



Care  
Education  
Advocacy

# Sexual Health Victoria

Strategic Plan  
2023 – 2028



# 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 the 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 a registered health promotion charity registered 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 to ensure 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 Family Planning 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

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.



# 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>	<ol style="list-style-type: none"> <li>1. Provide comprehensive, contemporary, age and life stage appropriate sexual and reproductive health education, training and information.</li> <li>2. Provide leadership in the application, co-ordination and dissemination of sexual and reproductive health research, resources and best practice to schools, community and the clinical workforce.</li> <li>3. Champion multidisciplinary models of sexual and reproductive health care.</li> </ol>	<ol style="list-style-type: none"> <li>1. Explore innovative care models which are responsive, personalised, inclusive, cost-effective and free from stigma, racism and discrimination.</li> <li>2. Translate research findings into our every day, contemporary care practices.</li> <li>3. Expand the reach of our existing services by working alongside and supporting other providers.</li> </ol>	<ol style="list-style-type: none"> <li>1. Strengthen our brand as the trusted, credible source of information on sexual and reproductive health</li> <li>2. Enhance collaboration with sector partners to improve integration and coordination across the sexual and reproductive health system.</li> <li>3. Lead advocacy to increase accessibility to sexual and reproductive health services.</li> </ol>
<b>Strategic enablers</b>	Our People	Research and Evidence	Systems, Information and Data

# Building on our legacy

For more than 50 years, Sexual Health Victoria has provided state-wide sexual and reproductive health care, education and advocacy.

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

We recognise that sexual and reproductive health is core to people's wellbeing, and that these impact our relationships and our lives across our lifespan.

Our ambition is to increase access and engagement in sexual and reproductive health, knowledge and care by providing excellence in clinical services, education and training. We advocate for the right of everyone to make informed decisions that are right for them, and we will support this by providing clinical primary care, school and community-based services and client-centred, inclusive, timely and accessible information.

Our strategic plan 2023- 2028 plan builds on our successful history; it is aspirational and ambitious and will drive us to take every opportunity to create choice whilst challenging service gaps and injustice. Together we can achieve more and so we will work with clients and consumers, stakeholders and partners to implement a clear and progressive sexual and reproductive health plan for women, men, young and LGBTIQ+ communities to access safe, affordable, and person-centred care and supports.

A review of local, national and international research and policy informed the development of this plan and we have focussed our attention on the sexual, relationship and reproductive health priorities that we consider are required, urgent and will have an impact over the next five years.

## Our Priorities

- Community education and workforce development
- Sexual and reproductive clinical care
- Evidenced-based information, advocacy and health promotion.

Strategic directions that underpin and guide this plan include:

- Expanding our reach
- Focusing on priority populations
- Providing and promoting evidence-based, client centred practice
- Ensuring equitable access to information and services
- Strengthening the impact of our work through leadership and collaboration
- Harnessing current and emerging technology.

## Our Values

Our values underpin and drive our work.

Equity – respect, no judgement, approachable

Trust – confidential, honest, integrity

Courage – flexible, responsive, proactive

Collaboration – consult, lobby, innovate.



# Our Community

Our Strategic Plan recognises the importance of continuing our focus on priority populations to reduce health inequalities and improve sexual and reproductive health outcomes across Victoria and nationally. In our context the term 'priority populations' refers to several sub-population groups that experience poorer sexual and reproductive health outcomes than the general population.

Our community includes all people across their sexual and reproductive life span.

We know our client mix is broad and we welcome people of all ages, cultures, genders, identities, sexualities, abilities and beliefs.

We also work with, and alongside, several organisations and academic institutions to further our work. Our audience mainly consists of the following groups:

- Clients and consumers who use our clinical services
- People who access our information online
- Health professionals, youth, and support workers
- Teachers, parents, and carers
- Partner organisations that amplify our work and the voice of our consumers
- Government and key policy experts
- Our staff.

This key document also sets out our plans to explore opportunities for new and strengthened partnerships; growth, diversification and long-term sustainability; and excellence in innovative practice over the coming five years.

We look forward to working with our partners over the lifespan of the Plan and contributing to improved sexual and reproductive health outcomes for all.

***“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***



**Caroline Mulcahy**  
**CEO**



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



# Monitoring and Evaluating Impact and Outcomes

We are committed to learning and our continuous and quality improvement processes ensure that we continually monitor and evaluate our work. This 5-year Strategy will be translated into annual business plans aligned to each financial year.

The Board and management team will monitor and report progress against this plan.

Our Outcomes Framework will provide the structure, measures and process for all evaluation activities across the life of this strategic 5-year plan.

The framework will include social impact measures and we will be more thoughtful and analytical in our reporting.

***“Reproductive health is a state of complete physical, mental, and social wellbeing, and not merely the absence of reproductive disease or infirmity ... reproductive health therefore implies that people are able to have a satisfying and safe sex life and that they have the capacity to reproduce and the freedom to decide if, when, and how often to do so”.***

***World Health Organisation***

***“I have had 3 appointments here and 2 phone conversations, and all have been amazing. The nurses and doctors really strive to work out what works best for you, and are non judgemental, kind, and very good at ensuring you’re comfortable and understand what is happening. SHV is the only place I’ll attend in Melbourne and I highly recommend them to everyone”.***  
**-Clinic’s client**

***“I feel it has given me lots of really great practical advice to guide teachers of any level of experience in delivering Sex Ed in an emotionally safe manner which is key to student well-being and the confidence of the teacher.”***  
**-Educational professional**

***“Wonderful experience. Very friendly, down to earth and knowledgeable staff. A broad range of services and support offered. What a great thing to have places like this. Thanks so much”.***  
**-Clinic’s client**



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For more information contact Sexual Health Victoria on:  
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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, present and future. 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.



#### Disclaimer

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