

IS IT TRUE, SEXUAL HEALTH, LIFESTYLE AND RELATIONSHIPS PROGRAM

Authors:

Lisa Harrison¹, Liz Pearman¹, Sonya Khwanyuen¹

¹*True Relationships & Reproductive Health (formerly known as Family Planning Queensland).*

Background/Purpose:

Is it True is a simple and convenient education, information and screening program for important sexually transmitted infections (STIs) such as Chlamydia trachomatis. Research shows that young people are increasingly seeking information about sexuality, sex and sexual health. It is therefore all the more important that they have access to information which is reliable, responsible and professional.

Approach:

Is it True makes sexual health education and getting screened for STIs, easier for young students by bringing education sessions and voluntary screening opportunities into Queensland senior secondary schools. Education sessions include information on STIs, blood borne viruses, contraception and relationship information (including pillars of a healthy relationship and consent). Community engagement is a large part of the program. True staff build relationships with local GP clinics and sexual health services so that students are aware these providers are youth friendly and can feel confident to access these services for STI screening in the future.

Outcomes/Impact:

Is It True allows young people to have access to education and information about their sexual health and an opportunity to access STI screening in a safe, non-judgmental environment. The program is aimed at providing young people with the skills and confidence to access sexual health services in the community.

Innovation and Significance:

Is It True has been successfully delivered to senior school students in Central Queensland, Sunshine Beach and in the Darling Downs region. The positive feedback from students has highlighted the importance and need for senior school students to be able to access this education and screening from experts in a non-judgemental and fun learning environment.

Disclosure of Interest:

True Relationships and Reproductive Health acknowledges that the *Is It True* program was modelled on the success of SHLiRP (Sexual Health, Lifestyle & Relationship Program. SHLiRP is a collaboration between Sexual Health and Family Planning ACT and the Canberra Sexual Health Centre). We recognise the need for transparency of disclosure of potential conflicts of interest by acknowledging this relationship in publications and presentations.

This project is funded by the Darling Downs Public Health Network.