

Presented by Maddison Stratten
I have nothing to disclose
caddyshackproject.com

ON THE COUCH PODCAST & VODCAST

AN INNOVATIVE & EFFECTIVE
SEXUAL HEALTH EDUCATION TOOL

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DIGITAL SEXUAL HEALTH PROMOTION

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EVIDENCE FOR PODCASTING

12 - 34 years olds comprise half of all podcast listeners

- **75%** to learn something new
- **67%** prefer podcasts over books

Benefits of podcasts as an education tool for professional workforce

- Improved knowledge retention
- Increased learner engagement, self reflection & satisfaction



ON THE COUCH IN-PERSON TO ONLINE

Registration & attendance increased by **60%** since moving from face-to-face to online in 2020



Understanding Transgender Lived Experience
Disability, Dating & Relationships
Top 10 Sexual Health Questions
Sex, Pleasure & Desire
Language, Feminism & the Queer Space
LGBTQIA+ Community Care, Mental Health & Emotions
From International Student to Sexual Health Nurse
TransHealth is a Human Right
Communicative Approach to Consent
TransHealth, Medical Consent, Disability & Queer Healthcare
Sexological Bodywork & The Somatic Therapy Approach
Collective Holding, Community Care & Mutual Aid
Ethical Consent & Empowering Young People
Healthy Relationships, Porn Literacy & Sex Education
Public Health Student Placement & Podcasting
Sex, Disability & Human Rights
Education & Advocacy of Women Living with HIV
Young People's Digital Cultures & Sexual Health
Society, Social Scripts & the Study of Sex
Sex, Relationships & Consent
Drag is a Performance, Trans is an Identity
Is My Husband Gay or Sleeping with Other Men?
Sexual Violence Prevention & the Power of Sex Education
Continuing the HIV Conversation

952 podcast downloads
3,975 vodcast views

548 attendees to
live online events



ON THE **COUCH**
UNCOVERING SEXUAL WELLNESS
CONVERSATIONS THAT MATTER

Before this, HIV was honestly something I associated with fear. It was talked about [in] church as a punishment or something only “immoral” people get, which I know now is totally wrong

For me, it was more than just reflection. I actually looked up where to get tested near my uni. I haven't booked it yet, but that's already something I wouldn't have done before

I believe it would impact how I actually practice as a nurse... It gives me that standing for the future to not hold the stigma

Hearing people speak so openly kind of made me feel like maybe it's not something to be ashamed of

I like how you can just dive into the conversation in a way that feels engaging and fluid

YOUNG PEOPLE FEEDBACK

Really insightful. I appreciated that each question was given the time it needed

Thank you for a wonderful conversation and so much intellectual food for us all

That was so inspiring, thank you both so much. It's cemented thoughts that I have had this week, but was not able to verbalise, so thank you so much

Only working part time for ISLHD I do appreciate the opportunity to join "On The Couch" which I locate through our Noticeboard. My last On The Couch was Uncovering Sexual Wellness with Cherry-Ripe, Roxee Horror and Lawrence. I found this episode very informative and funny and it was delightful to watch this "performance". It was a great insight and I am so lucky to have this opportunity to learn about these topics, which in turns helps me to become more respectful and educated in this wonderful diverse world we live in.

PROFESSIONALS FEEDBACK



Evaluation as professional capacity building tool

2026 line-up

WHAT'S NEXT

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