

Sexual Health Month

Sexual Health Month (September) is a great opportunity to get involved in sexual health promotion initiatives that can have a profound positive impact on both individual and community wellness. By engaging in sexual health promotion, organisations can help reduce stigma and misinformation, empower individuals with essential knowledge and resources, foster healthier communities, improve workplace wellness, and show a strong commitment to social responsibility. Embracing Sexual Health Month demonstrates that we value the comprehensive health of the broader community, and that we're committed to creating a healthier, happier, more inclusive, sex-positive environment.

Why?

Sexual health promotion:

- Empowers informed decision-making
- Removes barriers to accessing health care
- Improves access to information
- Promotes healthy, respectful, consensual relationships
- Reduces stigma and shame
- Dispels myths
- Reduces rates abuse and violence
- Reduces rates of STIs, BBVs and unwanted pregnancies
- Enhances communication skills
- Encourages safe-sex and condom use
- Promotes inclusivity
- Celebrates diverse experiences



How to get involved

- Host an event
- Attend an event
- Learn about sexual health
- Promote Sexual Health Month and other events happening in your area
- Display or supply sexual health resources

Host an event

- Organise training, a workshops or a guest speaker
- Storytime (book ideas below)
- Movie screening (video ideas below)
- Pub nights (drag queen bingo, sexual health trivia, open mic, comedy)
- Paint and sip (life painting with a nude muse, vulva art)
- Sexual health expo for students and schools
- Competitions, games and crafts (colouring in, pottery, erotic origami, knitting, 'how many oranges can you fit in a condom?')
- LGBTIQ+ celebration events
- Art exhibitions
- STI testing or cervical screening day
- Service tours after dark

Sexual Health Month 2024



Condom tree



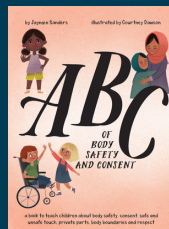
Drag queen trivia



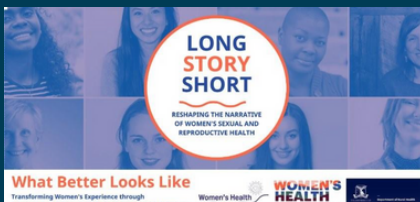
Youth Love Your Body Expo



Youth art work for condom vending machines



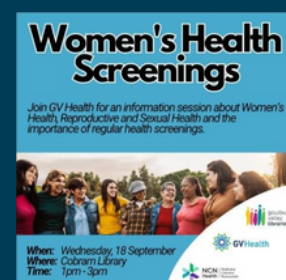
Body safety library storytimes



Webinar - launch of Long Story Short



Sexual health themed trivia



Library women's health education



Condom vending machine

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 Women's Health Week (1 st - 5 th)	2	3	4 World Sexual Health Day	5	6
7	8	9 International Fetal Alcohol Spectrum Disorder (FASD) Awareness Day	10	11	12 R U OK? Day	13
14	15	16	17	18	19	20
21	22	23 Bisexuality Visibility Day	24 CERSH Sexual Wellness PD Webinar	25	26 World Contraception Day	27
28 International Safe Abortion Day	29	30	September 2025			

If you missed out on the CERSH SexRurality Conference 2025, don't worry! You can access some of the amazing keynote presentations below.

Follow the links to view videos of our Plenary speakers [HERE](#)

Anne-Marie Kelly - CERSH, University of Melbourne

Lauren French - Churchill Fellowship

Dr Louise Manning - Rural-based GP

Starlady - Zoe Belle Gender Collective

Professor Barbara Baird - Flinders University

Professor Jane Hocking - University of Melbourne

Dr Paddy Moore - Royal Women's Hospital

Jack Muscat - Wise Ed

Associate Professor Siobhan Bourke - CERSH, University of Melbourne



SexRurality Conference recordings

Promoting Sexual Health Organisational Opportunities Checklist

The **Promoting Sexual Health Organisational Opportunities Checklist** is designed to help rural and regional organisations reflect on how they currently support sexual and reproductive health and where they might grow further.

This strengths-based tool encourages teams to explore how SRH is embedded across service delivery, leadership, workforce development, community engagement, and access. Whether you're just getting started or building on existing efforts, the checklist supports meaningful conversations and practical planning.

It's not about ticking boxes — it's about identifying opportunities that matter to your community and making change that lasts.

Checklist

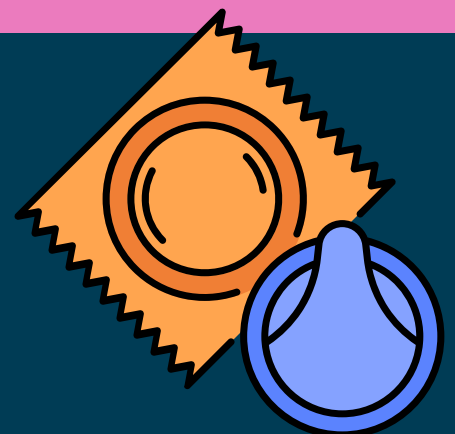
Want to work
with CERSH?



- Step 1: Expression of Interest
- Step 2: Introductory Meeting
- Step 3: Completing the Checklist
- Step 4: Review, Debrief and Draft Action Plan
- Step 5: Annual Review

[Find out more here.](#)

By completing a checklist, you will receive
a large box of free condoms!



Social media



**Sexual
Justice -
what can you
do?**

World Sexual Health Day
September 4th



THE UNIVERSITY OF
MELBOURNE



**Abortion is
essential
healthcare**

International Safe
Abortion Day
September 26th



THE UNIVERSITY OF
MELBOURNE



**Freedom to
plan, power
to choose**

World Contraception Day
September 26th



THE UNIVERSITY OF
MELBOURNE

To prevent Sexually
Transmissible Infections
(STIs), condoms should be
used during vaginal sex,
anal sex, and on toys.



When used
correctly
condoms
prevent
against both
STIs and
unwanted
pregnancy.



Even when using
condoms, you should get
a sexual health check-up
every 12 months, when
changing partners, or if
you have any STI
symptoms.



Condoms can be
bought in
supermarkets.



You might also
find them for free
in community
health services, or
low-cost in
condom vending
machines.

Condoms work
best with
lubricant (lube).
Use a water
based lube for
extra pleasure.



In addition to creating some social media tiles, CERSH has compiled the social media toolkits from the Victorian Department of Health, World Association for Sexual Health and more. For a copy of the social media toolkit, email cersh-admin@unimelb.edu.au

Youth Comics

Cartoons and comics are established as effective tools for health education due to their engaging and accessible nature. They are particularly effective as a tool for starting conversations and delivering health information on subjects that people might find challenging to discuss openly, like sex, sexuality and relationships.

The comics depict situations where the young characters navigate sexual health challenges. They were designed with empty speech and thought bubbles, to be used as conversation starting tools to support youth workers in addressing topics of sex, sexuality, and relationships.

This Sexual Health Month try using these comics to facilitate conversations about sexual health! They can be used one-on-one, in group settings or even at an event stall.



Download the comics and the facilitator guide here:
<https://medicine.unimelb.edu.au/cersh/projects/cald-youth-comics>

CERSH's Resource Library

A collection of resources you can borrow from CERSH

[Menstrual kit](#)

[Contraception kit \(SHV\)](#)

[Condom demonstrators](#)

[Condom card game](#)

[Great Relationships and Sex Education activities book](#)

[Sex on the Cards \(game\)](#)

[Body Signals card game](#)

[Cliterate model](#)

[In the Picture](#)



Books

Welcome to Sex (Melissa Kang & Yumi Stynes)

Welcome to consent (Melissa Kang & Yumi Stynes)

Legitimate Sexexpectations (Katrina Marson)

Don't Touch My Hair (Sharee Miller)

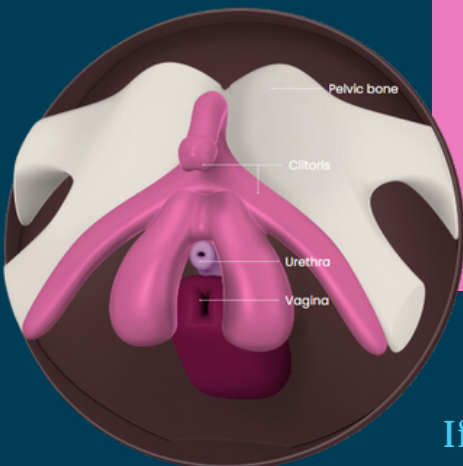
My Own Way (Joanna Estrela)

How to Say Hello (Sophie Beer)

Bodies Are Cool (Tyler Feder)

ABC of Body Safety and Consent (Jayneen Sanders)

Be Your Own Man (Jessica Sanders)



If you would like to borrow from the CERSH resource library, contact cersh-admin@unimelb.edu.au

Conversation Starters

The following conversation prompts have been taken from the World Association for Sexual Health



- What does sexual justice mean to you — in your own words?
- How do you see injustice playing out in your community or country?
- Who do you think is most affected by sexual injustice — and why?
- When was the first time you learned something important about sexuality — and how did it shape you?
- Have you ever been denied information, care, or recognition related to your body, identity, or rights?
- What's one belief about sex, gender, or rights that you've had to unlearn?
- What can you do — today — to support someone whose rights are being denied?
- Who are you learning from when it comes to justice and sexuality? (Authors, activists, organisations, etc.?)
- How can you use your voice, platform, or privilege to advance sexual justice?
- Why do you think access to abortion or contraception is controversial in some places? Should it be?
- If you or someone you love had an abortion, what would you want that experience to be like for them?
- Abortion stigma is the shame and silence that surrounds abortion. How do you think we as a society can address this? What about how you can address this personally?
- What's at stake when we ban books or censor sex education?
- Do you know of any books that have been banned? Why are they banned? Do you agree or disagree?
- What was your sex education like? Do you think it was comprehensive sex ed?
- Where do you think young people should get sex education? School? Church? Home? What are the pros and cons to each of these?
- What would schools or health systems look like if they truly supported trans and non-binary youth?
- How can cisgender people be better allies to transgender people? How can we challenge gender stereotypes and norms?



Films and documentaries

Sexual Rights and Reproductive Rights

- [After Tiller | Documentary by Lana Wilson and Martha Shane | POV PBS](#)
- [The Janes | Directed by Tia Lessin and Emma Pildes](#)
- [Aftershock | by Paula Eiselt and Tonya Lewis Lee](#)
- [Break The Silence: Reproductive & Sexual Health Stories | Dir. by Willow O’Feral](#)
- [Happening \(L’Événement\) | Directed by Audrey Diwan](#)

Trans and Nonbinary People

- [Trans in America: A Documentary Series | ACLU](#)
- [Transhood | Directed by Sharon Liese](#)
- [Gender Revolution: A Journey With Katie Couric](#)
- [The Pearl of Africa by Jonny von Wallström](#)
- [Always Amber | Directed by Lia Hietala and Hannah Reinikainen](#)

Access to Information

- [The Turning Point: To Be Destroyed – MSNBC](#)
- [Banned Together- Directed by Kate Way and Tom Wiggin](#)
- [A Sexplanation -Dir. Alex Liu](#)

Books

Sexual Rights and Reproductive Rights

- You’re the Only One I’ve Told: The Stories Behind Abortion by Dr. Meera Shah
- The Turnaway Study by Diana Greene Foster, PhD
- Birth in Eight Cultures | Edited by Robbie E. Davis-Floyd and Melissa Cheyney
- Bodies Under Siege by Sian Norris
- The Means of Reproduction by Michelle Goldberg
- Sexuality, Health and Human Rights by Sonia Corrêa, et al.

Trans and Nonbinary People

- He/She/They How We Talk about Gender and Why It Matters by Schuyler Bailar
- American Teenager: How Trans Kids Are Surviving Hate and Finding Joy ... by Nico Lang
- Free to Be | Book by Dr. Jack Turban
- Before We Were Trans: A New History of Gender by Kit Heyam

Access to Information

- On Censorship: A Public Librarian Examines Cancel Culture by James LaRue
- Too Hot to Handle: A Global History of Sex Education by Jonathan Zimmerman

Heaps of helpful links - just click!

- [WHO Sexual Health](#)
- [About Sexual Health \(Australian Government\)](#)
- [Health Direct](#)
- [Australian Research Centre in Sex, Health and Society](#)
- [Minus 18](#)
- [Rainbow Health Australia](#)
- [Thorne Harbour Country](#)
- [Our Watch](#) (Prevention of violence against women and their children in Australia)
- [Teach Us Consent](#)
- [Play Safe](#)
- [Family Planning Australia](#)
- [Sexual Health Victoria \(SHV\)](#)
- [Melbourne Sexual Health Centre \(MSHC\)](#)
- [Shine SA](#)
- [Family Planning Welfare Association of NT](#)
- [Sexual Health Quarters \(SHQ\)](#)
- [Growing & Developing Healthy Relationships \(GDHR\)](#)
- [True Relationships and Reproductive Health](#)
- [Bloom Ed](#)
- [The RSE Project](#)
- [Get the Facts](#)
- [Labia Library](#)
- [Young Deadly Free](#)
- [Australasian Society for HIV, Viral Hepatitis and Sexual Health Medicine \(ASHM\)](#)
- [The Pleasure Project](#)
- [It's Time We Talked](#)
- [Ace & Aro Collective AU \(AACAU\)](#)
- [Sex Positive Families](#)
- [Children By Choice](#)