

For immediate issue

## **SHINE SA Celebrates Sexual Health Week: The More You Know, The Better Choices You Can Make**

**Sexual Health Week (8-14 September) is about celebrating sexual health and breaking down stigma.**

This year's theme is 'The More You Know,' shining a spotlight on the power of knowledge. Access to **accurate, inclusive, and timely information** can change lives for the better!

In Australia, STI rates are rising with around one in six people getting an STI in their lifetime<sup>1</sup>. Accurate information and open conversations can help change that and reduce STI stigma.

Getting the right information at the right time gives us a deeper understanding of our bodies, our rights and helps us build healthy relationships so we can make informed choices about our sexual health and wellbeing.

We can all play a part in promoting inclusive and accessible conversations. Together we can break down stigma and empower each other to embrace sex positivity and pleasure so we can feel more confident making decisions about our sexual health.

### **Quotes attributable to SHINE SA CEO, Holley Skene**

“Knowledge is powerful. When people have the right information, they feel more confident, more in control, and better able to make the choices that are right for them.”

### **Get involved!**

SHINE SA has created a campaign toolkit, posters, and resources to support organisations to take part in Sexual Health Week.

To learn more and access resources and event ideas visit: [www.shinesa.org.au/shweek](http://www.shinesa.org.au/shweek)

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### **About SHINE SA**

SHINE SA is a leading provider of comprehensive and integrated sexual and reproductive health services and programs. SHINE SA is a non-profit organisation with a vision for sexual and relationship wellbeing for all.

### **References**

<sup>1</sup> Sexual and Reproductive Health Australia, (2024). STIs Happen – Family Planning Alliance Australia. Available at: <https://familyplanningallianceaustralia.org.au/stis-happen/>