

SHFPACT

SEXUAL HEALTH AND FAMILY PLANNING ACT

ANNUAL REPORT 2025-2026



Big numbers

4401
DOCTORS APPOINTMENTS

5821
STUDENTS ENGAGED IN EDUCATION SESSIONS

2310
NURSE APPOINTMENTS

545
PARENTS ATTENDED PARENT INFORMATION EVENINGS

↑12%
INCREASE IN CLINIC APPOINTMENTS FROM PREVIOUS YEAR

38
SCHOOLS SUPPORTED

1590
CERVICAL SCREENING TESTS

165.2K
SOCIAL MEDIA CONTENTS VIEWED

1322
HOURS CLINICAL TRAINING

13000+
FREE CONDOMS DISTRIBUTED

Sexual Health and Family Planning ACT acknowledges the Ngunnawal and Ngambri people as the Traditional Owners of the land on which SHFPACT operates. We acknowledge their continuing connection to land, waters and community. We pay our respects to the people, the cultures and the Elders past and present.



LaToya Kennedy
www.kalariart.com.au

Artwork Story: 'Our Bodies, Our Way'

'Our Bodies, Our Way' has been created with a vision of telling a story about Sexual Health and Family Planning ACT's (SHFPACT) commitment to providing sexual and reproductive health services that are inclusive, respectful, and culturally safe for all people; valuing the diversity of cultures, identities, beliefs, families, and lived experiences within the Canberra community.

This artwork represents the strong connections and support pathways that SHFPACT provides across Kamberri (Canberra), showcasing the positive influence it has on the everyday lives of the Canberra community. It represents dignity, confidentiality, equity, choice and voice, and highlights SHFPACT's commitment to working in partnership with communities, listening deeply, and continually learning to improve the cultural safety and responsiveness of its services on Ngunnawal Country.

'Our Bodies, Our Way' embodies SHFPACT's framework of human rights and social justice values – acknowledging that culture, history, gender, sexuality, faith, language, and social context influence how people experience sexual and reproductive health. It highlights the importance of creating welcoming environments where individuals feel safe, respected, heard, and empowered to make informed decisions about their bodies and lives without fear of judgment, discrimination, or coercion.

Contents

Chair and CEO Report 6

Council Report 9

Financial Performance 11

Strategic Plan 2026-30 12

Areas of Impact 13

Clinical Services - Sexual and Reproductive Health 14

Pelvic Pain Clinic 16

Pregnancy Options Counselling 17

Workforce Development and Training 18

Community and School Education 20

SAIS 21

Health Promotion and Information Services 22

Disability Services 23

Safer Me Safer You 24

Child Sexual Exploitation Community of Practice Project 29

Where have we been? 30

A year with SHFPACT 32

Thank you to our Partners 36

SHFPACT Staff 38

Supported by funding from the ACT Government, Commonwealth Government, Capital Health Network and the generosity of our clients, volunteers, donors and community.

Chair and CEO Report

2025/2026 – Another extraordinary year of dedication and commitment to improving the sexual and reproductive health of Canberrans!

Following extensive consultation with our stakeholders, Council members, the management team, staff and clients, we finalized our 2026-2030 Strategic Plan, which provides a clear road map for the years ahead. We refined our vision and purpose, and identified six key focus areas to navigate the years ahead. The plan recognises our values and foundational principles, and our commitment to maximising access and impact for priority populations to meet service gaps across a number of domains including clinical services, workforce development, education, and health promotion.

Our unique integrated model of services, which has evolved over many years (with and for the Canberra community), has been described as having a 'multiplier effect' in which the whole is more than the sum of the parts, and this year was no different.

Our suite of clinical services, including sexual health screening, contraception, pregnancy, menopause, pelvic pain and women's and men's healthcare continued to grow, with clients accessing 4401 doctor appointments and 2310 nursing consultations over the year (representing a 12% increase in appointments compared with the previous year).

We continued to be the 'go to' for government in the sexual and reproductive health space, repeatedly demonstrating our ability to quickly respond and 'stand up' new service streams to meet emerging community needs. In line with the *National Strategy for the elimination of Cervical Cancer,* which outlines Australia's commitment to achieving equitable elimination of cervical cancer by 2035, SHFPACT was engaged to provide two service streams designed to increase screening uptake in unscreened and under screened community members. The first involved free to the recipient in-clinic screening and assertive outreach combined with tailored education sessions in a variety of languages, with on-the-spot self-collect screening available. The second initiative involved a 100% increase in our training courses designed to increase workforce capacity in primary care settings, thereby improving access across the ACT.

The Commonwealth Government's Women's Health Package, introduced in late 2025, included several elements SHFPACT was able to leverage for the benefit of the Canberrans. As a result of the MBS item changes, SHFPACT was able to introduce fully bulk billed Long Acting Reversible Contraception (LARC) insertions. With LARC providing between 5- 8 years of contraceptive cover, this is an incredible step forward in access to contraceptive options at no cost for the Canberra community.

In mid-2026, SHFPACT expanded our reproductive healthcare services to include Medical Termination of Pregnancy (MTOP) care and became a participant in the Women's Health Matters (WHM) ACT Reproductive Health Data Incentive Fund. This initiative supports continuous quality improvement and represents a significant step forward in equitable access to reproductive health services.

SHFPACT has always recognised the value of collaboration, and our partnership with Meridian was formalised through the development of a Memorandum of Understanding (MOU). Our highly successful Drop In Centre and Education (DICE) Clinic, which addresses the increasing rates of STIs in young people by removing barriers to access, transitioned from ACT Government funding into a short-term arrangement with Meridian under the MOU, whilst a long-term alternative funding source is secured. We are incredibly grateful for Meridian's genuine support and collegiality, and commitment to an integrated service system delivering maximum impact for our community.

Our Education and Health Promotion programs in schools and the community went from strength to strength, and our old favorites such as National Condom Day, O week health promotion stalls, Test-fest and several SHLiRPs continued to ensure our reach to priority populations in relation to health promotion and STI testing.

Demand for education services for children and young people through our suite of age and developmentally appropriate education programs continued to increase across all year levels. Misinformation and disinformation are continuing to spread on the internet, and evidence shows that children are accessing the content at an increasingly earlier age. Teachers and parents are grappling with the challenge of how to ensure factual, evidence-based relationships, consent and sexuality education and information is readily accessible, and SHFPACT is increasingly becoming known as the 'go to'.

Almost 6,000 children and young people and 600 parents across the ACT had the opportunity to learn from our highly skilled educators, who demonstrate expertise in delivering sensitive content and navigating the complexity and nuance of these important topics. We were grateful to receive a one time $100k funding boost from the ACT Government in order to ensure current service levels can be maintained until June 2027 and look forward to working with the Health and Community Services Directorate (HCSD) and the Education Directorate to secure ongoing funding for this critical service stream.

Our commitment to developing an evidence base was demonstrated by our partnership with the research team at University of Canberra as part of the Affiliated Schools Research Program (ASRP). The project will evaluate alternative models of Relationship and Sexuality Education (RSE) in schools to explore what constitutes 'best practice' RSE and whole of school approaches,

> "Demand for education services for children and young people through our suite of age and developmentally appropriate education programs continued to increase across all year levels."

ensuring they meet students' developmental needs. We look forward to the findings of the project: *You Can't Ask That! Primary school leaders' and teachers' perspectives to inform Relationships and Sexuality Education'.*

Our Safer Me, Safer You (SMSY) program, funded by the Commonwealth Department of Social Services (DSS) as part of the National Prevention of Violence against women and girls built upon successes of previous years. The three interconnected elements of; Actioning the voices of women, girls and gender diverse people with



a disability to co-design all initiatives, Developing best practice guidelines for organisations and workers to build approaches that increase social and sexual safety of people with a disability, and Extending the reach of the existing SoSAFE! Framework continued.

Our highly committed Project Advisory group (PAG), consisting of 14 people with lived experience across every jurisdiction in Australia focussed on planning and preparation for the final Big Meeting for the SMSY Project. The Big Meeting is by, and for, people with disabilities and only features keynotes, speakers, performers and panellists who have a disability to highlight the voices and experiences of people with a disability, while challenging the stereotypes and stigma they face regarding social and sexual safety. The event, held at ANU in late June was a tremendous success with over 100 people attending. A strong focus of the Big Meeting was the National Guidelines for Workers to create social and sexual Safety for People with a Disability, which were codesigned by the PAG.

The Child Sexual Exploitation (CSE) Community of Practice Project, a two-year activity funded by the Domestic, Family and Sexual Violence Office (DFSVO) commenced in late 2025. The project, led by SHFPACT, will deliver Community-Based Prevention of Sexual Violence Activities with a specific focus on children and young people in the ACT people at risk of sexual exploitation.

The working group consisting of key government and nongovernment partners has focused on definitions, complexity, indicators, review of literature, progress being made in other jurisdictions, push and pull factors, hard and soft disruption strategies, legislative levers, and opportunities for short term and long terms progress in the ACT.

In terms of advocacy, our team developed a response to the ACT Legislative Assembly Inquiry into endometriosis and other pelvic pain conditions and were subsequently invited to present at the Committee. Likewise, we leveraged our extensive experience in supporting people with a disability by actively contributing to the scoping study exploring the sexual health needs of women with a disability in the ACT. We are hopeful that our expertise and knowledge regarding these service gaps will assist in improving the service system going forward.

> “The Big Meeting is by, and for, people with disabilities and only features keynotes, speakers, performers and panellists who have a disability to highlight the voices and experiences of people with a disability, while challenging the stereotypes and stigma they face regarding social and sexual safety.”

As we neared the end of the year, we prepared to say farewell to two incredible clinicians with 46 years of SHFPACT service between them; Dr Clare Holberton (Medical Director) and Hilary Freeman (Nurse Educator). Clare and Hilary’s contributions to SHFPACT reach far beyond their clinical expertise; their kindness, generosity, and authenticity have touched the lives of countless clients, training participants and staff, and we wish them both the very best as they embark on their well-earned retirements, and all that comes with it.

And finally – thank you so much to our anonymous supporter who donated $40k for the purchase of an ultrasound to assist in assessment and diagnostic procedures for our clinical services. The generosity of the Canberra community is quite incredible!

What a year!



Tracey Hall
(CEO)



Jo Schumann
(Council President)

Council Report

SHFPACT Council is the governing body of the organisation. Council members are elected from the wider membership at Annual General Meetings for two-year terms or appointed to fill vacancies throughout the year with appointed member terms ending at the subsequent AGM.

The Council is supported by two subcommittees: the Finance and Risk Committee (FARM) and the Governance and Remuneration Committee, providing closer oversight and support for these critical functions.

Council membership has been stable in 2025-2026, with all members remaining for another year, and Grace Hogan joining as an Observer through the *Board Observer ship program.*

Jo Schumann and Amelia Druhan remained in the roles of President and Vice President respectively, with Jeremy Halcrow taking on the role of Treasurer and Finance, Audit and Risk (FARM) Committee Chair and Keturah Whitford as Chair of the Governance Committee.

Council continued to build upon the strong governance foundations developed in previous years, reviewing the Terms of Reference for subcommittees and the work plan, and undertaking the annual self-assessment and skills matrix review.

The 2026-2030 Strategic Plan was endorsed by Council and launched at the AGM in November, providing clear direction for the organisation as we navigate the complex operating environment into the future, driving organisational performance and growth, and ensuring continued best practice in risk management.

In early 2026, the Governance subcommittee began reviewing the Constitution that has been in place since 2019. Thank you to Tim Dingwall (Dingwall &Co) who assisted in identifying key items requiring modernisation, and opportunities for areas that could simplified and streamlined. Work will continue in late 2026, and the revised Constitution will be presented to members at the 2026 AGM for voting.

COUNCIL MEMBERS 2025-2026

President	Jo Schumann
Vice President	Amelia Druhan
Treasurer	Jeremy Halcrow (Treasurer/Chair of Finance, Audit and Risk subcommittee, January – June 2026)
Member	Aditi Malhotra
Member	Alexandra Grant
Member	Alexis Badger
Member	Angelina Inthavong
Member	Keturah Whitford
Member	Mirella Canziani
Member	Veronica Williams (Treasurer/Chair of Finance, Audit and Risk subcommittee, June – December 2025)
Observer	Grace Hogan (under the Board Observer ship program)



Josephine Schumann



Amelia Druhan



Jeremy Halcrow



Veronica Williams



Aditi Malhotra



Keturah Whitford



Mirella Canziani



Alexandra Grant



Angelina Inthavong



Dr Alexis Badger

Financial Performance

The financial pressures faced by not-for-profits in the current operating environment in the ACT and more broadly have been widely publicised in recent times, with growing community needs, rising operational costs often unmatched by funding envelopes and the community struggling with increasing cost of living pressures. The challenge for SHFPACT has been amplified by the fragmentation and short-term nature of many of our funding arrangements, bringing an additional layer of complexity.

The Organisation returned a surplus of $34,888 compared with a previous year's deficit of $29,776. The major variance between FY26 and the previous year was the increased revenue of $618k (largely related to additional short-term grants and expansion of clinical services to meet growing demand). As expected, this was matched by an expenditure increase on employee benefits by $621k.

Other smaller variances related to the scaling down of the Safer Me Safer You (DSS funded project) and changed purchasing patterns related to deliverables required for funded activities (e.g: increased pathology costs associated with Outreach Cervical screening project).

The current ratio improved from 1.34:1 at end June 2025 to 1.40:1 at end June 2026.

The audit of SHFPACT's financial statements for financial year 2026 was conducted by MNSA. The audit finding is an unqualified result.

Full Financial statements can be found here

Strategic Plan 2026-30

Our Vision
To be an inclusive and innovative regional centre of excellence in sexual and reproductive health care, education, and training.

Our Purpose
To provide trusted, equitable and respectful sexual and reproductive health care, education, and training services.

Our Goals

Equity and access to Services
Ensure equitable access to sexual and reproductive health care, education and training, through inclusive programs and targeted support services.

Sector Capacity-Building
Build the capacity of the health, education and community sectors through our services and expertise.

Building and Supporting our People
Build a sustainable and efficient workforce and operating model through strategic planning, capability development and operational optimisation.

Financial Viability and Performance
Enhance financial sustainability through diversified income streams, strategic partnerships and scalable service models.

Advocacy and Awareness
Elevate brand visibility and engagement through strategic marketing, digital presence and community connection.

Infrastructure
Strengthen infrastructure to expand service capacity, improve accessibility and support data-driven growth.

Foundational Principles

- Person - Centred
- Pro Choice
- Evidence based
- Feminist

Values

- Collaboration
- Respect
- Integrity
- Compassion

Areas of Impact



Clinical Services
Sexual and Reproductive Health

SHFPACT provides a client centred suite of reproductive and sexual health primary healthcare services, including sexual health screening, contraception, pregnancy, menopause, pelvic pain and women's and men's healthcare. Services are provided from a primary clinical site and through outreach activities.

KEY ACHIEVEMENTS

CLINIC OUTCOMES

The clinic provided a comprehensive range of appointments and procedures including:

4401 DOCTOR APPOINTMENTS

2301 NURSE APPOINTMENTS

1144 MENOPAUSE APPOINTMENTS

1786 FREE TO THE PATIENT NURSE APPOINTMENTS

1590 CERVICAL SCREENING TESTS INCLUDING 744 SELF-COLLECT TESTS

1573 CONTRACEPTION APPOINTMENTS

485 IUD INSERTIONS

105 IMPLANON INSERTIONS



OUT AND ABOUT

- **SWOP:** The Sex Worker Outreach Program provided vital health services and support to the local sex worker community.
- **SHLiRP:** Schools outreach programs delivered sexual health education and STI testing to students.
- **STI Testing Outreach:** Partnered with local universities to provide accessible STI testing on campus.

EXPANDING ACCESS TO CERVICAL SCREENING SERVICES

The National Strategy for the elimination of Cervical Cancer outlines Australia's commitment to achieving equitable elimination of cervical cancer as a public health problem by 2035.

Through support from ACT Health and Community Services Directorate, in 2025-2026 SHFPACT was engaged to deliver a project designed to increase cervical screening uptake in unscreened and under-screened community members.
Outputs included:

- **537 episodes of cervical screening care** in clinic and at outreach events for unscreened and under-screened community members.
- **53 Community based, tailored education sessions** in a variety of languages, offering on the spot self-collect screening where possible.
- **Doubling** of the Well Women's Screening Courses for nurses.

AUSLARC

Training more clinicians in long-acting reversible contraception (LARC) with the AUSLARC Scholarship Program:

- AUSLARC is a national program led by Sexual and Reproductive Health Australia (SRHA) in partnership with the Royal Australian College of General Practitioners (RACGP) with funding by the Australian Government.
- Designed to deliver more choice and better access to long-term contraceptives by providing free training to health practitioners in the placement and removal of IUDs and birth control implants. SHFPACT is the ACT provider of the AUSLARC training.
- The AUSLARC Scholarship Program aims to:
  - **Expand access** to contraceptive choice, especially outside major cities.
  - **Build workforce capacity** in long-acting reversible contraception.
  - **Support health equity** through targeted investment in rural and regional areas.

DICE CLINIC

In February 2026, SHFPACT's Drop In Centre and Education (DICE) Clinic transitioned from an ACT Government pilot project into a highly successful partnership with our sector partner, Meridian.

Establishing a collaborative partnership framework between SHFPACT and Meridian, our organisations are committed to delivering activities together that:

- **Improve access to services and supports** for people who are disproportionately impacted by STIs and bloodborne viruses.
- Support people to **access affordable sexual health services** including testing and treatment.
- **Contributes to a comprehensive and sustainable service system** that provides safe, inclusive, and affirming services by harnessing the respective experience and strengths of each organisation.

DICE

638 APPOINTMENTS

60% UNDER THE AGE OF 25

30% IDENTIFIED AS LGBTIQA+

17% FROM A CALD BACKGROUND

EXPANDING ACCESS TO REPRODUCTIVE HEALTH CARE

In mid-2026, SHFPACT expanded our reproductive healthcare services to include Medical Termination of Pregnancy (MTOP) care and became a participant in the Women's Health Matters (WHM) ACT Reproductive Health Data Incentive Fund. Under this program, Canberrans can access MTOPs at no cost, representing a significant step forward in equitable access to reproductive health services.

Pelvic Pain Clinic

SHFPACT's Pelvic Pain Clinic, funded through the Capital Health Network, has continued to deliver a successful multipronged approach, designed to improve quality of life outcomes for patients, through individualised interventions and treatment plans, training and capacity building for GPs and Allied Health clinicians, and improved interconnection, networks and ongoing supports for the sector through the thriving ACT Pelvic Pain Network.

KEY ACHIEVEMENTS

191
INDIVIDUAL CLIENTS SUPPORTED

144
NURSE CONSULTS AND

220
DOCTOR CONSULTS

- On average, patients reported a reduction in symptom severity at 3 months, with continued improvement observed at 6 and 12 months.
- Overwhelmingly positive feedback received from patients, with an average score of 9/10 for "how likely patients were to recommend the pelvic pain clinic at SHFPACT to family or friends".
- Ongoing coordination of the ACT Pelvic Pain Network to deliver quarterly education sessions to clinicians across the ACT, including sessions led by social workers, a pain physiotherapist, and a pain specialist.
- Facilitated interprofessional collaboration by maintaining the ACT Pelvic Pain Network referral resource, connecting clinicians with a shared interest in pelvic pain.
- Nurse clinic services were expanded over the past 12 months to include 'flare planning' consultations.
- Commenced a partnership with physiotherapy clinic *NOKA* to introduce a 'Pelvic Pathways' education session and pelvic floor workshop.





Pregnancy Options Counselling

SHFPACT provides Canberra's only free pregnancy options counselling service for people with an unintended pregnancy. This service is client-centred, confidential, non-directive, and refers for all options. Appointments are an hour long and can be one off or more as needed. They are most commonly face to face; however, counselling can be provided by phone if required. Counselling sessions are offered at a variety of times across the week and SHFPACT endeavours to have no woman wait more than 48 hours to access an appointment.

KEY ACHIEVEMENTS

300
HOURS OF PREGNANCY OPTIONS COUNSELLING SESSIONS FUNDED BY HCSD

- Predominant themes of pregnancy options counselling sessions provided to people were decision making, fear of regret, lack of correct information and how to obtain relevant support.

Workforce Development and Training

SHFPACT delivers theory and clinical attachment training for medical practitioners, registered nurses and allied health professionals in sexual and reproductive healthcare. In addition, SHFPACT provides a wide range of workforce development and training activities to support workers in the education, youth, community, and disability support and advocacy sectors to improve reproductive and sexual health.

KEY ACTIVITIES

PROFESSIONAL DEVELOPMENT TRAINING

SHFPACT delivers a variety of training programs for clinicians, reflecting the organisation's dedication to improving reproductive health education and expanding the capabilities of healthcare providers in underserved areas.

This year SHFPACT continued our partnership with Sexual Health Victoria in delivering aspects of the SRHA Certificate in Sexual and Reproductive Health online, ensuring the training is flexible and accessible for GPs to attend. Our nationally recognised course has been updated to include self-paced online modules and a face-to-face workshop in addition to our clinical training placements.

528
HOURS TRAINING DOCTORS

794
HOURS TRAINING NURSES

A SNAPSHOT OF CLINICAL TRAINING THIS YEAR

3
DOCTORS COMPLETED CLINICAL PLACEMENTS FOR THE FPAA CERTIFICATE IN SEXUAL AND REPRODUCTIVE HEALTH

31
DOCTORS COMPLETED IMPLANON TRAINING

5
DOCTORS COMPLETED IUD TRAINING - THEORY

6
DOCTORS COMPLETED IUD TRAINING – PLACEMENT

16
REGISTERED NURSES ATTENDED THE THEORY COMPONENT OF THE WELL WOMEN'S SCREENING COURSE

17
REGISTERED NURSES COMPLETED WELL WOMEN'S SCREENING COURSE CLINICAL PLACEMENTS



INTRODUCING FUTURE CLINICIANS TO EQUITABLE SEXUAL AND REPRODUCTIVE HEALTHCARE

4
OBSERVATION PLACEMENTS PROVIDED FOR NURSE PRACTITIONER AND MIDWIFERY STUDENTS

20
REGISTRARS AND 5 MEDICAL STUDENTS ATTENDED A SEXUAL HEALTH OVERVIEW LECTURE

100+
MEDICAL STUDENTS ATTENDED A PRACTICAL PELVIC VAGINAL EXAMINATION

As part of our commitment to support the upskilling and professional development of pre-service professionals across the health, education, and community services industries, SHFPACT hosts placements for students in undergraduate and postgraduate study programs from a variety of vocational and tertiary education institutions. Students on placement work under the supervision of SHFPACT staff at all times and have the opportunity to meet course learning goals in a real work context. Student placements are typically engaged on projects or activities that make a real contribution to the work and impact of SHFPACT in the community.

NON-CLINICAL TRAINING

15
MENTAL HEALTH WORKERS RECEIVED BESPOKE TRAINING

150
SCHOOL PSYCHOLOGISTS, COUNSELLORS, YOUTH WORKERS AND ALLIED HEALTH WORKERS RECEIVED LOCATION-BASED TRAINING



Community and Schools Education

SHFPACT provides comprehensive, responsive and tailored programs to a broad range of community groups and schools on all aspects of sexual and reproductive health and rights as a part of Relationships and Sexuality Education.

KEY ACHIEVEMENTS

5821
STUDENTS IN THE ACT AND SURROUNDING AREAS PARTICIPATED IN EDUCATION SESSIONS.

The sessions were delivered in 38 schools, and topics covered included:

- Physical Changes of Puberty
- Respectful Relationships
- Consent
- Gender Stereotypes
- Protective Behaviours
- Healthy and Normal Bodies
- Gender and Sexuality
- Contraception
- STI and BBV prevention, detection and treatment



- Provided education sessions at various community settings including Bimberi, CAMHS Cottage, and numerous multicultural groups.
- Facilitated education and health promotion activities at various education settings including Public Schools, Private Schools, Catholic Schools, CIT, ANU Colleges, ACU, Primary Schools, High Schools and Colleges.
- 545 Parents attended 20 Parent Information Evenings regarding Relationships and Sexuality Education and content covered in school programs.
- Responded to the increased demand for more puberty and consent workshops in Grades 3 and 4, in line with the National Curriculum Version 9, providing puberty workshops for 558 students.
- Facilitated puberty workshops for 2238 students in Grades 5 and 6.
- 4 Senior secondary colleges were engaged in the Sexuality, Healthy Lifestyles and Relationships Program (SHLiRP) with 2579 students attending education sessions and 538 students engaging directly with educators at the health promotion table.
- Culturally and Linguistically Diverse (CALD) Educator provided 5 Sexual and Reproductive Health Education sessions to 83 people from Culturally and Linguistically Diverse Backgrounds (in Farsi, Dari and Pashtu).
- CALD Educator provided 7 education sessions to 12 parents (individually or as a couple) about age-appropriate Relationships and Sexuality Education (in Farsi, Dari and Pashtu).
- Provided 2 Sexual and Reproductive Health Education Sessions and Site Visits for 14 young people from 2 Community Services.
- Partnered with the research team at the University of Canberra as part of the Affiliated Schools Research Program (ASRP) to evaluate alternative models of Relationship and Sexuality Education (RSE) in schools and the effectiveness of SHFPACT's current primary school model in achieving its aims. The project is still in train.

SAIS

The Safe and Inclusive Schools Initiative (SAIS) program (funded by the ACT Education Directorate) is dedicated to assisting teachers and schools in the ACT to develop and maintain safe, inclusive environments for all children and young people regardless of their gender, presentation/identity, intersex status or sexual orientation.

KEY ACHIEVEMENTS

SAIS continued to provide training for teachers across five modules, including:

- Safe and Inclusive Schools Core Training
- Safe and Inclusive Schools Extension Training
- Teaching Sexuality and Relationships Education for Teachers of Preschool to Grade 2
- Teaching Relationships and Sexuality Education for Teachers of Grades 3-6
- Teaching Relationships and Sexuality Education in Secondary Schools

TAILORED SUPPORT

The team continued to provide tailored support to schools, offering expert, evidence-based advice and quality resources, enhancing the capacity of educators to deliver effective, inclusive education.

Plans commenced for the Student Leadership Day, (to be held in late 2026 in partnership with A Gender Agenda), which will provide the opportunity for 100 students and teachers from High schools across the ACT to come together to hear from expert speakers, participate in interactive workshops, and build connections.



Health Promotion and Information Services

SHFPACT works with community partner organisations to promote access to sexual and reproductive health services and improve sexual and reproductive health literacy through community-based health promotion projects and activities.

SHFPACT provides a range of health information resources in person, in print and online to inform decisions about sexual and reproductive health.

KEY ACHIEVEMENTS

THE SHFPACT TEAM ENGAGED WITH 1138 PEOPLE AT 17 EVENTS

- Provided 3 Health Information sessions that focused specifically on STIBBVs and these were attended by 201 people. 2 of these sessions were specifically tailored for 16 people from CALD backgrounds.
- 5 ANU Colleges collaborated with SHFPACT to run STIBBV testing events.
- 5 ANU colleges and one ACT Education Directorate College (for the second year in a row) organised a mandatory education session on respectful relationships, consent and STIBBVs.
- 538 students engaged with the Information Stalls provided as part of the SHLiRP program at 4 colleges.
- Maintained condom and health information stands at CIT Bruce and ANU Medical Centre (in partnership with the CIT Student Association and the ANU Medical Centre).



- 26 factsheets were reviewed for clinical currency and updated.
- The factsheets cover a range of current, evidence-based sexual & reproductive health information.
- Commenced a Syphilis campaign for women of childbearing age, in partnership with Meridian.
- Updated youth resource *You're So Sexy When You Aren't Transmitting STIs.*
- Handed out approximately 4000 condoms (attached to 2000 roses) on National Condom Day, discussing condom use with members of the public from all walks of life, and normalising conversations regarding STI prevention.

Disability services

SHFPACT supports people with disabilities by providing individual education, individual counselling and group education programs to enhance relationships, sexuality, sexual and reproductive health, and improve social safety skills. SHFPACT's disability services are informed by the SoSAFE! framework, tools and concepts. SHFPACT is a registered NDIS and accredited provider and receives funding from HCSD.



KEY ACHIEVEMENTS

- Facilitated 17 initial meetings for people with a disability or their family members/support workers, assisting with information/referrals related to sexuality, relationships, sexual health and wellbeing issues.
- Provided 40 individual education and counselling sessions for people with disabilities focusing on personal boundaries, consent, anatomy, steps to relationships, and healthy and unhealthy relationships.
- Predominant themes of counselling sessions included managing the impact of trauma, dealing with grief and loss, managing relationships, and understanding rights in relationships, including consent and personal boundaries.
- Attended 16 Case Conferences for counselling and education clients.
- Provided 5 group education sessions for 19 adults with disability for 2 organisations. Provided group and individual training to 75 teachers, support workers and parents.
- Engaged with 194 people at the Canberra Disability Expo.
- SHFPACT has continued as the ACT Hub (distributor) and provided 341 copies of SECCA's *Sexuality, Relationships and Your Rights* through a wide variety of activities including individual appointments, group sessions, parent information nights, and community information sessions.
- Successfully maintained NDIS Accreditation.

Safer Me Safer You

The Australian Commonwealth Department of Social Services (DSS) provided funding to SHFPACT to create greater social and sexual safety for people with disabilities by capacity building organisations and the workforce. The Safer Me Safer You project aims to create a future where people with disabilities, inclusive of all gender identities, experience social and sexual safety everywhere and always.

KEY ACTIVITIES

THE BIG MEETING

As part of the Amplifying the Voices component of the Safer Me Safer You Project, the final Big Meeting for the project was held on 23 June 2026 at ANU; with over 120 people in attendance both face-to-face and online, the event was a resounding success. In keeping with the principles of co-design by people with lived experience, The Project Advisory Group (PAG) selected the theme as *Safer Together* and played pivotal roles as presenters, speakers, MC and panellists on the day.

The Big Meeting is by, and for, people with disabilities and only features keynotes, speakers, performers and panellists who have a disability to highlight the voices and experiences of people with a disability, while challenging the stereotypes and stigma they face regarding social and sexual safety. Accessibility and inclusion were a centrepiece for the Big Meeting; SHFPACT carefully orchestrated the event to ensure full inclusion by using specialist supports including Sydney-based technical support team TekTronic (who support the Disability Expos), using Live captioning, Auslan Interpreters, art therapists and counsellors. Catering was provided by social enterprise Embrace Disability Group, and Mel Harrison, PAG leader, was the MC for the day.



The PAG also selected highly regarded speakers and performers for the day, including:

- Natalie Wade, the Associate Commissioner of the NDIS Quality and Safeguards Commission and Chief Legal Counsel
- Heidi LaPaglia, Neurodivergence advocate and lived experience advisor
- Alexandra Hudson, international comedian
- Danny Rumsey, former Olympian and Veah Harp Musician
- The Xtreme Stars Dancers a Canberra Based Dance Troupe
- Yenn Purkis: PAG Member, author, Ted Talk presenter, blogger and passionate advocate for Autistic people and their families
- Kate Fiedler PAG Member, public speaker and disability advocate
- A panel session, involving all PAG members discussing the National Guidelines for Social and Sexual Safety.

The ACT Minister for Disability, Carers and Community Services, Suzanne Orr MLA, provided a short address to participants.













Safer Me
Safer You



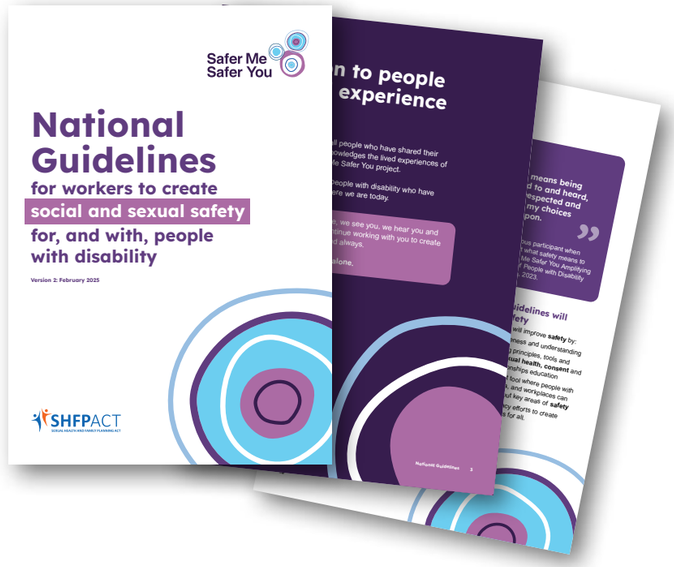


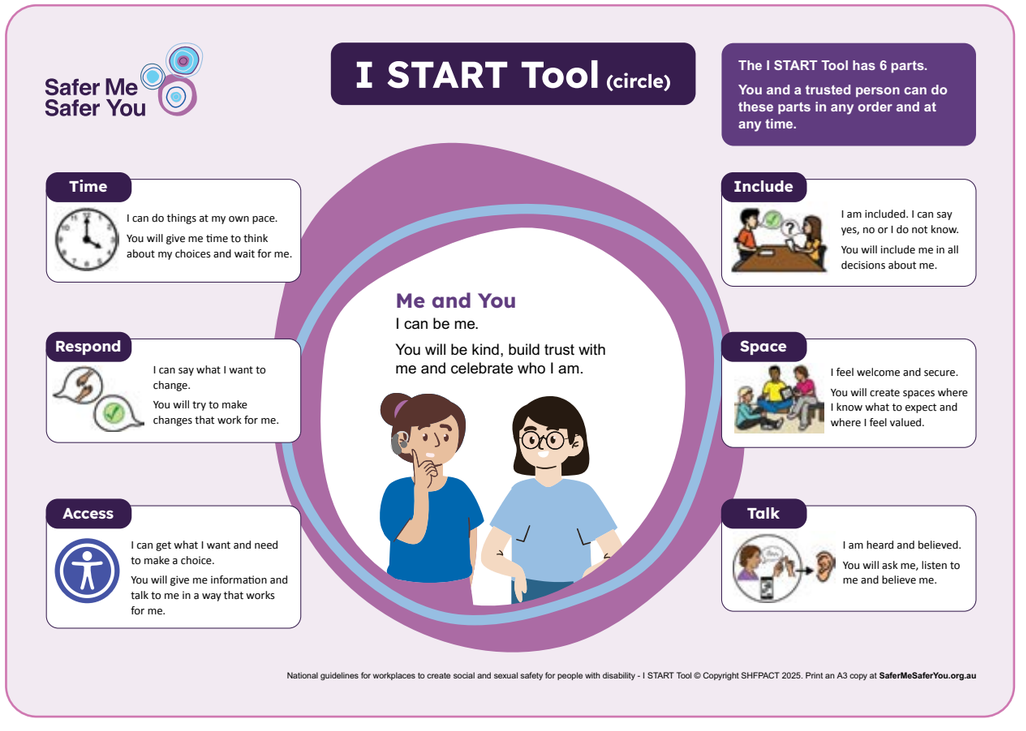




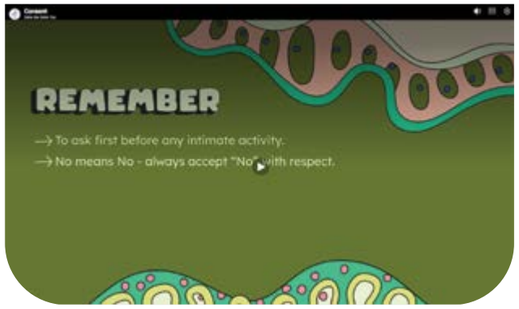
THE NATIONAL GUIDELINES FOR SOCIAL AND SEXUAL SAFETY

Another significant achievement of the project was the completion and piloting of the *National Guidelines for Workers to create social and sexual Safety for People with a Disability Training* package, following a year-long co-design and development process between the Safer Me Safer You project and peak body People With Disability Australia (PWDA). The National Guidelines for Social and Sexual Safety and accompanying ISTART tool were developed into a half-day face-to-face training package in a Co-Design project conducted with 5 members of the Safer Me Safer You Project Advisory Group and 5 people with Lived Experience from People with Disabilities Australia (PWDA).





FINALISATION OF CO-DESIGNED RESOURCES



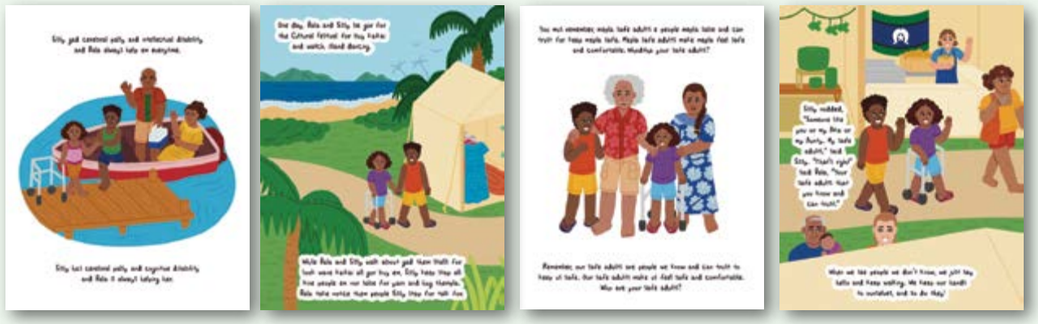
1. Coproduction of four sexual health and respectful relationships animations with Saltwater Films and Kowanyama State School Queensland for use in First Nations schools and communities across Cape York and Torres Strait.



3. Video production of a 7 minute film to mark the end of the Safer Me Safer You project. The film was made by local ACT multi-award-winning video production company Wolf Lab to honour and capture the work of the project, celebrate the voices of people with lived experience, and communicate the achievements of Safer Me Safer You. The video featuring members of the PAG, Project Partners and Collaborators, sought to walk alongside people with disability to understand what social and sexual safety truly means in day-to-day life. The video captured the impact of the project's work to date, highlighting moments of learning and courage and to celebrate the voices that have guided the way. Ultimately, the film aimed to imbue viewers with the awareness and knowledge of what the project discovered – what safety is and looks like for people with disability – and invited them to act - to create a more respectful, safe, inclusive and responsive community.



2. The illustration and printing of the "Bala Why Me?" children's book; a fourteen-page, sketched illustration, sexual safety story for use in remote communities in the Cape and Torres Strait Islands. This book was co-designed between Althea McKeown, Torres Strait Islander Elder and children's author and the Kowanyama State School Queensland's Head of Department, Helga Scott.



Child Sexual Exploitation Community of Practice Project

The Child Sexual Exploitation (CSE) Community of Practice Project, is a two-year activity funded by the Domestic, Family and Sexual Violence Office (DFSVO), and led by Sexual Health and Family Planning ACT (SHFPACT). The focus of the project is to provide:

Community-Based Prevention of Sexual Violence Activities with a specific focus on children and young people who are at risk of sexual exploitation or engaging in risky sexual behaviours.

Furthermore, the aims of this Activity are to:

- Strengthen sector collaboration and workforce development to increase and improve evidence-informed practices in preventing CSE.
- Increase awareness to support CSE prevention efforts in the ACT community.
- Increase responses and access to support services for children and young people at risk of or experiencing CSE.

Child Sexual Exploitation in the ACT, while not new, has been relatively invisible, but the problem is increasing in complexity and prevalence, both locally and nationally. In 2025, SHFPACT became aware of increasing concerns about CSE in the community from advocates and service providers - particularly those working across child protection, sexual health and human rights. Given the complex and emotive nature of CSE, SHFPACT established a smaller Community of Practice Working Group comprised of stakeholders with deeper knowledge and direct expertise in the prevention of and appropriate responding to CSE in the ACT. This group has met regularly and provided oversight for the project and includes 12 members from

- Child Youth and Families within HCSD.
- The Public Advocate and ACT Human Rights Commission.
- ACT Therapeutic Support Panel.
- Australian Federal Police Proactive, Intervention and Diversion Team.
- Out-of-Home Care Providers MacKillop Family Services and Capability Support.

The Working group have met regularly and created a shared understanding of the issue and the way forward, data collection and sharing protocols, established the Terms of Reference, developed legislative mapping for the ACT, and developed case studies to demonstrate the complexity of CSE and contact offending in the ACT. Planning has commenced for a Child Sexual Exploitation Awareness Forum later in 2026 which will bring together local, national and international leaders to raise awareness and bring together local providers to prevent CSE, by supporting them to understand CSE indicators, vulnerabilities, recruitment methods and how to intervene effectively.

Where have we been?

EDUCATION SESSIONS

Bimberi Youth Justice Centre
Burgmann Anglican School
CAMHS Cottage
Campbell Primary School
Canberra College
Canberra Girls Grammar School
Canberra Grammar School
Canberra High School
Carers ACT
Charnwood-Dunlop School
Curtin Primary School
Duffy Primary
Erindale College
Evatt Primary School
Farrer Primary School
Forrest Primary School
Franklin School
Galilee School
Gold Creek School
Gordon Primary School
Gundaroo Public School
Hawker College
Hughes Primary School
Lake Tuggeranong College
Latham Primary School
Majura Primary School
Margaret Hendry School
Maribyrnong Primary School
MARSS
Monash Primary
Mount Taylor Primary School
Neville Bonner School
North Ainslie Primary School
Project Independence
Radford College
Red Hill Primary School
St Francis Xavier College
Sutton Public School
The Anglican School Googong
Theo Notaras Multicultural Centre
Turner School
Weetangera School
Wanniassa Hills Primary School
Yarralumla Primary School

COMMUNITY OUTREACH AND HEALTH PROMOTION

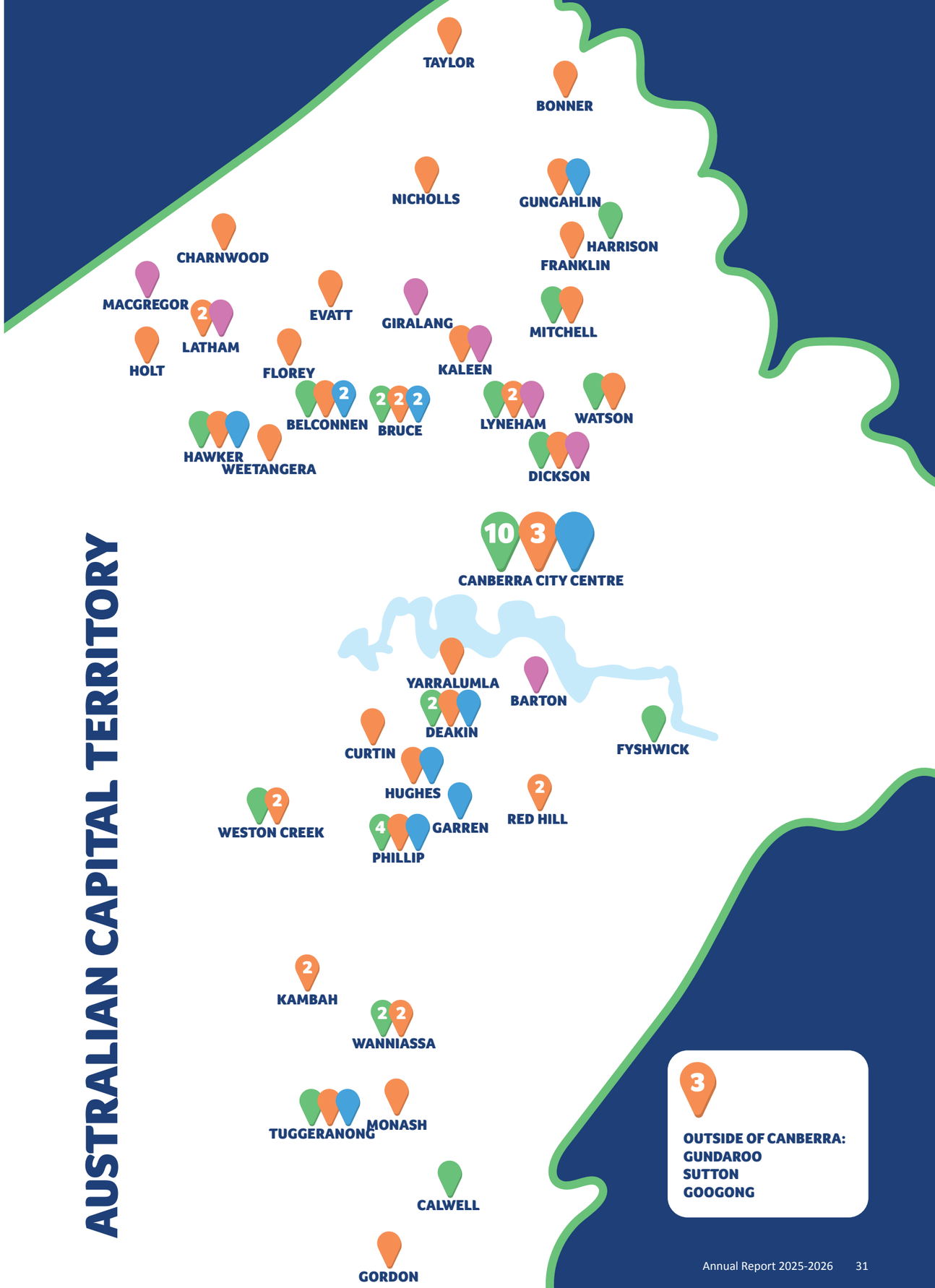
ACT Government
ANU
ANU Wamburun Hall
ANU Bruce Hall
ANU Wright Hall
Australian Catholic University
Barnardos
BreastScreen ACT
Canberra College
CIT Bruce
CIT Fyshwick
CIT Reid
CIT Woden
City Community Health Centre
Downs Syndrome ACT
Embassy of the Islamic Republic of Afghanistan
EPIC
Erindale College
Focus ACT
Gugan Gulwan Aboriginal Corporation
Harrison School
Hawker College
Koomari
Lake Tuggeranong College
Lyneham High School
Parliament house
Questcare Belconnen
SpringOut
Stellar Experiences
Support Asian Women's Friendship Association Inc. (SAWs)
University of Canberra

TRAINING SESSIONS

Emmaus Christian School
Giralang Primary School
Kaleen Primary School
Latham Primary School
Macgregor Primary School
Mackillop House
Telopea Park School

ADDITIONAL COMMUNITY OUTREACH AND HEALTH PROMOTION

University of Canberra Hospital
Hawker College
Afghan Peace Foundation
MTC Belconnen
CIT Gungahlin
Fernwood Tuggeranong
The Canberra Hospital
Theo Notaras Multicultural centre
Warrigal Nursing Home Hughes
Stella Disability Service
Quest Care
Billy Cart Behaviour
Afghanistan Embassy



A year with SHFPACT


























Small Chicken HSP
Lamb Kofta Kebab
Falafel Kebab
Sauce




Winner
Dr Nilofar Ebrahimi
What does multiculturalism mean to you?
"Multiculturalism is not a word, it means belonging"




BIG NUMBERS
4,006
1,971
3,919
145
319
1,306
837
12,000+
55.8K
CANBERRA MUSEUM + GALLERY








SEXUAL AND REPRODUCTIVE HEALTH AUSTRALIA




LETS TALK ABOUT SEX
YOU CAN'T ASK THAT!
SEXUAL AND REPRODUCTIVE HEALTH AUSTRALIA

Thank you to our Partners

Sexual Health and Family Planning ACT would like to extend a special thank you to the following organisations, partners, and people.

ACT policing
A Gender Agenda
Association of Parents & Friends of ACT Schools (APFACTS)
Assurance Accounts
Australasian Sexual Health & HIV Nurses Association (ASHHNA)
ACT Children's and Young People Commissioner and Advocate – Jodie Griffiths - Cook
ACT Council of Social Service (ACTCOSS)
ACT Downs Syndrome and Intellectual Disability
ACT Health and Community Services Directorate
ACT Education Directorate
ACT Teacher Quality Institute (TQI)
ACT Walk In Centres, Canberra Health Services
Alex Hudson - comedian
Australian College of Rural & Remote Medicine
Australian Government Dept of Social Services
Australian Education Union (ACT)
Australian National University
ANU Respectful Relationships Unit
ANU Students Association
ANU Medical School
Any Sign
Australian Primary Health Nurses Association (APHNA)
Australian Research Centre for Sex, Health & Society (ARCSHS), La Trobe University
Awesome Installations
Bytes 'n Colours
Canberra Institute of Technology
Canberra Rape Crisis Centre
Canberra Sexual Health Centre, Canberra Health Services
Capability Support
Capital Health Network
Capital Region Community Services (CRCS)
Capital Pathology
CentreRed IT
CIT Students Association
Civic Insurance Brokers
Clarissa Lee
Danny Rumsey – musician
Dingwall & Co., Tim Dingwall
Domestic Violence Crisis Service Canberra
Eat Your Words, caterer
Elect Printing
Embrace Disability Group
EzyasKitchens
Foremind
Forensic & Medical Sexual Assault Care, Canberra Hospital
FUSE Magazine
Fused Electrical
Griffin Legal
Heidi LaPaglia – Disability Advocate
Helga Scott
Hepatitis ACT
Highwire Group
James Prior, Prova Accountants
LEAD
Lithium Innovation Pty Ltd
Mackillop Family Services
Masterprint
Meridian
Oscar's Bakery
Project Paradigm
Northside Community Service
Parents & Citizens Council of the ACT
Royal Australasian College of General Practitioners (RACGP)
Safer Me Safer You Project Advisory Group;
Mel Harrison



Rachael Leahcar
Ruth Faragher
Jenny Watts – Sampson
Rachel Wotton
Kate Fiedler
Amanda Ellis
Freya Wolf
Janelle Brown
Liz Yates
Cate Barclay
Sarah Austin
Sexual and Reproduce Health Australia (SRHA)
Sisters in Spirit – Aboriginal Corporation
Sitting Low, Reaching High, Mel Harrison
Society of Australian Sexologists (SAS)
Tailored HR Solutions
Therapeutic Support Panel
The STOP Campaign
University of Canberra School of Education
University of Canberra School of Midwifery
UC Medical & Counselling Centre
UC Students' Association
Winnunga Nimmityjah Aboriginal Medical Service
Women's Health Matters
Women's Health Service, Canberra Health Services
Women With Disabilities ACT (WWDACT)
Xtreme Stars Dance Troupe
Yerrabi Yurwang
Youth Coalition ACT
Wolflab

AND SPECIAL THANKS TO;

Our members and clients who donated to SHFPACT, especially the extraordinarily generous anonymous donor who contributed $40,000 towards the purchase of an ultrasound to support clinical service delivery.

All other organisations in the Sexual and Reproductive Health Australia alliance

Meridian and A Gender Agenda with whom we formalised our partnerships by signing MOUs and co-delivering services.

Presenters from our community partner organisations and community of professional support who contributed to outstanding learning opportunities for participants in our training programs.

Students and staff of ACT schools who supported delivery of sexual health and relationships education programs and sexual health promotion activities.

Residents and staff of university residential colleges who facilitated and participated in sexual health promotion outreach activities.

Members of the SHFPACT Council, who voluntarily contributed their time, expertise and wisdom to guide the organisation on behalf of the wider membership.

Members of the ACT Legislative Assembly for their continued leadership and public service.

SHFPACT Staff 2025/26

RECEPTION & CLINIC SUPPORT

Tegan Bancroft
Rhea Donaldson
Sinead Ellis
Susanne Gardiner
Kylie King
Stephanie Scott – Wetzell
Amber Barancewicz

SEXUAL HEALTH NURSES

Anne Carroll
Bella Dickens
Amy Faden
Kellis Francis
Hilary Freeman*
Victoria Kilpatrick*
Angela Knight
Libby McCutchan
Tammy Souquet
Maudie Todkill
Elise Venrooy

MEDICAL OFFICERS

Dr Caroline Ahern
Dr Tracey Baker
Dr Tara Frommer
Dr Monique Hayes
Dr Heidi He
Dr Clare Holberton
Dr Yoo-Mi Kim
Dr Roxanna Lane
Dr Martina Mende
Dr Jill McCann
Dr Nicola Murphy
Dr Rosa O'Kane
Dr Shona Schadel
Dr Jess Tidemann

HEALTH PROMOTION, EDUCATION & TRAINING

Tegan Bancroft
Amber Barancewicz
Melissa Bennett
Rhiannon Buckley
Stef Clarke
Demeter Davis
Dr Nilofar Ebrahimi
Peter Hyndal
Meg Rollings
Angela Rule
Kat Vella*

PREGNANCY OPTIONS COUNSELLORS

Anne Carroll
Demeter Davis
Hilary Freeman*
Angela Rule

SAFER ME SAFER YOU (SMSY) PROJECT TEAM

Tenille Abell
Cate Barclay*
Jessica Cordwell*
Amanda Damian*
Sue Gore-Phillips*
Dr Sheridan Kerr*
Yundi (Maggie) Li

BUSINESS SERVICES, FINANCE & ADMINISTRATION

Leanne Blewitt
Emily Koivisto

MARKETING & COMMUNICATIONS

Jessica Cordwell*

EXECUTIVE OFFICER/ EXECUTIVE ASSISTANT TO THE CEO

Megan Wyche

DEPUTY CEO

Sarah Jane Olsen

CEO

Tracey Hall

(* Indicates the staff member left during the year)



SHFPACT
SEXUAL HEALTH AND FAMILY PLANNING ACT

Level 1, 28 University Ave
Canberra ACT 2601
shfpact@shfpact.org.au
02 6247 3077

shfpact.org.au

Some icons created by Flaticon
Some images supplied from
unsplash and vecteezy.com