

a quick word from the harp team

March
2018

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QUOTE OF THE MONTH



The world is changed by your example not your opinion.

Paolo Coelho

USEFUL FACT OR STATISTIC

Changes to Over-the-Counter Pharmaceuticals



After the 1st of February 2018, all medicines containing codeine will no longer be available from pharmacies. Codeine is an opioid drug which is similar to morphine, with a high health risk of developing tolerance or physical dependence.

Over-the-counter codeine products are usually combined with paracetamol or ibuprofen, which can cause bodily damage from extended and high dose use.

The problem arises when consumers use too much codeine (and develop an addiction) which exacerbates the problems associated with the severe adverse effects that may result from long term and high dose use of ibuprofen. These can include serious internal bleeding, kidney failure and heart attack. Long term and/or high doses of paracetamol can result in liver damage.

CLICK HERE for more information

INTERESTING WEBSITE

www.inreallife.org.au



When it comes to sex and relationships, life can be complicated. Really complicated. Sure there's the information they teach you in sex-ed classes at school but like the maths you learnt, it not always that practical. I mean when are you ever going to need to know how long a 200 litre bath tub with a 3 litre per hour leak will take to empty! Which is why we've created In Real Life. You'll find 'real world' answers to questions on everything from sex, to relationships, pregnancy, STIs, contraception, your body and more.

And not just from health experts, but from everyday people who'll tell you in their own words how they got through this sometimes confusing, stressful and wonderful time of your life. Just in case there's something we've missed, you'll also find loads of links to other great online resources and services throughout Australia. So whether you're single, dating, hooking up, or whatever, In Real Life is sure to help give you all the sex-ed for the real world info you need to know.

CLICK HERE for more information

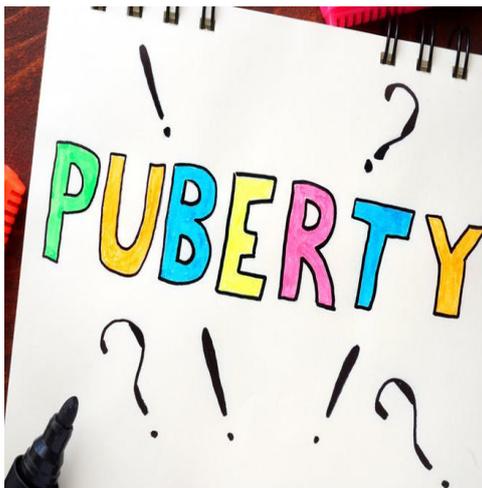
“Racism. It Stops With Me”



All across Australia, there are people and organisations doing great things to reduce and prevent racism. This campaign “Racism. It Stops With Me” isn’t about reinventing the wheel - **CLICK HERE** and check it out...

KEY EVENT

Five Stages of Puberty...



Puberty is one of those things that is inevitable. It is going to happen whether you are ready for it or not.

Traditionally, our generation were only told about puberty and sex when our parents started to spot changes in us. Changes like pubic hair, or budding breasts, body odour and pimples. Or we weren't told about puberty at all and were scared by the changes that were happening in us.

Knowing what to expect from puberty helps you to prepare your child for the changes that will be happening to them (before they happen). Which means that your child knows what to expect and is more accepting of what is happening to them.

It also means that you can be a step ahead of them and talk about what next will be happening.

Click on the links to read about the 5 stages of puberty in **BOYS** and **GIRLS**.

WHO ARE THEY AND WHAT DO THEY DO?

New David Martin Place Facility At Triple Care Farm



David Martin Place (DMP) has been built on the Triple Care Farm (TCF) property in Robertson. Opened in August 2017, the 10 bed in-patient withdrawal management facility for young people aged 16-24 complements the existing residential rehabilitation program available at TCF.

DMP aims to help young people to overcome addiction and lead healthy and safe lives. It provides a safe place for them to withdraw from drugs and/or alcohol, focussing on both physical and psychosocial needs to address multiple complex presenting issues and support longer term sustained change. It allows them to access effective treatment earlier including further treatment programs they may be ineligible for without proper withdrawal first.



Young people are offered support of up to 28 days providing supervised withdrawal and a range of holistic supports and therapies. A number of collaborative partnerships are key to the support provided to young people at DMP. These include the Robertson Family Practice (GP), South Western Sydney and Illawarra Shoalhaven Local Health Districts, and a range of referral partners including other NGOs to assist young people maintain an ongoing healthy lifestyle after completion of the DMP program.

CLICK HERE for further information about David Martin Place

OUT AND ABOUT

A Perspective On Female Genital Cosmetic Surgery



It's not difficult to see why female genital cosmetic surgery (FGCS) is often drawn into comparisons with female genital mutilation/cutting (FGM/C). The World Health Organisation defines FGM/C as all procedures that intentionally alter or cause injury to the female genital organs for non-medical reasons.

So a procedure such as labiaplasty, for example, which is designed to reduce the size of the inner lips (labia minora) of the vulva could theoretically be included in the WHO definition.

What is driving the increasing number of women in Western countries, including Australia, to choose to have FGCS? If women are unhappy with how their vagina looks, we need to examine the factors that have given rise to women not feeling 'normal'.

While pornography, fashion and the media have been cited as the main culprits, there has been little discussion about how to prevent women feeling anxious and abnormal about their genitals in the first place. This is where a comparison with FGM/C is helpful: there is already much we know about best practice in FGM/C education and prevention that can contribute to all women and girls feeling empowered.

CLICK HERE for the full article

RESOURCES

Sexting, Young People and the Law: *A handy fact sheet*



Using the internet or your mobile to take, send or even receive a 'sexy text' or a 'sexy pic' of yourself is known as 'sexting'. This fact sheet takes a close look at sexting, young people and the law.

CLICK HERE to access the Sexting Fact Sheet

THE LAST WORD FROM THE CLINIC

Cocoa and Condoms: An Autumn Treat?



Handling a hot object such as a mug of hot chocolate enhances warm feelings and emotions. Cocoa also contains flavinoids whose antioxidant and anti-inflammatory properties help the blood vessels to function better. What better way to enhance your sex life than drinking hot chocolate, feeling physically and emotionally warm and increasing the blood flow to the brain and other parts of your body?

Adding a cocoa flavoured condom makes you both safe and happy!

DIARY DATES: MARCH

25 Feb - 03 Mar	Hearing Awareness Month
01 - 31 Mar	National Epilepsy Awareness Week
01 - 31 Mar	March into Yellow (Endometriosis Awareness Month)
01 - 31 Mar	Bandaged Bear Appeal (Westmead Children's Hospital Fundraiser)
01 - 31 Mar	Jump to Cure Diabetes
01 - 31 Mar	Australian Women's History Month
04 - Mar	Clean Up Australia Day
08 - Mar	International Women's Day
16 - Mar	National Day of Action Against Bullying and Violence
16 - Mar	Close the Gap Day
31 Mar - 9 Apr	National Youth Week

Training Coming up in 2018

The Talk: Wollongong

Thursday 01st March - Nan Tien Institute, 231 Nolan Street (Unanderra)

The Talk takes participants on a journey through sex in society, current HIV & sexually transmissible infections update, LGBTI perspectives and an HIV positive speaker. Now it's in seventh year, The Talk continues to change to meet the ever evolving needs of workers. Refreshments and lunch are provided. **CLICK HERE** to register

SEXUAL HEALTH FOR THE CULTURALLY & LINGUISTICALLY DIVERSE (CALD) COMMUNITY

Tuesday 20th March - Coolangatta Estate, Shoalhaven

This training will provide practical skills when working with people from CALD backgrounds around fertility, childbirth and motherhood; Sexually Transmissible Infections including HIV. **CLICK HERE** to register

TALK SOON. TALK OFTEN

Wednesday 11th April - Wollongong Nan Tien Institute, 231 Nolan Street (Unanderra)

Sometime parents and carers can be so concerned about getting it right, perfectly right, that they end up saying nothing at all. Young people in today's society have to navigate and negotiate a lot more around sex than ever before.

Talk soon. Talk often is an information session with Naomi Viret, Sexual Health Education Officer from the HIV & Related Programs (HARP) Unit and Noeline Bedford, Clinical Nurse Specialist, from the Illawarra Shoalhaven Sexual Health Service.

CLICK HERE to register

Doin it Right: Shoalhaven

Tuesday 08 May - Shoalhaven.

The DOIN 'IT' RIGHT! resource from the Aboriginal Health & Medical Research Council, provides workers (including non-sexual health and non-Aboriginal workers) with step by step instructions on delivering a range of sexual and reproductive health activities appropriately and effectively to Aboriginal young people. Refreshments & lunch provided along with a printed hard copy per organisation of the resource DOIN 'IT RIGHT! Valued at \$66 each.

CLICK HERE to register

Service Directory

Service	Address	Opening Hours	Contact
First Step Program	Port Kembla Hospital Fairfax Rd Warrawong	Monday - Friday 8.30AM - 5.00PM	PH: 4275 1529 PH: 0411 408 726
Illawarra/Shoalhaven Sexual Health Service	Port Kembla Hospital Fairfax Rd Warrawong	Free and confidential appointments available at Wollongong, Warrawong and Nowra	PH: 4223 8457 CLICK HERE for more info
ACON Regional Outreach Services		Monday - Friday 9.00AM-5.00PM	jcasey@acon.org.au regionaloutreach@acon.org.au PH: 9206 2113 CLICK HERE for more info
Liver Clinic	Level 3 Wollongong Hospital, Crown street	Monday & Friday 7.00AM-4.30PM	PH: 4222 5181
HIV Outreach Team		Monday - Friday 9.00AM - 4.00PM	PH: 9382 8660 PH: 0400 777 309 CLICK HERE for more info
Illawarra/Shoalhaven Local Health District			CLICK HERE for more info

If you would like to receive Quickword direct to your Inbox, please email:
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March 2018 edition of Quickword collated by Jennifer Farinella and compiled by Scott Lockhart.

the harp team