

## Support for relationships and sexual health



This information is about services that can support your relationships and sexual health.

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There is a lot of information.

Some words can be hard to understand.



You can ask someone to read this information with you.

## What are relationships and sexual health



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.



Support is available on

- How to form and keep relationships going
- Sex
- Sexual identity



Your **sexual identity** involves who you like and want to have sex with.



- 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**



Northcott has a sexuality and relationship education service.

For more information about Northcott go to

**<https://northcott.com.au/sexuality-and-relationship-education/>**



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>**



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

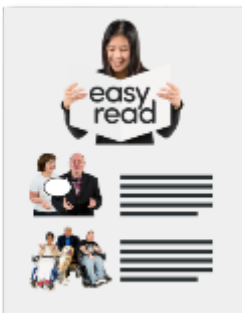


Family Planning NSW has

- 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/>

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>



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>

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>



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/>



Relationships Australia has information and support for healthy relationships.

To see the information go to

**<https://relationships.org.au/what-we-do/>**

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



To see the information go to **<https://nevertmi.ca/>**

### **Other services**

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+



**LGBTQ+** stands for lesbian, gay, bisexual, transgender and questioning.



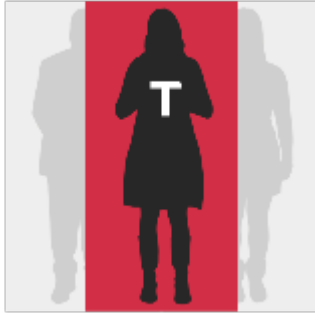
**Lesbian** means women who are attracted to other women.



**Gay** means men who are attracted to other men.



**Bisexual** means people who are attracted to both men and women.



**Transgender** means people who are now a different gender to the one that they were given when they were born.



**Questioning** is if you feel that you might not be heterosexual but you are not sure.



A **heterosexual** person is

- A woman who is attracted to men

or

- A man who is attracted to women



For more information about LGBTQ+ people go to <https://www.idmhconnect.health/lgbtq-people/ER>



Below are some websites and information.



Twenty10 helps people in NSW between 12 and 25 years old who identify as LGBTQ+.

Go to <https://www.twenty10.org.au/>



Twenty10 has services for everyone not just people with intellectual disability.

Twenty10 provides

- Counselling



Twenty10 also provides

- Mental health support



**Mental health** is about

- How you think
- How you feel



- 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.



You can

- Call QLife on **1800 184 527** between 3pm and midnight every day
- Chat to QLife online



For more information about QLife go to <https://qlife.org.au/>



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>

## Domestic and sexual violence supports



**Domestic violence** is when someone you know hurts you or makes you feel unsafe.



Someone who hurts you could be

- Your partner

Your **partner** could be your boyfriend or girlfriend, husband or wife.



- A past partner

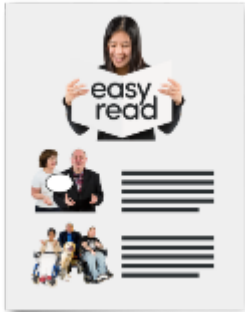


- Someone in your family
- Someone you live with

Someone who hurts you could also be



- A carer or support worker



For more Easy Read information go to

<https://www.speakout.dcj.nsw.gov.au/>

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[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)



**Sexual violence** is when someone forces somebody to do a sexual activity when they do not want to.



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>



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.



You can also call 1800RESPECT on **1800 737 732**.

This phone service can help anyone who has experienced sexual violence or domestic violence.



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.



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>



## Who wrote this Easy Read

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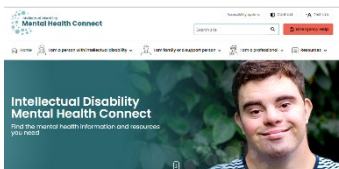


Also known as 3DN.

For more information about who wrote this Easy Read go to <https://idmhconnect.health/who-wrote-easy-read>



The Council for Intellectual Disability reviewed this Easy Read sheet.



The information in this Easy Read sheet is from the <https://idmhconnect.health/> website

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)



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No changes can be made without asking the people who wrote this sheet.