
Family Planning Tasmania's response to the

Tasmanian Child and Youth Wellbeing Strategy Discussion Paper

2021-2022





Introduction

Family Planning Tasmania (FPT) is a community-based, not for profit organisation providing sexual and reproductive health (SRH) clinical, education and advocacy services for all Tasmanians. Over five decades, FPT has empowered young Tasmanians to make healthy choices about their sexual and reproductive health.

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In the 2019-2020 financial year, FPT:

- delivered 29,590 instances of clinical services to 13,121 health consumers, including (but not limited to) contraception, gynaecology, treatment of sexually transmitted infections, and termination of pregnancies. 38% of FPT clinic clients in 2019-2020 were young people
- delivered to consumers across the North-West (18%); North (35%); and Southern (46%) regions of Tasmania
- provided SRH education programs to 5603 young consumers in Tasmania schools
- delivered one-on-one educative and therapeutic support to 456 consumers with additional needs
- provided SRH professional development to 61 workers in Tasmania's education, disability and social work sectors
- employed 68 staff, including health practitioners and educators.

Overall Support

Overall, FPT commends the Tasmanian Government for preparing the Tasmanian Child and Youth Wellbeing Strategy Discussion Paper ('the Discussion Paper') and welcomes the Government's commitment to develop the Strategy "through a co-design and consultative process with children, young people, families and the service sector" (p.5).

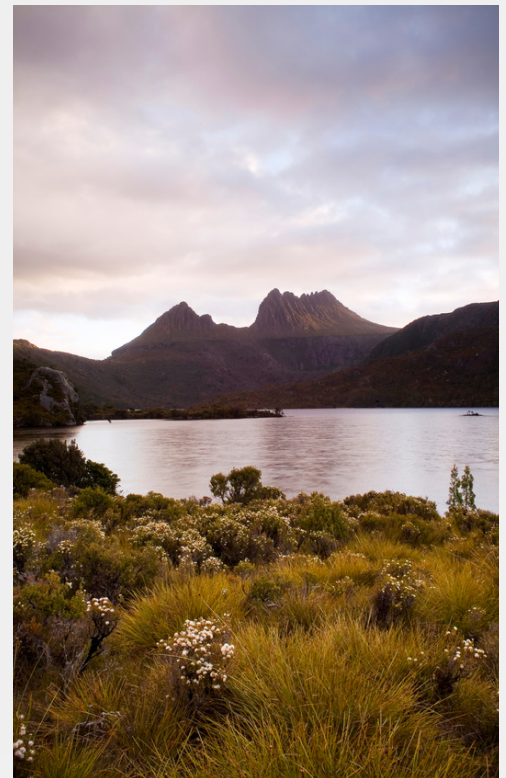
Recommendation 1 from the Tasmanian Youth Forum 2020 hosted by YNOT states that government should *'Consider broadening the school curriculum to provide young people with more practical skills necessary to enter the workforce and live independently; information about mental health and resilience; understanding of diversity and inclusion; and **enhanced sexual/reproductive health education.**'*

Young people want to be better prepared for life after school.

In particular, FPT commends the Government's for aiming to "improve wellbeing for children and young people in the knowledge that there is already significant work being undertaken" (p.9); the specific focus on Aboriginal child and youth wellbeing (Chapter 2); and the intention to place "children and young people's wellbeing at the heart of policy" (Chapter 6).

Omission of important services and programs related to sexual and reproductive health

FPT recognises the effort applied in Chapter 5 to provide a "snapshot of the Government funded programs and strategies in place across Tasmania against the Child and Youth Wellbeing Framework domains...[to] assist us in understanding what is already in place across Tasmania and where the opportunities are for other programs/strategies."



FPT Programs

However, unfortunately, this chapter omits critically important sexual and reproductive health services provided by FPT, with recurrent state government funding. These include the following:

Growing Up Program (GUP)

GUP is Tasmania's leading relationships, sexuality and protective behaviours program for students from K-6. It is facilitated by an experienced team of FPT educators, and is age-appropriate, evidence based, sequential and linked to the Australian Curriculum, Assessment and Reporting Authority (ACARA).

GUP reflects the latest in sexual and reproductive health research, with resources and teaching approaches reviewed every year and school feedback used to ensure learning outcomes for students are maximised. GUP addresses key content from the Australian Health and Physical Education Curriculum, the Department of Education's Respectful Relationships Framework, and the Early Years Learning Framework

Secondary School Relationships and Sexuality Education (RSE)

This evidence-based program covers respectful relationships, sexuality and sexual health. Each module is linked to the learning outcomes of the Australian Curriculum and Respectful Relationships teaching and learning package and is designed to build upon each school's existing program.

RSE Modules for Grades 7/8 include: Sexual Health and Puberty; Body Image and Self Esteem; Respectful Relationships; Consent; Social Media and Sex; and Pornography. RSE Modules for Grades 9/10 include: Body Image and Self Esteem; Sexual Ethics; Negotiation; Contraception; STIs (Sexually transmitted infections); Social Media and Sex; and Pornography.

SRH professional development for those working with children and young people

FPT delivers professional development workshops for Tasmanians working in multiple fields associated with child and youth well-being. These workshops include:

- Understanding Adolescent Sexuality
- Social Safety and Childhood Sexual Development
- Managing Challenging Social and Sexual Behaviours

FPT also delivers the SoSAFE! program, which provides professionals with skills to enhance the social, socio-sexual and social safety learning of people with moderate to severe intellectual disabilities, Autism Spectrum Disorder (ASD), trauma, or vision or hearing impairment, particularly children and young people. Social safety training is essential for people with disability and/or additional needs because of their increased vulnerability to physical, emotional and sexual abuse. The SoSAFE! program is specifically designed to meet this need.



SRH tailored education for people with disability and additional needs

FPT provides expert relationships, sexuality and sexual health education for children, young people and adults living with:

- physical, intellectual or developmental disability,
- acquired brain injury,
- Autism Spectrum Disorder, and
- trauma or other needs that impact on learning and/or behaviours.

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FPT receives referrals from a variety of Tasmanian Government agencies to deliver this service.

Education sessions are provided either one-on-one or in small groups and topics include:

- private body parts
- being private
- puberty and adolescence
- managing periods
- types of touch
- relationships
- sexual health and STIs
- contraception
- protective behaviours for social and sexual safety
- giving and receiving consent
- sexual abuse issues
- sexual feelings and masturbation
- strategies for social and sexual behaviours.

Offer of support

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FPT strongly encourages the Tasmanian Government to incorporate these important programs into the Tasmanian Child and Youth Wellbeing Strategy. We would be pleased to offer resources from our organisation to work in partnership with the Department of Premier and Cabinet – and the children and young people of Tasmania – to make this happen.

I look forward to your response.

YOURS SINCERELY,

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