

## School Health Programs – Core of Life

Ballarat Community Health offers Core of Life sessions to secondary school students in years 9 and 10. This learning opportunity is provided in partnership by a midwife and youth/health professional and engages participants in discussion, while utilising role play and other resources such as a DVD and PowerPoint presentation.

Alternatively, Ballarat Community Health can assist with access to factual information or other resources to support your school to provide pregnancy, birth, breast feeding and early parenting education.

As research highlights the benefits of providing education in a holistic way, Ballarat Community Health provides this program together with teachers and in line with VELS outcomes. This creates a supportive teaching and learning environment that can continue to be built upon beyond Ballarat Community Health's involvement.

Additionally, Ballarat Community Health provides opportunities for sexual health support within the wider Ballarat community through the provision of a sexual health clinic at our Sturt Street site.

For further information or sexual health resources please also check out our [website list](#).

Please contact Demelza on (03) 5338 4500 or by email at [demelzar@bchc.org.au](mailto:demelzar@bchc.org.au) to register your interest in this or any other school opportunities.

**Please note that Ballarat Community Health staff require a minimum of four weeks notice when working in schools. Additionally, it is preferential for the Core of Life to be preceded by a sexual health session on contraception and sexually transmissible infections.**

