

SEXUAL HEALTH WEEK

It's Your Right

Campaign Toolkit

This year Sexual Health Week is celebrated from 7-13 September and aims to raise awareness of sexual health and relationship wellbeing.

Our theme this year is 'It's Your Right,' shining a light on how our sexual health rights shape how we build relationships, make choices about our bodies, improve wellbeing and access information.

This toolkit includes:

- Information on the theme
- Key messages
- Suggested activities
- Sharing the Sexual Health Week assets (including copy for social media, newsletters etc)

The meaning behind, 'It's Your Right'

This year's theme, 'It's Your Right', highlights everybody's right to accurate information, inclusive healthcare and relationship wellbeing. By promoting inclusive and accessible conversations about sexual health, we can reduce stigma, empower individuals to embrace sex positivity, and support informed decision-making about their sexual health and wellbeing.

There are many topics that fit within this theme, including:

- Consent
- Safer sex
- Contraception (feeling confident about the choices that are available)
- Respectful relationships
- Bodily autonomy
- Communication.

Key messages

The right information: Access to accurate and inclusive sexual and reproductive health information is essential to help us feel confident, safe and supported when making decisions about our sexual health and wellbeing.

Consent and communication: Open communication and consent empowers us to embrace sex positivity, and supports informed decision-making.

Respectful Relationships: You have the right to relationships that are safe and respectful.

Your body, your choice: The choices you make over your body are yours to make and you deserve the right information to help you along the way.

Be yourself: You have the right to be yourself no matter your sexuality or gender.

Pleasure: Exploring pleasure and intimacy is a healthy part of relationships and sexual wellbeing.

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Suggested activities:

There are all types of events that can help start conversations around sexual health and relationship wellbeing. Here are some ideas to get you started:

- **Host a workshop or morning tea** where you chat about respectful relationships and sexual health facts.
- **Run a trivia session** with myth-busting questions about STIs, consent, and contraception.
- **Create a youth scavenger hunt or quiz** focused on safety, respect, and sexual health knowledge.
- **Hand out 'knowledge kits'** with resources, condoms, and helpful links at your workplace or school.
- **Invite a speaker or show a short video** for a lunchtime info session on a sexual health topic.
- **Host an event inviting people to share** "one thing they wish they'd learned earlier" about sexual health.
- **Host an art workshop** with a session on consent and communication in relationships.

Sharing the Sexual Health Week assets:

Social media posts, posters and other assets can be downloaded via the Sexual Health Week page:

www.shinesa.org.au/shweek

Please tag or mention SHINE SA in your posts! (Handle: @SHINESAINC)

Social media post caption ideas:

- Access to accurate, inclusive sexual and reproductive health information is a human right. This Sexual Health Week (7-13 September), join us in exploring how our rights, relationships and health are shaped by having access to the right information.
- Everyone deserves the right to healthcare without judgment, accurate information and to make choices about their own body. Because sexual health rights are human rights.
- It's Sexual Health Week (7-13 September)! this year's theme, 'It's Your Right' is a reminder that clear, inclusive and accessible information can help people feel confident and empowered when they make decisions about their bodies, their health, and their relationships.
- Everyone has the right to feel proud of who they are. Everyone belongs in sexual health conversations. Learn how you can get involved in the conversation this Sexual Health Week (7-13 September).
- Information about sexual health and relationships that actually works for you? Love that. This Sexual Health Week's (7-13 September) theme is, 'It's Your Right,' and it's all about your right to clear, inclusive sexual health information that helps you feel confident when making decisions about your sexual health and relationship wellbeing.
- Your body, your choices, your rights. Join SHINE SA this Sexual Health Week (7-13 September) as we explore how our rights shape our relationships, health and wellbeing.

Newsletter copy:

Sexual Health Week is back from 7-13 September!

Each year, SHINE SA encourages organisations and individuals to take part in Sexual Health Week to raise awareness of sexual health and relationship wellbeing.

This year's theme is, 'It's Your Right', is a reminder that our sexual and reproductive health and rights are fundamental human rights and are an essential part of health, dignity and justice.