

# Sexual Health Month

Sexual Health Month (September) is a great opportunity to get involved in sexual health promotion initiatives that can have a profound positive impact on both individual and community wellness. By engaging in sexual health promotion, organisations can help reduce stigma and misinformation, empower individuals with essential knowledge and resources, foster healthier communities, improve workplace wellness, and show a strong commitment to social responsibility. Embracing Sexual Health Month demonstrates that we value the comprehensive health of the broader community, and that we're committed to creating a healthier, happier, more inclusive, sex-positive environment.

## Why?

### Sexual health promotion:

- Empowers informed decision-making
- Removes barriers to accessing health care
- Improves access to information
- Promotes healthy, respectful, consensual relationships
- Reduces stigma and shame
- Dispels myths
- Reduces rates abuse and violence
- Reduces rates of STIs, BBVs and unwanted pregnancies
- Enhances communication skills
- Encourages safe-sex and condom use
- Promotes inclusivity
- Celebrates diverse experiences



## How to get involved

- Host an event
- Attend an event
- Learn about sexual health
- Promote Sexual Health Month and other events happening in your area
- Display or supply sexual health resources

# Women's Health Week

Women's Health Week falls in Sexual Health Month!

Women's Health Week is Australia's largest event dedicated to the health and wellbeing of all women, girls and gender-diverse people. Every September, over 200,000 people gather in the boardrooms, tearooms and community centres of Australia to share vital, up-to-date health information. In 2024, Women's Health Week will be held from 2-6 September. You can host an event, attend an event, or simply sign up to the Jean Hailes email list or social channels for evidence-based health information.



## What else is happening in September?

2-6 September = Women's Health Week

4 September = World Sexual Health Day

12 September = R U OK? Day

16-18 September = Australasian HIV&AIDS Conference (Sydney)

17-20 September = IUTSI World Congress & Australasian Sexual and Reproductive Health Conference

23 September = Celebrate Bisexuality Day

26 September = World Contraception Day

28 September = International Safe Abortion Day

## Helplines

Kids Helpline: 1800 551 800

1800Respect: 1800 737 732

Lifeline: 13 11 14

QLife: 1800 184 527

13YARN: 13 92 76

## CERSH Events

Head to our website to check out events happening across the Loddon Mallee and Hume Regions!



## Host an event

- Organise training, a workshops or a guest speaker
- Storytime (book ideas below)
- Movie screening (video ideas below)
- Pub nights (Drag Queen Bingo, Sexual Health Trivia, Open Mic, Comedy)
- Paint and Sip (life painting with a nude muse, vulva art)
- Sexual health expo for students and schools
- Competitions, games and crafts (colouring in, pottery, erotic origami, knitting, 'how many oranges can you fit in a condom?')
- LGBTIQ+ Celebration events
- Art Exhibitions
- STI Testing or Cervical Screening Day
- Service Tours after Dark

## Where to order resources



Order physical resources (posters, stickers, pamphlets) or download posters and toolkits by clicking the links below.

[CERSH](#)

1800MyOptions

Sexual Health Victoria

Zoe Belle Gender Collective

Young Deadly Free

Department of Health

Minus 18

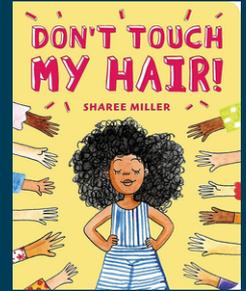
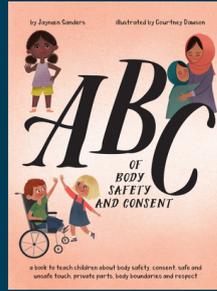
Children by Choice



# Book Recommendations

## Children's books

- Don't Touch My Hair (Sharee Miller)
- My Own Way (Joanna Estrela)
- How to Say Hello (Sophie Beer)
- Bodies Are Cool (Tyler Feder)
- ABC of Body Safety and Consent (Jayneen Sanders)
- Be Your Own Man (Jessica Sanders)
- The Internet is like a Puddle (Shona Innes)
- What makes a Baby (Cory Silverberg)
- We need to talk about Bottoms (Candy Lawrence)



## Young adult books



- Grown – The Black Girls Guide to Growing Up (Melissa Cummings-Quarry & Natalie Carter)
- Girl Stuff (Kaz Cooke)
- Honest (Milly Evans)
- Welcome to Sex (Melissa Kang & Yumi Stynes)
- Welcome to Puberty (Melissa Kang & Yumi Stynes)
- Doing IT! Let's talk about sex (Hannah Witton)
- How to Love (Alex Norris)
- Here and Queer (Rowan Ellis)

## Adult books

- Legitimate Sexpectations (Katrina Marson)
- Girls & Sex, Boys & Sex and Cinderella Ate My Daughter (Peggy Orenstein)
- Kinky History (Esmé Louise James)
- Queer Sex: A Trans and Non-Binary Guide to Intimacy, Pleasure and Relationships (Juno Roche)
- Consent Laid Bare (Chanel Contos)
- Come As You Are (Emily Nagoski)
- Mind the Gap (Karen Gurney)
- The Sex Ed You Never Had (Chantelle Otten)



## Podcasts

- Ladies, We Need To Talk with Yumi Stynes
- Come As You Are
- The Sex Agenda Podcast
- One Foot In
- Doing 'IT'
- Planet Puberty
- Talk Soon Talk Often
- Yarning Quiet Ways
- That's Totally Normal with Doctor T
- Glad you Came by Georgie Grace
- Sex Education (Netflix)
- The Principles of Pleasure (Netflix)
- Sex, Explained (Netflix)
- Heart Break High (Netflix)
- Embrace Kids
- Black Divaz (SBS)
- Queerstralia (ABC)
- Sex and Love Around the World

## Movies and TV Shows

## Webinars

The Sexual Wellness Professional Development Series is a free online initiative designed to meet the distinctive needs of Rural and Regional sexual health professionals. CERSH's Sexual Wellness Professional Development Series is available [here](#).

Australian Research Centre in Sex Health and Society past webinar events can be found [here](#).

[Discussing sexual health, STI prevention & testing in multicultural communities](#)

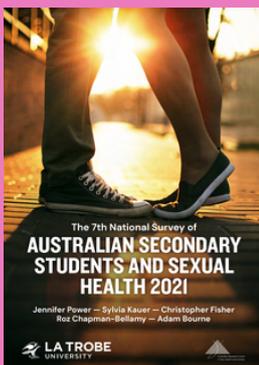
[Shine SA PD Webinars](#)

[Jean Hailes Webinars](#)



# The Evidence

Reports and evidence - click on the image for the link!



# CERSH's Resource Library

## A collection of resources you can borrow from CERSH

[Menstrual kit](#)

[Contraception kit \(SHV\)](#)

[Condom demonstrators](#)

[Condom card game](#)

[Great Relationships and Sex Education activities book](#)

[Sex on the Cards \(game\)](#)

[Body Signals card game](#)

[Cliterate model](#)



## Books

Welcome to Sex (Melissa Kang & Yumi Styne)

Welcome to consent (Melissa Kang & Yumi Styne)

Legitimate Sexpectations (Katrina Marson)

Don't Touch My Hair (Sharee Miller)

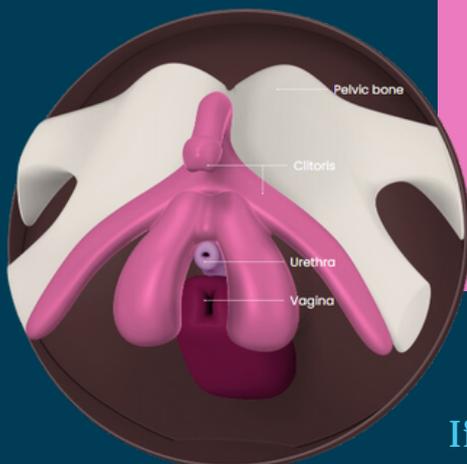
My Own Way (Joanna Estrela)

How to Say Hello (Sophie Beer)

Bodies Are Cool (Tyler Feder)

ABC of Body Safety and Consent (Jayneen Sanders)

Be Your Own Man (Jessica Sanders)



If you would like to borrow from the CERSH resource library, contact [cersh-admin@unimelb.edu.au](mailto:cersh-admin@unimelb.edu.au)

# Conversation Starters

## Starting conversations with your workplace and community

Talking about sexual health is necessary to reduce stigma, promote sex-positivity, enable access to sexual health care, and reduce the burden of STIs/BBVs and reproductive health issues. How might you start a conversation about sexual health?

- Has our organisation thought about providing free condoms? (purchasing bulk condoms is probably cheaper than you think)
- Has our organisation thought about providing free menstrual products? (check out [Share the Dignity](#))
- Have you seen Sex Education on Netflix? What was your sex education like at school?
- Do we have a menstruation or menopause policy at our organisation? How could we support people experiencing reproductive health related symptoms?
- I've just read some interesting research, I wonder how we could use this? (check out 'Evidence' on page 5)
- Does our organisation display LGBTIQ+ resources in our clinic? (download some posters [here](#).) Have our staff undertaken LGBTIQ+ inclusion training? Maybe we could book [some](#)!
- Did you know the clitoris was only first mapped in 2005? (by Australian urologist Helen O'Connell) What do you think that tells us about sex and female pleasure?
- Consent education is part of Australian school curriculum. How has our understanding of consent changed?
- Sometimes it can be scary to get a sexual health checkup. Let's destigmatise the appointment by watching some [videos](#).

# Heaps of helpful links! Just click!

- [WHO Sexual Health](#)
- [About Sexual Health \(Australian Government\)](#)
- [Health Direct](#)
- [Australian Research Centre in Sex, Health and Society](#)
- [Minus 18](#)
- [Rainbow Health Australia](#)
- [Thorne Harbour Country](#)
- [Our Watch](#) (Prevention of violence against women and their children in Australia)
- [Teach Us Consent](#)
- [Play Safe](#)
- [Family Planning Australia](#)
- [Sexual Health Victoria \(SHV\)](#)
- [Melbourne Sexual Health Centre \(MSHC\)](#)
- [Shine SA](#)
- [Family Planning Welfare Association of NT](#)
- [Sexual Health Quarters \(SHQ\)](#)
- [Growing & Developing Healthy Relationships \(GDHR\)](#)
- [True Relationships and Reproductive Health](#)
- [Bloom Ed](#)
- [The RSE Project](#)
- [Get the Facts](#)
- [Labia Library](#)
- [Young Deadly Free](#)
- [Australasian Society for HIV, Viral Hepatitis and Sexual Health Medicine \(ASHM\)](#)
- [The Pleasure Project](#)
- [It's Time We Talked](#)
- [Ace & Aro Collective AU \(AACAU\)](#)
- [Sex Positive Families](#)
- [Children By Choice](#)