



Guidelines.....for Sexual Health Educators

*By Sr. Ruth Loubser RN RM
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Sex-posure and Sexual Dialogue

Driving through Gauteng, the streets are lined with posters advertising the Sexpo Exhibition. This exhibition is going to showcase anything linked to adult sexual functioning. Professionals and organisations (like SA Sexual Health Association – SASHA) will be there too, emphasizing the rights and responsibilities of adults and offering services for sexual health problems etc. This large scale advertising also raises questions in the minds of children and teens. Questions by learners are becoming more explicit and require very tactful but accurate responses. See “Heard in the Hallway” for examples. On the positive side, this sex-posure does present some unique opportunities to create good discussions about the sexual culture in which teens are living. I have recently added a substantial small group discussion section to the grade 9 sexuality workshop. 12 very specific questions are given and after discussion, each group presents its opinions. Hottest debates are about compulsory HIV testing, ‘is oral sex, sex?’, dating behaviours, slogans about abstinence and labelling. These questions will be uploaded to my website soon. See the HIV section for a new way to talk about this pandemic with learners and other adults.

The bottom line is: Create a thinking environment which challenges learners to make fully informed choices!!

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"Press"-ing Matters

IT'S NEW! IT'S HOT!!

"GIRLZ MAGAZINE"

Includes Sexy Smarts by Sr. Ruth
DOWNLOAD TODAY!

PLEASE FORWARD!!



GIRLZ Magazine was launched last month with high school girls as the target market. Visit www.girlzmagazine.co.za and download the latest edition. Anisha, the editor says, “My vision For Girlz Magazine is to provide a platform for South Africa's youth to be heard and get exposure.”

Sexy Smarts – by Sr. Ruth includes Q&A, Cyber-clinic, Chick Chat, Fact or Fiction, Wordz and the Lighter Side of Sex. Girls can email their questions and comments.

This column also will be available on my website at www.sisterruth.co.za

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WEB

www.sexualityandu.ca

This Canadian Sexual Health Education website has everything you need to make sex ed interesting and interactive, especially if the learners have access to the web. It has quizzes and games plus lots of excellent information for adults, teens, teachers and professionals.

Its up-to-date e-bulletin has the latest in sexology information. This last issue has new information about the launching of HPV (Human Papilloma Virus) vaccine.

"Heard in the Hallway"

1. Is 'doggie' style from behind or normal sex from behind?
2. Is it good to have a hand and blow job?
3. Is it bad to have anal sex?

Every school from grade 7 onwards asks these questions on a regular basis. These need to be answered clearly as the risks of STI including HIV and pregnancy are very different.

- Doggie style is a 'rear entry' position, but learners NEED TO KNOW that the vagina and the anus can both be accessed from this position.
- Vaginal sex has both pregnancy and STI/HIV risk and anal sex is the highest risk partner sexual activity for infection but has no pregnancy risk. Risk is reduced with anal sex by using lots of water-soluble lubrication e.g. KY Jelly AND a condom or latex covering.
- NEW SEXUAL OFFENCES LEGISLATION – blow jobs (oral sex) and anal sex are penetration and will be illegal under the age of 16 years. If these acts are coerced charges of rape may be laid. This legislation will most likely be passed by year end.

HIV/AIDS DIALOGUE



Last month I had the privilege of attending a unique dialogue on HIV/AIDS run by Joan Dommissie who writes for The Teacher (Mail and Guardian supplement). 24 people represented 3 different communities – a Soweto high school, a private high school and the members of Nkosi's haven. Learners, principals and parents took turns to speak from the heart sharing experiences and attitudes about HIV. We had 2 minutes each to speak uninterrupted. Each round of dialogue opened our eyes afresh to the realities of the pandemic which had affected each person in some way. Each person present contributed and at the end of the afternoon we all had practical ideas to make real differences in each of our communities. Email Joan for her article – "Deep Talking" that describes the process in detail. Joan Dommissie: j.dommissie@telkomsa.net.

Show me the funny! *(The lighter side of sex)*

6-year-old Wedding Wisdom

A six-year-old boy told his father he wanted to marry the little girl across the street. The father, being modern and well-schooled in handling children, hid his smile behind his hand. "That's a serious step," he said. "Have you thought it out completely?"

"Yes," his young son answered. "We can spend one week in my room and the next in hers. It's right across the street, so I can run home if I get scared of the dark..."

"How about transportation?", the father asked.

"I have my wagon, and we both have our tricycles," the boy replied. He had an answer to every question his father raised.

Finally, in exasperation, the father asked, "What about babies? When you're married you're liable to have babies, you know."
"We've thought about that too," replied the little boy. "We're not going to have babies. Every time she lays an egg, I'm going to step on it!"

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Sr. Ruth's Programmes

Grade 7, 8 & 9 – Comprehensive Sexuality Workshop

The course is presented in 1 academic day. Grade 7 is done over 2 days. The teaching is divided into short lectures, interactive discussions, video footage and peer group dialogue. Anonymous questions from the learners serve as a needs analysis and the school receives a report after the intervention.

All High School Grades – "Sexy Smarts" (60 – 90 min)

PowerPoint presentation that introduces sexuality generally and focuses on Human Sexual Response, dating, touch communication, sex and boundary setting, demonstration of condoms and practical information on contraception. Questions are answered if there is sufficient time.

PARENTS: (120 min) "Loving Conversations" – 3 presentations for parents linked to developmental stages of children i.e. toddlers (From the Start), puberty (Bridging the Gap) and teens (Parenting Sexually Resilient Teenagers).

VISIT: www.sisterruth.co.za for details.

Sr. Ruth's Mission Statement

Sr. Ruth's mission is to provide professional and relevant sexual health programmes for children, parents / caregivers and educators that empowers responsible sexual decision-making and inspires personal growth.

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JOIN the SA Sexual Health Association – membership open to educators and counsellors. Keep informed and supported in this important task of sexual health education. Go to www.sexualhealth.co.za and click on Sign Up. If you have problems contact me by email.