

Ready For Anything: A Responsive, Flexible, Trauma Informed, Culturally Centred And Empowering Sexual Health Program For Girls In Juvenile Detention.

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Background/Purpose:

Banksia Hill Juvenile Detention Centre accommodates up to 20 girls, aged 10-18. The majority are Aboriginal from remote and regional areas. Often their experiences are of family dysfunction, violence - including sexual violence, transient accommodation and little or fractured school attendance. Knowledge of respectful relationships, reproductive and sexual health is low to non-existent. SHQ were asked to provide an 8-week pilot in 2020 delivering sexual health sessions. Two years later, sessions continue to be delivered weekly.

Approach:

Founded in best practise in Relationships and Sexuality Education, with a framework developed from the UNESCO international technical guidance on sexuality education. Session content is codesigned with girls and case planning team. Educators are experienced in a strengths based, culturally centred and trauma informed approach. Educators need to be ready to be flexible to adapt session in the moment. Sessions are accessible for girls with low to no literacy and those with neuroglobal developmental delay, including foetal alcohol spectrum disorder.

Outcomes/Impact:

The program has been highly successful and is one of the longest running with the girls. Significant increase in knowledge, confidence and skills. Increased attendance at Banksia clinic, and SHQ for appointments.

Innovation and significance:

This is the only successful, ongoing sexual and reproductive health education program delivered in youth detention in Western Australia, possibly nationally.

Disclosure of interest:

None