball Victoria, but also having many lived experiences as an elite athlete, living with disability and chronic illness and many years of teaching and coaching Victorian sporting teams.





## Enrol now to secure your spot

Limited spots are available. Please enrol online or fax your enrolment to 1300 667 691 to secure your spot.

Please note, by submitting this enrolment form you are confirming that you have been given financial approval by your employer to attend this course. Cancellation advice should be given in writing 7 days before the commencement of this course.

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Product: **Sexuality and Respectful Relationships for Young People**

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Occurrence Date:

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Your Name:

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Your email address:

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Employer name:

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Employer phone:

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