



ANNUAL REPORT

2021-2022



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



SUPPORTING STUDENTS AFFIRMING GENDER AT SCHOOL

SAFE AND INCLUSIVE
SCHOOLS INITIATIVE

GOOD PRACTICE
GUIDE

Safe & Inclusive
SCHOOLS Initiative

The The Good Practice Guide was produced as part of the ACT Safe and Inclusive Schools Initiative, and developed collaboratively with staff from Sexual Health and Family Planning ACT and A Gender Agenda. The Initiative is grateful for the review and input of educators and others from ACT Education Directorate.

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ANNUAL
REPORT
ONLINE**



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GET INVOLVED



ABOUT SHFPACT

Sexual Health and Family Planning ACT (SHFPACT) is a community not-for-profit, non-government, membership-based incorporated association and an ATO-endorsed health promotion charity and deductible gift recipient. We have served the Canberra community and the region for over fifty years. There are a range of ways you can engage with us by becoming a Friend or a Member of SHFPACT.

FRIENDS OF SHFPACT

Becoming a 'Friend of SHFPACT' is a great way to show your support for the work and goals of our organisation, and means you will be kept up to date on SHFPACT activities through regular communications. Members and Friends of SHFPACT enjoy the following member benefits:

- > Discounted clinic consultations
- > Discounted purchases from bookshop (5%)
- > Invitation to annual member events
- > Members communications (3 per year)
- > Discount on training course fees (10%)*

*SHFPACT Professional Members

Friends of SHFPACT are regularly called on to assist with the preparation of condom packs for distribution in the Canberra community. This activity can be an engaging way to start a conversation about safe sex in your family or social network! Friends of SHFPACT enjoy the same benefits of ordinary membership of the association without the obligations of attendance or voting rights at general meetings.

**BECOME A MEMBER
OR FRIEND OF SHFPACT
AND SUPPORT OUR WORK!**

ASSOCIATION MEMBERSHIP

Association membership is another way to support our work. Membership includes community members and community organisations, government service providers, academics and health professionals.

Members of the association have voting rights at general meetings and are eligible for nomination to the SHFPACT Council once a minimum period of financial membership is served. Association membership is a way to get actively involved in the life of SHFPACT.

VOLUNTEERS AND STUDENT PLACEMENTS

SHFPACT welcomes inquiries from students in programs of study relevant to our areas of work for student placements and projects. In the past these have involved people studying health promotion, community education, sexology, nursing, medicine and gender studies, amongst others undertaking needs assessment and research projects, and participating in SHFPACT's service delivery activities.

VISIT SHFPACT.ORG.AU OR
CALL 02 6247 3077 FOR MORE
INFORMATION. ALL DONATIONS
TO SHFPACT OVER \$2.00 ARE
TAX DEDUCTIBLE.

OUR WORK

OUR PURPOSE

We improve sexual and reproductive health for the Canberra community within a framework of human rights, social justice, and prudent financial management for long-term sustainability.

OUR VISION

We are a dynamic, effective and trusted organisation leading and contributing to coordinated responses that support sexual and reproductive health and rights, particularly of priority populations.

OUR PRINCIPLES

We believe that sexual and reproductive rights are human rights related to sexuality, reproduction and relationships, and that the expression of sexuality occurs across the lifespan. We affirm and advocate anti-discrimination principles set out in ACT and Australian laws and international conventions.

OUR IMPACT

We work using a public health and health promotion model to enable increased access to sexual and reproductive health services for all Canberrans with a focus on priority populations through capacity building approaches and working in partnership with others.

We prioritise the following populations to access and achieve improved sexual and reproductive health:

- Young people
- People on low incomes or who are otherwise facing financial hardship and disadvantage
- People from culturally and linguistically diverse backgrounds
- People with disabilities
- Aboriginal and Torres Strait Islanders
- People who identify as gay, lesbian, bisexual or queer; people who are same-sex attracted; and people who are sex and/or gender-diverse

Furthermore, we recognise the needs of these priority populations are not uniform and many people may experience multiple forms of disadvantage. SHFPACT addresses sexual health barriers by:

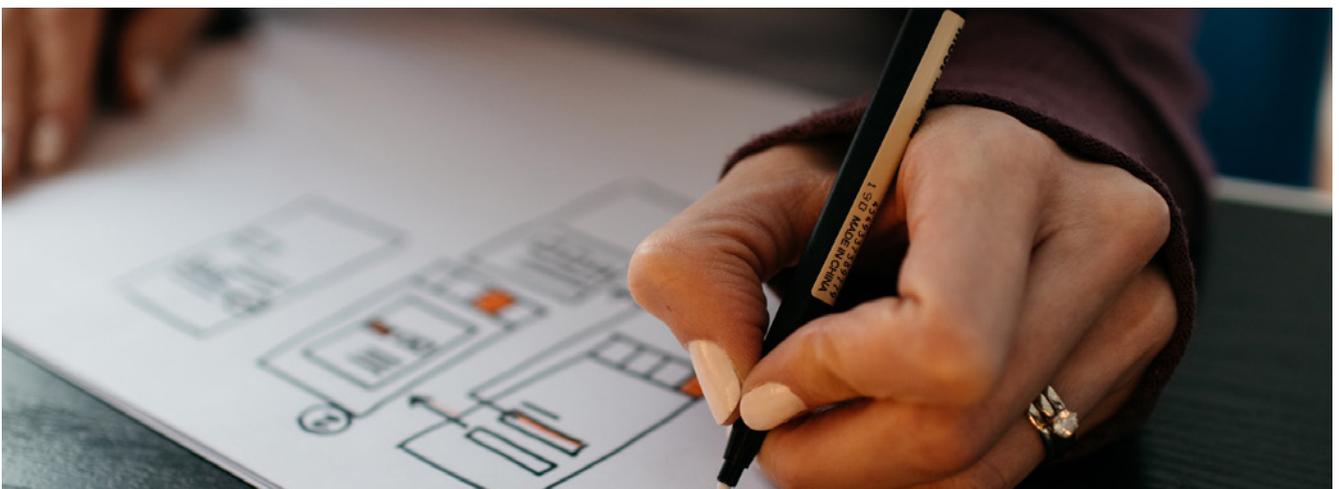
- Consulting with particular communities to identify their needs
- Providing cost-effective, evidence-based programs and services that address identified needs
- Engaging in advocacy
- Building capacity/knowledge and agency
- Collaborating with a variety of agencies

Examples of this work include:

- Newly formed Youth Advisory Group
- Collaborations in the ACT STIBBV Health Advisory Committee
- Strong advocacy in Sexual Violence Reform initiative (ACT Government)

OUR GOALS & OBJECTIVES

1. We will address barriers to and improve sexual and reproductive health and rights status of the Canberra community.
 - a. We will deliver high quality services that support and improve the sexual and reproductive health status and wellbeing for all Canberrans.
 - b. We will make our services known, accessible and used by those who need or benefit from them.
2. We will increase the profile of sexual and reproductive health issues and address barriers to reproductive and sexual health with policymakers, decision makers and the broader community.
 - a. We will collaborate effectively with key partners and build new partnerships to achieve common goals.
 - b. We will demonstrate and share effective models for improving reproductive and sexual health and rights, and address barriers to reproductive and sexual health.
 - c. We will lead responses that support sexual and reproductive health and rights, and influence public policy and systems to improve health outcomes and respect for sexual and reproductive health and rights for individuals, couples, families and communities.
3. We will strengthen our organisational systems, capacity and capabilities.
 - a. We will invest in the staff, facilities, information and communications technology infrastructure required to achieve our goals and mission.
 - b. We will accurately understand our relative strengths and competitive advantage, and plan accordingly.
 - c. We will invest our financial resources to support services, activities and programs that improve reproductive and sexual health and rights in the Canberra community.



OUR VALUES PRINCIPLES & APPROACH

OUR VALUES

- We value person-centred and pro-choice service delivery.
- We value the benefits and challenges that come from our community's diversity, and are committed to learning with and from diverse community members to better advocate for and address their needs.
- We value the understanding of community health needs and health outcomes that derive from an analysis of the social determinants of health and wellbeing.
- We value sharing of information about community needs in order to collaboratively address diverse health needs through targeted prevention and intervention approaches.

OUR PRINCIPLES

- We affirm that sexual and reproductive rights are human rights related to sexuality, reproduction and relationships.
- We affirm that the expression of sexuality occurs across the lifespan, and that sexual and reproductive health needs evolve and change at different stages of life, and in different social and relational contexts.
- We affirm the anti-discrimination principles set out in ACT and Australian laws and international conventions.
- We affirm the need to use capacity building approaches and work in partnership with others.

OUR APPROACH

- We work within a health promotion framework that unites the various services and diverse activities undertaken by the organisation in achieving our purpose.
- We work within, and advocate for, a comprehensive definition of sexual and reproductive health consistent with the World Health Organisation's definitions.
- We work using the lens of evidence-based healthcare.
- We work to achieve equitable access to high quality, affordable, relevant and accessible services for priority populations.

CANBERRA MENOPAUSE CENTRE

MENOPAUSE AND YOU

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AFFECT YOUR LIFE AND WHAT THE
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CAN DO FOR YOU. **CALL 6247 3077**

OUR SERVICES

CLINICAL SERVICES IN THE AREA OF 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, and women's and men's healthcare. Services are provided from a primary clinical site and through outreach activities.

COUNSELLING

SHFPACT provides Canberra's only free unplanned pregnancy counselling service that is client-centred, non-directive and refers for all pregnancy options.

SHFPACT supports people with disabilities through one-to-one and group counselling programs to enhance relationships, sexuality, sexual and reproductive health, and social safety skills and understanding.

PROFESSIONAL DEVELOPMENT

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

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, and sexuality and relationships education.

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.

COUNCIL PRESIDENT & EXECUTIVE DIRECTOR REPORT

2021-2022 has been a year that SHFPACT's steady, determined and persistent commitment to its purpose and mission of improving reproductive and sexual health of the Canberra community, advocacy for public policy and resourcing to address the needs of priority populations, and building for the long-term through the recent years of uncertainty and constraint, resulted suddenly in a flurry of new opportunities and growth in its work.

The year started strongly – continuing the long period of relative stability in the public health response to the pandemic – but with an abrupt return to lockdown in August 2021 in response to growing COVID-19 transmission in the ACT community. This had an immediate impact on the delivery of SHFPACT's education and training services, especially as schools navigated a second return to online learning, and teaching staff and community workers focused on immediate needs.

SHFPACT's clinical services were ready, however, having built on the prior year's experience, and pivoted seamlessly to a combination of telehealth and in-person consultations, and continued providing essential face-to-face services throughout the lockdown period to mid-October 2021. It is a tribute to the commitment and flexibility of SHFPACT's clinicians and its senior clinical leadership team in particular that constant monitoring and changes to our service settings was managed almost invisibly to our service users and clients, and that there has been no disruption to clinical services delivery since the first lockdown in early 2020.

Cancelled and deferred activity in term 3 of 2021 for community and schools education services gave the Education, Health Promotion & Training (EHPT) team some space for program planning and review. Throughout this year, the EHPT team has embarked on a range of quality improvement activities, including the design and trial of new health education materials, the ongoing policy and suite of information resources review for our NDIS services and NDIS registration quality action plan, and the review and update of ACT Teacher Quality Institute (TQI) accredited training courses for teachers. One of the legacies of the demands for school communities to move their education settings so significantly in short periods of time has been a continuing suppressed demand for all school-focused professional development training offered by SHFPACT well into 2022.

A major change in the way public health management of pandemic-related risks occurred during the 2021-22 summer, and the SHFPACT management team returned early to review and update our COVID-safe policy and protocols in light of a significant shift from close ACT Health management of COVID exposure, isolation and quarantine requirements, to much greater individual and organisation responsibility for assessing and responding to risk. This shift proved a risk management challenge across the ACT non-government organisations sector who serve Canberra's communities who experience high marginalisation and are additionally vulnerable to poor health outcomes.

SHFPACT staff collaborated and communicated closely with other health, education and community services providers during this period to both assess and mitigate these risks.

From January 2022, SHFPACT commenced activity for direct ACT Government funding for sexual health education and other supports for people with disabilities. This funding was a 2020 election commitment of the incoming ACT Government, and was announced in the 2021 ACT Budget. The renewed program has four focus areas: accessible sexual and reproductive health information, supporting schools based health education for students with disabilities, capacity building training for the disability support services sector, and supporting SHFPACT's ability to engage with complex needs and community members who do not have NDIS packages in their health and support needs planning. Many of these had been significantly curtailed after the NDIS transitions in 2016, and the organisation is grateful for restored ACT Government funding support to address these unmet needs.

In early 2022, SHFPACT signed a three-year funding agreement with the Department of Social Services (DSS) for delivery of a national project as part of Australian Government policy and funding commitments to reduce violence against women and girls with disability. The project builds on SHFPACT's SoSAFE! Framework, and will resource implementation projects across the country using SoSAFE! Framework, as well as facilitating a health and disability support sector-development project to document good practice guidelines in the role that respectful relationships and health education programs can play in sexual violence prevention and response with women and girls with disability. SHFPACT is particularly pleased to commence its initial implementation project in Tasmania's north-west with our longstanding SoSAFE! Training Partner, Family Planning Tasmania.

And SHFPACT was successful in a multi-year Healthy Canberra Grants (ACT Health Promotion Grants program) application for a collaborative project with Hepatitis ACT to engage and support young people, with a focus on the cultural diversity of Canberra's community, as peer advocates, educators and champions on sexual health and blood-borne virus needs. The project runs over two years.

All of these wonderful new project opportunities, combined with our ongoing service delivery commitments, have provided SHFPACT with the benefits and challenge of growing our staff team and organisation again after several years of close, conservative financial management.

We have welcomed many new staff to our growing team, leased new office premises to support the Safer Girls Safer Women Project (DSS), and engaged a second Senior Director position to navigate our organisation and services development over the next years.

This development includes the review and update of our strategic directions, navigating the uncertainties and opportunities of a major reform in ACT Health funding to non-government organisations through an evolving commissioning approach to health services planning and resourcing, continuing to contribute to good public policy for reproductive and sexual health outcomes, and pursuing new registration and accreditation processes in line with our current and evolving services offer in the Canberra community.

On the advocacy and public policy front, SHFPACT contributed heavily to the work of the Sexual Assault Prevention & Response project through the second half of 2021, with the final Steering Committee Report being submitted to ACT Government in December 2021. In June 2022, the ACT Government response was received, assenting to the vast majority of recommendations. SHFPACT joined with other civil society actors to publicly call for ACT Government to back its policy support with funding commitments in ACT Budget 2022, and a range of immediate priority actions and resources were announced. SHFPACT will play an ongoing role in the prevention agenda for sexual violence, in keeping with the organisation's longstanding work in health promotion and health education.

ACT Budget 2022 also announced new ACT Government financial commitments to fund abortion access and long-acting reversible contraception for Canberrans, and SHFPACT looks forward to contributing to the design and roll out of the service system to deliver on this commitment in the coming year.

SOPHIE FISHER
COUNCIL PRESIDENT

TIM BAVINTON
EXECUTIVE DIRECTOR

COUNCIL

SHFPACT Council is the governing body of the organisation, its 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 next AGM.

Council membership was largely consistent across the 2021-22 year, with a core continuing group of members elected at the 2019 Annual General Meeting continuing in key roles of the Executive Committee. Janelle Weissman ended her period of service on the SHFPACT Council at the AGM 2021 and Sophie Fisher was elected President of the Council in August 2021 to support a smooth transition in Council leadership. Lucy Mitchell and Zyl Hovenga-Wauchope were co-opted to Council in October 2021, bringing valuable clinical and business operations skills to the Council mix.

Key focuses for Council across 2021-22 were supporting SHFPACT management and team to adjust to the COVID-normal environment, bedding down strong strategic governance of the many exciting, new initiatives taken on by the organisation across the financial year and ensuring the organisation has the necessary capacity to deliver on this broader agenda, including through the growth of the senior management team. The establishment of the Finance, Audit and Risk Management subcommittee, led by Council Treasurer Josephine Schumann, has also provided an important additional layer of due diligence to the organisation.

The Council met with senior executive staff in March 2022 to undertake a review of strategic plan priorities in light of the new and emerging opportunities, and in light of the impacts of the public health response to the global pandemic on progression of those priorities in the previous two years.

Council commends the SHFPACT management team and broader staff for their resilience, agility and commitment to continuing to deliver important services to our community over a number of very challenging years.

COUNCIL MEMBERS 2021-2022

PRESIDENT	Janelle Weissman (to August 2021) Sophie Fisher (from August 2021)
VICE-PRESIDENT	Melissa Hobbs
TREASURER	Josephine Schumann
SECRETARY	Lucy Mitchell (from October 2021)
MEMBER	Bronwyn Clark
MEMBER	Sarah Avery (to November 2021)
MEMBER	Zyl Hovenga-Wauchope (from October 2021)

FINANCIAL PERFORMANCE

After the previous financial year's extraordinary results, SHFPACT has returned to a financial performance result more in line with trend of recent years and delivered a small surplus result of \$34,612 (FY2021: surplus \$307,494). The result is better than the budgeted forecast, which anticipated a deficit result for increased employment costs that has been mitigated by increased funding during the year not anticipated in the original budget approved by Council.

Members and other stakeholders will notice significant increases compared to the prior year in the cash assets and other current liabilities in the balance sheet and cash flow position for the financial year that reflects increased funding streams and income in advance received in financial year 2022 and carried forward to future years, most notably from the first payment tranche in May 2022 of SHFPACT's new funding contract with Department of Social Services for the Safer Girls Safer Women project. Other income in advance from the ACT Healthy Canberra Grants and unexpended funds from ACT Health for the sexual health services for people with disabilities projects also contribute to this difference.

SHFPACT ended the financial year with a current ratio of 1.35:1 compared with FY2021 2.54:1. This falls below the financial sustainability target of a current ratio of 2:1, as a result of the carrying balances for project funds carried forward. The relevant funding contracts permit such carrying forward of unexpended funds, and will continue for at least the next two financial years.

ACT and Australian Government financial supports for community organisations and businesses were more targeted in the second lockdown period in August–October 2021, and SHFPACT benefitted from the ACT Government's COVID Business Support Grants to mitigate loss of fees income for unfunded service activity, albeit as a much smaller quantum than the previous financial year's pandemic-related government financial support.

SHFPACT's fees income for unfunded clinical services grew by 20% despite another lockdown period, where education/training income was generally lower due to the impacts especially in the schools/education sector of this lockdown.

In line with SHFPACT' strategic revenue diversification goals, income from the SoSAFE! Framework increased this year for the sale of SoSAFE! Resources to participants and SoSAFE! Training Partners interstate and internationally, who are also experience increasing demand for the training programs they offer, as has SHFPACT in the courses provided directly in Australia. SHFPACT's investment in the 2016 acquisition of the SoSAFE! Framework continues to provide a net positive contribution to revenue and financial position of the organisation, in addition to its furtherance of SHFPACT's mission and purpose, and total revenue from related activity has already significantly exceeded the original purchase price. In this financial year, the SoSAFE! Framework was a core factor in securing DSS funding for the next three years.

SHFPACT Council approved a budget in June 2022 anticipating a surplus result of \$15,386 for financial year 2022–23.

The audit of SHFPACT's financial statements for financial year 2022 was conducted by Bellchambers Barrett. This is the third audit conducted by the firm for SHFPACT. The audit finding is an unqualified result.



Sexual Health Lifestyles & Relationships Program (SHLIRP) with Canberra Sexual Health Centre (Canberra Health Services) visits ACT senior secondary colleges, and on-campus residential colleges.

2021-2022 SERVICE SUMMARY

PROVISION OF REPRODUCTIVE AND SEXUAL HEALTH CLINICAL SERVICES

SHFPACT makes a direct contribution to ensuring high quality, accessible and affordable clinical services for the Canberra community.

- Delivering free sexual and reproductive health clinical services funded by our service funding agreement with ACT Health, including in outreach settings.
- Applying a billing concessions policy to other unfunded family planning, reproductive health and sexual health services that minimises or eliminates the cost barrier for clients.
- Facilitating outreach clinical activities to reach individuals and communities who may not access a mainstream clinic.

The SHFPACT Clinic operates primarily on a fee-for-service basis – a bulk-billed/concession or standard fee is charged for most services. Services that are billed to or rebated by Medicare are not funded by or reported to ACT Health.

In 2021-22 the SHFPACT Clinic provided **4,391** consultations in total.

SHFPACT ACCESS CLINIC AND OUR OUTREACH SERVICES

These services are funded by ACT Health and free to the client. At SHFPACT's primary clinic location, these provide access to the full suite of reproductive and sexual health services at no charge, and are accessed primarily by young people and people who experience financial barriers accessing healthcare.

In outreach settings, these services are delivered primarily in partnership with outreach health education and sexual health testing activities such as the Sexual Health Lifestyles & Relationships Program (SHLiRP) with Canberra Sexual Health Centre (Canberra Health Services) to ACT senior secondary colleges, and on-campus residential colleges outreach health promotion and testing events.

In 2021-22, **605** clinic consultations (14% of total clinical services provided by SHFPACT) were directly funded by ACT Health and provided free to the client, and an additional **545** nursing consultations (12% of total) were subsidised by ACT Health.

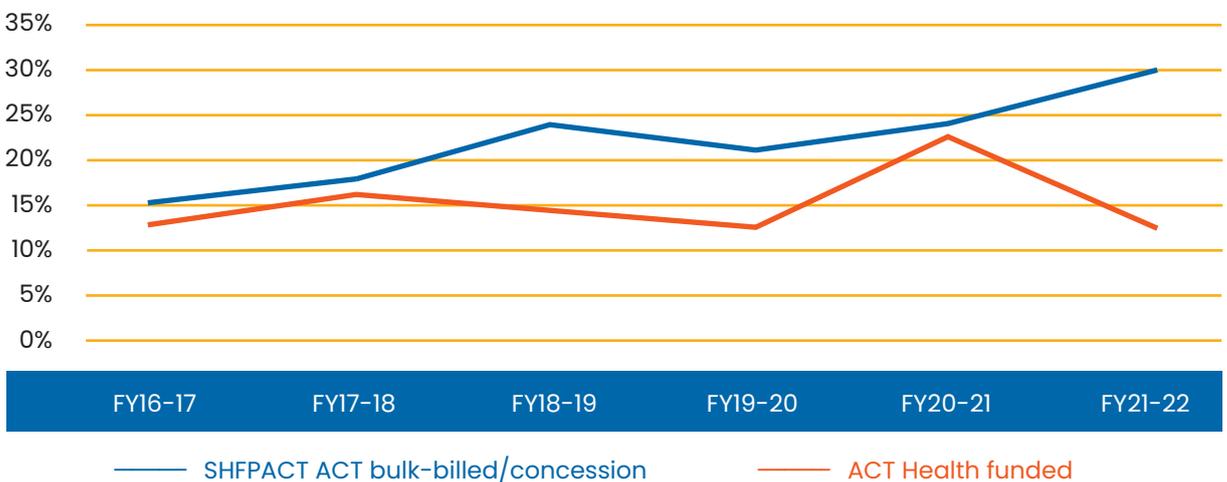
The majority of these subsidised appointments provided by nurses were for cervical screening, and many were offered in conjunction with skills development training for primary care nurses.

CONCESSION AND BULK-BILLED SERVICES

31.5% of SHFPACT's unfunded clinic consultations are bulk-billed or low-fee services in line with SHFPACT's own concession eligibility criteria.

The annual unfunded value of the provision of low-cost consultations is over \$100,000. In line with SHFPACT's strategic financial commitments to re-invest in low-cost accessible clinical healthcare, the proportion of bulk-billed and concession fee services has been increasing each year.

SHFPACT CLINIC LOW COST REPRODUCTIVE AND SEXUAL HEALTHCARE ACCESS (BY FINANCIAL YEAR)



The routine and regular flow of patient care delivered in unfunded clinical services is central to SHFPACT's ability to provide high quality, intensive clinical training placements for medical and nursing professionals.

These workforce development and clinical training programs are substantially funded and subsidised through financial support from ACT Health.

SHFPACT Clinic continues to be a trusted referral point by general practice, and other primary and specialist healthcare services, to address more complex health needs in our areas of distinctive expertise: contraception, menopause, cervical screening, and other investigations related to important health conditions like pelvic pain and painful sex.

During the second pandemic lockdown in August–October 2021, the SHFPACT clinic team built on experience learned in the previous year and rapidly moved to telephone and telehealth consultations during this time.

The availability of MBS items for telehealth services items were essential to support community access during this period. These items had been restricted from July 2020 until July 2021. SHFPACT, and many other sexual and reproductive health services nationally, advocated strongly at the Commonwealth and State/Territory levels about the access impacts of this decision.

SHFPACT is grateful for the strong support of ACT Minister for Health Rachel Stephen-Smith MLA on this matter, and pleased to see a positive public health policy decision by the Australian Government that supports flexible healthcare provision.

UNPLANNED PREGNANCY COUNSELLING

SHFPACT provides the only free, all-options, unbiased pregnancy counselling service in the ACT, to assist women with an unplanned pregnancy by providing information and counselling support. The service can also extend to their partner and other family members, or partner-in-pregnancy.

This service is provided at no cost to clients to reduce barriers to the service and meet the needs of young and/or financially disadvantaged women in this area, and is funded by ACT Health on an availability basis.

45 counselling sessions were provided to **41** women by the unplanned pregnancy counselling service in 2021-22.

SHFPACT has developed health information resources in print and online relating to unplanned pregnancy.

These include a Pregnancy Options brochure which provides information for women and their partners facing an unplanned pregnancy, including referral points and contacts; and an Early Pregnancy information handout which provides basic information regarding health in pregnancy, pregnancy care, birth options and referral points and contacts, including relevant health information resources online.

PROFESSIONAL EDUCATION AND TRAINING, SUPPORTING CONTINUING PROFESSIONAL DEVELOPMENT FOR THE HEALTH, EDUCATION AND COMMUNITY SERVICES WORKFORCE

Beyond direct service delivery activities in clinical services, health education and sexual health promotion, SHFPACT works towards improving the accessibility and quality of services provided to the Canberra community through our significant focus on workforce development.

THESE ACTIVITIES INCLUDE:

- Medical education: including delivery in the ACT of the nationally recognised FPAA Certificate in Reproductive & Sexual Health for Doctors course, short courses on Long Acting Reversible Contraception including clinical competency assessment, and a well-regarded cervical screening skills workshop for ANU Medical School students. SHFPACT clinicians also present on key topics within the organisation's specialist expertise for other GP and medical student programs, such as menopause and complex contraceptive management.
- Nurse education: including the Well Women's Screening course for registered nurses (focused principally on primary care nurses), clinical attachments and observation placements for RNs building skills in sexual and reproductive health, and an ongoing placement program with the UC Midwifery program.
- Teacher education: ACT Teacher Quality Institute (TQI) accredited short courses in sexuality and relationships education for early years, primary school and secondary schools educators. In 2022, SHFPACT also provided a professional development seminar on responding to harmful sexual behaviours and building protective environments in the school context.

CONTINUED

ACTIVITIES CONTINUED

- ACT Safe & Inclusive Schools (SAIS) Initiative: funded by ACT Education Directorate, the SAIS Initiative provides a free, TQI-accredited course for educators in all ACT schools and education programs. The course content is an introduction to making school communities safe, welcoming and inclusive for everyone with a focus on diversity in sex, gender and sexuality.
- Community sector: SHFPACT offers a range of tailored options for workers in the community services, youth, disability support and allied health sectors to improve the knowledge and skills of workers in the areas of reproductive and sexual health, human sexuality and relationships, and social safety skills.
- SoSAFE! Training: SoSAFE! is a visual and conceptual framework promoting social safety and social skills, designed specifically for the learning, communication and cognitive needs of people with moderate-severe intellectual disability and people on the autism spectrum. Training programs in the use of the SoSAFE! Framework are delivered regularly throughout the year to health, education and community services workers, and parents/carers of people with disabilities.
- As part of its commitment to support the skilling 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.

This area of our organisation's service delivery continued to be significantly affected by the pandemic response in 2021-22.

Professional development courses for the education/schools and community services sectors were affected by the demands on teachers and other school staff to navigate shifts to and from online learning modes, and community service providers focused significantly on their own adjustments of direct services provision in the Canberra community.

SHFPACT saw a marked decline in both enrolments and participation in training courses for these sectors in the second half of 2021.

2022, however, saw a significant increase in participation rates in workforce development activities across the board.

75 clinicians participated in **24** medical and nursing education activities.

201 people completed the SoSAFE! User Training course delivered by SHFPACT.

140 teachers/educators participated in professional learning seminars and accredited training workshops.

34 disability, community sector and allied health professionals participated in professional learning activities.

8 students completed placements at SHFPACT in 2021-22.

SCHOOLS EDUCATION AND COMMUNITY HEALTH PROMOTION

SHFPACT continues to actively engage with primary and secondary schools to build the capacity of school communities to provide accurate, comprehensive, age and developmentally appropriate relationships and sexual health education.

The roles of parents/carers and teachers in the lives of children and young people are central in this endeavour, and our services are provided to support and enhance these roles, not to replace them. SHFPACT prioritises the delivery of programs in schools to those where an existing program is in place and the use of external facilitators or guest speakers has been well considered. Our delivery of programs directly to students supports our workforce development activities with current, credible and experienced educators providing skills development and content knowledge training to other educators across our education systems.

In the wider community, SHFPACT participates in relevant health promotion and student support and orientation events, both promoting the availability of services at SHFPACT and distributing sexual and reproductive health information.

410 parents/carers attended Parent Information Evenings on sexuality and relationships education.

3,140 primary school students participated in SHFPACT puberty education programs.

1,675 secondary college students attended sexual health education presentations as part of the SHLiRP program.

And over **600** people participated in other community education workshops and events.

Another successful National Condom Day event was held in February 2022, distributing more than **5,000** condom packs and roses. Every year this positively anticipated event provides an opportunity discuss safe sex in a light-hearted and engaging way.

SHFPACT educators worked on new health education and health promotion resources including:

- Development of new body pictorial charts for reproductive system education.
- Collaboration in the review and adaptation of a health information resource with its US-based author/illustrator for the Canberra/Capital Region and Australian healthcare context.

EDUCATION AND COUNSELLING FOR PEOPLE WITH DISABILITIES (NDIS FUNDED SERVICES)

As in previous years, participant demand for group work programs and individual counselling continues to exceed demand for individual education and counselling services under NDIS arrangements.

SHFPACT is currently offering four group work programs that include a mixture of group sessions and individual counselling. These are: 'Preparing for Periods' and 'ME and YOU' for young people and their parents; 'Family, Friends and Relationships' which is generally designed for young adults but can also be delivered for older age groups; and 'Nice to Meet Me' which is tailored for young adults with higher cognitive function and lower support needs.

These group work programs were also significantly affected during the pandemic response. Group work activities were identified quickly as an important, but not acutely urgent need that also carried a high COVID risk if community transmission rates were high.

Alternative individual counselling and education services were offered to all current and prospective clients in the interim.
375 participants were engaged in **33** occasions of service in 2021-22.

SEXUAL HEALTH SERVICES FOR PEOPLE WITH DISABILITIES

From January 2022, SHFPACT commenced activity for direct ACT Government funding for sexual health education and other supports for people with disabilities. This funding was a 2020 election commitment of the incoming ACT Government and was announced in the 2021 ACT Budget.

THE RENEWED PROGRAM HAS FOUR FOCUS AREAS:

1. Accessible sexual and reproductive health information;
2. Supporting schools-based health education for students with disabilities;
3. Capacity building training for the disability support services sector; and
4. Supporting SHFPACT's ability to engage with complex needs and community members who do not have NDIS packages in their health and support needs planning.

Many of these had been significantly curtailed after the NDIS transitions in 2016, and the organisation is grateful for restored ACT Government funding support to address these unmet needs.

The funding also enables SHFPACT to undertake no-charge needs assessment planning with participants and key support stakeholders in the lives of people with disability for services that may be ultimately provided under NDIS individual funding packages or other NDIS capacity building supports by SHFPACT and other NDIS providers.

SHFPACT's focus in this initial period has been workforce planning and recruitment, a return to sustained participation and contributions to sector development and networking activities both for program needs analysis and service awareness purposes.

SHFPACT staff supported schools with training and consultation support on responding to harmful sexual behaviours and creating protective environments in the school context.

ACT SAFE AND INCLUSIVE SCHOOLS (SAIS) INITIATIVE

The work of the ACT SAIS Initiative, which is significantly school-community focused, was limited during the second half of 2021 by the second ACT lockdown and the focus of school communities on transitions between school-based and online learning modes.

Despite these challenges, the ACT SAIS Initiative ran another successful Wear It Purple Day Small Grants Round in 2021, providing funding for student-led, staff-supported events and activities in ACT schools and education programs to mark Wear It Purple Day 2021. And more than 70 educators participated in TQI-accredited training courses run by the ACT SAIS Initiative in 2022 (after a significant decline in participation during 2021 under pandemic response conditions).

ACT Education Directorate funding for this program was extended for a further 12 months to June 2022.

DSS PROJECT: SAFER GIRLS SAFER WOMEN

In early 2022, SHFPACT signed a three-year funding agreement with the Department of Social Services (DSS) for delivery of a national project as part of Australian Government policy and funding commitments to reduce violence against women and girls with disability. The project builds on SHFPACT's SoSAFE! Framework, and will resource implementation projects across the country using SoSAFE! Framework, as well as facilitating a health and disability support sector-development project to document good practice guidelines in the role that respectful relationships and health education programs can play in sexual violence prevention and response with women and girls with disability.

SHFPACT is particularly pleased to commence its initial implementation project in Tasmania's north-west with our longstanding SoSAFE! Training Partner, Family Planning Tasmania. Other implementation projects are being scoped across the nation, as the project looks to address the role that social safety and relationships education programs play in reducing violence and improving the cultures of safety in support services that work with people with disabilities.



LAUNCH OF INCLUDING INTERSEX

Including Intersex: responding to issues affecting the educational experiences of intersex students in Australia, is a new resource filling a gap in information and guidance about the needs and experiences of intersex people specifically for the school and education setting.

It is estimated that intersex people account for up to 1.7% of the global population. Across all school levels and systems, this equates to around 1300 to 1400 intersex students in the school system at any given point in time (roughly 1 student in every 2-3 classrooms). This statistic means that educators have almost certainly encountered intersex students in their school communities, whether they were aware of it or not. It is important for school staff to be aware and inclusive of such diversity, especially given they have ethical and legal obligations to promote positive learning environments and model prosocial values that reflect and respect diversity in our community.

Including Intersex was developed and reviewed by intersex peer workers and is a collaboration of two ACT community health organisations – A Gender Agenda (AGA) and Sexual Health and Family Planning ACT.



SHFPACT was proud to launch this resource on 24 October 2021 online.

ADVOCACY AND REPRESENTATION

SHFPACT contributes its expertise and perspectives to public policy and advocacy on reproductive and sexual health and rights, sexuality and relationships, and social inclusion with representation on the following health and community services bodies:

- ACT Health Advisory Committee on STI/BBV – a cross-sectoral committee drawn from community, NGO and government service providers, and government policy roles covering the sexual health, STI and BBV policy and service delivery area.
- Representing the sexual health and BBV NGO sector on the NGO Leadership Group established by ACT Health in response to the 2018 Cultural Review findings, with the purpose of improving ACT Health's relationship and communication with its funded NGO sector.
- Steering Committee established to support development of an ACT Disability Health Strategy.
- SHFPACT participates as a founding member of the Relationships & Sexuality Education Alliance (RSEA), a collaboration of researchers, public policy practitioners, service providers and community peak bodies to advance a more systemic and effective approach to respectful relationships, sexuality and relationships education in the ACT and Australia.
- The LGBTIQ+ Health Scoping Study Reference Group, providing community, service provider and other key stakeholder input on a substantial health needs analysis project within ACT Health. The Reference Group has not met since the Scoping Study report was finalised, but in 2022 ACT Health contracted KPMG to conduct a costing of the Report recommendations and specifically to facilitate community input into the design of a gender based healthcare service. SHFPACT contributed to both processes.

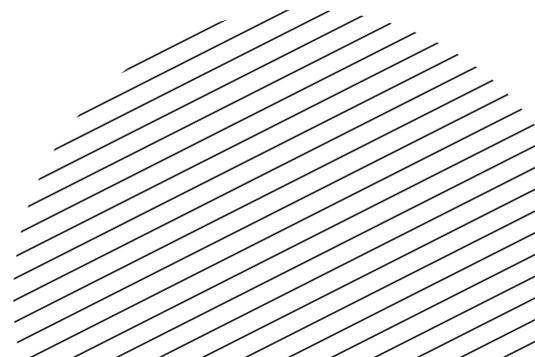
SHFPACT made a submission on proposed legislative changes in ACT laws regarding the authorising core and supplemental clinical activities performed by Nurse Practitioners.

A significant focus on this proposal reform related to provision of abortion care by Nurse Practitioners.

SHFPACT provided input to both the literature review and current resources cataloguing undertaken by Monash University to identify principles of best practice for teaching and learning about consent and respectful relationships in a school setting.

SHFPACT also contributed to:

- Community consultations for the development of the ACT Disability Strategy led by Community Services Directorate.
- Periodic engagement with ACT stakeholders on improving abortion access in the ACT.
- Phase 1 strategy webinars convened by ACT Health Directorate Sexual Health BBV as part of the commissioning health services in the community reform.
- An initial review meeting to establish a common activity and financial reporting data form for all NGOs funded from the SH/BBV sub-sector. This is welcome as SHFPACT advocated for decades that the absence of a common data framework and collection tools limits the ability of Government and the community to assess collective impact of work in this area, and to measure relative value for money and activity across contracts.
- A joint media release with other NGOs led by the ACT Victims of Crime Coordinator Heidi Yates asking government to use the upcoming budget to fund recommendations in the Sexual Assault Prevention & Response (SAPR) Project for release 11 May 2022. The statement received strong media local media coverage.



OUR STAFF

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- Susanne Gardiner
- Tegan Higginson
- Kylie King
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- Kate King
- Laura Mathias
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* Staff member departed during year

SPECIAL THANKS

SEXUAL HEALTH AND FAMILY PLANNING ACT WOULD LIKE TO EXTEND A SPECIAL THANK YOU TO THE FOLLOWING ORGANISATIONS, PARTNERS AND PEOPLE.

A Gender Agenda
Association of Parents & Friends of ACT Schools (APFACTS)
Assurance Accounts
Australasian Sexual Health & HIV Nurses Association (ASHHNA)
ACT Community Services Directorate
ACT Council of Social Service (ACTCOSS)
ACT Education Directorate
ACT Health Directorate
ACT Office of LGBTIQ+ Affairs
ACT Office of the Coordinator-General for the Prevention of Family, Domestic & Sexual Violence
ACT Teacher Quality Institute (TQI)
ACT Walk In Centres, Canberra Health Services
ACT Youth Advisory Council
Australian College of Rural & Remote Medicine
Australian Education Union (ACT)
Australian Government Dept of Social Services
Australian National University
ANU Medical School
ANU Respectful Relationships Unit
ANU Students Association
Australian Primary Health Nurses Association (APHNA)
Australian Research Centre in Sex, Health & Society (ARCSHS), La Trobe University
Bellchambers Barrett
Canberra Institute of Technology
Canberra Rape Crisis Centre
Canberra Sexual Health Centre, Canberra Health Services
Capital Health Network
Capital Pathology
Capital Region Community Services (CRCS)
CentreRed IT
CIT Students Association
Forensic & Medical Sexual Assault Care, Canberra Hospital
FUSE Magazine
Griffin Legal
Hepatitis ACT
LEAD
Lithium Innovation Pty Ltd
Meridian
Formerly AIDS Action Council of the ACT
Northside Community Service
Parents & Citizens Council of the ACT
Relationships & Sexuality Education Alliance
Royal Australasian College of General Practitioners (RACGP)
Society of Australian Sexologists (SAS)
The STOP Campaign
University of Canberra School of Education
University of Canberra School of Midwifery
UC Medical & Counselling Centre
UC Students' Association
Winnunga Nimmitjyah Aboriginal Medical Service
Women's Health Matters
Women's Health Service, Canberra Health Services
Women With Disabilities ACT (WWDACT)

Our members and clients who donated to SHFPACT, and employees of the Commonwealth and ACT Public Services who donated to SHFPACT through payroll deduction schemes, contributing to our continuing ability to improve reproductive and sexual health in the Canberra community.

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 contribute their time, expertise and wisdom to guide the organisation on behalf of the wider membership.

Members of the ACT Legislative Assembly for continued public advocacy to support all students to be welcome, safe and included in Canberra schools regardless of sexuality, intersex status, or gender identity/presentation, and for sexual health public policy that supports a diverse community.

SHFPACT's SoSAFE! Training Partners:

- Family Planning Tasmania, SHQ (Western Australia), and
- Pyramid Education Consultants UK





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