

Shaking up Primary Care

Encouraging young people to engage in sexual health care



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Background

It's no secret that General Practitioners (GPs) are the main provider of STI care in NSW and play a key role in sexual health promotion for young people, however, many young people find it difficult to access GPs or initiate sexual health conversations.

As part of NSW Health Play Safe Programs, the Young People and Primary Care Program led the development of a suite of sector-informed resources to support young peoples' access to sexual health services delivered by primary care in NSW and debunk misconceptions.

"Engagement with individual professionals and with services is fundamental to [health service] access and navigation. Engagement is facilitated by welcoming environments (including symbols such as rainbow flags, Aboriginal flags) and personal characteristics of staff (non-judgemental, respectful, caring, understanding)."

- Access 3 study²

What we did

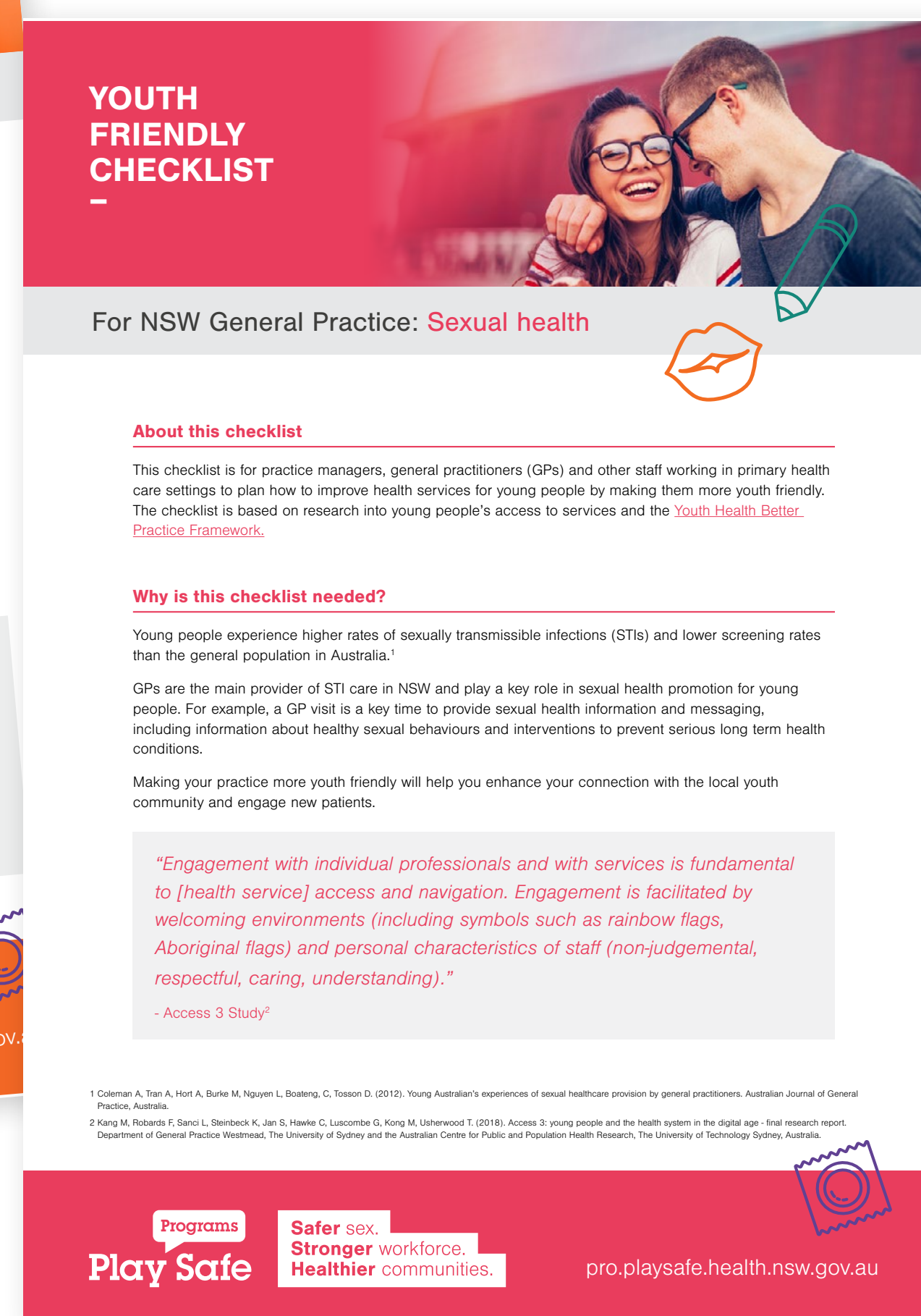
The Program convened a statewide working group to develop sector-informed resources to facilitate positive sexual health experiences for young people in primary care settings.

The working group identified a lack of resources for young people and youth workers on how to facilitate access to sexual health care, including testing for STIs for the first time. The working group also identified the need for a sexual health specific youth friendliness tool that can be implemented in NSW General Practice. Promotional material, including posters, USBs with pre-loaded videos and resources were also developed to create supportive and enabling environments within primary care settings.

Sexual health factsheet for young people



Youth friendly checklist for NSW General Practice



Youth worker factsheet: Supporting young people to get a sexual health check



How we promoted them

Resources were distributed through a targeted approach including at the General Practice Conference and Exhibition (GPCE), digitally via eDMs, Primary Health Networks and through youth interagencies. Data on conference distribution and digital downloads is available.

Conclusion

Resources and programs that foster agency among young people to proactively initiate sexual health conversations as part of routine primary care visits is needed. This work complements the ongoing sector focus on GP practices themselves and the work to support GPs to initiate conversations about sexual health with young people in a safe and supportive primary care environment.

Resource	Distribution method	Numbers distributed
Posters	GPCE conference	560
	Online downloads	148
Youth friendly checklist	GPCE conference	140
	Online downloads	193
Young people factsheet	Online downloads	182
Youth worker factsheet	Online downloads	220
Resource USBs	GPCE conference	

References

- Coleman A, Tran A, Hort A, Burke M, Nguyen L, Boateng C, et al. Young Australians' experiences of sexual healthcare provision by general practitioners. *Australian Journal for General Practitioners*. 2019;48:411-4.
- Kang M, Robards F, Sancu L, Steinbeck K, Jan S, Hawke C, et al. Access 3: young people and the health system in the digital age. *Final Research Report*. Sydney; 2018.

Check out the resources on Play Safe Pro

