

Personalised Education



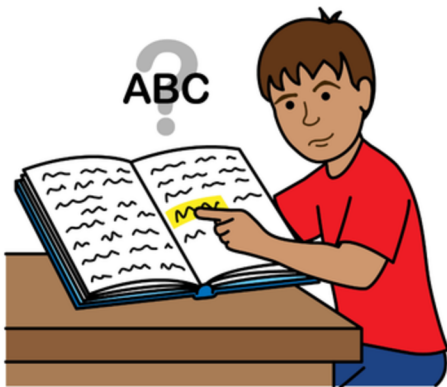
About this book



This book is written by Sexual Health and Family Planning, also known as SHFPACT.



It tells you about what happens when you have a personalised education session.



We use some hard words in this book.

The first time hard words are used they are **bolded**.

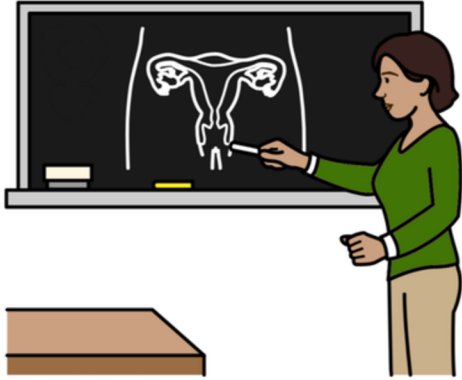
We will then tell you what the hard words mean.

There is a hard words list on page 16.

What is in this book?

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What is personalised education?



An **educator** makes lessons and activities on what you want to learn about.

An educator is a teacher.



You can choose to have a support person with you if you want.



It is your choice if you want personalised education sessions.



No one can make you go.

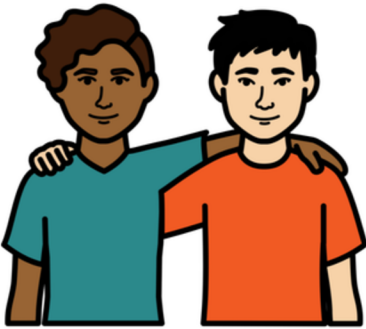


You can change your mind at any time about if you want to go.

What is relationships and sexuality education?



Relationships and sexuality education is when you learn about safe and healthy **relationships**, **sexuality** and good **sexual health**.



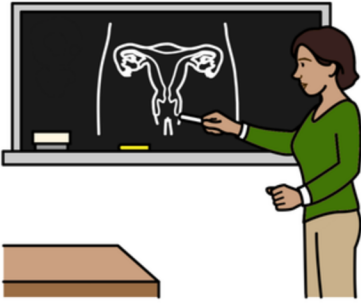
Relationships are the connections we have with other people.

Sexuality is who you feel attracted to and how you feel about yourself



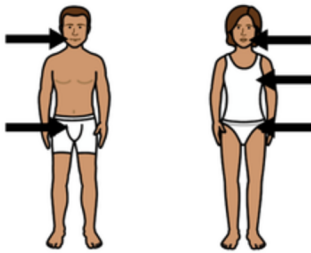
Sexual Health is part of your overall health.

Everybody has sexual health whether they have sexual activity or not.

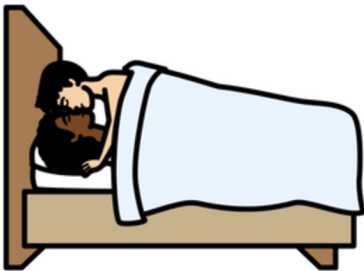


Relationships and sexuality education is sometimes called RSE.

An RSE educator knows a lot about



- private body parts
- sex
- relationships
- sexual health



How can a relationships and sexuality educator help me?



An educator can help you

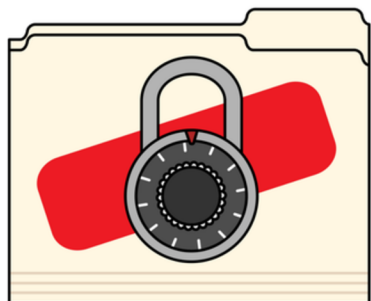
- understand relationships
- understand sexuality
- understand sexual health
- learn new skills to help you with your goals



You can choose

- what you want to learn about
- how long the sessions are
- how many sessions you want

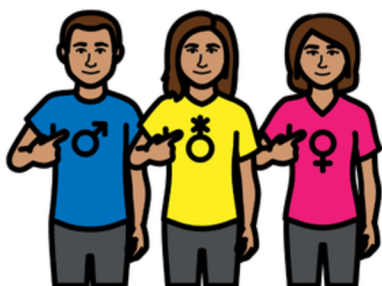
What can I learn about in RSE?



In RSE sessions you have private talk with an educator.

There are lots of topics you can learn about.

like



- sexuality, gender, identity and values
- meeting new people
- healthy relationships
- how to make friends
- how the body works





- the difference between public and private

- porn

- online safety

- masturbation



- safer sex

- STIs

- Exploring sexuality by yourself

- **Sexual Consent**



Sexual consent is permission for sexual touch to happen. Giving consent means you want to do sexual touch, not giving consent means you do not want to do sexual touch. For sexual touch to happen, both people need to give consent.

What do sessions look like?



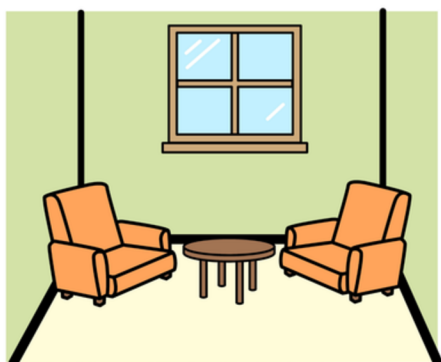
Your session will be at SHFPACT.



The address is Level One, 28 University Avenue, Canberra, ACT, 2601.



You will tell reception that you are here for an education session.



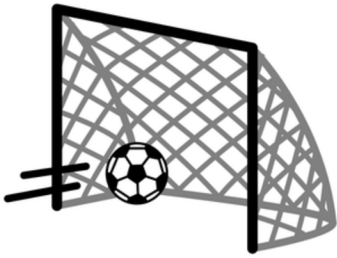
The sessions will be in a private room with you and the educator.



The educator needs to ask questions to teach you.

like

- questions about you
- your goals



These questions will help you learn new things.



In the session you can

- do activities
- talk
- ask questions



Who can the educator talk to about our sessions?



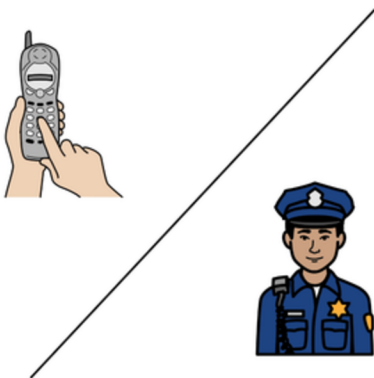
You can choose if the educator talks to other people about your sessions.



You could ask them to tell your

- partner
- parent or caregiver
- support worker

Sometimes a counsellor will need to tell someone else about your sessions.



They will have to tell someone

- if you are hurt by someone who should take care of you
- if they think you could hurt yourself
- if they think you might hurt someone else



This is called **mandatory reporting**.

Mandatory reporting is the law.



The educator will tell someone who can help keep everyone safe because it is their job.

How much are sessions?



The sessions are \$193.99 for one hour.

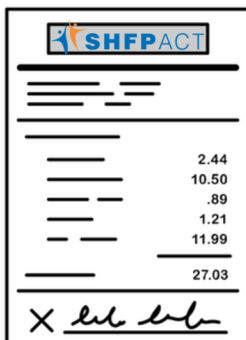


You can pay with your NDIS plan if you have funding for

Capacity Building; Improved Daily Living



SHFPACT will send you an invoice every 3 sessions.



You will be told if you need to pay for sessions in a different way.

Hard words list

An **educator** is a teacher.

Mandatory reporting is a law that says certain professionals must report concerns about neglect, abuse, or dangerous behaviours.

Relationships are about the connections we have with other people that we spend time with, talk to, and do things with. Like your friends, family, partner, classmates, colleagues, bosses, neighbours, and team mates.

Sexual Consent is permission for sexual touch to happen. Giving consent means you want to do sexual touch, Not giving consent means you do not want to do sexual touch. For sexual touch to happen, both people need to give consent.

Sexual health is a part of your overall health. Sexual health includes your relationship to yourself and others, sexual health checks and having safer sexual activities. Everybody has sexual health whether they have sexual activity or not.

Sexuality is who you feel attracted to and how you feel about yourself. It is not just about who you have sex with or want to have sex with. It's about self-expression, fantasies, desires, relationships, and more.

