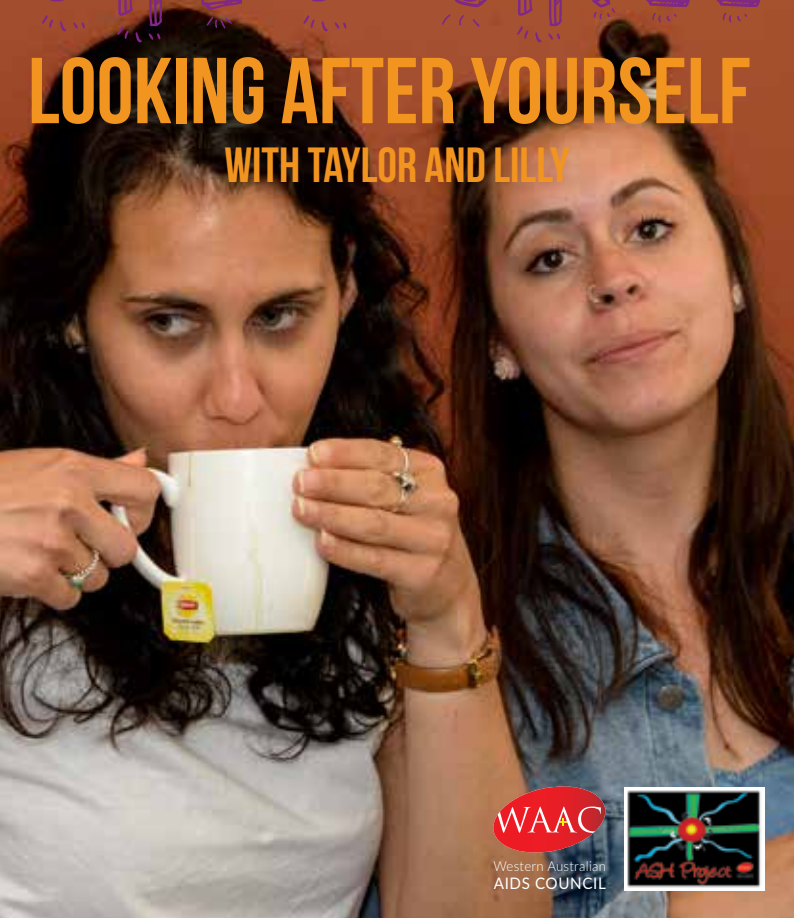


SHE'S CHILL

LOOKING AFTER YOURSELF

WITH TAYLOR AND LILLY



Western Australian
AIDS COUNCIL



THANK YOU'S

The WA AIDS Council would like to
thank the following people:

Simone Detourbet

Jessie Ward

Matt Jones

Lisa Tomney

Matt Ranford

Courtney Murphy

SHBBVP @ WA Health Dept.

Amanda Sibosado

Rose Murray

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Noi Due Cafe

M Clinic

NGALA KAADITJ WADJUK MOORT KEYEN KAADAK NIDJA BOODJA
We acknowledge Noongar people as the original custodians of the land
on which our office stands.

We acknowledge those around the world who have lost their lives to
AIDS and also those living with HIV who continue to face stigma and
discrimination every day.



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ABOUT

She's Chill - Looking After Yourself, with Taylor and Lilly is a film by the WA AIDS Council, designed to educate young Aboriginal and Torres Strait Islander people to take care of their sexual health.

The film talks about STIs, testing, consent, stigma and relationships, using humour to brighten topics that can sometimes be shame to talk about.

This booklet is an accompaniment to the film, and provides educators with a resource to stimulate further discussion around these important topics.

In WA, rates of STIs in Indigenous youth have been unacceptably high for many years; and Indigenous youth are significantly more likely to have had sex by age 16.*

Please contact the WA AIDS Council for any and all questions, comments and feedback about the film, or to order more copies of this booklet.

www.waaid.com

*Source: <http://www.healthinonet.ecu.edu.au/states-territories-home/wa/reviews/our-review/selected-health-conditions/communicable-diseases/sexually-transmitted-infections>

LOOKING AFTER YOURSELF

Taylor is worried about her younger sis Lilly. Lilly wants to have sex, but she doesn't know much about sexual health and safer sex.

- Prevention of HIV, sexually transmitted infections and blood-borne viruses are everyone's responsibility
- If you are having sex, you should have a regular sexual health check up about every 6 months

Taylor is also worried that Lilly may not be ready for sex, and is feeling pressured by her partner and her friends.

- Nobody should pressure you into doing anything you don't want to do, or are not ready for. It's always your choice about when to have sex

YARNING

- It's good to talk about sex stuff and your sexual health. If you are having sex, you should have a regular sexual health check-up, about every 6 months
- Talk to someone you trust, don't be shame
- It's all about YOUR health and well-being



PROTECTING YOURSELF

HAVE SAFER SEX

- Use Condoms
- Use Lube. Remember - 'Lube is Good'
- Get regular sexual health checks
- Never share injecting gear
- Don't share stuff that could have blood on it, like razors and toothbrushes



TESTING

- Get regular sexual health check-ups
- Lots of STIs have no symptoms. You need to test to be sure
- It's best to get pee tests *and* blood tests every time
- It's simple and it's private



TREATMENT

- Some sexually transmitted infections can be treated and cured with medications
- HIV is not currently curable but can be very well managed with daily medication





- Having safe sex and not sharing injecting gear can protect you from getting HIV
- HIV is now a manageable illness
- If you know someone who is HIV positive, show them care and support; don't make them feel shame
- See the person and not the virus



REMEMBER

should be fun
should be about pleasure
should be your choice

is your choice
should be about pleasure

should be fun
is your choice
should be safe
be fun
your choice

should be
about pleasure

should be fun
is your choice

should be fun
should be about pleasure
is your choice
should be fun
should be about pleasure
is your choice
should be fun
should be about pleasure

HIV and AIDS
that is
should be



MBER

**safe
choice**

**e about
sure**

**choice
be safe**

**is your choice should be about pleasure
should be about pleasure
should be safe is your choice
should be safe**

**is your choice should be fun
should be fun
is your choice
should be safe
about pleasure**

FOR EDUCATORS

This booklet is intended to accompany the educational short film *She's Chill - Looking After Yourself, with Taylor and Lilly*. Use it to stimulate discussion with students about the content of the film.

The film runs for approximately 28 minutes. You may wish to pause it at the end of each scene to further discuss the content displayed on screen.

While the film is exempt from classification, it contains some mild explicit language and frankly discusses sex and sexual health. It is suitable for people 15 years and older.

WA AIDS COUNCIL FILMS PRESENTS JESSIE WARD SIMONE DETOURBET IN SHE'S CHILL - LOOKING
AFTER YOURSELF, WITH TAYLOR AND LILLY LISA TOMNEY MATT JONES DIRECTED BY MATT RANFORD
EXECUTIVE PRODUCER LISA TOMNEY SOUND ENGINEER COURTNEY MURPHY

Running Time: 28 mins.

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