



GREATER DANDENONG YOUTH NETWORK MEETING MINUTES
Meeting 3 | Sexual Health and Affirmative Consent

Wednesday 28 June 2023

9:30am – 11:30am

Venue: Dandenong Civic Centre, Council Meeting Rooms

ITEMS	MEETING NOTES
WELCOME	All attendees welcomed Traditional Owners acknowledged
<p>PRESENTATION 1</p> <p>Guest Speaker Dr Jennifer Power Australian Research Centre in Sex, Health and Society</p>	<p>Findings from the 2022 National Survey of Secondary Students and sexual Health (SSSASH)</p> <p>This presentation looked at the findings of the 2022 SSSASH which tracks young people’s sexual health knowledge, behaviours, and their experiences of sexual health education and prevention and the scope for future learnings.</p> <p>The survey aims to:</p> <ul style="list-style-type: none"> • Provide insight into policy and programming to support sexual health among young people • Inform indicators relating to sexual health knowledge and practices in the <i>National STI Strategy (main funding outcome)</i> • Monitor young people’s experiences of Relationships and Sexuality Education (RSE) and identify factors associated with satisfaction with RSE • Provide insight into factors that support sexual health among young people living in Australia <p>A snapshot of the findings</p> <ul style="list-style-type: none"> • 4,148 (61%) young people reported that they were sexually active (defined as having experienced oral, vaginal or anal sex). • Many young Australians said that their sexual experiences have been positive and safe. This is important as this is the ultimate goal of RSE and sexual health policy. More research is needed that explores factors that support positive experiences of sex (not just harms associated with sex). • Heterosexual young men more likely than other genders/sexualities to feel positive


	<ul style="list-style-type: none"> • However, close to half reported some degree of guilt or stress after sex – this is a possible area for future research • 79% of young people had received sexually explicit images (was not asked if these were unsolicited) • 66% had sent sexually explicit images • 18% reported an image of them had been shared non-consensually • 39.5% of sexually active young people had experienced unwanted sex (24% of the entire sample) <ul style="list-style-type: none"> • Young women (45%) and trans/non-binary (55%) young people more likely to have experienced unwanted sex than young men (21%) • 23% of those who had experienced unwanted sex talked to someone about their experience • 21% had felt frightened of an intimate partner in the past 12 months • We need to think carefully about how to capture data on young people’s experiences of non-consensual sex, unwanted sex, their perceptions of how to negotiate or manage consent in sexual encounters and their experiences of school-based consent education. <p>Contact: Dr Jennifer Power - jennifer.power@latrobe.edu.au</p> <p><u>Please see accompanying links for access to Dr Power’s presentation slides.</u></p>
<p>PRESENTATION 2</p> <p>Guest Speaker Natalie Cavallaro Sexual Health Victoria</p>	<p>An introduction to the Consent Matters project</p> <p>Consent Matters is a grant project funded through the Department of Fairness Families and Housing (DFFH) initiative, Supporting Young People to Understand Affirmative Consent Program 2022-24. Sexual Health Victoria (SHV) are partnering with Women's Health in the South East (WHISE) to deliver this important work.</p> <p>This project will take a preventative approach to sexual violence by enhancing youth and community worker’s capacity to provide at-risk young people with information, support and resources needed to understand and engage in healthy, consensual sex and relationships. This project recognises that there is a need to access young people outside of the school system and that youth and community workers were ideally placed to have these discussions with young people. Surveys and research completed by Sexual Health Victoria found that workers lacked confidence, knowledge and skills in delivering this content to young people.</p> <p>Youth and Community Workers Pilot Session:</p>

	<ul style="list-style-type: none"> The tone and key messages are sex-positive and affirming. One of the key priorities for this workshop is ensuring scenarios and case studies are relevant to cohorts of young people that youth and community services encounter. The workshop includes content that prompts youth and community service professionals to challenge their own biases and assumptions <p>Content to include:</p> <ul style="list-style-type: none"> Discussion and roleplay of the three activities from the second online module A holistic understanding of sexual health and sex positivity An understanding of how to create and apply trauma-informed practice to spaces to discuss sexual and reproductive health Contraception and sexually transmissible infections in relation to consent The activities (x3) that young people were directly involved for feedback will be used as program material with Y&C workers <p>The first free training for Youth and Community workers will be held in on 15 August 2023 at Dandenong Civic Centre.</p> <p><u>Please see accompanying links for access to information about how to register for the pilot</u></p>
<p>PRESENTATION 3</p> <p>Guest Speaker Jessie Tang</p> <p>South East Community Links Katie Gomes</p> <p>Body Safety Australia</p>	<p>Examining migrant and refugee young people’s understanding and attitudes towards affirmative consent</p> <p>Jessie and Katie shared the early findings of their project analysing Victoria’s recent introduction of affirmative consent legislation and working with migrant and refugee youth to better understand their attitudes and behaviours towards consent.</p> <p>National statistics show that young women aged 18 to 29 years (3.8%) were more likely to experience sexual assault compared with the national average for women (0.9%). Of the 144,797 victims of sexual assault recorded by police agencies between 2014 and 2019 83% were female and 63% were under the age of 18.</p> <p>The SECL and BSA Affirmative Consent project recruited focus group participants with the intention of capturing numerous diverse demographics within Migrant and Refugee Communities. 40 young people between 15-20 years old participated in the project. There was some negotiation required with parents due to cultural and religious beliefs regarding relationship and sexuality education.</p>

	<p>The early findings saw that gender, relationship status, sexuality and family were the biggest influences in young people being able to “sex and consent.” Parents need to be allies in this education and there is a need for further education for families.</p> <p>Young people’s definition of consent: "Feeling of security and safety" “Vocalization and the expression of your thoughts and understanding.” “Being open about what you want and feel comfortable with.” “You don't feel guilt, uncomfortable, and taboo.”</p> <p><u>Please see accompanying links for access to Jessie and Katie’s presentation slides.</u></p>
<p>PRESENTATION 4</p> <p>Guest Speaker Stacey Zaranyika and Adam Sands Monash Health Community</p>	<p>Monash Sexual and Reproductive Health Clinic and Youth Health Hub</p> <p>Youth Health Hub A multi-disciplinary health service supporting young people in a youth friendly environment. Target Audience – Vulnerable & Disadvantaged young people aged 15 – 25 years When – Thursdays 4.00pm – 6.30pm Where – Monash Health Community – 122 Thomas St, Dandenong (near train & bus station)</p> <p><u>Services</u></p> <ul style="list-style-type: none"> • exercise program facilitated by an accredited Exercise Physiologist (both a male and female EP available) • Youth friendly GPs • Extensive gym facilities • Provides opportunities for young people to engage with peers and various health professionals. • Health Assessments and Sexual Health education and services have been developed to address unmet need. • Group programs on a rotating basis targeting the development of health knowledge and literacy, body image, self-esteem, engagement, social communication skills, resilience and ability to self manage stress and anxiety. <p><u>Referrals:</u></p> <ul style="list-style-type: none"> • Via Monash Health website, Click ‘Services’, Scroll to ‘Youth and Family Services’ • Send referrals / enquiries to youthtriage@monashhealth.org • Phone: 0434 601 300 <p>Sexual and reproductive health clinic</p>

	<p>Monash Health’s sexual and reproductive health services clinics are located at Dandenong and Cranbourne for females and males, with priority given to clients depending on need. Some services require referral from a GP – please check if unsure.</p> <p>Specialist Sexual and Reproductive Health Hubs are open on Wednesday (1pm – 5pm) at 122 Thomas Street, Dandenong (no GP referral required) and Friday (1pm – 5pm) at Cranbourne Integrated Care Centre, Sladen Street, Cranbourne (Gynaecologist in attendance – GP referral required)</p> <p>Nursing staff available: Monday to Friday (9am – 5pm) excluding public holidays</p> <ul style="list-style-type: none"> • 122 Thomas Street, Dandenong • Cranbourne Integrated Care Centre • 260 Lonsdale Street, Dandenong <p>Phone: 0466 022 449; Monday – Friday, 9am – 5pm</p> <p><u>Please see accompanying links for access to Monash Health presentation slides.</u></p>
<p>INFORMATION SHARING</p> <p>The following attendees shared a program/service update</p>	<p>Good Cycles Pre employment space focused on creating entry level jobs for young people Looking to understand LGA specific challenges as they expand into greater Melbourne Good Cycles - Creating Job Opportunities for Young People</p> <p>Neami Youth Outreach Recovery Support (YORS) is a new service for people between 16-25 years of age living in Victoria who have been experiencing mental health issues for six months or more. Website: Home Neami National</p> <p>South East Monash Legal Service Community Development team offer legal education sessions including affirmative consent driving, ADO, police powers employment law. Can tailored sessions to your group, including newly arrived young people Home - South-East Monash Legal Service (smls.com.au)</p> <p>CMY Community Support Group (CSG) Parenting education and small martial aid eg: household bills</p>

	<p>South Sudanese families Located on 243 Lonsdale St, Dandenong. Community Support Groups - Centre For Multicultural Youth (cmy.net.au)</p> <p>Headspace New First Nations Worker - Matt Peer support for parents and carers of children with mental illness - Carolyn Delivering sessions for parents and carers whose children aren't yet engaging in support services enquiries@headspacedandenong.com.au</p> <p>Alfred Health Carer Services 12 -25 years Rainbow carers program fortnightly meeting Anime appreciation society on alternative weeks Contact Us (alfredhealthcarers.org.au)</p> <p>YSAS Onsite day programs Youth Support, PIVOT, counselling, therapeutic support YSAS DANDENONG — YSAS</p> <p>P0rnography, Young People and Sexuality - Professional Development Workshop Maree Crabbe, Director of the Australian Violence Prevention Project '<i>It's Time we Talked</i>', will outline how p0rnography is impacting on young people, and what we can do to address it. Date: Thursday 13 July 2023 Time: 9am - 1pm Venue: Springvale Town Hall - Supper Room. Click here to register</p>
<p>JUNE MEETING EVALUATION POLL</p>	<p>Each meeting we take a poll to ask members to rate their satisfaction with the meeting, including the guest speaker. Findings from this meeting show that:</p> <ul style="list-style-type: none"> • 94% agreed that the presentation by Australian Research Centre in Sex, Health and Society was informative and relevant • 92% agree that the presentation by Sexual Health Victoria was informative and relevant. • 85% agreed that the presentation by South East Community Links and Body Safe Australia was informative and relevant

	<ul style="list-style-type: none"> • 93% agreed that the meeting exposed them to new ideas / helpful information. • 93% agreed that the meeting increased their knowledge of services and supports
<p>YOUTH POSITIVE PATHWAYS</p>  <p>YOUTH POSITIVE PATHWAYS GREATER DANDENONG • CASEY • CARDINIA</p>	<p>Greater Dandenong - Casey - Cardinia Online Youth Services Directory</p> <p>There are many services for young people and families within the City of Greater Dandenong, the City of Casey, and Cardinia Shire. This directory brings local service information together in the one place. It aims to assist young people, families, schools, and agencies by improving awareness of and accessibility to services available to young people and their families across the City of Greater Dandenong, the City of Casey, and Cardinia Shire.</p> <p>Please routinely check your service and program information on the website to maintain its accuracy and currency. Also, if your service is not yet listed, please visit the website, and log your service information. www.youthpositivepathways.com.au/about</p>
<p>GDYN E-NEWS</p>	<p>Reminder to network members to promote programs/service updates in the monthly GDYN eNewsletter.</p> <p>August edition: submissions due Friday 28 July COB. Please send a blurb to Bethany.Roche@cgd.vic.gov.au</p>
<p>NEXT MEETING</p>	<p>Thursday 28 August Eating disorders and Body Image</p> <p>Online via Zoom Time: 9.30am – 11.30am</p> <p>For further information, please contact Bethany Roche – Youth Planner and Engagement Officer by phone 9793 2155 or email Bethany.Roche@cgd.vic.gov.au</p>