



## School Nurse Message

In line with the Australian Curriculum I was able to deliver sexual health classes for grade 9 this last fortnight.

We discussed many aspects of sexual health including respectful relationships, consent, communication, sexually transmitted infections and contraception choices.

Adolescence is a time of self-discovery, branching out from the family unit and finding where to fit into this world. By allowing open and honest communication around sexual health with the School Nurse we were able to deliver healthy and respectful knowledge to students.

Parents, sometimes having discussions with your students can be just as challenging for you as it is for them to ask you.

I have attached a resource to help facilitate these discussions.

It's important to not avoid these conversations, talk soon and talk often. "the talk" isn't a one off. Questions arise and if you are open and honest with your teens they are more likely to come back and ask questions rather than find the wrong information online.

Students are able to make an appointment with myself in a confidential space to discuss sexual health if they choose. My confidentiality rules are in line with any hospital and health service as I am employed by QLD Health.

If you are concerned about your teen contact the school and make an appointment to see me.

Your School Based Youth Health Nurse,

**Hilary Wilson**  
**School Nurse**