

# Relationships and Sexual Health Education

## 10 Principles of Best Practice

The purpose of Relationships and Sexual Health Education is to empower young people to make informed, safe, responsible, and healthy decisions through the acquisition of knowledge, the development of lifelong skills, and the exploration of values.

### Relationships and Sexual Health Education should:

- 1 Offer a positive and open view** of relationships and sexuality in the context of respect, identity, growth and change.
- 2 Be respectful of diversity and inclusive** of different cultures, religions, values, sexualities, genders, abilities and identities.
- 3 Recognise and respect the importance of family and community** as a source of sexual health information, education and values.
- 4 Use an approach that is supportive and non-judgmental** with the aim to reduce risks in intimate/sexual relationships.
- 5 Be delivered by educators who are trained in the SHINE SA curriculum, and are of sufficient duration, breadth and depth** to meet the learning needs of all students.
- 6 Be responsive to the unique values, needs, and experiences of Aboriginal young people and communities**, and recognise that colonisation continues to impact social, educational, and health outcomes.
- 7 Be delivered in all education settings in a developmentally and contextually appropriate way**, across both primary and secondary schooling.
- 8 Be delivered using a safe and supportive whole-school approach**, by educators who have strong relationships with the students.
- 9 Encourage young people to practice safer sex behaviours, including to delay sexual activity, and recognise the rights of young people** to not be sexually active.
- 10 Be facilitated using trauma-informed practice, which is sensitive and responsive** to young people who may have had unwanted or abusive experiences.