

## **The Self, the Screen, the System: Understanding and combating misinformation in sexual and reproductive health**

### **Presenter information:**

Presenter 1:

Name: Nessa Zhu

Organization: Sexual Health Advocates for Reproductive Equity (SHARE)

Position: Communications and Partnerships Officer

50-word Biography / summary of expertise: Nessa is based on Gadigal land (Sydney) and is currently completing an Honours Degree in Psychology. She is passionate about the crucial intersection of health, gender and social equity in the sexual and reproductive health space, along with how advocates can push for systems that reflect and prioritise lived experience.

Presenter 2:

Name: Sonali Varma

Organization: Sexual Health Advocates for Reproductive Equity (SHARE)

Position: Volunteer

50-word Biography / summary of expertise: Sonali is based on Ngunnawal and Ngambri Country (Canberra) and currently works at the Australian Institute of Health and Welfare and the University of Sydney. She is passionate about improving community mental health, reproductive equity and addressing the social determinants of health.

### **Background/ Overview of Workshop:**

Misinformation about sexual and reproductive health is everywhere – from wellness content and short-form videos to algorithm-driven rabbit holes that pull people from natural health curiosity into outright anti-rights ideology. Knowing how to recognise, understand, and respond to misinformation has never been more important. This workshop explores three interconnected spheres: the individual, the online world, and professional and institutional spaces, building practical skills to identify misconceptions, trace how anti-rights narratives spread, and respond with confidence rather than reactivity. Through myth-busting, real-world scenarios, and hands-on practice, participants will leave with concrete tools to reframe conversations about sexual and reproductive health and connect people back to evidence and lived experience.

### **Target Audience:**

- Young people (12 – 25 years)
- Community / youth workers
- Health professionals

### **Learning Objectives:**

By the end of this session, participants will be able to:

1. Understand how common misconceptions in sexual and reproductive health are created and spread.
2. Distinguish between genuine misinformation, deliberate anti-rights tactics, and rage bait content.
3. Apply practical tools and reframing strategies to respond to misinformation confidently, drawing on both evidence and lived experience.

4. Recognise how misinformation operates at the individual, online, and institutional level, and identify opportunities to respond meaningfully in their own personal, professional, and community contexts.

**Duration of workshop:**

- 60 minutes

**Will this workshop be co-presented with young people?**

- Yes

**Disclosure of Interest Statement:**

The presenters declare no conflicts of interest related to the content of this workshop.