|  |  |  |
| --- | --- | --- |
| **Support for relationships and sexual health** | |  |
|  | |  |
| A close-up of a newspaper  Description automatically generated with low confidence | This information is about services that can support your relationships and sexual health.  It has information on | **Page** |
|  |  |  |
|  | * What are relationships and sexual health | **3** |
|  |  |  |
| Icon  Description automatically generated | * Sexual health services and information for people with intellectual disability | **4** |
|  |  |  |
|  | It also has information on   * Services and support for people who identify as LGBTQ+ | **9** |
|  |  |  |
|  | * Domestic and sexual violence supports | **14** |
|  |  | |
| A picture containing graphical user interface  Description automatically generated | There is a lot of information.  Some words can be hard to understand. | |
|  |  | |
| Two people sitting on chairs looking at a cell phone  Description automatically generated with low confidence | You can ask someone to read this information with you. | |
| **What are relationships and sexual health** | | | |
|  |  | | |
| Two people standing next to each other  Description automatically generated with medium confidence | Having romantic relationships and sex are an important part of life for everyone including people with intellectual disability.  A **relationship** is a type of connection you have with a person you enjoy spending time with. | | |
|  |  | | |
| Two people walking  Description automatically generated with medium confidence | Support is available on   * How to form and keep relationships going * Sex | | |
|  |  | | |
| A person and person hugging  Description automatically generated with medium confidence | * Sexual identity   Your **sexual identity** involves who you like and want to have sex with. | | |
|  |  | | |
| A picture containing person, person, dark, male  Description automatically generated | * Sexual health   **Sexual health** means taking care of the parts of your body involved in sex. | | |
| **Sexual health services and information for people with intellectual disability** | | | |
|  |  | | |
|  | **Education and counselling** | | |
|  |  | | |
| A person holding a green board  Description automatically generated with medium confidence | Northcott has a sexuality and relationship education service.  For more information about Northcott go to <https://northcott.com.au/sexuality-and-relationship-education/> | | |
|  |  | | |
| Graphical user interface, website  Description automatically generated | Family Planning Victoria has sexual education courses for people with intellectual disability.  For more information about the sexual education courses go to  <https://shvic.org.au/for-you/people-with-a-disability> | | |
|  |  | | |
| A person holding a paper and looking at another person  Description automatically generated with low confidence | Sexual Health and Planning ACT has information and training on   * Relationships * Sexuality * Sexual health   For more information about the training go to <https://www.shfpact.org.au/> | | |
|  |  | | |
|  | **Information** | | |
|  |  | | |
| Icon  Description automatically generated | Family Planning NSW has   * Information on sexual health * Clinics where you can book an appointment to see a doctor about sexual health issues * Disability services   Go to <https://www.fpnsw.org.au/> | | |
|  |  | | |
| A picture containing text  Description automatically generated | Family Planning NSW also has Easy Read information about   * Relationships * Sexual health * Sexual identity   To see the Easy Read information go to [https://www.fpnsw.org.au/factsheets/ individuals/disability/all-about-sex](https://www.fpnsw.org.au/factsheets/individuals/disability/all-about-sex) | | |
|  |  | | |
| Graphical user interface, website  Description automatically generated | MyCareSpace has information about   * Relationship issues * Information about sexual health   For more information about MyCareSpace go to [https://mycarespace.com.au/ resources/sex-and-the-ndis-funding](https://mycarespace.com.au/resources/sex-and-the-ndis-funding) | | |
|  |  | | |
| Icon  Description automatically generated | Women with Disabilities Australia has information about womens health.  The information includes doing tests for things like cancer.  To see the information go to <https://oursite.wwda.org.au/sex-and-your-body/womens-health> | | |
|  |  | | |
| A person holding a paper and looking at another person  Description automatically generated with low confidence | SHINE SA has information to support your sexual health and relationships.  To see the information go to <https://shinesa.org.au/community-information/disability-sexuality/> | | |
|  |  | | |
| Icon  Description automatically generated | Relationships Australia has information and support for healthy relationships.  To see the information go to <https://relationships.org.au/what-we-do/> | | |
|  |  | | |
| Two people looking at a map  Description automatically generated with medium confidence | Tell it Like it is, is a Canadian website.  It has information about     * Relationships * Dating * Gender identity      * Sexual identity * Safe sex for people who learn in different ways | | |
| Icon  Description automatically generated | To see the information go to <https://nevertmi.ca/> | | |
|  | **Other services** | | |
|  |  | | |
| A person and person hugging  Description automatically generated with medium confidence | Touching Base can support you to get in touch with appropriate sex service providers in NSW.  For more information about Touching Base go to <https://www.touchingbase.org/clients/> | | |
| **Services and support for people who identify as LGBTQ+** | | | |
|  |  | | |
| A picture containing shape  Description automatically generated | **LGBTQ+** stands for lesbian, gay, bisexual, transgender and questioning. | | |
|  |  | | |
| A couple of women posing for the camera  Description automatically generated with medium confidence | **Lesbian** means women who are attracted to other women. | | |
| A couple of men posing for the camera  Description automatically generated with medium confidence | **Gay** means men who are attracted to other men. | | |
|  |  | | |
| A person and person hugging  Description automatically generated with medium confidence | **Bisexual** means people who are attracted to both men and women. | | |
|  |  | | |
| Icon  Description automatically generated | **Transgender** means people who are now a different gender to the one that they were given when they were born. | | |
|  |  | | |
| A person wearing a black shirt  Description automatically generated with medium confidence | **Questioning** is if you feel that you might not be heterosexual but you are not sure. | | |
|  |  | | |
| Two people standing next to each other  Description automatically generated with medium confidence | A **heterosexual** person is   * A woman who is attracted to men   or   * A man who is attracted to women | | |
|  |  | | |
| A person sitting at a table with a computer  Description automatically generated with medium confidence | For more information about LGBTQ+ people go to <https://www.idmhconnect.health/lgbtq-people/ER> | | |
|  |  | | |
| A person sitting at a desk  Description automatically generated with medium confidence | Below are some websites and information. | | |
|  |  | | |
| A picture containing shape  Description automatically generated | Twenty10 helps people in NSW between 12 and 25 years old who identify as LGBTQ+.  Go to <https://www.twenty10.org.au/> | | |
|  |  | | |
| A picture containing person, person, posing, crowd  Description automatically generated | Twenty10 has services for everyone not just people with intellectual disability.  Twenty10 provides   * Counselling | | |
|  |  | | |
| Two people sitting at a table with books and papers  Description automatically generated with low confidence | Twenty10 also provides   * Mental health support | | |
|  |  | | |
|  | **Mental health** is about     * How you think * How you feel | | |
|  |  | | |
| A person and person standing next to a person in a wheelchair  Description automatically generated with low confidence | * Support for social skills   **Social skills** are the skills you use to communicate with other people. | | |
|  |  | | |
|  | To **communicate** is how you understand and share your feelings or information. | | |
|  |  | | |
|  | QLife is a chatline that provides free LGBTQ+ peer support and referrals.  **Peer support** is when you get support from someone who has lived experience of mental health, disability or both. | | |
|  |  | | |
| A person smiling with her hand on her face  Description automatically generated with low confidence | You can   * Call QLife on **1800 184 527** between 3pm and midnight every day * Chat to QLife online | | |
|  |  | | |
| A person sitting at a desk  Description automatically generated with medium confidence | For more information about QLife go to <https://qlife.org.au/> | | |
|  |  | | |
| Graphical user interface, application  Description automatically generated | Sydney Queer and Disability Community is a community group on Facebook that supports people with disabilities who identify as LGBTQ+.  For more information about the community group go to [https://www.facebook.com/ queeranddisabled](https://www.facebook.com/queeranddisabled) | | |
| **Domestic and sexual violence supports** | | | |
|  |  | | |
| Two people posing for a photo  Description automatically generated with medium confidence | **Domestic violence** is when someone you know hurts you or makes you feel unsafe. | | |
|  |  | | |
| Two people dancing  Description automatically generated with low confidence | Someone who hurts you could be   * Your partner   Your **partner** could be your boyfriend or girlfriend, husband or wife. | | |
|  |  | | |
| Two people standing next to each other  Description automatically generated with low confidence | * A past partner | | |
|  |  | | |
| A person and a child posing for the camera  Description automatically generated with low confidence | * Someone in your family * Someone you live with | | |
| A picture containing person, person, sport  Description automatically generated | Someone who hurts you could also be   * A carer or support worker | | |
|  |  | | |
| A picture containing text  Description automatically generated | For more Easy Read information go to [https://www.speakout.dcj.nsw.gov.au/ \_\_data/assets/pdf\_file/0007/797929/ Easy-Read-Speak-Out-Campaign-Interactive.pdf](https://www.speakout.dcj.nsw.gov.au/__data/assets/pdf_file/0007/797929/Easy-Read-Speak-Out-Campaign-Interactive.pdf) | | |
|  |  | | |
| A person holding the hand up  Description automatically generated with low confidence | **Sexual violence** is when someone forces somebody to do a sexual activity when they do not want to. | | |
| A picture containing text, clipart  Description automatically generated | If you are in danger call **000**.  You are in **danger** if you could be hurt or injured.  For more information about what to do if you are in danger go to [https://idmhconnect.health/ emergency-help/ER](https://idmhconnect.health/emergency-help/ER) | | |
|  |  | | |
| A picture containing person, crowd  Description automatically generated | You can call the NSW Domestic Violence Line if you feel unsafe at home.  You can call them on **1800 65 64 63** any time any day. | | |
|  |  | | |
| A person talking on a cell phone  Description automatically generated | You can also call 1800RESPECT on **1800 737 732**.  This phone service can help anyone who has experienced sexual violence or domestic violence. | | |
|  |  | | |
| A picture containing person, person, posing, crowd  Description automatically generated | Full Stop Australia supports people who have experienced   * Sexual violence * Domestic violence * Family violence   Full Stop Australia has counsellors who know a lot about this area. | | |
|  |  | | |
|  | A **counsellor** is a health worker.  You can communicate with them about problems in your life. | | |
|  |  | | |
| A picture containing person, crowd  Description automatically generated | To contact Full Stop Australia you can   * Call **1800 385 578** * Chat online <https://fullstop.org.au/> | | |
|  |  | | |
|  | There are some tricky words in this Easy Read sheet.  For more information about these words go to  <https://www.idmhconnect.health/word-list> | | |

Text

Description automatically generated

|  |  |
| --- | --- |
| A group of men sitting at a table  Description automatically generated with medium confidence | **Who wrote this Easy Read**  Janelle Weise, Claire Eagleson, Jenna Zhao, Tahli Hind, Dominique Abagi and Julian Trollor.  **Where these people work** |
| Text  Description automatically generated | Department of Developmental Disability Neuropsychiatry UNSW Sydney.  Also known as 3DN.  For more information about who wrote this Easy Read go to <https://idmhconnect.health/who-wrote-easy-read> |
| A person smiling for the camera  Description automatically generated with medium confidenceA picture containing qr code  Description automatically generated | The Council for Intellectual Disability reviewed this Easy Read sheet.  The information in this Easy Read sheet is from the <https://idmhconnect.health/> website |
| Two people sitting at a table looking at a card  Description automatically generated with medium confidence | For information on how to support people to use Easy Read go to [https://www.3dn.unsw.edu.au/ professionals\_toolkit](https://www.3dn.unsw.edu.au/professionals_toolkit)  © Department of Developmental Disability Neuropsychiatry UNSW Sydney 27.01.2023 v2  No changes can be made without asking the people who wrote this sheet. |