

## Reach Out! Teachers' Network

### What is the Reach Out! Teachers' Network?

Reach Out! Teachers' Network is designed to connect secondary teachers with the web based mental health service for young people: Reach Out! [www.reachout.com.au](http://www.reachout.com.au).

Members who sign up to the Network will receive free of charge:

- An education kit containing teacher activities and student notes mapped to the Victorian Essential Learning Standards
- A series of online and print newsletters, informing teachers of interesting ideas for using Reach Out! at their school & explanations on the latest trends in technology and how young people are using them.
- Access to a web site specially designed for teachers where materials can be downloaded: [www.reachoutpro.com.au](http://www.reachoutpro.com.au)

### How is it relevant to teachers' teaching sexuality?

There are a number of ways in which teachers involved in teaching sexuality can use Reach Out!, these include:

**Using the structured lesson plans:** The lesson plans "Developing Relationships" and Managing Stress" are relevant for sexuality subjects. These lesson plans can be downloaded from the resource section on [www.reachoutpro.com.au](http://www.reachoutpro.com.au).

**Sexual identity content on Reach Out!:** The Reach Out! website has a series of fact sheets that are relevant for same sex attracted young people. Reach Out! fact sheets aim to provide the reader with evidence based information that helps them to understand their situation and provides them with suggestions for how they can overcome possible challenges. The fact sheets also outline the support available if they require it.

This information is useful to help anyone to gain a better understanding of the issues that young people who identify as gay, lesbian or bi may face.

Examples of fact sheets include:

- Being gay
- Being lesbian
- Coming out
- Telling people that I am gay, lesbian or bi

Along with the fact sheets there are links to stories from young people who have identified as gay, lesbian or bi and how they have managed the challenges that they have faced.

**Sexual health content on Reach Out!:** Reach Out! provides young people with information about sexually transmitted infections, considerations when thinking about sex, information about safe sex and options for managing an unwanted pregnancy.

There are also stories from young people including a digital story from a young mum's group.

All the content on Reach Out! is evidence based and has been developed in partnership with young people ensuring that the way the information is presented is easy to understand and engaging.

**To sign up to the network please log onto [www.reachoutpro.com.au](http://www.reachoutpro.com.au)**