



PROGRAM

True Symposium

Advancing Sexual and Reproductive Health

16 & 17 October 2026

Brisbane Convention & Exhibition Centre | Online

About True

True Relationships and Reproductive Health was formed in 1971 as Family Planning Queensland, opening its first clinic in 1972.

True is a profit-for-purpose organisation improving sexual and reproductive health and advancing safe, respectful relationships for all Queenslanders. We do this through the delivery of clinical, education, and counselling services, and health promotion and advocacy to reduce inequities and improve outcomes.

We achieve social change and lasting impact through culturally responsive, evidence-informed practice, integrated service delivery and strong community partnerships.

For more information, please visit www.true.org.au.

Acknowledgement of Country

True acknowledges the Traditional Owners of Country throughout Australia, and recognises the continuing connection to lands, waters, and communities. We pay our respect to Aboriginal and Torres Strait Islander cultures, and to Elders past, present, and emerging.

About the Venue

The 2026 True Symposium is being held at the Brisbane Convention and Exhibition Centre (BCEC), one of Australia's premier conference and events venues. Located in the heart of Brisbane's vibrant South Bank precinct, BCEC offers accessible world-class facilities and a central location surrounded by restaurants, accommodation and cultural attractions.

Entry to BCEC is via Grey Street and Merivale Street, South Brisbane.

Public Transport

Delegates are encouraged to use public transport where possible. BCEC is conveniently located within walking distance of the South Brisbane train station, the Cultural Centre and South Bank bus stations and the South Bank ferry terminal.

Parking

On-site parking is available at BCEC, with entry via Grey St and Merivale Street. As parking spaces are offered on a first-come, first-served basis, delegates are encouraged to arrive early during peak periods. Additional secure parking is available throughout the South Bank and Cultural Centre precinct. As parking rates and availability vary, delegates are encouraged to check current information prior to their visit.

For further travel information, maps and parking updates, please visit www.bcec.com.au.

Digital Access

We look forward to welcoming delegates joining us online. Delegates will receive an email with their individual instructions to join via Zoom.

Day 1 AM: Community Education

Time	Topic	Presenter
8.30am	Welcome to Country	Refiti Tovi – Turrbal Dippil
8.40am	Welcome & housekeeping	Sheena Callaghan, Manager – Education, True
8.45am	Opening remarks	Donna Bonney, CEO – True
9.00am	Prof. Jennifer Power: Listening to young people: Findings from the 8th Australian Secondary Students and Sexual Health Survey	Prof. Jennifer Power, Deputy Director – Australian Research Centre in Sex, Health & Society, La Trobe University
9.45am	Q&A	
10.00am	Navigating pleasure-inclusive relationships and sexuality education in Queensland schools: Perspectives of True's all schools educators	Annie Shewring, Project Officer – True WITH University of Queensland Bachelor of Social Science Students: Ivy Griffin, Rachel Jordan, Charlotte Odger, Madison Piper & Charlotte Raineri
10.20am	Q&A	
10.30am	Morning Tea	
11.00am	Youth panel: Prioritising youth voice	

Day 1 PM: Community Education

Time	Topic	Presenter
12.00pm	Q&A	
12.15pm	Lunch	
12.45pm	Beyond the classroom: From awareness to action through Queensland's Respectful Relationships Education Hub	Lorna Rose, Manager, Respectful Relationships Education – Department of Education WITH Scott Zadavec, Director, Curriculum, Teaching and Learning – Department of Education
1.15pm	From green to red: A holistic approach to sexualised behaviours in children and young people.	Annie Shewring, Project Officer – True WITH Alisa Anderson, Regional Education Lead – True
1.45pm	Changing attitudes: relationships & sexuality education for students with disability.	Natasha Milner, Education Coordinator, Disability – True
2.15pm	Afternoon Tea	
2.45pm	The birds & the bots: Exploring AI, porn and digital culture's role in adolescent sexuality	Giselle Woodley, Research Fellow – Edith Cowan University WITH Cam Fraser, Senior Sexuality Educator, In Your Skin
3.45pm	Q&A	
4.00pm	Lucky door prize	
4.05pm	Closing remarks	

Day 2 AM: Clinical Education

Time	Topic	Presenter
8.30am	Welcome to Country	Refiti Tovi – Turrbal Dippil
8.45am	Welcome and housekeeping	Dr. Vanessa Siu, Lead Medical Educator & Medical Officer – True
9.00am	Opening speech	Professor Gita Mishra AO, Centre Director, Australian Women and Girls' Health Research Centre – University of Queensland
9.15am	Managing pain in IUD insertions: determining the best analgesia plan for your patient	Dr. Jessica Phillips-Yelland, General Practitioner
9.35am	Bleeding issues with LARC or other complications	Dr. Danielle Haller, Director of Medical Services – True
9.55am	Challenging contraceptive cases	Dr. Sian Edwards, General Practitioner
10.15am	Children by Choice conference highlights	Anjulee Singh, CEO – Children by Choice
10.35am	Q&A Panel	
10.55am	Morning Tea	
11.25am	Patient perspective of gender health	Ezarco Dos Santos, Community Engagement Coordinator & Peer Navigator – Gender Health Australia
11.40am	Navigating consent in gender affirming therapy	Dr. Rhys Young, Specialist General Practitioner
12.00pm	GAHT cases: practical aspects of prescribing	Dr. Stuart Aitken, Sexual Health Physician
12.20pm	Q&A Panel	

Day 2 PM: Clinical Education

Time	Topic	Presenter
12.40pm	Lunch	
1.20pm	Syphilis update	Dr. Candice Holland, Infectious Diseases & Public Health Physician – West Moreton Health and Metro North Health
1.40pm	Sexual health in PALM workers	Lindy Kanan, Health Service Research Associate – University of Sydney
2.00pm	STIs in Primary care	Dr. Ethan Salleh, s100 General Practitioner
2.20pm	CST update	Dr. Tanya Robb, Consultant Histopathologist – Sullivan Nicolaides Pathology
2.40 pm	Q&A Panel	
3.00pm	Afternoon Tea	
3.35pm	Mental health problems unmasked in menopause	Dr. Sally Matheson, Psychiatrist
3.55pm	Tailoring exercise and weight management advice in menopause	Dr. Milanka Kavic, General Practitioner
4.15pm	Menopause and sleep: Clinical challenges and management strategies	Dr. Deanne Curtin, Director – The Prince Charles Hospital Sleep Disorders Unit
4.35pm	Q&A Panel	

RACGP Approved Activity

Day two of the Symposium is a CPD activity under the Royal Australian College of General Practitioners CPD Program.



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