

For immediate issue

SA Health and SHINE SA Celebrate Sexual Health Week

SHINE SA and SA Health are proud to celebrate Sexual Health Week, inviting South Australians to have conversations around improving our sexual health and relationship wellbeing.

Sexual health is a vital part of our overall wellbeing which makes destigmatising sexual health essential. The theme this year is *Pleasure Positive*. It follows on from the idea that to achieve sexual health we need a positive and respectful attitude towards sexuality and sexual relationships, ensuring that people can have safe, pleasurable sexual experiences without coercion, discrimination or violence.

Sexual health is everybody's business, so there's a role to play for individuals, health workers, educators, leaders and communities to promote and prioritise sexual health across South Australia.

Quotes attributable to Chief Public Health Officer, Professor Nicola Spurrier

"Sexual activity is a normal part of life and like other areas of preventive health, getting a sexual health check should be the norm and free from shame and stigma.

With increasing rates of STIs such as chlamydia, gonorrhoea and syphilis in South Australia, increasing regular testing for these infections means that we can keep ourselves healthy and reduce the risk of transmission to others.

I strongly recommend that all sexually active people book in for a yearly sexual health check or more frequently if there is a change of partner. Sexually transmitted infections are easily treated and treatment reduces the risk of long term serious health consequences.

I encourage all sexually active people and all health professionals to cut through stigma and shame around STIs, to promote safe sex, to ensure all South Australians feel comfortable accessing the resources and care they need."

Quotes attributable to SHINE SA CEO, Holley Skene

"Sexual health is not just a personal issue; it's a public health priority. By working together with SA Health, community organisations, and the broader public, we can make a real impact in improving sexual health outcomes across the state.

Sexual health is often thought of as preventing disease, abuse and unintended pregnancy - but it's also much more than that. It's important to include pleasure in sexual health conversations and education because evidence¹ shows that is what works to improve sexual health outcomes - and because good sexual health always includes safety, pleasure and respect."

Sexual Health Week takes place from 16-22 September. To learn more and access resources and event ideas visit: www.shinesa.org.au/shweek

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About SHINE SA

SHINE SA is a leading provider of comprehensive and integrated sexual and reproductive health services and programs. SHINE SA is a non-profit organisation with a vision for sexual and relationship wellbeing for all.

References

1. Zaneva M, Philpott A, Singh A, Larsson G, Gonsalves L (2022) What is the added value of incorporating pleasure in sexual health interventions? A systematic review and metaanalysis. PLoS ONE 17(2): e0261034. <https://doi.org/10.1371/journal.pone.0261034>