



Ngarandhi News

February 2010

Yarnin' with the youth



The official launch of *Ngarandhi Project** took place 1st December 2009 to coincide with the first day of summer and more importantly World Aids Day.

The *Ngarandhi Project* aims to empower the young people of the Aboriginal community with sexual health information, advice and resources provided during outreach. All the peer educators employed are Aboriginal and aged between 16 – 25 years old.

Don't be shame! Come over. Have a yarn.

FOR MORE INFO on the *Ngarandhi Project*: please call Narelle Dickson on 9663 5958.

* *Ngarandhi* means 'to listen' in Dharawal language

PHOTO: The *Ngarandhi Project* - 2009 Launch NP Team
FROM LEFT:

Narelle Dickson (Coordinator), Yvette Kirby, Teanne Merritt, Larissah Robinson, Nellie Bell, Sam Doku, Tylissa Stephens, Richie Phillips, Kalika Link, Carrine Liddell (Lapa Youth Haven), Darrell Williams (CEO – SESDGP) & Lisa Merrison (SESDGP).

EVERYTHING'S 100% CONFIDENTIAL!

Peer Education hangouts

February

6	11 – 3pm	Outreach @ Coogee Beach
13	12 – 4pm	Outreach @ Maroubra Beach & Skate Park
17	10 – 1pm	Sydney Sexual Health Clinic
20	12 - 4pm	Outreach @ La Perouse & Yarra Bay
27	12 - 4pm	Outreach @ Coogee Beach

NOTE: Outreach activities will be subject to weather conditions



L A P A M O B

Learning About Protection and Making Ourselves Better?

What is genital warts?

Genital warts are caused by a wart virus. There are over 100 different types of wart virus which affect different parts of the body.

Some types of genital wart virus can cause changes, which if left untreated may develop into cancer. The types of wart virus that cause cancer don't usually show visible warts.

Wart virus is one of the most common sexually transmitted infections (STI) and many people have the virus without knowing it.

How do I know if I have genital warts?

Infection with genital wart virus might show up as visible warts (hard, rough or smooth lumps) in and around the genitals and anus, but you can have wart virus and not have visible warts.

How do you catch genital warts?

You get it from skin to skin rubbing of your genitals during sex.

How do you prevent it?

Always using condoms reduces the risk of getting wart virus, this also protects you from other sexually transmissible infections (STI).

Before becoming sexually active, you can get a vaccination called Gardasil, which can prevent you from getting some of the wart viruses that can lead to cancer. All school girls are now offered this vaccine. This vaccine can also be given to boys but is not provided to them at school. You can talk to your doctor for more information.

Is there any treatment for warts?

There is currently no cure for wart virus, but there are treatments that can remove visible warts. Your immune system will eventually get rid of the virus. In most cases visible will disappear even without treatment; however this can take many months, or a year or two in some cases.

What else should I know?

Your doctor, sexual health service or Aboriginal medical service can give you confidential support and information about warts. You can also ask them about getting the wart virus vaccine.

Condoms should always be used as they reduce your risk of getting warts. Condoms do not protect you fully as the condom may not cover the infected area or it might come off during sex.

Women should make sure they have regular Pap smears (a swab taken from the top of the vagina). This can find changes that can be treated before it leads to cancer.

For confidential help and support for any sexual health questions, you can call the free:

NSW Sexual Health Infoline 1800 451 624
Monday - Friday 9am - 5.30pm.



Check up locations

Sydney

Sydney Sexual Health Centre
Sydney Hospital
Level 3, Nightingale Wing,
Macquarie St, Sydney NSW 2000
ph 9382 7440
Mon, Tue, Thu, Fri 9am - 5.30pm
Wed 2pm - 5.30pm

Bondi

Bondi Satellite Sexual Health
Youth Clinic

In WAYS Youth Services Offices:
The Junction, Tiffany Plaza
422 Oxford St, Bondi Junction
(above the bus/rail interchange)
ph 9388 9455
Mon 2pm - 6pm, Thu 3pm - 7pm

Maroubra

Maroubra Satellite Sexual Health
Youth Clinic

In WAYS Youth Services Offices:
1/755 Anzac Pde, Maroubra Junction
(cnr Anzac Pde and Maroubra Rd)
ph 9314 2222
Wed 2pm - 6pm

OR you can go to your own GP/AMS or Medical Centre

DISCLAIMER: Views expressed in this newsletter are the individual contributors and do not necessarily reflect the views of SESDGP. This publication was produced with the support of the Department of Health and Ageing.



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