



Group Health and Sexuality Service for Young People

The Group Health and Sexuality Service for Young People offers school based educational programs about sexual health and relationships at primary and secondary schools and alternative education settings.

Programs are developed based on age-appropriate information and activities. The curriculum is designed to be interactive and informative.

The puberty program is designed for upper primary school aged children. All topics are covered using activities.

Topics include:

- Physical changes
- Emotional changes
- Periods and Menstrual management
- Sex/ pregnancy
- Protective behaviours
- 'Sexy feelings'
- Erections & wet dreams

The sexual health program is tailored for secondary school/ alternative education aged students. The program is also based on an interactive, informative model.

Topics covered include:

- Physical changes
- Emotional changes
- Periods, Pregnancy and Sex
- Contraception

- Sexually Transmitted Infections
- Relationships and Communication
- Self Esteem, Body Image

Group Educators are available for requests to facilitate groups on sexual health topics in schools. The program works within primary and secondary schools and alternative educational settings in the City of Moreland. It can provide teacher professional development and/ or facilitate a group program in schools.

This is a free service.

The program is happy to work within the school curriculum and provide the completed program for the school to implement in the future.

For more information please call a Group Educator on (03) 9355 9900 or email youthhealth@mchs.org.au to discuss implementing a sexual health program in your school.