

INTERNATIONAL STUDENT SEXUAL HEALTH ONLINE LEARNING MODULES

INFORMATION & PROMOTION TOOLKIT



ABOUT THE PROJECT

NSW Health's NSW STI Programs Unit in collaboration with the University of NSW, a range of health providers and tertiary education institutions, co-designed five sexual and reproductive health online learning modules (OLM) with international students. The modules are available on the [International Student Health Hub](#) website for students to complete at no cost. Tertiary education institutions also have the opportunity to host the modules internally on their Learning Management Systems.

Completion of the modules aim to support international students' sexual and reproductive health literacy. Modules were designed using a trauma-informed care framework and refer to wellbeing, interpretation and support services for students and are appropriate for students aged 16 years+.

Designed using plain English principles and a providing a general introduction to sexual health topics, each module ranges from 7-35 (approx.) minutes in duration and cover the following topics:

- Module 1: Consent
- Module 2: Healthy relationships
- Module 3: Safe sex and contraception
- Module 4: STIs
- Module 5: HIV

NSW Health encourages all tertiary education institutions that support international students to include the modules on their eLearning platforms for students to undertake during orientation periods or throughout Semester, or to actively promote the modules on the International Student Health Hub to students.

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WHAT ARE THE MODULES ABOUT?

Module 1: Consent

This module aims to improve the sexual and reproductive health knowledge of international student studying in NSW and reduce stigma around sex and sexual learning. By the end of this module, students will be able to:

- define consent
- understand how consent relates to safe sex
- identify trustworthy sources of sexual health information, including the International Student Health Hub and Play Safe.

Module 2: Healthy relationships

This module aims to improve the sexual and reproductive health knowledge of international student studying in NSW and reduce stigma around sex and sexual learning. By the end of this module, students will be able to:

- understand and recognise different types of relationships
- identify trustworthy sources of sexual health information, including the International Student Health Hub and Play Safe.

Module 3: Safe sex and contraception

This module aims to improve the sexual and reproductive health knowledge of international student studying in NSW and reduce stigma around sex and sexual learning. By the end of this module, students will be able to:

- describe what safe sex is
- discuss the importance of safe sex
- outline what contraception is and the different options available
- identify trustworthy sources of sexual health information, including the International Student Health Hub and Play Safe.

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Module 4: Sexually transmissible infections

- This module aims to improve the sexual and reproductive health knowledge of international student studying in NSW and reduce stigma around sex and sexual learning. By the end of this module, students will be able to:
- identify common sexually transmissible infections (STIs) and how to prevent, test and treat them
- identify trustworthy sources of sexual health information, including the International Student Health Hub and Play Safe.

Module 5: HIV

This module aims to improve the sexual and reproductive health knowledge of international student studying in NSW and reduce stigma around sex and sexual learning. By the end of this module, students will be able to:

- define HIV
- identify how to prevent HIV
- identify how to test for HIV and how it is treated
- identify trustworthy sources of sexual health information, including the International Student Health Hub and Play Safe.

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BACKGROUND TO THE PROJECT

Human immunodeficiency virus (HIV) and sexually transmissible infections (STIs) remain a significant public health burden in NSW. The [NSW HIV Strategy 2021 – 2025](#) and [NSW STI Strategy 2022 – 2026](#) identify people from culturally and linguistically diverse backgrounds, for example, international students, as an important cohort to engage with.

Evidence shows that international students have lower sexual and reproductive health literacy compared to domestic students. With international student enrolments in NSW education providers returning to pre-COVID levels, supporting the sexual and reproductive health of international students is now more important than ever.

Research conducted by NSW Health found that international students prefer to access sexual and reproductive health information online, with 90% of international student participants wanting more sexual and reproductive health information from their education provider. Over 45% of students reported not receiving any sexual health education or information from their education provider over the past 12 months.

In 2023, 120+ students completed the online learning modules to gain additional student feedback on their design, acceptability and content. The pilot evaluation showed the co-designed OLM increased sexual and reproductive health literacy substantially and were perceived to be not only inclusive but also engaging by international students.

How NSW Health supports international students in NSW

NSW Health is committed to supporting the sexual health of international students studying in NSW.

1. [International Student Health Hub](#)

- The [International Student Health Hub](#) was developed to improve access to sexual and reproductive health information and services for international students in NSW. The Hub covers topics including, sexual and reproductive health, overseas student health cover, the Australian Health Care System, relationships, contraception and pregnancy, and more. Co-designed with international students, the website is a collaboration of over 50 organisations across New South Wales, Australia. Importantly, the Hub contains factsheets on [STIs](#), [HIV](#) and sexual health which are available in multiple languages. The Hub has also worked with students to develop videos to dispel common myths about [STIs](#) and [HIV](#). These can be used as teaching resources, shared with students or uploaded to internal intranet sites.
- The Hub also contains a variety of resources (posters, business cards, flyers, sexual health resources) that can be [ordered](#) by education services at no cost.

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2. The Kit: A information folder perfect for orientation weeks

Our latest resource, [the Kit](#), is a small resource folder containing information cards about safe sex and contraception, STIs and HIV, and consent and relationships. Students have reported finding this useful to read through in their own time and have enjoyed this being placed in welcome packs. Tertiary education services are able to order up to 600 Kits per year at no cost, or cost share with NSW Health for larger print runs.

3. A free condom ordering tool

Making condoms available to students is one of the easiest and most effective things organisations can do to protect their sexual health. Consistent use of condoms prevents the transmission of sexually transmissible infections (STIs) and unplanned pregnancies. Organisations who work with and support international students can order one bag of condoms (144 in each bag) and lubricant per month through the [International Student Health Hub](#), or bags of our international student safe sex packs. Our Play Safe Pro website also has a [protocol guide](#) on how you can increase condom uptake within your organisation.

4. International Student Sexual and Reproductive Health Consortium

NSW Health convenes an International Student Sexual and Reproductive Health Consortium. The consortium not only focuses on the promotion and evaluation activities of the Hub but collaborates on wider international student program activities to support the sexual and reproductive health outcomes of international students. Membership includes the NSW Ministry of Health, Local Health Districts and Local Government members, tertiary education services, health organisations, OSHC insurance providers, NGO and academics. Anyone is welcome to join the Consortium which meets quarterly for information sharing, upskilling and support.

5. International Student Sexual and Reproductive Health Newsletter

Anyone can also join our [monthly newsletter](#) which will keep you up to date with new resources available, program work and opportunities for students.

6. Stakeholder content calendar and monthly eDMs

NSW Health provides stakeholders with a quarterly content calendar of suggest health-related information that organisations can utilise within their communications with students to support health and wellbeing. The International Student Health Hub also has a monthly newsletter for stakeholders. [Sign up today](#).

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HOW TO ACCESS THE INTERNATIONAL STUDENT SEXUAL HEALTH OLM

There are two ways students can access the International Student Sexual Health OLM:

1. Via the [International Student Health Hub](#) website
2. Via their tertiary education institutions' Learning Management System (for providers who have uploaded the OLM to their system).

PROVIDER HOSTING

The International Student Sexual Health OLM has been designed with the opportunity for providers to host the OLM on their institution's eLearning platform, also known as a Learning Management System (LMS). International students told NSW Health they wanted more education about sexual and reproductive health from their education provider and this is a way providers can meet this request.

NSW Health will provide education providers with the OLM files (SCORM files) at no cost which are compatible with all LMS' used by NSW education institutions. Education institutions will then upload SCORM files to their LMS and promote the availability of modules to students.

Education providers are encouraged to include all five modules on their eLearning platform so that students can choose which modules they choose to engage with. Education providers will be able to decide if modules are mandatory, or if they are voluntary for students to engage with and complete.

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HOW TO PROMOTE THE OLM TO STUDENTS

Whether providers choose to host the modules internally, or simply link to the modules on the [International Student Health Hub](#) website, NSW Health strongly encourages all tertiary education institutions to make these accessible to students in 2025.

NSW Health has developed a range of posters, social media tiles and flyers for institutions to utilise to increase awareness of and engagement with the OLM. Posters, social media tiles and flyers are available for education providers to adapt and use and required within internal guidelines.

To support promotion of the OLM to students, NSW Health has developed a range of suggested strategies for tertiary education institutions to consider implementing to support engagement with the OLM. Strategies are outlined below.

1. Include the link to the modules (via the [International Student Health Hub](#) website) within your LMS and student related portals. You could look to provide the links on the following pages:

- Health related pages (where to access health services)
- Wellbeing related pages
- O-week and orientation week related pages
- Where consent mandatory modules are listed

2. Integrate modules within welcome week activities

- Modules could be promoted as a welcome week activity. A flyer (provided) could be included within welcome week packs and actively promoted via student communications.
- Use social media posts (provided) to let students know that these modules are available for them.

3. Make modules mandatory for students

- Some tertiary education providers, who are hosting the modules internally, have made modules mandatory for students to complete in the first four weeks of their study period.

4. Incentivise completion of modules via a competition

- Some institutions have had significant success in incentivising completion of the modules. For example, students who complete a module may be able to go in a draw to win a prize.

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5. Use modules as a promotional tool during health-related events

- Events like SEXtember or health related events can be an ideal time to promote the OLM as an available resource for students. You could run group sessions where the OLM is completed in a group and discussed to promote learning.

6. Promote certificates of completion

- Students who complete one or more modules will automatically receive a certificate of completion. Certificates can be included within resumes and professional engagements.

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WHAT INFORMATION SHOULD I INCLUDE WITH THE OLM ON THE LMS?

While the modules cannot be personalised or tailored to include local information, NSW Health encourages education providers to include a range of information, including support services, local health services and an overview of content, with each module. Suggested information includes:

Module 1

NSW Health has worked with international students and education providers to develop five online learning modules to support learning around sexual health, relationships and consent.

This module is about consent. In this module you will learn about what consent is and the importance of consent in relationships.

Consent is needed for healthy, pleasurable sexual activity within or outside of relationships. This module contains learning activities, videos and quizzes so that you can learn about consent in your own time. It also has information about services that can support you.

By the end of this module, you will be able to:

- define consent
- understand how consent relates to safe sex
- identify trustworthy sources of sexual health information, including the International Student Health Hub and Play Safe.

Complete this module to learn more about consent. If you would like more information about consent, you can visit the [International Student Health Hub](#).

If you need support, or need to see a doctor or nurse about sexual health, you can:

- Enter details of on-campus health clinic (if available)
- Enter details of on-campus student support (if available)
- Talk to a nurse at the [NSW Sexual Health Infolink](#)

Visit a [NSW sexual health clinic](#) (please call to make an appointment).

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Module 2

NSW Health has worked with international students and education providers to develop five online learning modules to support learning around sexual health, relationships and consent.

This module is about healthy relationships. In this module you will learn about different types of relationships, healthy relationship behaviours and unhealthy relationship behaviours and places you can go to for more information and support.

This module contains learning activities, videos and quizzes so that you can learn about healthy relationships in your own time. It also has information about services that can support you.

By the end of this module, you will be able to:

- understand and recognise different types of relationships
- identify trustworthy sources of sexual health information, including the International Student Health Hub and Play Safe.

Complete this module to learn more about healthy relationships. If you would like more information about consent, you can visit the [International Student Health Hub](#).

If you need support, or need to see a doctor or nurse about sexual health, you can:

- Enter details of on-campus health clinic (if available)
- Enter details of on-campus student support (if available)
- Talk to a nurse at the [NSW Sexual Health Infolink](#)

Visit a [NSW sexual health clinic](#) (please call to make an appointment).

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Module 3

NSW Health has worked with international students and education providers to develop five online learning modules to support learning around sexual health, relationships and consent.

This module is about safe sex and contraception. In this module you will learn about what safe sex is, what contraception does, the different types of contraception and places you can go to for more information and support.

This module contains learning activities, videos and quizzes so that you can learn about safe sex in your own time. It also has information about services that can support you.

By the end of this module, you will be able to:

- describe what safe sex is
- discuss the importance of safe sex
- outline what contraception is and the different options available
- identify trustworthy sources of sexual health information, including the International Student Health Hub and Play Safe.

Complete this module to learn more about safe sex and contraception. If you would like more information about safe sex and contraception, you can visit the [International Student Health Hub](#).

If you need support, or need to see a doctor or nurse about sexual health, you can:

Enter details of on-campus health clinic (if available).

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Module 4

NSW Health has worked with international students and education providers to develop five online learning modules to support learning around sexual health, relationships and consent.

This module is about sexually transmissible infections (STIs). In this module you will learn what sexually transmissible infections (STIs) are and how to prevent, test and treat STIs. STIs are more common than you think, so it is important to learn about them so you can keep yourself safe and healthy.

This module contains learning activities, videos and quizzes so that you can learn about STIs in your own time. It also has information about services that can support you.

By the end of this module, you will be able to:

- identify common sexually transmissible infections (STIs) and how to prevent, test and treat them
- identify trustworthy sources of sexual health information, including the International Student Health Hub and Play Safe.

Complete this module to learn more about STIs. If you would like more information about safe sex and contraception, you can visit the [International Student Health Hub](#).

If you need support, or need to see a doctor or nurse about sexual health, you can:

- Enter details of on-campus health clinic (if available)
- Enter details of on-campus student support (if available)
- Talk to a nurse at the [NSW Sexual Health Infolink](#)

Visit a [NSW sexual health clinic](#) (please call to make an appointment).

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Module 5

NSW Health has worked with international students and education providers to develop five online learning modules to support learning around sexual health, relationships and consent.

This module is about human immunodeficiency virus (HIV). In this module you will learn about what HIV and how to prevent, test and manage HIV. HIV is a manageable condition and people with HIV can lead very long, healthy and happy lives.

This module contains learning activities, videos and quizzes so that you can learn about HIV in your own time. It also has information about services that can support you.

By the end of this module, you will be able to:

- define HIV
- identify how to prevent, test and treat HIV
- identify trustworthy sources of sexual health information, including the International Student Health Hub and Play Safe.

Complete this module to learn more about HIV. If you would like more information about safe sex and contraception, you can visit the [International Student Health Hub](#).

If you need support, or need to see a doctor or nurse about sexual health, you can:

- Enter details of on-campus health clinic (if available)
- Enter details of on-campus student support (if available)
- Talk to a nurse at the NSW Sexual Health Infolink

Visit a [NSW sexual health clinic](#) (please call to make an appointment).

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HOW WILL THE IMPACT OF THE OLM BE MEASURED?

The modules have in-built pre and post knowledge and health behaviour quiz questions. Education providers will be able to export data at six-monthly intervals and provide this to NSW Health. NSW Health will analyse data and provide an evaluation report on the impact measures of the OLM.

NSW Health will develop an annual report of evaluation metrics from both tertiary education provider hosted modules, and the modules on the [International Student Health Hub](https://internationalstudents.health.nsw.gov.au/learning-hub/) website. This report will be available to interested stakeholders.