

## **Online Trauma Informed Sexual Health Training for Foster Carers**

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### **Background/Purpose:**

In June 2022 there were 16,160 young people in out of home care (OOHC) in New South Wales (NSW), 41.4% identified as Aboriginal. The Tune report, released in 2018, highlighted the need for client centred approaches and for young people to identify their needs, of which sexual and reproductive health is one. Young people in OOHC have witnessed higher rates of domestic and family violence, drug and alcohol misuse and mental health. These vulnerabilities alongside adverse childhood experiences means a trauma informed approach is crucial with these young people.

### **Approach:**

“Because You Care” online training module was developed after extensive consultation with the foster care and trauma sectors. The training fosters conversations around sexual and reproductive health through a trauma informed framework. The development of the training occurred through the NSW Health’s Play Safe Programs in partnership with yFoundations. The self-paced online training consists of 3 modules covering sexually transmitted infections, contraception, trauma informed care approaches, how to start a conversation with a young person and the importance of self-care and debriefing for workers.

### **Outcomes/Impact:**

Successful and ongoing implementation of the training saw 151 registered participants in a 15 month period. Participants report greater confidence in having a conversation with young people around their sexual and reproductive health needs after completing the course.

### **Innovation and Significance:**

This innovative training is the first of its kind for NSW, if not Australia. The consideration of trauma informed approaches is pertinent to working with vulnerable young people and this training addresses those needs with foster carers and other workers alike.

### **Disclosure of Interest Statement:**

None