

Launch of Safe to Talk/ He pai kite korero Sexual Harm Helpline

The Safe to Talk sexual harm information and support helpline is now available nationally. Safe to Talk is staffed by specialists trained in sexual harm support. People will be able to access information, crisis counselling and support, and/or be given advice about their local service providers. The helpline can be accessed free, 24 hours a day, 7 days a week by phone, text, website, online chat and email on:

- Freephone: 0800 044 334
- Text: 4334
- Website/ online chat: www.safetotalk.nz
- Email: support@safetotalk.nz

Safe to Talk has been set up as part of the Government's commitment to better support people affected by sexual harm in any way and to prevent sexual harm by ensuring more people get the help they need at the right time.

For more information contact: www.safetotalk.nz or email info@safetotalk.nz at MSD (Ministry of Social Development)

Street Based Sex Workers Collaborative Working Group

A collaborative working group has been formed to discuss concerns around street based sex work in Christchurch. It includes representatives from Christchurch City Council, NZ Prostitutes Collective, Salvation Army, NZ Police, St Lukes Anglican Church, Community and Public Health, YCD (Youth Cultural Development) and the University of Otago. Two drop in sessions have been held for local residents to look at solutions to issues.

If you are interested in joining contact Amy Hart at Amy.Hart@ccc.govt.nz or 941 6633

Sex and Consequences Seminar 2018

The Sex and Consequences Seminar will be held this year on Wednesday 6 June from 1pm to 5pm at Community and Public Health. The programme will include an update on infectious syphilis, Mycoplasma genitalium, young people and pornography, the roll out of PrEP medication for HIV prevention, and an update on gender diversity.

The dates for the other two sexual health seminars this year will be 23 August and 22 November (both 1pm to 4.30pm).

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SEXUAL HEALTH NEWSLETTER May 2018

Canterbury
District Health Board
Te Poari Hauora o Waitaha

Welcome to Community & Public Health's Sexual Health Newsletter. It provides up to date information to health co-ordinators in schools and others working in the area of sexual and youth health in the Canterbury/West Coast region. Any feedback is welcome.

Syphilis Statistics

Latest figures from ESR show syphilis rates continue to rise in New Zealand. The highest rates are still among men who have sex with men, but rates among heterosexual men and women are also rising. Also a case of congenital syphilis has occurred with the baby being stillborn. The highest rates are in Auckland with most cases in the 25 to 35 year old age group. Most were infected in New Zealand which shows we now have our own epidemic here. 28 cases were diagnosed in Christchurch last year.

It is important that all sexually active people are aware they could be at risk, and for doctors to consider syphilis infection as a possibility when seeing patients with e.g. skin rashes.

Source: Update STI surveillance, Dr Jill Sherwood. ESR, March 2018

Mates and Dates in Christchurch Schools

The Mates and Dates programme is now running in several Christchurch secondary schools. Mates and Dates is designed for NZ secondary students across years 9-13 to promote safe, healthy and respectful relationships.

The five modules are: healthy relationships, skills and consent, identity, gender and sexuality, when things go wrong, and keeping safe together.

The programme was developed by ACC, and Kidpower holds the contract for delivering it in our region. Another training programme for facilitators will be held later this year.

To find out more contact:

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Phone 021 147 4639

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The REAL Sex Talk Launched Online

This new web series has been developed to educate Kiwi teenagers about sex in an approachable, yet informative, manner. "Our goal is to equip young people with the tools and credible information that they need in order to make good choices around sex and relationships – in a way that doesn't send them to sleep," says Lizzie Marvally, co-producer of The REAL Sex Talk and founder of Villainesse site.

The series features a variety of New Zealand celebrities who openly share their own personal sexual experiences on camera. Local medical experts provide viewers with practical advice and information on sex, sexual health, relationships and identity.

Topics covered so far are: The First Time, Consent, Contraception and Protection, Sexually Transmitted Infections, Respect, Relationships and Peer Pressure and Pleasure and Masturbation.

Family Planning, RainbowYouth and Rape Prevention were all consulted on the series, ensuring that the content is up to date and relevant to New Zealand youth. The series is readily accessible and shareable between teenagers and their peers as well as via schools and family members. The series will be hosted on www.villainesse.com as well as on www.TheWireless.co.nz. The social media hashtag for the series is #TheREALSexTalk.

Teaching about Consent Toolkit

Family Planning has produced a Teaching about Consent Toolkit. Teaching ideas and skills for consent begins early in life, for example encouraging children to recognise "Yes" and "No" feelings and talk about what they like and what feels good and what doesn't e.g. cuddles, tickling.

Teaching about consent is part of sexuality education. Activities that enable young people to work out what they do and don't want to participate in, and build assertiveness, communication and negotiation skills are all relevant for teaching about sexual consent.

Before using any of these activities ensure that you are familiar with your school's disclosure policy and that you display/make available information about support services, for example the school counsellor, Youthline, Rape Crisis.

You can download this resource at: www.familyplanning.org.nz