

Presented by Maddison Stratten  
I have nothing to disclose  
[caddyshackproject.com](http://caddyshackproject.com)

# ON THE COUCH PODCAST & VODCAST

## AN INNOVATIVE & EFFECTIVE SEXUAL HEALTH EDUCATION TOOL

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share affection, not infection

A photograph of two women sitting on a brown couch. The woman on the left is wearing a zebra-print top and has several tattoos on her arms. The woman on the right is wearing a blue lace-trimmed top and has a nose ring. They are looking at each other and smiling.

# 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

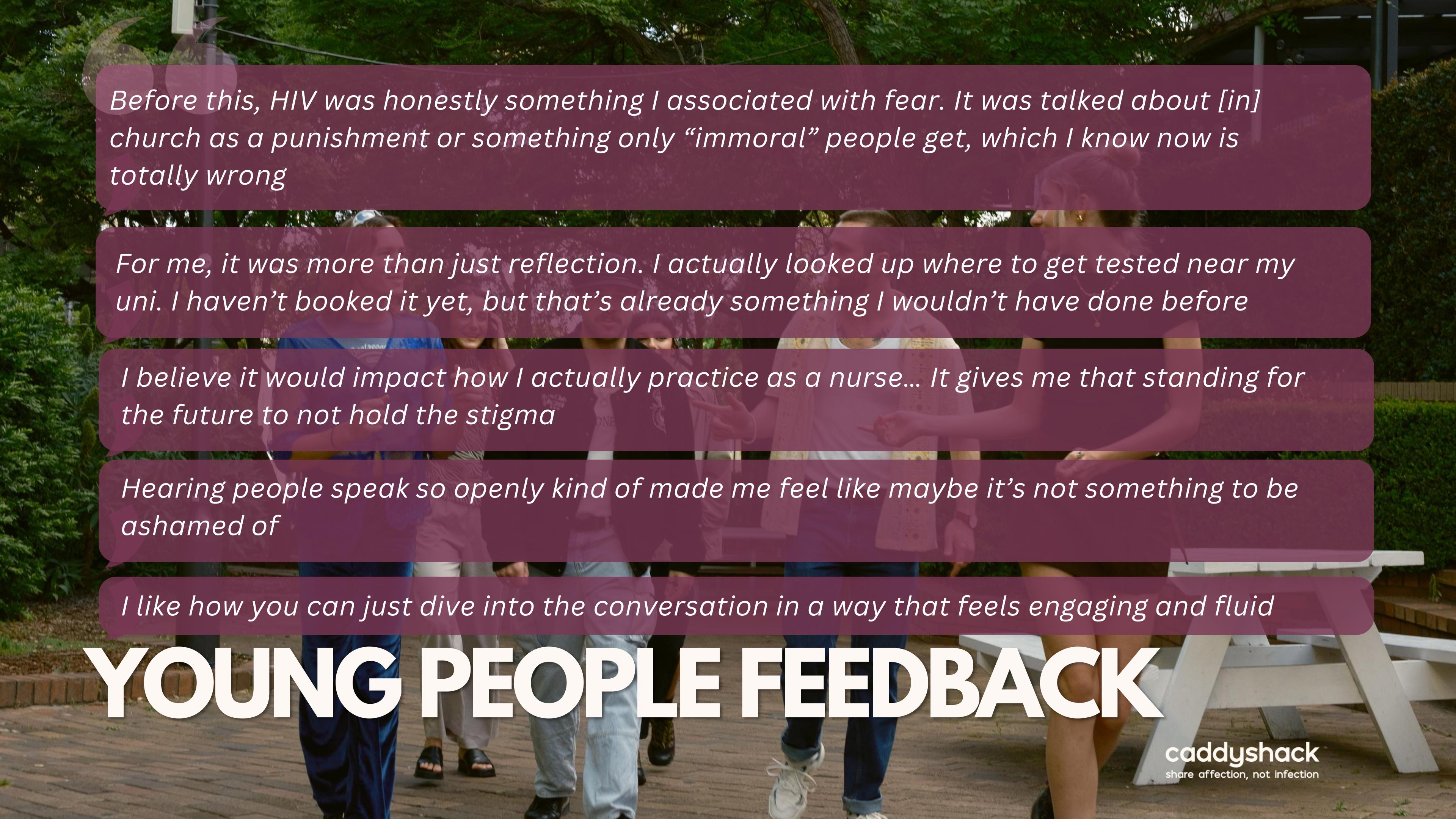


Understanding Transgender Lived Experience  
Disability, Dating & Relationships  
Top 10 Sexual Health Questions  
Sex, Pleasure & Desire  
Language, Feminism & the Queer Space  
LGBTQIA+ Community Care, Mental Health & Emotions  
From International Student to Sexual Health Nurse  
TransHealth is a Human 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

# WHAT'S NEXT

Evaluation as professional capacity building tool

2026 line-up

# THANK YOU



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