



**Annual  
Report  
2022-2023**

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# About Sexual Health Victoria

Sexual Health Victoria is a state-wide independent, for purpose, all-choice organisation that focuses on reproductive, relationship and sexual health care, education and advocacy.

Sexual Health Victoria (SHV) seeks to advance sexual health literacy and build capacity through education services within the primary care and community-based systems to further support people to make decisions about their reproductive and sexual health and wellbeing that are right for them.

Governed by a voluntary Board of Directors, SHV has been providing services to the Victorian community for over 50 years. SHV is registered as a health promotion charity with the Australian Charities and Not For Profit Commission (ACNC).

SHV collaborates with health and community service providers, hospitals and academic organisations, youth and disability service providers, teachers, parents and carers and government departments. This collaboration ensures its programs and services are tailored to meet the needs of our clients, explore service system gaps and to advocate for safe and equitable access to reproductive and sexual health.

We are a member of the Family Planning Alliance Australia (FPAA) and the International Planned Parenthood Federation (IPPF) and actively engage and work with academic institutions and universities, women's, men's and gender diverse organisations, the LGBTIQ+ community, local Public Health Networks and the Victorian Government including Public Health Units.



# Our vision and ambition

Our vision is for everyone to enjoy optimal reproductive and sexual health.

Our ambition is to be a credible and trusted authority that advocates for reproductive and sexual health for everyone and provides education and clinical training which:

- strengthens the primary care, school and community-based service systems to deliver inclusive, timely, accessible information and services
- empowers people to make informed decisions that are right for them.





# Chair of the Board Report



**Carolyn Morris**  
**Chair of the Board**

I am delighted to present to you Sexual Health Victoria's Annual Report for 2022-23. This Report highlights our ongoing commitment to enhancing sexual health education, information and services, fostering healthy relationships and advocating for equitable healthcare. As I reflect on the last year, I am excited to share the remarkable progress and impactful initiatives that our organisation has achieved in what was a recovery year following the disruptive COVID pandemic.

**Our new Strategic Plan describes how we recognise the pivotal role we play in ensuring that sexual health is a fundamental aspect of overall wellbeing. Throughout the past year, we have remained steadfast in our dedication to building a healthier and more informed society and we have maintained a resolute focus on empowering individuals, promoting positive relationships and eliminating barriers that hinder access to comprehensive sexual health services.**

Under the leadership of our new Chief Executive Officer, Caroline Mulcahy, we have continued our year of review and more in-depth analysis of the work we are doing to ensure it is aligned to our strategic purpose and mission, making an impact and difference to the community we serve.

We achieve this through our three core pillars of workforce and community education, care and advocacy and we were delighted to see that both the Australian and Victorian Governments have focussed attention and

published Sexual and Reproductive Health strategies, which align with the work we do at SHV. The focus on this important part of an individual's health and wellbeing is timely and our organisation is ready to grow to meet the challenges ahead.

Our influence crosses borders and this year we hosted the Director General of the International Planned Parenthood Federation (IPPF) at a recent meeting of the Family Planning Alliance of Australia (FPAA) CEOs in Melbourne and are working closely to align what we do across Australia and beyond. Our staff continue to be called upon for their expertise and represent SHV on numerous advisory panels and committees, working groups and education forums including the Department of Health, Public Health Units and Networks, schools and universities, pharmaceutical organisations and other For Purpose organisations and community groups.

Thank you to my fellow Board and Committee members for your stewardship and commitment to sexual, relationship and reproductive health over the last year. We farewelled Dr Sarah White and Erin Liston-Abel and welcomed Ricki Vinci, Dr Dan Wilson and Dr Ines Rio.

I'd also like to take this opportunity to sincerely thank the staff and volunteers at SHV. We've had another eventful year with much change and our staff have demonstrated resilience and their commitment to our mission and our clients. My fellow Board members and I remain proud to play a role in supporting them and their critical work to ensure Victorians enjoy optimal sexual and reproductive health.



# Chief Executive Officer Report



**Caroline Mulcahy**  
**Chief Executive Officer**

I was thrilled to be appointed in September 2022 and I thank the Board and our staff for such a warm and welcoming year. I started at a time of uncertainty and change resulting from the pandemic and I would like to acknowledge the commitment, passion and pride of our staff as we restructured and faced some challenges head on; they are an inspiring team to lead and work alongside.

**We know that the communities' optimal sexual, relationship and reproductive health and wellbeing relies on contemporary, researched and evidence based knowledge, information and services; this is our raison d'être and what drives us to excel.**

At SHV, building capacity means that we focus our attention and resources on providing health, teaching and community staff with the knowledge, skills and experience required to equip and empower them to deliver their services. This year, these staff have included doctors and general practitioners, nurses, midwives and nurse practitioners, teachers and other educators, parents, guardians and carers and youth & community workers.

We delivered education and training to 2,450 professionals and are consciously planning a future workforce by providing courses to facilitate nurses and midwives to expand their scope of practice. We provided educators and youth & community workers with comprehensive sexual and relationship education tools to foster a more informed and supportive environment for those they educate.

Our reach includes engaging with young people and communities through tailored programs and courses both within and outside formal education settings. By offering a range of education sessions, we are actively ensuring that individuals are provided with the knowledge they need to make informed choices.

Through our two clinics, we have been able to deliver crucial sexual health care that supports over 8,200 clients. This year we experienced growth across all services, including 10% in Long-Acting Reversible Contraception and 30% in testing for Sexually Transmitted Infection and Blood-Borne Viruses.

Our brand is now embedded across the community and we are delighted with the 20% uplift in people visiting our website and engaging with our social media platforms. We take pride in our health promotion campaigns that challenge misinformation, reduce stigma and encourage affirmative consent and healthy relationships. Our efforts to promote effective contraception options, healthy hygiene and STI awareness have yielded remarkable results and drawn diverse audiences. We have added more male and gender diverse information, added 7 'Doing IT' podcasts to our Library of 67 and gained grants to develop Affirmative Consent and e-Safety programs in 3,500 classroom sessions.

Our advocacy initiatives have enabled us to reach priority populations through media presence (newspaper, radio and TV), position papers and participation in crucial inquiries. By actively participating in conferences and publications, we are shaping the future of equitable healthcare and driving meaningful change.

SHV has been defined by an unwavering dedication to fostering positive change. Through our initiatives, we have transformed sexual health services, relationships and advocacy, positively impacting countless lives. As we move forward, we remain committed to our vision of a society where sexual health is prioritised, relationships are nurtured and equitable sexual healthcare prevails.

I extend my gratitude to our staff, partners and stakeholders who have all contributed to the success of SHV. Together, we stand poised to create a future marked by healthier individuals, stronger relationships and a more informed society.



# We advance sexual and reproductive health equity

SHV seeks to advance sexual health literacy and build capacity through education services within the primary care and community-based systems to further support people to make decisions about their reproductive and sexual health and wellbeing that are right for them.

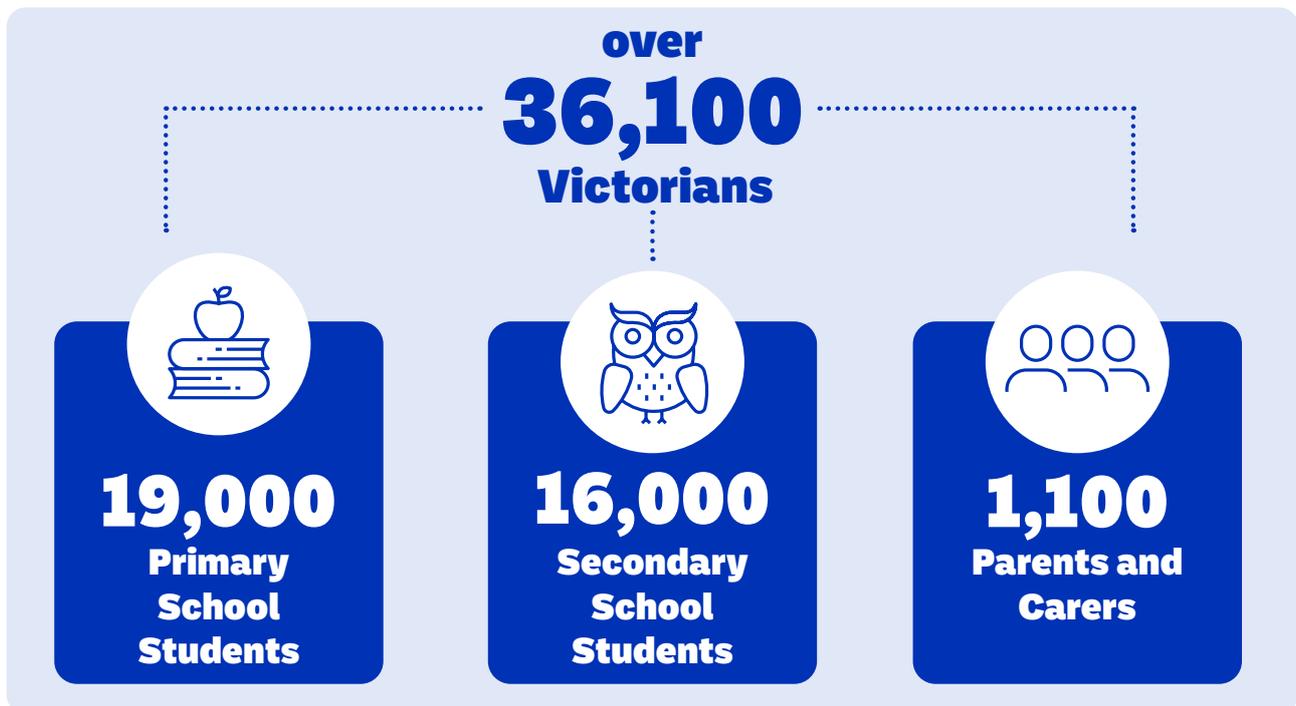




## We provided advanced workforce capacity in sexual and reproductive health care to



## We provided relationships and sexuality education to



## Our clinics serviced

**8,200** clients and over **17,000** appointments





# A Sexually Healthy Person



**Communicates**



**Learns**



**Has  
Rights**



**Experiences**



**Prevents  
& Treats**



**Understands**



***“Sexual health is a state of physical, mental and social well-being in relation to sexuality ... sexual health requires a positive and respectful approach to sexuality and sexual relationships, as well as the possibility of having pleasurable and safe sexual experiences, free of coercion, discrimination and violence”. World Health Organisation***



# We build professional workforce capacity



By enabling and supporting a highly trained and knowledgeable workforce, we lay the groundwork for delivering safe, evidence based and high-quality health information and services.

Our core objectives revolve around advancing knowledge and strengthening the capacity and confidence of professionals engaged in sexual and reproductive health care and community education. We deliver clinical training to health professionals, encompassing doctors, nurses and midwives, as well as relationships and sexuality education skills to teachers, disability workers and youth & community workers.

At the forefront of education and training, our organisation stands out as a pillar of excellence. Through collaborations with Melbourne and Monash Universities, along with the Family Planning Alliance Australia, we offer an unparalleled and distinctive approach to ongoing training. Our dedication to providing training delivered by qualified educators who work in the field, coupled with valuable clinical placements in our clinics for health professionals, fosters both skills and confidence. Our courses are carefully streamlined programs with rigorous selection criteria, to ensure an exceptional learning experience.



## Workforce capacity building for health professionals

Through advanced training and accredited courses, we equipped medical practitioners, nurses and midwives with skills in sexual and reproductive health. Our tailored courses covered crucial topics, enhancing participants' competence in sexual healthcare delivery and holistic care on contraception options, long-acting reversible contraception (LARC – Intrauterine device and contraceptive implant) insertions and removals, unplanned pregnancy options, vulvovaginal health awareness, penis health and STI/BBV testing and treatment.

### Doctor and nurse practitioner training courses

Continuous education equips doctors and nurse practitioners with the latest advancements in medical knowledge and evidence based practices, allowing medical professionals to deliver more services and the highest standard of care to patients. We provided specialised advanced training programs to increase capabilities in providing additional crucial services to the community.

### FPAA National Certificate in Reproductive Sexual Health course:

We collaborated with the Family Planning Alliance Australia (FPAA) to offer specialised training for doctors seeking the National Certificate in Reproductive Sexual Health. This certification provides medical and nurse practitioners with advanced skills to address complex sexual health issues.

### RACGP and ACRRM accredited courses:

We developed and conducted various certificated courses designed to provide in-depth knowledge and expertise in specific aspects of sexual health. These courses allowed participants to gain valuable clinical knowledge and skills, enhancing their professional standing whilst acquiring Clinical Professional Development hours.

### Clinical placements

To complement theoretical learning, we facilitated practical clinical placements for health professionals in our specialised and general clinics. These placements provided participants hands-on, real-time experience, enhancing their confidence in providing comprehensive sexual and reproductive health assessments, treatment and care to a broad cohort of the Victorian community seeking services.



**Trained over  
430  
health  
professionals**



# Workforce capacity building for teachers, educators, disability professionals and youth & community workers

Providing relationship and sexuality education to educators, disability professionals and youth & community workers is a crucial endeavour that fosters an informed and supportive environment for young people in and out of mainstream education and those living with disabilities. By providing educators with the necessary expertise, we empower them to confidently deliver best-practice relationships and sexuality education in an inclusive, open, honest and stigma-free environment.

## Teacher and educator professional learning

Recognising the critical role that teachers and educators play in imparting relationships and sexuality education (RSE) to students, we collaborated with educational organisations in various settings to offer professional learning courses and workshops. These programs sought to empower teachers and educators with best practices, evidence based and contemporary knowledge, enabling them to foster a supportive and informed learning environment for students.



**Trained over  
1,100  
educators**

## Disability carers and support staff professional training

We conducted workshops for disability carers, educators and professionals, providing them with the necessary knowledge and resources to increase their confidence and to support individuals with disabilities with their relationships and sexuality.



**Trained over  
680  
disability and  
support staff**

## Whole-school approach to relationships and sexuality education

We encourage RSE as a whole-school approach for primary and high schools, which encompasses principals, teachers, students and parents and carers as part of the education framework.

The whole-school approach is a recognised best practice approach to fostering a partnership between the student, home, school and community to support positive outcomes for students in all their relationships, online sexual safety and their reproductive and sexual health.

This change to the delivery of our school's program has been welcomed by principals, teachers, students and their families and carers and has meant we can have a greater impact on the education of these groups. This approach facilitates a deeper understanding of comprehensive sex education and research shows that this will have an enduring social impact. We supported over 160 primary and secondary schools in implementing a whole school approach framework.

## Youth & community worker professional training

Training youth & community workers and their organisations in supporting young people's sexual health equips professionals with the knowledge and guidance they have requested to provide better support and care for the young people they work with in safe and supportive environments. This training includes discussions around diversity, consent, healthy relationships and reproductive and sexual health.



**Trained over  
240  
youth and  
community workers**



# We educate and foster healthy and respectful relationships

Our comprehensive everyBODY Education program encompasses RSE, extending from the early years through to university levels. We are committed to delivering a holistic educational experience covering essential relationship and sexuality topics.

We know that comprehensive education positively impacts lives as it:

- Promotes healthy, respectful and safe relationships
- Reduces gender-based and sexual violence
- Enhances emotional, social and physical wellbeing

Our education program is age and life stage appropriate and promotes respect, inclusion, equality and responsibility whilst supporting long-term positive health outcomes.





# Educate and foster healthy and respectful relationships

We are committed to a positive and respectful approach to sexuality and relationships among young people and their support networks, so everyone can enjoy optimal reproductive and sexual health. Over the past year, our comprehensive approach has yielded significant results.

## Delivered meaningful education to primary school students

Our everyBODY Education program demonstrates our commitment to promoting sexual health literacy and wellbeing. We delivered informative classroom sessions tailored specifically to the needs of primary school students. These engaging sessions provided students a safe and open platform to discuss and learn about bodies, sexuality, relationships and wellbeing. Our expert educators delivered stage and age-appropriate content, including education on protective behaviours, public and private body parts, reproduction, puberty the use of social media and socialising online.

These sessions played a pivotal role in preparing for younger students with vital knowledge and assisting schools in meeting the curriculum and child-safe standard requirements.

## Delivered critical education through secondary school classroom sessions

Our everyBODY Education program delivered classroom sessions for secondary school students. These interactive sessions offered a safe platform for older students to explore sexual health with expert educators. The content covered healthy relationships, sexual consent, decision-making, diversity including gender and LGBTIQ+, STIs/BBVs, contraception and navigating online sexual content. These sessions provide students with essential insights, facts and knowledge so that they can make informed decisions about their own sexual, relationship and reproductive health.

By fostering open and non-judgmental conversations, we created an environment where secondary school students could ask questions, seek guidance and dispel myths surrounding sexual and reproductive health.

## Empowering sexuality education for individuals living with a cognitive disability

We provide specialised sexual health education for individuals with cognitive disabilities, focusing on vital topics such as respectful relationships, consent, safer sex, online safety and personal wellbeing. Our interactive approach uses group engagement and role-playing techniques. We know that actively involving participants in discussions and scenarios creates a more immersive and relatable learning experience for them. We prioritise simplifying complex concepts to enhance understanding and emphasise the fun and joy of learning. Our goal is to empower everyone enrolled in the program with the knowledge and skills to navigate relationships, make informed decisions and lead fulfilling lives. We provided tailored sessions to over 160 individuals.

## Engaged parents and carers through facilitated sessions

By offering parent and carer sessions, we provide guardians with facts, data and knowledge to increase their confidence to navigate sexual health conversations with the young people in their lives. We facilitated open, inclusive discussions about the importance of relationships, sex and sexual health education, backed up with classroom session content. These sessions provided a supportive space to address their questions and concerns, enabling them to help guide their children’s learning journey effectively and consistently beyond the classroom.

**Educated over  
19,000  
Primary and  
16,000  
Secondary  
school students**



**Delivered over  
1,100  
parent and  
carer sessions**



**“ Great session & very informative. I’m very glad this content is being discussed at school”**  
- Parent & carer session feedback



### **Collaboration efforts with universities to improve sexual health awareness**

Throughout the year, we partnered with universities to improve sexual health awareness. This year, our partners included: Monash University for their Safe and Sexy Week, RMIT's Consent Week, La Trobe University's Youth Advisory Group research The Centre for Culture, Ethnicity and Health's event focusing on sexual and reproductive health within multicultural communities and a 'You CAN Ask That Campaign' with Deakin University. As a result, we achieved significant progress in advancing sexual health education and awareness.

Our efforts have resonated deeply, effectively reaching and making a lasting impact on university students and diverse, multicultural audiences alike. We collaborated with more than half of the universities based in Victoria.

### **Made content more accessible with webinars and online sessions**

We embraced technology to deliver impactful webinars and online sessions in response to the evolving educational landscape. These virtual engagements reached a diverse audience, ensuring accessibility and convenience for all participants. Our Grade 5/6 program is available in a digital format to support teaching our everyBODY Education program, ensuring it is more accessible. We provided over 20 Grade 5/6 programs in a digital format.

### **Reducing harm and increasing responsible online behaviour through our eSafety project**

Recognising the significance of digital safety in today's interconnected world, we launched the eSafety project with the support of grant funding from the eSafety Commissioner. Through this initiative, we provided information sessions to primary and secondary schools, disability workers and community workers on educating and practising safe, ethical and legal behaviour online, to protect themselves and those in their care from potential risks and harm.



**over 3,500 sessions included eSafety education**

### **Provided free classroom activities and visual education tools**

By making a range of classroom resources and visual education tools freely available, we support comprehensive relationships and sexuality education that extends beyond our direct service recipients. We have created a collection of over 80 free classroom activities and a suite of educational resources encompassing illustrative materials and informative videos, available on our website. These resources have been thoughtfully developed and aligned to the Victorian and Australian school curriculum from foundation to Year 12.

By providing such supplementary classroom materials, we aspire to provide educators with the means to address the educational needs of their students comprehensively, thereby contributing to a younger generation who are more informed and empowered.

**over 9,500 downloads of classroom activities and tools**



### **Doing 'IT': Our relationships and sexuality education podcast for parents and carers**

We have a library of podcasts called Doing 'IT', which now has over 67 episodes. In each episode one of our Schools Educators interviews an expert to help parents, carers and teachers of school-aged children navigate the world of relationships and sexuality education. The podcasts include conversations sharing information on body and online safety, puberty, sex, sexual health, consent and relationships.

**Doing 'IT' podcast series has attracted nearly 20,000 downloads**



***"Great program for me because it taught me a lot of things I never knew about"***

**- Student feedback from everyBODY Education program**





# **We provide the highest quality sexual and reproductive health care to the community**

We provide high quality, evidence based sexual and reproductive health care through our clinics.

Our dedicated team aims to create a safe and welcoming space where everyone can feel welcome and comfortable.

We are committed to serving our community with compassion, empathy and the highest standard of service. Together, we are building a healthier and more informed community, where every individual's sexual health needs are met with respect and dignity.





## Highest quality sexual and reproductive health care for the community

Our specialised clinics have played a vital role in improving the health outcomes of individuals. Across two clinics, our team comprises 18 general practice doctors and 9 nurses who provide inclusive, specialised service with compassion and care. Throughout the year, we delivered over 17,000 sexual health appointments to more than 8,200 clients.

### Gender Affirming Care pilot program paving the way for expansion of our services

We achieved a significant milestone in our clinics by introducing a Gender Affirming Care pilot program. This initiative marked a momentous step forward in our commitment to providing comprehensive and inclusive health care services. The resounding success of this pilot not only reaffirmed our dedication to improving the lives of individuals seeking gender-affirming treatments but also highlighted the pressing need for such specialised care. Building upon the invaluable insights and positive outcomes of this pilot, we are thrilled to announce our strategic plans for expansion in the coming year. As we continue to champion the cause of equitable and compassionate healthcare, we eagerly anticipate extending the reach of our gender affirming care, ensuring that our services support individuals in need.

### We provide accessible services for those most in need

To provide accessible sexual health care we offer bulk billing to Medicare Card holders aged 21 and under and anyone who holds a valid concession card, for medical abortion, contraceptive implant insertion and removal and general consultations.

Our dedicated team of healthcare professionals delivered comprehensive sexual health assessments, treatment and care. We offer a range of services including Intrauterine device (IUD) insertions and removals, contraceptive implants - Implanon NXT insertions, medical abortions, Pre-Exposure Prophylaxis (PrEP) for HIV prevention, contraception consultations and prescriptions, STI testing and treatment, vulval health clinics and menopause treatments.

**Provided specialised sexual & reproductive health care to 8,200 clients during 17,000 appointments**



***“I am so thoroughly pleased with gender affirming care from the clinic at SHV ... I also appreciate the overlap of understanding between gender and sexual health. This combination has encouraged a holistic approach to the medical aspect of my transition”.***

- SHV client





## Sexually Transmissible Infections (STIs) and Blood Borne Virus (BBVs) detection

We actively promote early detection and prevention of sexually transmissible infections (STIs) and blood-borne viruses (BBVs). In the past year, we conducted 4,480 tests, enabling timely intervention and reducing the transmission of infections.

**Provided  
4,480  
STI & BBV screens**



### Cervical Screening

Over the year, we performed 1,080 cervical screening tests (CSTs) through our nurse led and general clinics. We offer both self-collection and clinician administered tests. Our CSTs prevent cervical cancer by detecting abnormalities that require monitoring, investigation, or treatment.

**Provided  
1,080  
cervical  
screening tests**



***“I have never received such a level of patience and care. The staff here are wonderful and covid safety measures are great. Thank you for making this so easy for me. I appreciate your care and support”.***

- SHV client



## Long Acting Reversible Contraception (LARC)

Our dedication to providing a wide range of contraceptive choices led to the successful administration of 2,425 Long-Acting Reversible Contraceptives (LARCs), which includes hormonal and copper IUDs and contraceptive implants. These effective and convenient options offer greater choice in pregnancy prevention.

Hormonal IUDs also offer effective menstrual bleeding control and are chosen by many of our clients not at risk of pregnancy.

**Provided  
780  
implant insertions**



**Provided  
1,645  
IUD insertions**



### Accreditations

Accreditation is essential in ensuring safe and high-quality general practice and education services in Australia. We strive for best practice and quality across our organisation by attaining the following accreditations:

#### Royal Australian College of General Practitioners (RACGP) Accreditation:

Our practices meet the rigorous national standards set by RACGP, ensuring excellence in client care and medical training certification for Continuing Professional Development (CPD) hours. Additionally, our training practice enables us to provide accredited supervision to General Practice registrars.

#### Quality Accreditation (QIP Standards):

We are accredited against the Quality Improvement Council's Health and Community Services Standards, covering various aspects such as governance, corporate systems, consumer and community engagement, diversity, and service delivery.

#### Cancer Council Victoria Accreditation:

Cancer Council Victoria accredits us to deliver endorsed nurse cervical screening provider training and certificates.

#### Rainbow Tick Accreditation:

We are currently working towards the Rainbow Tick Accreditation. This quality framework enables us to showcase our commitment to being a safe, inclusive, and affirming workplace and service provider for and to the LGBTIQ+ community.



## **We provide advocacy and research to help shape the future of equitable healthcare**

Throughout the year, we actively advocated for universal access to comprehensive sexual and reproductive healthcare. This included submitting a paper and participating in the Senate inquiry into access to reproductive healthcare and we collaborated with the Family Planning Alliance Australia (FPAA) to address these barriers. We advocated for unified sexual consent laws and engaged in media appearances to raise community awareness on critical issues relating to sexual health and relationships.

Our transformative projects, supported by the Department of Families, Fairness and Housing (DFFH), included the 'Consent Matters Education' pilot program and the 'Gender Affirming Care' pilot program. We also conducted research in partnership with institutions including the Australian Research Centre for Sex, Health and Society (ARCSHS) at La Trobe University, the SPHERE Centre of Research Excellence at Monash University and the Sexual Health Unit and School of Population and Global Health at the University of Melbourne.





# Advocacy and research to help shape the future of equitable health care

Our commitment remains steadfast in promoting inclusivity and supporting the sexual health needs of individuals and communities through research, evaluations, media engagements, authoring publications and conference presentations.

## The Senate inquiry on universal access to reproductive healthcare

We partnered with the Family Planning Alliance Australia (FPAA) to respond to the Senate inquiry on universal access to reproductive healthcare, including submitting written reports, participating in hearings and responding to the final report of the inquiry called 'Ending the Postcode Lottery: Addressing Barriers to Sexual, Maternity and Reproductive Healthcare in Australia'. Our focus has now turned to ensuring the findings and recommendations of this inquiry are fully considered by the Australian Government.

## Legal and Constitutional Affairs Committee inquiry

Contributed to the Legal and Constitutional Affairs Committee inquiry on current and proposed sexual consent laws in Australia. Our advocacy centred on promoting unified consent laws across the country to foster community and professional understanding of these critical ethical principles.

## Victorian 2022-30 Sexual and Reproductive Health (SRH) and Viral Hepatitis strategy

We align with the Victorian 2022-30 Sexual and Reproductive Health (SRH) and Viral Hepatitis strategy, thereby supporting, advising and contributing to the overarching health goals set by the Victorian government to reduce the incidence of Viral Hepatitis.

## Ongoing Medicare Telehealth support

We partnered with the FPAA to advocate for ongoing funding for general practitioners to provide access to telehealth for sexual and reproductive healthcare, particularly for those living in regional, rural and remote areas.



## Advocacy and awareness through media engagements

Throughout the year, we provided media spokespeople, including Chief Executive Officer Caroline Mulcahy, Medical Director Dr. Kathy McNamee, Schools and Community Manager Sam Read, Clinical Education Manager Dr. Sara Whitburn and Schools and Community Content Lead Anne Atcheson. They appeared on major mastheads and broadcasting stations, raising awareness and providing expert, qualified insights.

### TV interviews

- ABC National News - STI increase rates - 12 Apr '23
- 7News - Male contraception a game changer - 11 Nov '22
- The Context - Wade V Roe, 2 Jul '22

### Radio interviews

- ABC Conversation - Free contraception, 16 Dec '22
- ABC News - IUDs device and pain, 28 Oct '22
- Drive Radio - Teaching primary school students' online safety, 26 Oct '22

### Editorial interviews

- The Conversation - Long-term contraception, May '23
- Herald Sun - Consent Matters program to expand with focus on stealthing, Feb '23
- The Sydney Morning Herald and The Age - Game-changing plans to cut barriers to medical abortion, Jan '23
- Herald Sun, 7News, ABC, The Age, Sydney Morning Herald - The risk on contraception misinformation advice on TikTok, Jan '23
- Fashion Journal - Period irregularities, Jan '23
- ABC News - Access to free contraception, Dec '22
- The Guardian - Syphilis cases rising in Australia despite a fall in testing, Dec '22
- ABC News - Having IUD inserted can be painful and what can be done? Oct '22
- Herald Sun - Affirmative consent education being rolled out across Victoria, Oct '22
- News.com.au - The worrying consequences of contracting an STI, Oct '22



## Conference presentations

Atcheson A, Carydias A, Kirby C, Bailey B, Keenan C. Youth cybersafety, relationships and sexuality: piloting a whole school approach to educate young adolescents. ASHM HIV&AIDS and Sexual Health Conference, 2022 Sept, Sunshine Coast.

Boudville A, Kirby C, Vandenberg L. Responding to the impacts of COVID-19 restrictions on medical and surgical abortion provision and access. International Conference on Family Planning, 2022 Nov, Thailand.

Cabret SE, Kirby C. Effectively engaging youth to increase sexual health literacy. ASHM HIV&AIDS and Sexual Health Conference, 2022 Sept, Sunshine Coast.

Harwood S. Let's talk about sex. NurseTalk The Australian Primary Health Care Nurses Association, 2023 Feb, Melbourne.

Moreria S. Sexual Health Victoria's sex positive approach to healthy respectful relationships, sexual health and consent education in rural communities. CERSH SexRurality Conference, 2023 May, Creswick, Victoria.

Whitburn S. A primary care approach to pelvic pain. Pelvic Pain Victoria Symposium, 2022 Nov, online.

## Publications

Bateson D, McNamee K. Estetrol, a new oestrogen for contraception. *Medicine Today*. 2022; 23(10): 69-73.

Bateson D, McNamee K. Want long-term contraception? There are more effective options than the pill. But they can be hard to find. *The Conversation*, June 2023.

Mazza D, Watson CJ, Taft A, Lucke J, McGeechan K, Haas M, McNamee K, Peipert JF, Black KI. Pathways to IUD and implant insertion in general practice: a secondary analysis of the ACCORd study. *Australian Journal of Primary Health*. 2023 May 1.

McNamee K, Edelman A, Li RH, Kaur S, Bateson D. Best Practice Contraception Care for Women with Obesity: A Review of Current Evidence. *InSeminars in Reproductive Medicine* 2022 Nov (Vol. 40, No. 05/06, pp. 246-257).

Pearson S, Boerma CJ, McNamee K, Bateson D. Long-acting reversible contraceptives: new evidence to support clinical practice. *Australian Journal of General Practice*. 2022 1;51(4):246-52.

Taft A, Watson CJ, McCarthy E, Black KI, Lucke J, McGeechan K, Haas M, McNamee K, Peipert JF, Mazza D. Sustainable and effective methods to increase long-acting reversible contraception uptake from the ACCORd general practice trial. *Australian and New Zealand Journal of Public Health*. 2022 Aug 1;46(4):540-4.

## Research projects

We have continued to support and collaborate on research initiatives with the Australian Research Centre for Sex, Health and Society (ARCSHS) at La Trobe University, the SPHERE Centre of Research Excellence at Monash University and the Sexual Health Unit at the University of Melbourne. Examples of this include:

- Collaboration with ARCSHS on a Department of Health funded study 'Building an Integrated Approach to Supporting Sexual Health Promotion and Education among Young People'. This research aims to establish an evidence base for effective ways to engage parents, school communities, teachers and the youth & community services sector in supporting young people's sexual health.
- Supervision of postgraduate student research including examination of organisational advocacy to enhance community access to medical abortion within Victoria and another on exploration of LGBTIQ+ inclusive workplace culture.

**Our commitment remains steadfast in promoting inclusivity and supporting the sexual health needs of individuals and communities.**



We prioritise impactful sexual health promotion, with a strong focus on key priority populations:

- Young people
- Culturally diverse individuals, including recently settled migrants and refugees
- Aboriginal and Torres Strait Islander communities
- Socioeconomically disadvantaged individuals
- Geographically isolated residents (rural, regional and remote)
- LGBTIQ+ communities
- People living with disabilities
- Individuals with low literacy levels

Our mission is to enhance awareness and knowledge within these groups, enabling informed decisions about sexual health. We use various communication channels such as our website, social media, community events, posters, brochures, streaming ads and outdoor media to educate on diverse topics, including respectful relationships, sexual consent, STI testing and treatment and condom usage.

Our goal is to eradicate shame, ignite conversations and foster a more accessible, confident and informed society regarding sexual health and wellbeing.

# We deliver impactful sexual health promotion to priority populations





# Impactful sexual health promotion to priority populations

Together, we reduce shame, breakdown taboos, generate great conversations and fuel a collective movement towards a world where sexual health knowledge is more accessible and individuals can embrace their sexual wellbeing with confidence and pride.

## Disseminating key information through our health promotion resources

In the past year, we created a diverse range of resources on sexual and reproductive health, including brochures on sexual health checks, penis hygiene, self-collection for cervical screening and sexual consent. We also developed a booklet on contraceptive options, along with eye-catching posters on consent, STI testing, condom usage and the withdrawal method. These resources were distributed both physically and digitally, ensuring broad accessibility for individuals seeking reliable, qualified and medically accurate information.

## Midsumma March and Carnival

We joined the Midsumma Pride March, raising awareness for sexual health while marching through St Kilda's Fitzroy Street alongside thousands of participants. Additionally, we proudly shared sexual health information at the Midsumma Carnival, an event attended by over 120,000 people. The Midsumma March and Carnival provided an excellent opportunity to engage with the community and celebrate diversity.



## Health promotion posters in venues across Melbourne

This campaign placed framed posters in the bathroom facilities of licensed venues in Melbourne's CBD and surrounding suburbs. The campaign raised awareness of sexual consent and key sexual health issues such as sexually transmitted infections (STIs) and encouraged the use of condoms.

Since its installation in March 2023, the program reached approximately 44,500 people weekly, totalling over half a million visits over the three-month campaign duration. This campaign played a crucial role in promoting sexual health literacy.

## Engaging clients in General Practice waiting rooms with sexual health information

To actively share crucial sexual health information, we distributed 'Keep your Sexual Health in Check' brochures to 946 locations across Victoria. These brochures were prominently displayed in GP waiting rooms, providing easy access to relevant information. Additionally, the brochures were made available on mydr.com.au, a widely accessed online platform. The widespread distribution of these brochures aimed to increase conversations and proactive sexual health management between GPs and their patients.





## Reaching new audiences through digital channels

Our website attracted 1.5 million page views and reached over 730,000 new users. Our most visited pages were for information pertaining to contraception, sexual health conditions and STIs.

In addition, we provide a free sexual health app for young people which received over 1440 downloads. IRL is a sexual health app that is free, gender and sexuality neutral, frank, honest, taboo-free and medically accurate. It is underwritten by sexual health doctors, nurses and teachers ensuring that young people can navigate complex topics with confidence, knowing that social media misinformation has been corrected.

**1.5 million**  
**website page views**  
**730,000**  
**new users**



## Audio streaming ads to increase sexual health literacy

To promote STI testing and affirmative consent, we implemented an advertising campaign on Spotify, utilising streaming audio advertising. This innovative approach enabled us to reach an audience of more than 500,000 listeners in Victoria, aged between 18 and 35 years. The campaign effectively communicated the importance of regular STI testing and emphasised the significance of the recent changes to affirmative consent laws.

**500,000**  
**audio ads streamed**



## Increased sexual health awareness through YouTube video content

In the past year, our YouTube channel has played a pivotal role in increasing sexual health awareness. Our 88 videos have garnered over 3.3 million views, accumulating 64,000 hours of viewing time. The video content included topics such as IUDs, contraceptive implants and medical abortion and resonated with over 47,000 followers. We remain committed to finding new ways to provide individuals with accurate information which equips and empowers them to make informed decisions about their sexual health.

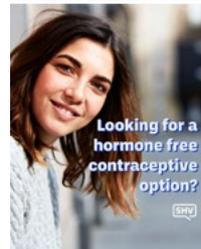
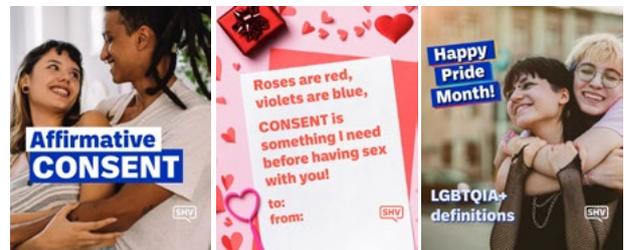
**over**  
**3.3 million**  
**YouTube views**  
**totalling**  
**64,000 hours**  
**of viewing time**



## Increased engagements through social media campaigns

Our social media outreach has been a powerful tool in sharing vital sexual health information. Through our active presence on Instagram, Facebook, LinkedIn and Twitter, we engaged with our audience over 430 times, reaching more than 110,000 accounts and gaining a collective following of 6,300 followers.

**over**  
**110,000**  
**accounts reached**  
**on social media**





# Sexual Health Victoria Strategy: 1 July 2023 to 30 June 2028

<b>Vision</b>	<b>For all people to enjoy optimal sexual and reproductive health and wellbeing</b>		
<b>Strategic intent</b>	Increase access and engagement in sexual and reproductive health knowledge and services by providing excellence in clinical services, education, training and advocacy		
<b>Strategic goals</b>	Work with others to increase sexual and reproductive health knowledge, capability and expertise	Expand clinical services to align with the needs of Victorian communities	Be recognised as the leading voice in sexual and reproductive health to drive change
<b>Strategic objective</b>	We will engage and collaborate widely to inform education and research	We will provide excellent care and services in a safe and welcoming environment	We will consult and advocate for person-centred and system change
<b>Strategic initiatives</b>	<ul style="list-style-type: none"> <li>Provide comprehensive, contemporary, age and life stage appropriate sexual and reproductive health education, training and information.</li> <li>Provide leadership in the application, coordination and dissemination of sexual and reproductive health research, resources and best practice to schools, community and the clinical workforce.</li> <li>Champion multidisciplinary models of sexual and reproductive health care.</li> </ul>	<ul style="list-style-type: none"> <li>Explore innovative care models which are responsive, personalised, inclusive, cost-effective and free from stigma, racism and discrimination.</li> <li>Translate research findings into our everyday, contemporary care practices.</li> <li>Expand the reach of our existing services by working alongside and supporting other providers.</li> </ul>	<ul style="list-style-type: none"> <li>Strengthen our brand as the trusted, credible source of information on sexual and reproductive health.</li> <li>Enhance collaboration with sector partners to improve integration and coordination across the sexual and reproductive health system.</li> <li>Lead advocacy to increase accessibility to sexual and reproductive health services.</li> </ul>
<b>Strategic enablers</b>	Our People	Research and Evidence	Systems, Information and Data



# Our Board of Directors



**Carolyn Morris (Chair)**

Appointed to the Board as a non-executive director in 2015.



**Dr Anna Wilkinson**

Appointed to the Board as a non-executive director in 2017.



**Ann Maree Keenan**

Appointed to the Board as a non-executive director in 2020.



**Stelvio Vido**

Appointed to the Board as a non-executive director in 2020.



**John Kuot**

Appointed to the Board as a non-executive director in 2021.



**Dr Angela Lu**

Appointed to the Board as a non-executive director in 2022.



**Ricki Vinci**

Appointed to the Board as a non-executive director in 2023.



**Dr Dan Wilson**

Appointed to the Board as a non-executive director in 2023.



**Anne Howells**

Re-appointed to the Board as a non-executive director in 2023.



# Finance Summary

The 2022-23 financial year has been a strong recovery year for SHV, resulting in a surplus from ordinary operating activities. SHV reported a deficit (\$51,591) for the year, due to an expense for the impairment of the Box Hill building roof (\$179,540). When the impact of this impairment is removed, SHV returned an ordinary surplus of \$128,349. This is a significant improvement on the previous year's result and reflects an internal review, tight expense management and an increasing recovery in fee for service income over the period.

The reorganisation of appointments and changes to the eligibility to access for Medicare bulk billing drove a 31% increase in income from the delivery of Clinical Services, whilst returning to classroom education in schools has contributed to a 45% improvement in everyBODY Education income over the reporting period.

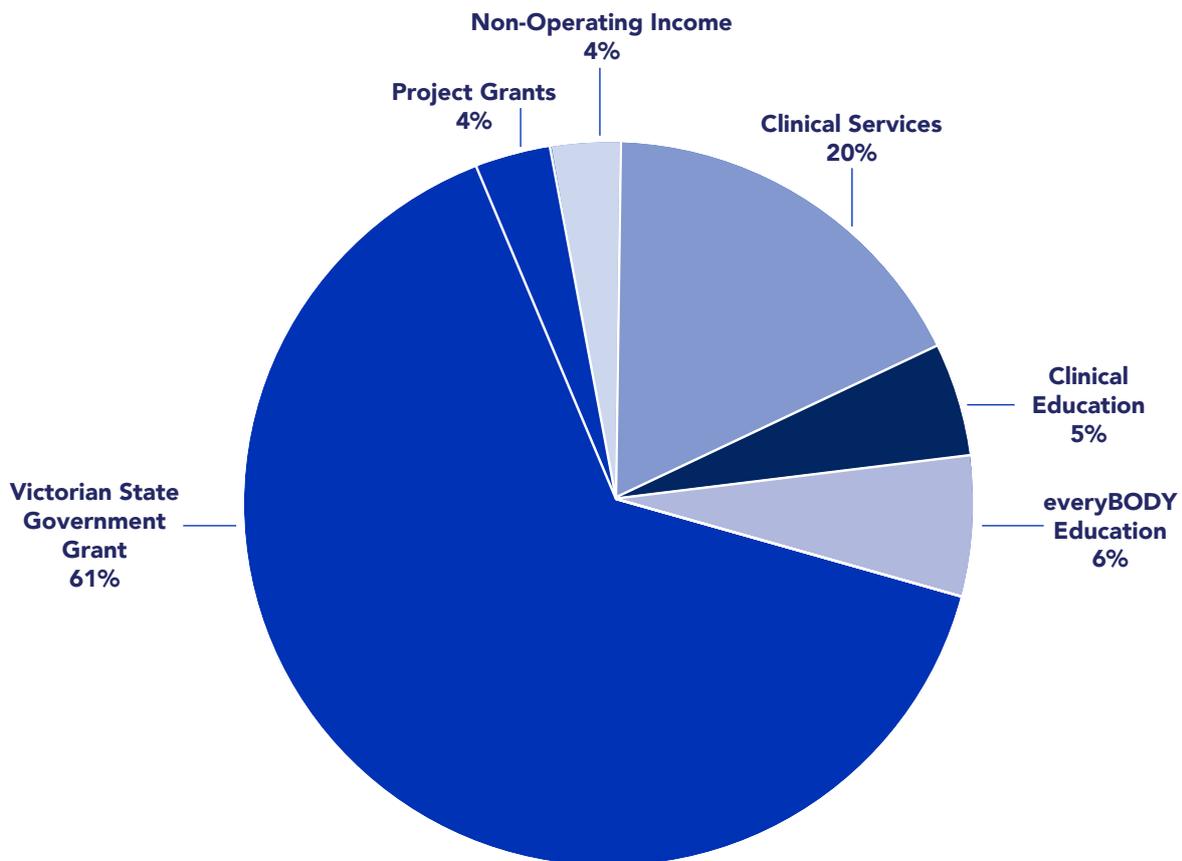
At the end of June 2023, SHV has \$3.3m in Retained Earnings. Strong cash and working capital balances provide sufficient liquidity, particularly when considering the Employee Benefits provided for on the Balance Sheet.

SHV prepares financial statements in accordance with the Australian Accounting Standards as outlined in the Independent Auditors report. A full set of the audited financial statements for the Year Ending 30th June 2023 and the accompanying notes are available on our website at [www.shvic.org.au](http://www.shvic.org.au).

A summary of the year's financials are provided below.

## Revenue by source

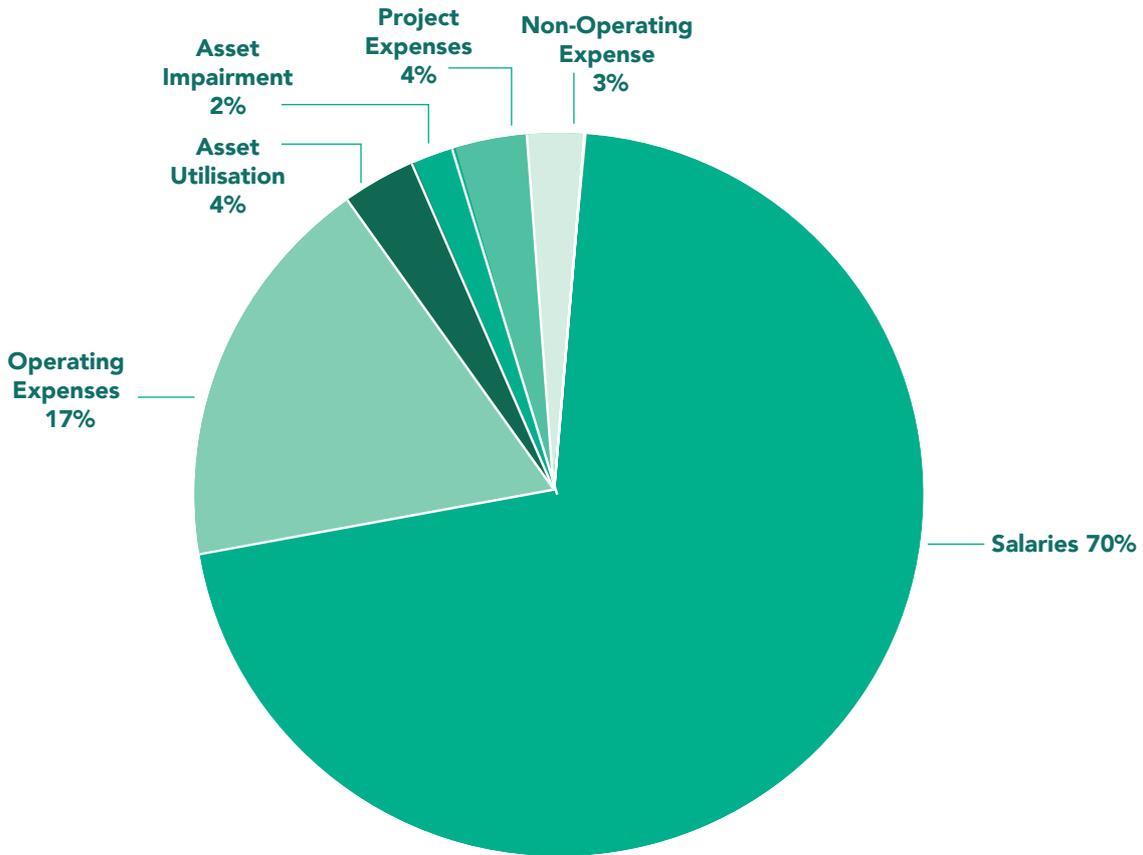
Total Revenue for the financial year was \$7.76 million. The Victorian Government's grant funding represents 61% of revenue, with a further 29% generated through fees for our clinical and education services.





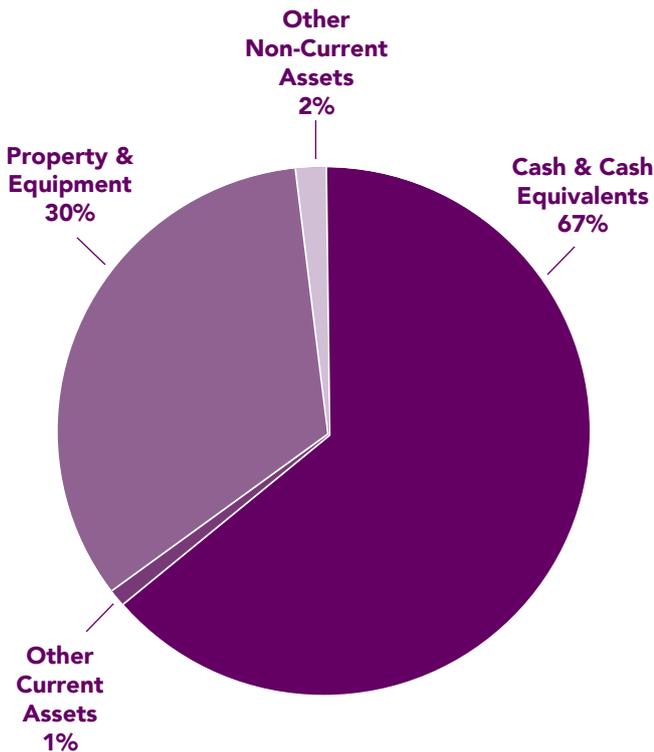
## Expenditure

Total Expenditure for the financial year was \$7.8m. Salary costs at 70% of total expenditure reflect the professional workforce and quality services provided by SHV.



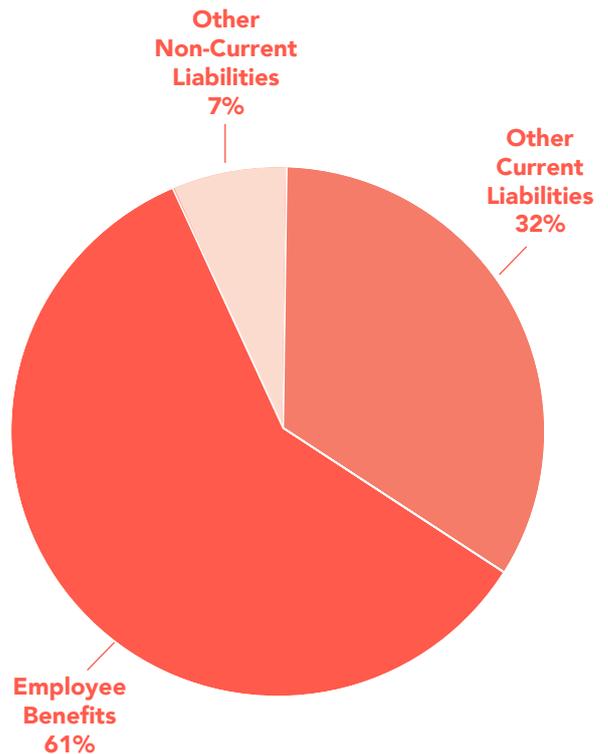
## Assets

Assets totalled \$5.16m with \$3.57m reported as Current Assets.



## Liabilities

SHV had \$1.85m in Liabilities at the end of the financial year, 89% of which are Current Liabilities.





# Contact

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T: 03 9257 0100

## Melbourne

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[www.shvic.org.au](http://www.shvic.org.au)

Freecall 1800 013 952



[facebook.com/sexhealthvic](https://facebook.com/sexhealthvic)



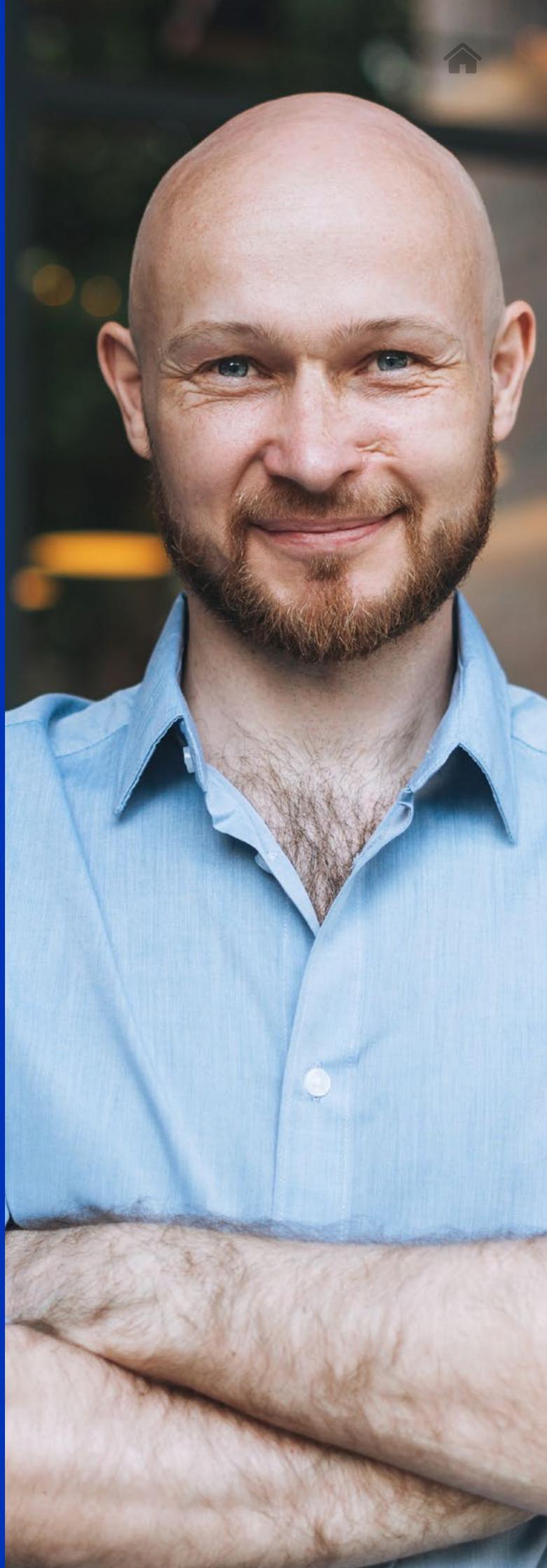
[linkedin.com/company/sexual-health-victoria](https://linkedin.com/company/sexual-health-victoria)



[instagram.com/sexualhealthvictoria](https://instagram.com/sexualhealthvictoria)



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Annual Report 2022 – 2023

Published by Sexual Health Victoria November 2023

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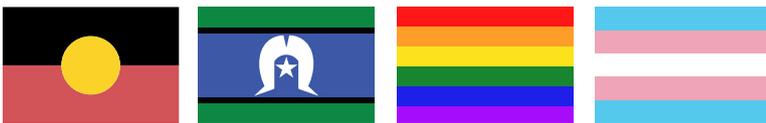
ISSN 1839-549X

For more information contact Sexual Health Victoria on:  
T/ 03 9257 0100 or visit [www.shvic.org.au](http://www.shvic.org.au)

Sexual Health Victoria acknowledges the support of the Victorian Government.



Sexual Health Victoria acknowledges the Aboriginal and Torres Strait Islander people as the Traditional Custodians of the land on which our offices stand and in the regions in which we provide our services. We pay our respects to Elders past and present. Sexual Health Victoria is committed to providing respectful and inclusive services and work environments where all individuals feel accepted, safe, affirmed and celebrated. With our commitment to embracing diversity and eliminating all forms of discrimination in the provision of reproductive and sexual health services, we welcome all people irrespective of cultural or linguistic background, sexual orientation, gender identity, intersex status, religion or spiritual beliefs, socio economic status, age or abilities.



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