

## **Guidelines.....for Sexual Health Educators**

By Sr. Ruth Loubser RN RM

Vol. 5 – February 2007

### **IT'S 'SHAW' TIME!!**

## **What is 'SHAW'? – Sexual Health Awareness Week February 11 – 18, 2007**

### **SASHA – invites Sex Educators to join this Association**

2007 is already off to a running and start and I trust that this year will be fulfilling and joyous in the midst of the challenges that education brings. I am committed to supporting sexual health educators through this e-letter and I hope to send one 4- 6 weekly. The main aim of *Guidelines* is to provide a forum to explore some of the challenging aspects of sexuality education in our current dynamic social climate.

This issue will look at how the SA Sexual Health Association (SASHA) is supporting sexual health awareness through the SHAW week. We are using Valentine's Day as the catalyst to get people talking about healthy sexuality. Radio and print media will be our main target for this year. This quote from the promotional letter to the media says it all:

*Many people in South Africa, and around the world are unaware of many aspects of their sex lives. The secrecy that surrounds sexual activity in humans, leads to confusion, frustration and is a fertile ground to breed myths and misperceptions. People could lead more fulfilling sexual lives if they only had the knowledge.*

Secrecy, confusion and ignorance in the field of sexual health can be a life or death matter. Being a 'sexual health educator' is not a job for the faint-hearted!! Read more below about becoming a member of the SASHA educator's forum. We need to stand together and support each other. **Please forward this email to others in your clusters etc.**

**Dare to Share** – read this section on how we can work together to have an active body of professionals working with a united purpose. Send your comments, suggestions/best practices or requests for information to me.

### **"Press"-ing Matters**



### **NIP/TUCK - a look at *UNCUT***

I have frequently heard adults say that the *UNCUT* magazine put out by *Love Life* is not helpful and 'all they want to do is encourage sex and condoms' – and other such comments. I feel that this is not an accurate reflection of this useful publication.

Dec 2006 /Jan 2007 – Issue 43

This issue had an excellent piece in the *LoveFact* section entitled "No means NO" followed by "Peering into Pressure". Comments by other young people to burning issues are reported on in a 'youth friendly' manner. Poetry and lyrics are useful starting points for discussions. I used a poem on sexual orientation to start conversations about this topical issue.

**SMOKING SUCKS:** This new campaign follows the experiences of real life people who want to quit smoking and they invite debates about this piping hot topic.

**TIPS**

Look out for the next issue of **UNCUT** – and snip out a useful article for discussion. Take a poem or letter and use it in your English class! It probably isn't in the syllabus but it will make good extension work. Let learners write one and submit it for publication. The ideas are endless.

**STOP NEGATIVE COMMENTS:** Next time someone 'dis's' this publication, share something positive that you have experienced by its presence in our youth culture.

.....



**JOIN 'SASHA EDUCATORS'**

Until 2006, the Sexual Health Association was only for medical professionals. We know that many educators, counsellors and community leaders are involved in sexual health education. SASHA is now changing the constitution to enrol educators as members. More information will be on the website as it unfolds.

**PLEASE FORWARD THIS INFORMATION AND WATCH THIS SPACE!!**

.....  
**SASHA**

[www.sexualhealth.co.za](http://www.sexualhealth.co.za)

This site is loaded with excellent information on sexual health. The section on sexual development is most useful. This will be the site where educators will be able to join.

**Educator's Mandate:**

Universal Declaration of Sexual Rights from The World Association for Sexology clearly describes our role in the following 2 statements.

**The Right to Scientifically Accurate Information on Sex:** This is the right to access appropriate scientifically accurate information and implies that you have the right to be protected from misleading information in any form.

**The Right to Sex Education:** This is the right to receive sex education that is accurate, age appropriate, and understandable to you.

.....  
"Dare to Share"

- Share what **you would like** to see in an educator's forum.
- Share some of your **'best practices'** for different aspects of sexual health education.

Email these to me ([ruth.loubser@gmail.com](mailto:ruth.loubser@gmail.com)) and I will see that they reach the SASHA executive.

.....

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

**Modern version of the birds and the bees**

Peter says, "Daddy, how was I born?"

Dad says, "Ah, my son, I guess one day you will need to find out anyway!"  
Well, you see, your Mom and I first got together in a chat room on MSN.

Then I set up a date via e-mail with your mom and we met at a cyber-cafe.

We sneaked into a secluded room, where your mother agreed to a download from my hard drive.

As soon as I was ready to upload, we discovered that neither one of us had used a firewall and since it was too late to hit the delete button, nine months later a blessed little Pop-Up appeared and said, "You've Got Male!"

.....  
**Sr. Ruth's Programmes**

**Young Women's Wisdom – Grade 8 (Girls) New!!**

A 2-hr session that looks at puberty issues, hygiene in boarding houses, body image and habits of healthy women. It is fun, uses lots of visual objects and real life stories. Girls receive a handout that gives key information on each area discussed, as well as a space to write down some healthy habits that they plan to put into practice.

**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) New!!**

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.

**Planning for 2007**

**Booking:** If you are planning to utilise my programmes please book your dates as soon as possible. Groups will be accommodated on a first come first served basis.

**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.**

<p><b>Sr. Ruth Loubser RN RM</b> (Member of SA Sexual Health Association) 35 Golf Street, Waterkloof 0181 Phone: (012) 460 1310 Cell: 083 299 7422 email: ruth.loubser@gmail.com</p>
--

***ASK Sr. Ruth!***