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SHQ launches new health education program

SHQ (Sexual Health Quarters) in Northbridge is pleased to announce the launch of its new RELATE health education program.

The first of its kind in WA, RELATE is based on the latest respectful relationships education research, and is relevant to the needs and concerns of young people.

“The program aims to increase students’ knowledge and understanding about relationships and sexuality in an interactive and authentic way,” said Sue Dimitrijevic, RELATE author.

“Evidence shows that class teachers are best-placed to run relationships and sexuality education programs as they best know their students and their backgrounds. However, many teachers do not feel confident with their ability to deliver lessons on such sensitive topics, and RELATE allows them to gain these skills.”

“RELATE addresses the hot topics of ‘sexting’ and sharing of nude pictures online through developing digital media and health literacy skills that many young people are lacking.”

“With recent media reports around teenage pornography rings and young people using dating apps, the value of programs like RELATE cannot be underestimated,” she said.

RELATE is linked to the WA Health Education curriculum and provides a comprehensive term’s program for years 8,9,10, exploring issues around ethical behaviour and consent at age-appropriate levels.

“RELATE increases students’ knowledge, understanding and skills about assertive communication and respect in all relationships,” said Ms Dimitrijevic.

“Relationships are not all about sex: they are about trust, respect and consent.”

For more information about RELATE or to order a manual visit shq.org.au/relate

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