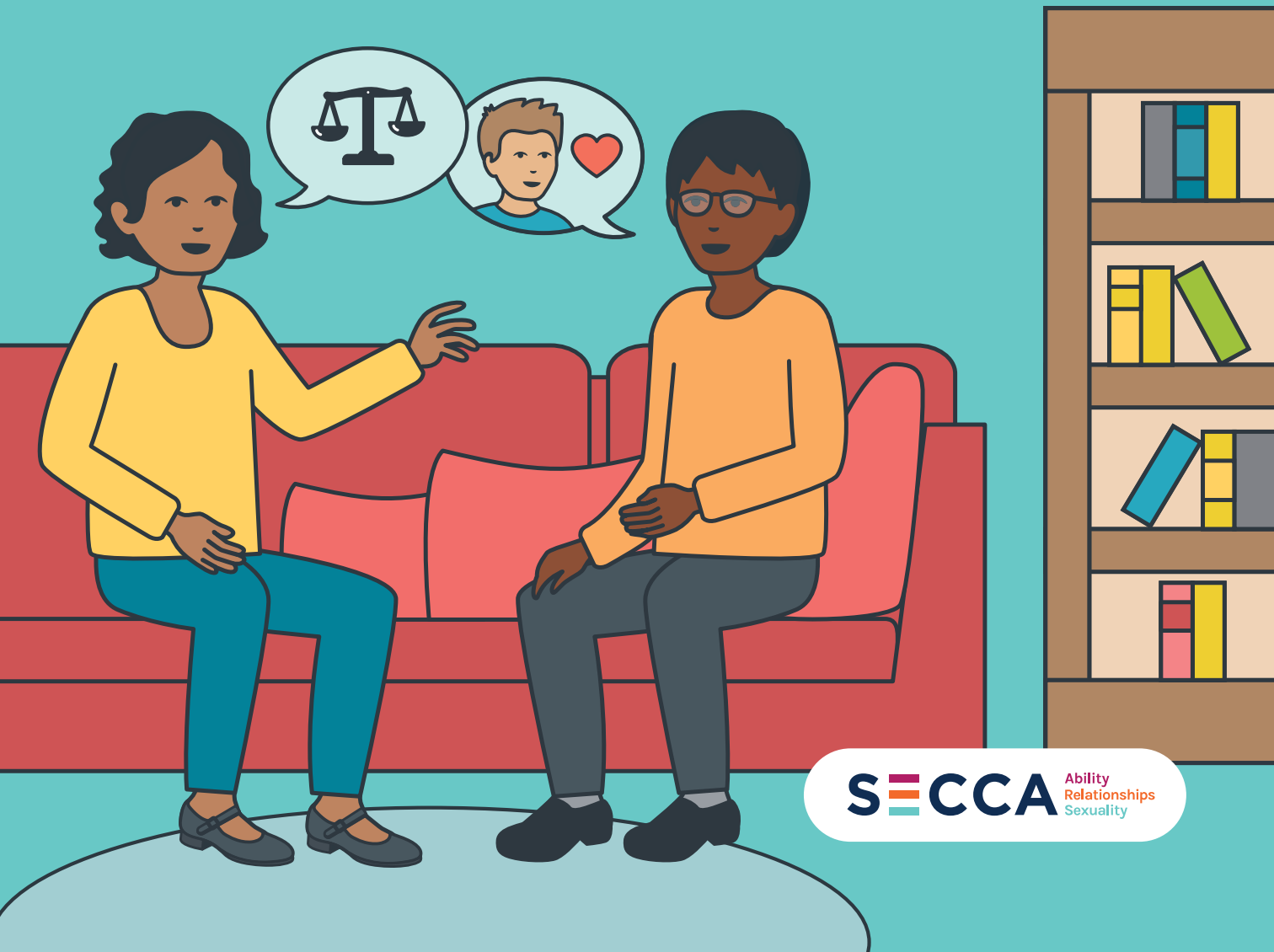


Australian Capital Territory

Sexuality, Relationships and Your Rights

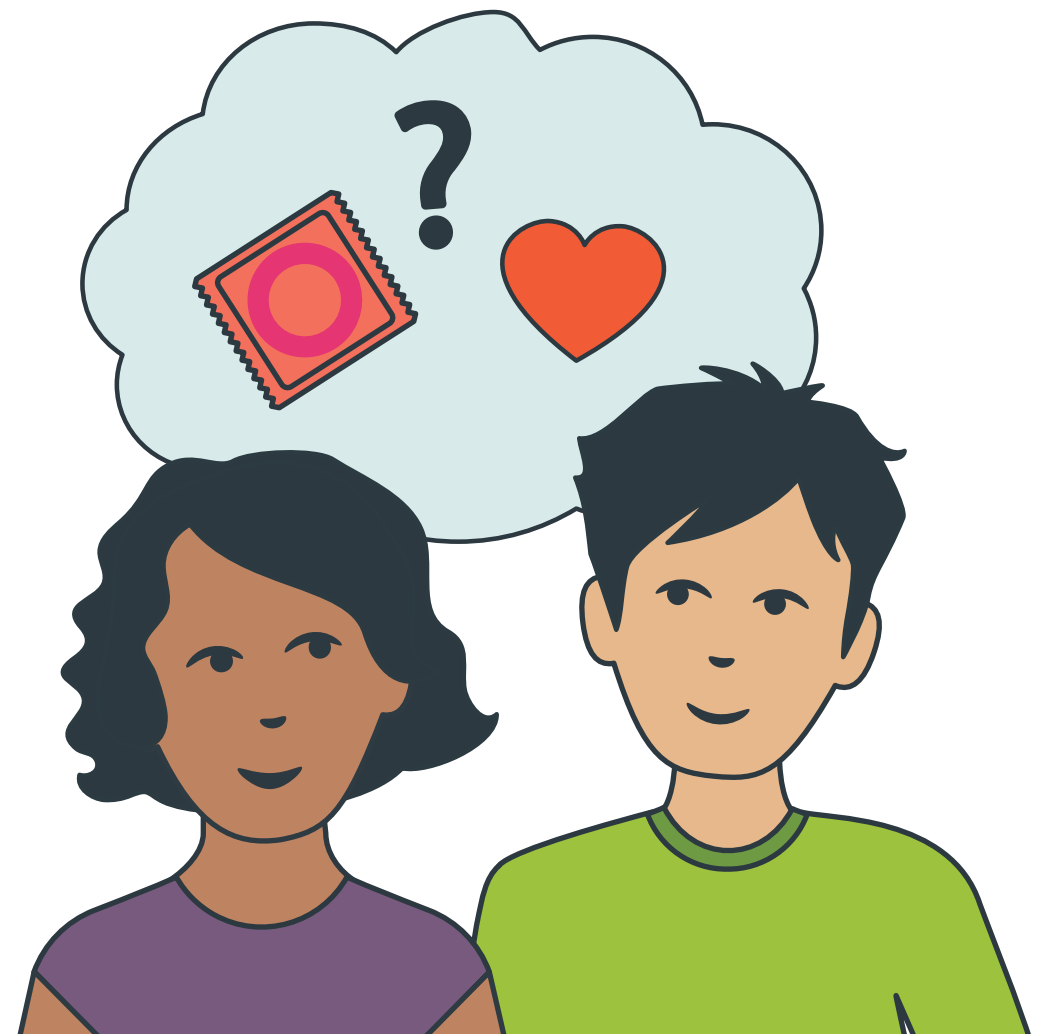
A book about sexuality and
the law for people of all abilities.



Australian Capital Territory

Sexuality, Relationships and Your Rights

A book about sexuality and
the law for people of all abilities.



Disclaimer

There are lots of images in this book. All of the images are drawn pictures. Some of the images are of **private** body parts and sexual topics. Images help people learn and teach.

This book has information about current laws in the Australian Capital Territory. This book does not have legal advice or tell you what to do. This book explains options and the law. If you would like legal advice speak with a lawyer.

This book has medical information in it. This book does not give medical advice or tell you what to do. This book explains options and the law. If you would like medical advice speak to a medical professional.

Sexuality Education Counselling and Consultancy Agency (SECCA) has intended to provide information that is accurate at the time of printing. Please check with relevant organisations listed in this book for current information.

- Here is a list of the organisations who helped make this book for the Australian Capital Territory:
- 1800RESPECT
 - Australian Federation of AIDS Organisations
 - Blind Citizens Australia
 - Disability Justice Australia
 - Down Syndrome Australia
 - Legal Aid ACT
 - Meridian ACT
 - National Organisation for Fetal Alcohol Spectrum Disorder
 - Sex Worker Outreach Program ACT
 - Sexual Health and Family Planning ACT
 - Touching Base
 - Women With Disabilities Australia
 - Women with Disabilities ACT

© SECCA

SECCA Authorship List:
Jordina Quain, Laura/Remus Short, Sandra Norman, Michaela Southby, Caryn Sullivan, Romney Jones, Helena Green, Maria Barnett and Juana Terpou

Project Coordinator:
Jordina Quain (SECCA)

Illustration and Design:
Juliette Dujardin, Lauren Jury Armitage and Ute Hiltenkamp (Media on Mars)

We acknowledge contributors to previous versions of this book.

All rights reserved. No part of this publication may be reproduced without the prior permission of the publisher.

ISBN 978-0-6453372-0-4

SECCA is proud to live, work and love on the lands and by the waters of the Whadjuk people of the Noongar Nation. We pay our respects to their Elders past and present. **Always was, always will be, Aboriginal land.**

Contents

Introduction

Using this book	2
Introduction	4
Your Rights	6

Important Concepts

Public and Private	12
Consent and Your Rights	15

About You

Being Yourself	19
Gender Identity and Expression	22
Sex and Sexuality	24
Being Gay, Lesbian or Bisexual	25
Health Checks of Private Body Parts	26
Menstruation	27

Sexual Health

Sexual Pleasure	32
Sexual Health Checks	34
Safer Sex	40
Contraception	45
Unplanned Pregnancy	47
Sex Work	51

Healthy Relationships

What is a Healthy Relationship?	55
Consent in Relationships	56
Different Types of Relationships	58
Acting on Sexual Feelings	60
Dating	62
Getting Married	65

Unhealthy Relationships

What is an Unhealthy Relationship?	70
Sexual Abuse in Families	73
Sexual Assault	75
Indecent Assault	77
Grooming	78
Sexual Harassment	79
Family and Partner Violence	80
Court Orders	81

Becoming a Parent

Deciding to Have Children	85
Children’s Needs	86

Internet Safety

Using the Internet	90
Sexting	91
Pornography	98
Online Stalking and Harassment	101

You and the Law

If You Are the Victim of a Crime	105
If You Are Charged With a Crime	107

Glossary

Big Words Explained	110
---------------------	-----

Using this book

Who this book is for

This book is for everyone to learn about their **rights** and the law.

Rights are rules about how everybody should be treated fairly.

Laws are rules that help protect everyone. If people do not follow the law they can get in serious trouble.

How to use this book

- ✓ People can use this book to teach themselves about **rights** and the law.
- ✓ People can use this book to help someone else learn about rights and the law.

For you to know

This book has a lot of information.

This book has information about **sexual health, sexuality** and relationships.

This book will tell you about:

- laws
- facts
- rights
- options

For support people to know

- ✓ Everyone has a right to access the information in this book. What you show and when will depend on someone's age and understanding of the topics.
- ✓ This book covers a lot of topics to help people throughout their life. You may need to go through this book one section at a time over a period of time.
- ✓ If you do not know the answer to a question that you get asked, you can call the listed organisations to ask. Do not feel like you have to know everything before going through this book with someone.

Important things for everyone to know

- ✓ Everyone has a right to know the information in this book.
- ✓ It is up to the user of this book to decide what topics are appropriate for them or someone they are supporting. There are region specific guides from the Government that can tell you what is age appropriate.
- ✓ The best education support comes from someone who knows the individual well.
- ✓ With the help from key organisations in each region, this book aims to be reflective, inclusive and helpful for people of all abilities, backgrounds, ages and identities in as many ways possible.
- ✓ Bodies come in all shapes and sizes. They can be different on the outside and on the inside. Bodies can look and work differently to the body parts pictured in this resource.
- ✓ It is always helpful to use a range of resources or images to help support discussions and representation of diversity. While this resource has some diverse bodies and individuals pictured, it is recognised that it does not represent all people.

Using this book



When this book talks about the law it will use a pen symbol.



When this book talks about facts it will use a lightbulb symbol.



If a word is **bolded** it means you can go to the glossary at the back of the book to find out what it means.

Help with this book

You might like to look at this book with someone you trust.

If you have questions about information that you read in this book you can ask someone you trust.

There are organisations listed in this book that can also help you. You can contact them to ask for help or ask questions. Their phone numbers are in this book.

Introduction

This book will tell you about:

- 1 your **rights** as a human being
- 2 what the law says about your rights
- 3 where you can find out more about your rights
- 4 where to get help if you are having problems.

What are rights?

Rights are something all people are entitled to so they can live with dignity and respect.

People with disabilities have the same rights as everyone else. This book will help you understand your rights.

Your rights

You have the right to:

- ✓ have relationships with other people
- ✓ be treated with kindness and respect
- ✓ have some privacy and space to yourself
- ✓ feel safe wherever you are
- ✓ be believed and helped if you have been sexually abused or assaulted
- ✓ get information in ways you understand
- ✓ express your **sexuality** and enjoy a sex life.

What is sexuality?

Sexuality is not just about sex.

Sexuality is about who we are as people and feeling good about ourselves.

We feel good about ourselves when we:

- ✓ do things we enjoy
- ✓ take care of ourselves
- ✓ have healthy relationships with other people that make us feel happy
- ✓ know what to do if people try to hurt us
- ✓ ask for help when needed.

Responsibilities

Having **rights** means also having responsibilities.

You have the responsibility to:

- ✓ look after yourself the best you can
- ✓ treat other people with kindness and respect
- ✓ practice safer sex
- ✓ let other people have privacy and space to themselves
- ✓ ask for help if you have problems
- ✓ ask questions if you do not understand.



You might like to look at this book with someone you trust to talk about what this information means for you.



You can find the updated information and pictures from this book online at yourrights.secca.org.au. This website also has videos to help you learn about your rights.

Feel free to add your own notes here

Your Rights

These are your sexuality rights. Some people will support your rights and some people will not support your rights. Everyone has the same rights. You have a right to:

1

Be treated the same as everyone else.

This means that it does not matter if you have a disability, where you are from, what you believe, the colour of your skin, your **gender**, how you think of yourself, how you express yourself, who you are attracted to, your health, or how much money you have.

2

Live a safe life where you are free to make your own decisions.

No one can threaten or take this away from you because of anything to do with your **sexuality**. No matter who you are attracted to or what your **gender identity** or expression, you can choose who you have **sex** or intimate relationships with. You also have a right to get help with your **sexual health**.

3

Make decisions about your body.

You are in control of what happens to your body. You can choose who you have **sex** with, how you have sex, and who you have relationships with. Other people have the same right. Both people need to agree. You have a right to all the information you need to make decisions about your body. You have a right to ask questions about things related to your **sexual health** like medications, operations, or helping people with their research.

4

Be free from other people hurting your body or feelings.

This means that you should not be hurt physically, verbally or emotionally because of your **sexuality**. You also shouldn't be forced to be **sterilised**, go on **contraception**, or have an abortion.

5

Be free from all forms of violence and coercion.

This means that you should not experience violence from anyone. This includes being forced to have **sex** or do sexual things with someone when you do not want to, being asked to have sex, feeling pressured to have sex when you are not sure, or being physically hurt because of your **sexuality** or who you are. Even if you are married to someone, they are not allowed to force you to have sex with them if you do not want to.

6

Have privacy.

This means that you have a choice about who you talk to about your **sexuality**, sex life, and choices that you make about your body.

7

Be as healthy as you can be. This includes having pleasurable, satisfying, and safe sexual experiences if this is what you want.

This means that you should be able to get help from the health care or services that you need to have a healthy life.

8

Enjoy the benefits of new medicines or medical procedures.

This means that you have the right to get medical help and procedures, and use **contraception** or medicines if you wish to.

9

Have information presented in a way that you understand.

This means that you have access to information about **sexuality**, **sexual health**, and your sexual **rights**. This information should be presented in a way that you can understand. You have the right to the same information as everyone else. Information must be correct and truthful.

10 Learn about sexuality and relationships.

This means that you learn about **sexuality** and relationships in a way you understand. You should be given the correct information that matches your age and development. The information you get should be respectful of your culture. It should include your right to:

✓ gender equality ✓ **gender identity** or expression ✓ sexuality.

The information should have positive messages about relationships.

11 Say yes or no to a relationship with someone. This includes marriage or being partners with someone.

This means that you choose whether or not to marry or date someone. You should not be pressured into marrying or dating someone if you do not want to. People in relationships have the same **rights**. All partners are equal. You should be able to leave a relationship when you want and not be treated badly by anyone.

12 Decide whether to have children. This includes how many children you have and when you have them.

This means that you decide to become a parent or not. You have the right to any information you need to make decisions about having children. This includes having the right to information and services about pregnancy, **contraception**, **fertility**, ending a pregnancy, and adoption.

13 Feel, think, and express yourself how you want.

This means that you can express your **sexuality** and **gender identity** through how you dress, relate to others, and how you act. It also means that you need to respect how others express themselves too, even if you think differently.

14 Join groups who help others with their sexual rights.

This means that you have the right to peacefully stand up for your sexual **rights** and the rights of others.

15 Participate in public and political life.

This means that you have the right to be a part of your community. You should be able to be involved with conversations that discuss rules and laws to do with your **sexuality** and **sexual health**.

16 Tell someone and and get support if someone does not allow you your sexual rights.

This means that you can get help and justice for things that go against your sexual **rights**. You should be given information and advice about things to do with the law and your rights in a way you can understand.

Adapted from the World Association for Sexual Health Declaration of Sexual Rights.

Summary

- 1 All people have the same human and sexual rights.
- 2 Sexuality is about who we are and how we feel about ourselves and others.
- 3 All people have a responsibility to treat ourselves and others with respect.
- 4 You can get help to learn about your rights.

Who can help if you do not feel safe at home?

ACT Police

If you have a disability or need extra support, it is important to tell police so they can help you properly.

📞 *Non-emergency* 131 444

📞 *Emergency* 000

🏠 police.act.gov.au

National Sexual Assault, Domestic and Family Violence Counselling Service (1800RESPECT)

24 hours 7 days a week

📞 1800 737 732

Who Can Help

Who can help me learn about my rights and responsibilities?

It takes practice to learn about your **rights** and responsibilities.

There are people that can help you learn about your rights and responsibilities.

People with Disabilities ACT (PWDACT)

📞 (02) 6257 4005

🏠 pwdact.org.au

Legal Aid ACT

📞 (02) 6243 3411

📞 *Helpline* 1300 654 314

🏠 legallaidact.org.au

SECCA

📞 (08) 9420 7226

🏠 secca.org.au

The Public Advocate

📞 (02) 6205 2222

🏠 hrc.act.gov.au/advocacy

NDIS Quality and Safeguards Commission

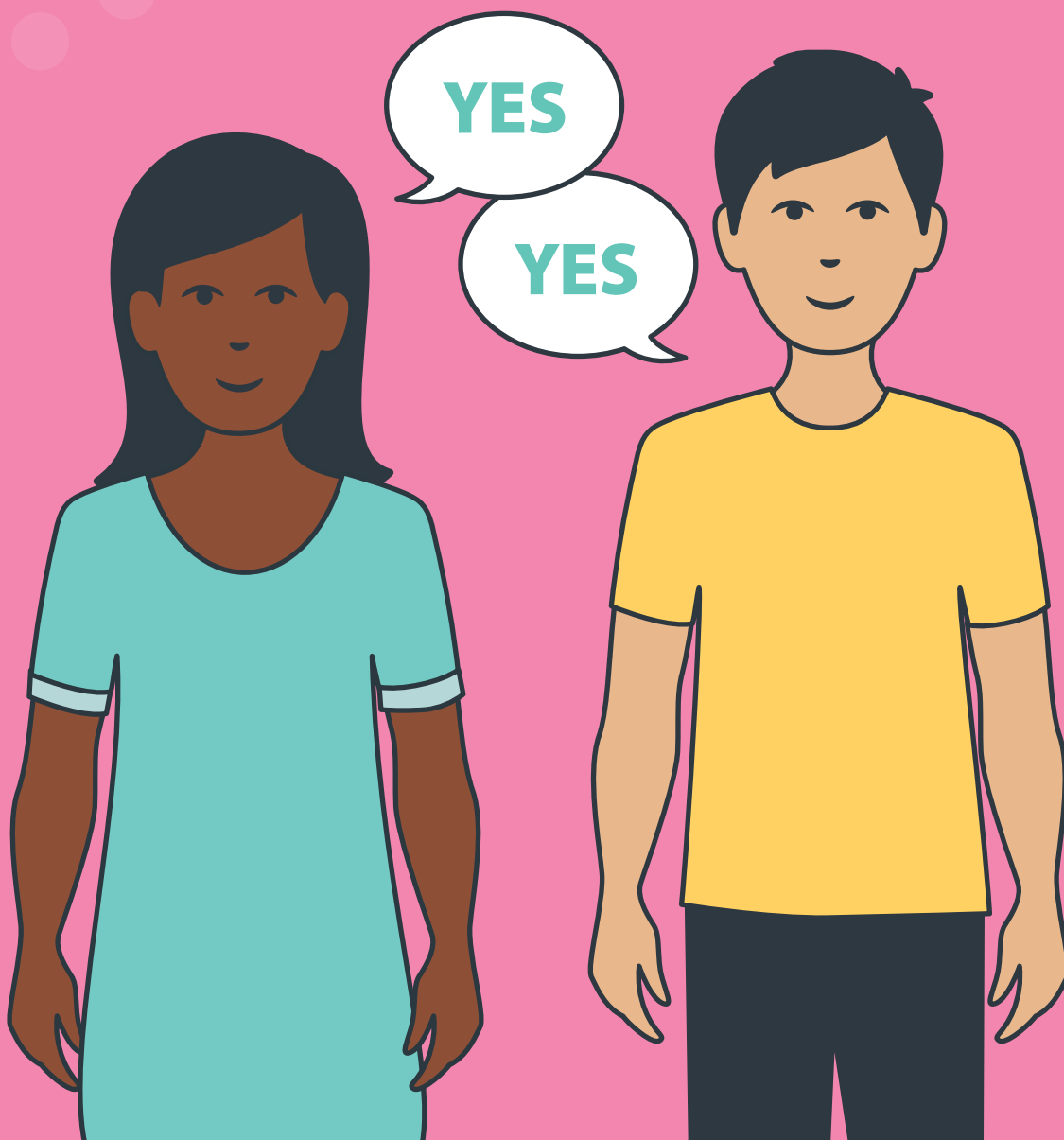
📞 1800 035 544

🏠 ndiscommission.gov.au

Important Concepts

Public and Private

Consent and Your Rights



Public and Private

This book uses the words **public** and **private**.



public



private



Private means something you keep to yourself.

Public Places

A **public** place is somewhere you are with other people, where you can see other people or they can see you.

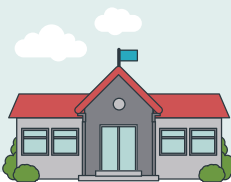
A public place is still public even if no one else is there.



shopping centre



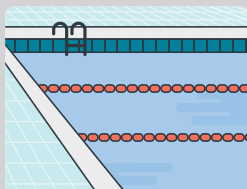
shared bedroom



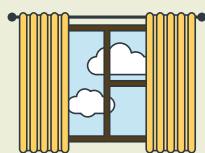
school



playground



swimming pool

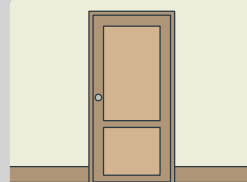


open curtains

Private Places

A **private** place is somewhere you are alone. No one can see or hear you when you are in a private place. In a house, the door is closed, and curtains or blinds are shut.

It is OK for someone you trust to help you in a private place if you want them to. This might mean getting help in the toilet or shower.



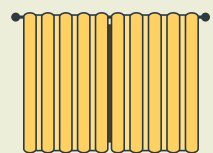
private place



bedroom



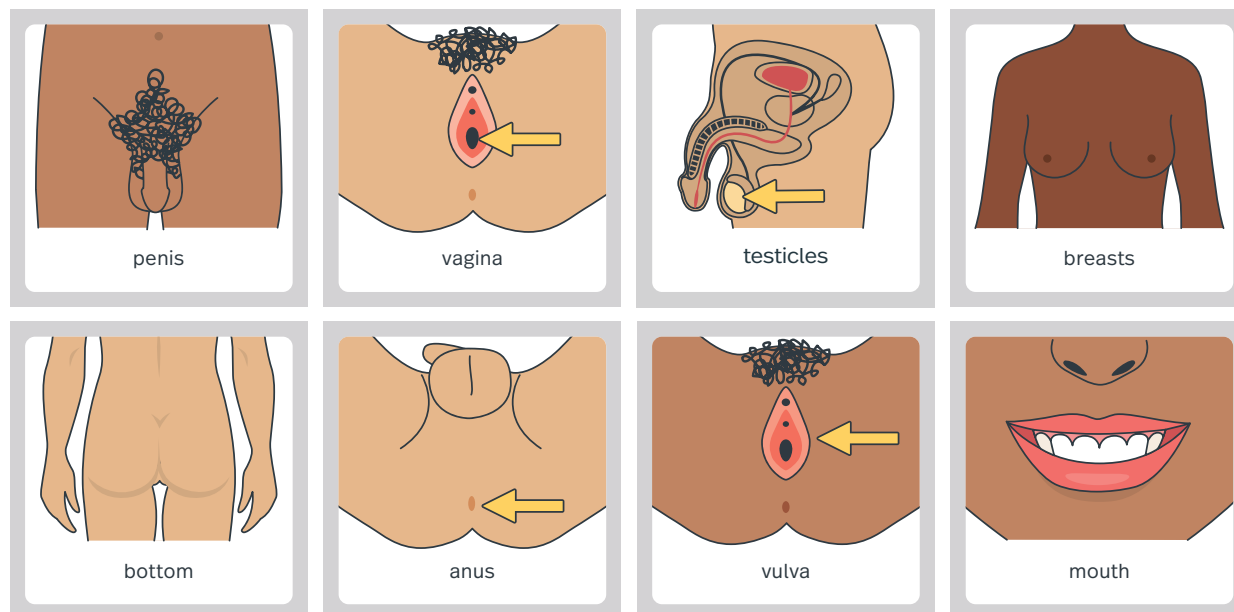
bathroom



close curtains

Private Body Parts

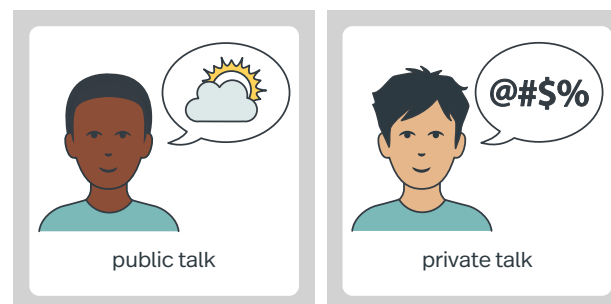
Including: penises, vaginas, testicles, breasts, bottoms, anuses, vulvas, and mouths.



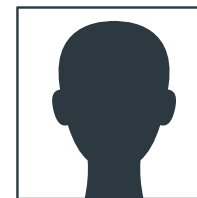
Other people are not allowed to touch these parts, or any parts of your body, if you do not want them to.

Private Talk

Private talk is conversations about private body parts or sexual activities. Other types of private talk include information we only share with people we trust such as our address, phone number or bank details.



You can talk to health professionals like doctors, nurses, and counsellors about all **private** body parts. It is their job to help you. Not all health professionals are people you would talk to about all private body parts.



private

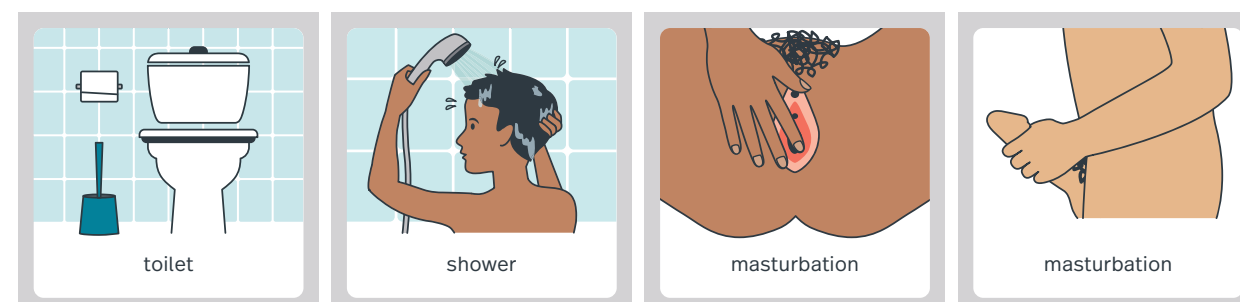


Private Behaviours

When you are on your own in a **private** place you have the right to touch your body however you choose. This might mean going to the toilet, showering, taking your clothes off or masturbating.

Sometimes people we trust need to help us shower or go to the toilet.

They still need your permission to help.



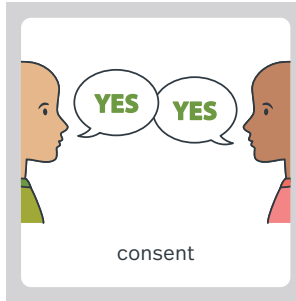
The law says you need to be in a **private** place to:

- ✓ do private behaviours
- ✓ touch your private body parts
- ✓ show your private body parts.



Consent and Your Rights

- ✓ **Consent** is a type of permission or agreement for something to happen. Giving consent means yes. Not giving consent means no.
- ✓ You have a right to say yes or no.
- ✓ You should not feel pressured or forced to say yes to something you do not want to do or are not sure about.

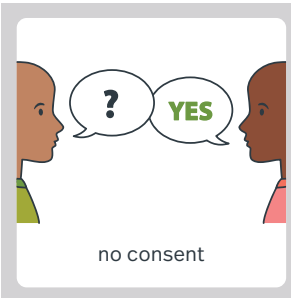
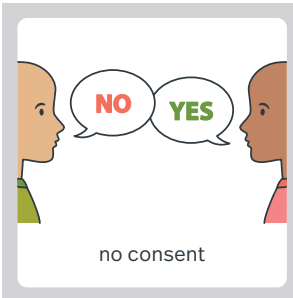
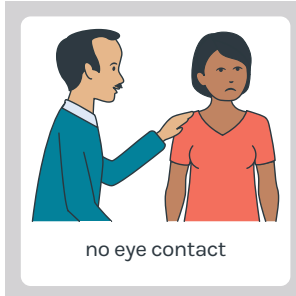
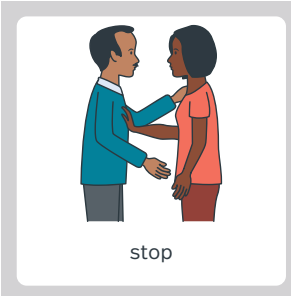


Consent is very important for all sexual activity. People have to want to say yes and feel yes signs in their body. Yes and no signs in the body feel different for everyone. It is important that you know what they feel like for you.

Consent means that you are OK with something you want to happen.

You can say yes or no with your words or your body language. Not giving **consent** can sound like: “no” or “stop” or “not yet” or “I am not ready” or not responding.

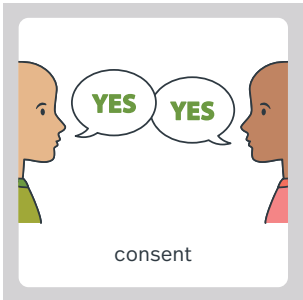
Not giving consent can look like: shaking your head, not making eye contact, freezing, or pulling away.



If you say no with your words or body language during **sexual activity**, the other person needs to stop what they are doing.

If someone does these things or says these things to you, you need to stop what you are doing.

You have the right to change your mind.
You can say yes and then no.
You can say yes to one thing and no to another thing.



Rules, laws and feelings are a part of sexual **consent**.

The law says for sex to happen, all people need to:

- ✓ be old enough to consent
- ✓ give consent
- ✓ be in a **private** place
- ✓ not be in the same family.

Summary

- 1 A private place is somewhere you are alone.
.....
- 2 A public place is somewhere you are with other people.
.....
- 3 No one should touch any part of your body if you do not want them to.
.....
- 4 When you are on your own in a private place you can touch your body however you choose.
.....
- 5 Consent is a type of permission. Giving consent means yes. Not giving consent means no.
.....
- 6 To do any sexual acts all people have to give consent.

Who Can Help

Someone you trust

Your doctor or a health professional

SECCA

☎ (08) 9420 7226

🏠 secca.org.au
.....

Advocacy for Inclusion

☎ (02) 6257 4005

🏠 advocacyforinclusion.org
.....

Canberra Community Law

☎ (02) 6218 7900

🏠 canberracommunitylaw.org.au
.....

Sexual Health and Family Planning ACT (SHFPACT)

☎ (02) 6247 3077

🏠 shfpact.org.au
.....

Legal Aid ACT

☎ (02) 6243 3411

☎ Helpline 1300 654 314

🏠 legalaidact.org.au

About You

Being Yourself

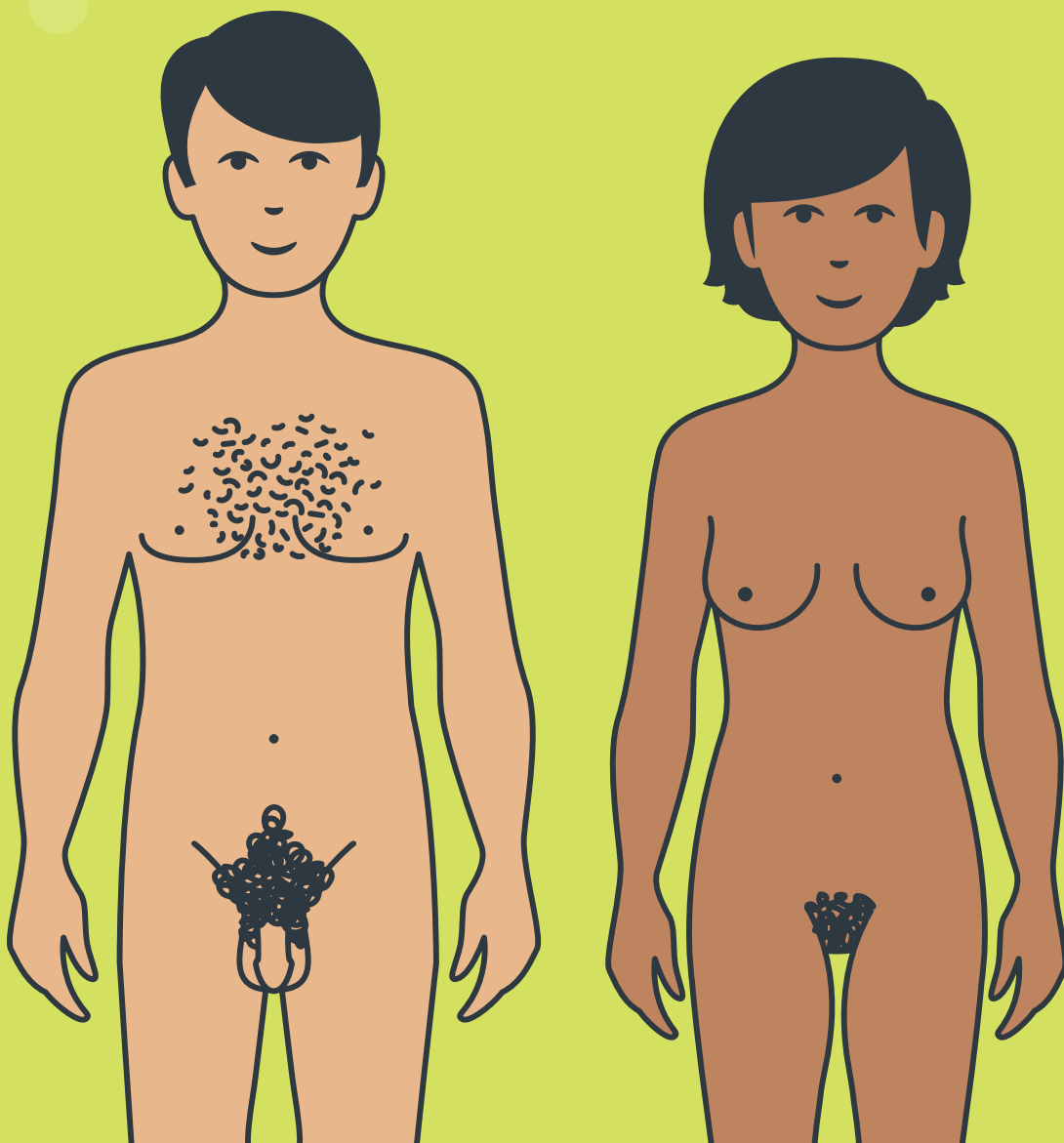
Gender Identity and Expression

Sex and Sexuality

Being Gay, Lesbian or Bisexual

Health Checks of Private Body Parts

Menstruation



Being Yourself

Your body belongs to you

You have the right to make choices about your body.

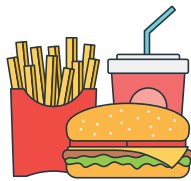
Here are some examples.

Food

You can choose the food you eat.



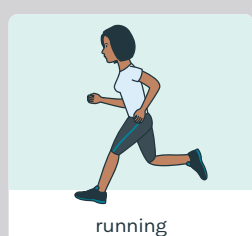
healthy food



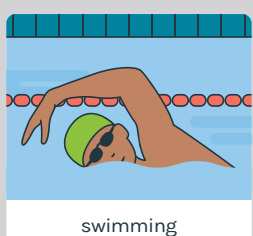
unhealthy food

Exercise

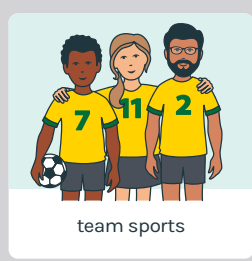
You can choose which exercise you do.



running



swimming



team sports

Eating healthy food and exercising can help you be healthy in your body and feel good in your mind.

Hair

You can choose how to wear your hair.



formal hair



creative hair

Clothes

You can choose what clothes to wear.



active wear



clothing



clothing



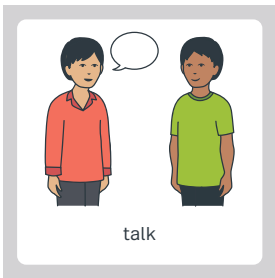
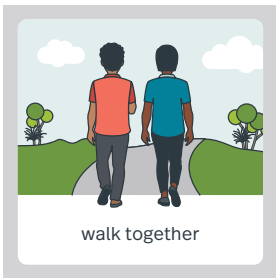
clothing



cultural clothing

People

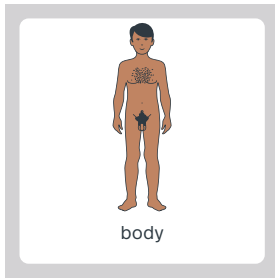
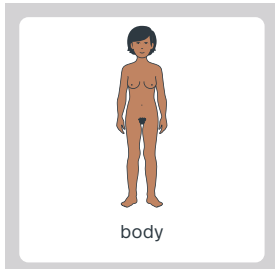
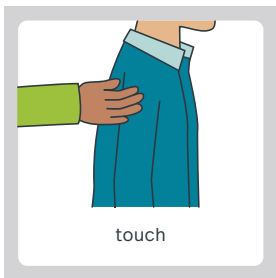
You can choose the people that you want to spend time with.



As you get older there are more choices you can make to live a healthy life.

Touch

You can choose who touches your body.



Alcohol

The law says that when you are 18 years of age and older you can choose to drink alcoholic drinks if you want to.



Illegal Drugs

The law says illegal drugs are not allowed and that you should not use, sell, have, or buy them.

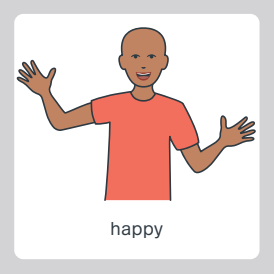
Medicine from the doctor, pharmacy or supermarket are legal drugs. It is important to take medicine exactly as your doctor says. Do not share medicine with anyone else.



Drugs and alcohol can affect your decision making. They can also be addictive. If drugs or alcohol are causing problems for you, you can get help from your doctor or someone you trust.

Feeling Good

People feel good about themselves when they take care of their bodies.



Your thoughts are your own. You do not have to tell anyone what you think if you do not want to.

Gender Identity and Expression

Gender

Gender is our experience and identity.

Some examples of **gender identity** include:

- ✓ man
- ✓ woman

- ✓ girl
- ✓ boy
- ✓ **non-binary**
- ✓ more than one of these.

If none of these words describe your gender you can choose words that do. This is OK.

Transgender

Transgender is a word some people use to refer to their gender not entirely matching what was assumed for them at birth. There are many different ways to be transgender. Some transgender people also use the word non-binary, but not all do.



Your Name

If you want to be called by a different name, you have the right to choose one.



=



Gender Expression

You have the right to dress, present, and express yourself in the way that best fits your gender. You also have the right to explore and experiment with your appearance.

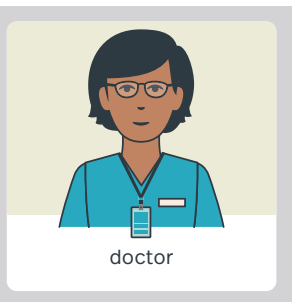
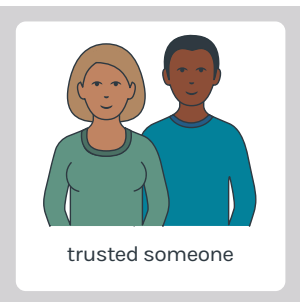
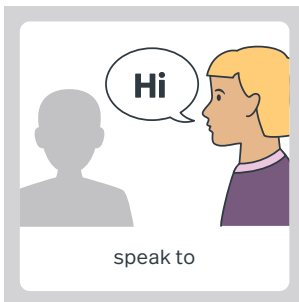


=



People are not always supportive of others expressing themselves how they would like. Sometimes people may experience negative or unfriendly behaviour or comments because of this. This is not OK. If this happens to you, tell someone you trust.

You have the right to get support if you would like to talk to someone about your gender.



The law says people can change their legal sex on their birth certificate. You can ask for help from a trusted person or legal organisation to do this.



You can change the sex or gender on your personal documents. Each document will have different things you need to do to make this change. You may need to provide a letter of support from a medical professional. You can ask a trusted someone to help you with this.

Sex and Sexuality

Sex Characteristics

Sex characteristics are made up of things in your body:

- Your genitals which are your **private** parts between your legs.
- Your reproductive organs which are inside your body.
- Your hormones which you cannot see but control body changes.
- Your chromosomes which you cannot see but are in your DNA.

You are born with your sex characteristics. Some of your sex characteristics also grow or change during puberty.



Based on your **sex characteristics at birth**, doctors will label you either male or female. This is called your **sex assigned at birth**. Your **sex assigned at birth** is on your birth certificate.

Sex (Sexual Activity)

Sexual activity includes any kind of sexual touch.

Sexuality

Sexuality is who you feel attracted to and also how you feel about yourself.

Sexuality is related to your sense of self and your relationship with others.

It is not just about who you have **sex** with or want to have sex with. It involves self expression, fantasies, desires, and more.

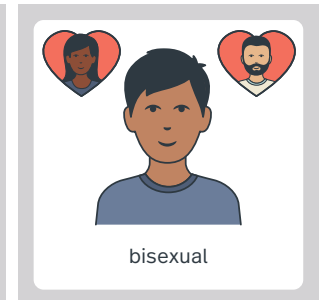
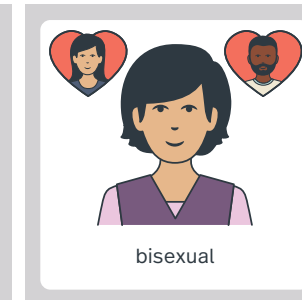
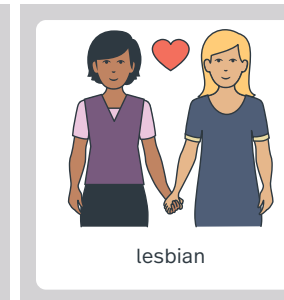
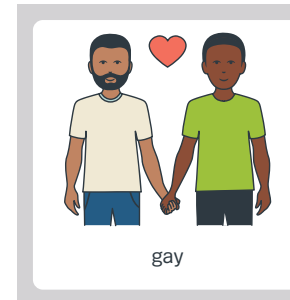
You can talk to someone you trust or call QLife on **1800 184 527** to talk about your sexuality or get support.

Intersex

Intersex is a word that describes people born with sex characteristics that do not fit doctors' ideas of a typical male or female body. This is not always obvious at birth. For some people it might not be obvious until later in life. This might be during puberty or when they are trying to have a baby. Doctors have words for many different kinds of intersex variation. Doctors also use terms like "differences of sex development".

Being Gay, Lesbian or Bisexual

You may feel sexually attracted to someone who is the same gender as you. That is OK. You may feel attracted to someone of any gender. That is OK. There are lots of different sexualities, these are just some of them. That is OK. Some people find this confusing. For more support, speak to someone you trust or call QLife on **1800 184 527**.

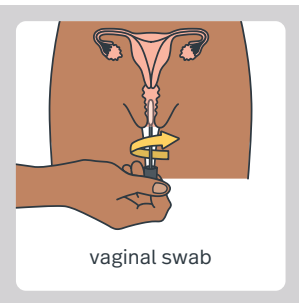
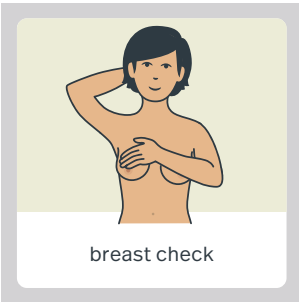
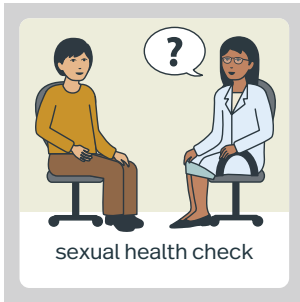


LGBTIAQ+ stands for Lesbian, Gay, Bisexual, **Transgender**, **Intersex**, **Asexual**, **Queer** or Questioning.

The plus sign represents any other identities that are not covered in the acronym.

Health Checks of Private Body Parts

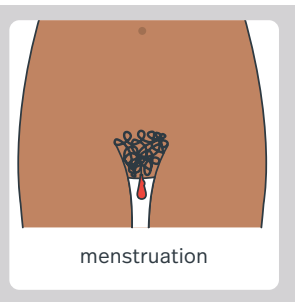
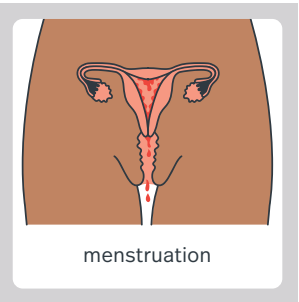
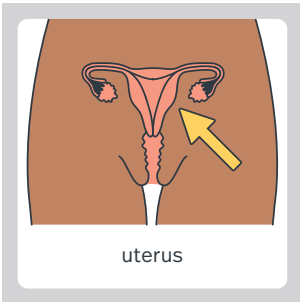
It is important to take care of your health, this includes the health of your **private** parts. You have the right to get health checks for your private parts.



You can ask your doctor or support person about when and how you can get these health checks.

Menstruation

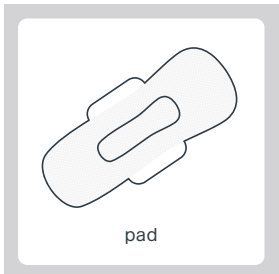
Most people who have a **uterus** will menstruate. This is also called having a period.



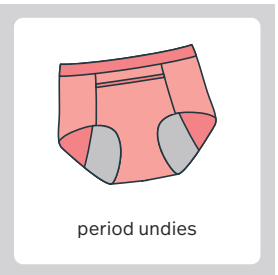
You can choose how you manage your periods.



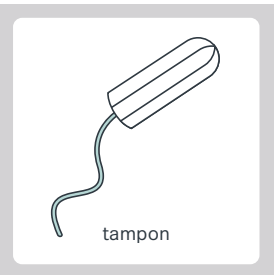
You can choose to use pads.



You can choose to use period undies.



You can choose to use tampons.



You can choose to use a menstrual cup.



Sometimes there is pain or discomfort with periods.

You can choose to use heat packs on your stomach or back.




heat pack

You can choose to take pain medication.



medication

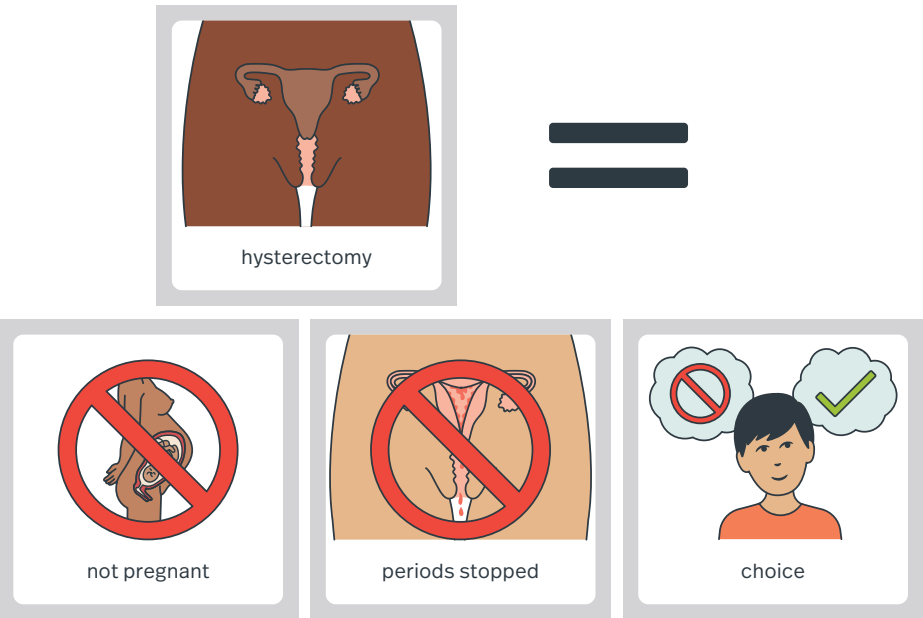
If you have concerns about periods, you can talk to your doctor or health professional.



doctor

Having your **uterus** removed is called a hysterectomy. This means you will never:

- ✓ get pregnant
- ✓ have a period.



hysterectomy

=

not pregnant

periods stopped

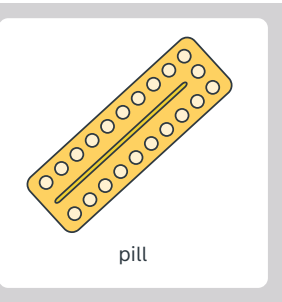
choice



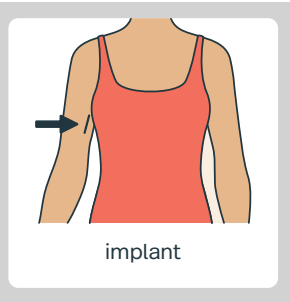
You have the right to choose if, when, and how to manage your period.

You can choose to manage your period cycle with **contraception** such as the oral contraceptive pill, contraceptive implant, or an Intrauterine Device (IUD).

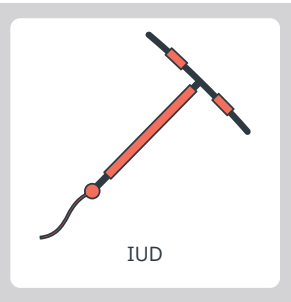
Some people manage their period to stop pain or skip their period. Contraceptives also stop you getting pregnant while you use them.



pill



implant



IUD



monthly

Capacity

If you want to have your **uterus** removed to manage your period, the law says you need to have **capacity**.

- Capacity means you can:
- ✓ understand what making a decision means
 - ✓ remember information given
 - ✓ use or consider information
 - ✓ communicate your decision.

Everyone is presumed to have capacity. You can be supported to make a decision. You can talk to your doctor or other health professional about your options. You should not be forced to have a hysterectomy.



If you do not have capacity to make decisions about your health, a legal guardian will need to apply to the ACT Civil and Administrative Tribunal or the court for you to have a hysterectomy.

This surgery will take some time to arrange.

Summary


- 1 Your body belongs to you.
.....
- 2 You can make choices about how you care for your body.
.....
- 3 You can make choices about how you appear to others.
.....
- 4 You can touch the **private** parts of your body when you are in a private space.
.....
- 5 You can make choices about getting help with your body when you see or feel any changes.
.....
- 6 You have the right to get information and support to better manage your periods.


Who Can Help

Someone you trust


Your doctor or a health professional

SECCA

 (08) 9420 7226


 secca.org.au
.....


People with Disabilities ACT (PWDACT)

 (02) 6257 4005


 pwdact.org.au
.....


Sexual Health and Family Planning ACT (SHFPACT)

 (02) 6247 3077

 shfpact.org.au
.....

Legal Aid ACT

 (02) 6243 3411

 *Helpline* 1300 654 314

 legalaidact.org.au

Sexual Health

Sexual Pleasure

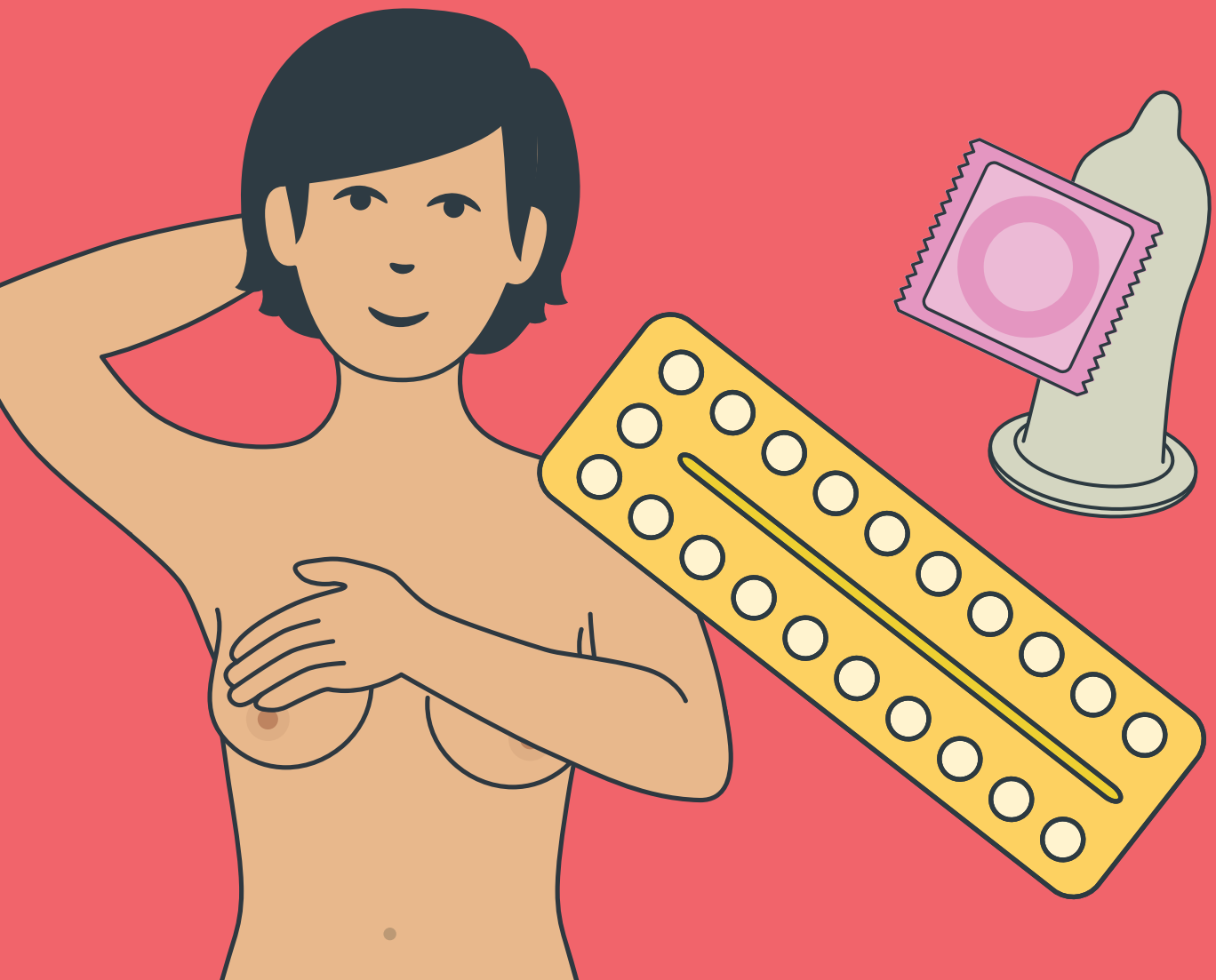
Sexual Health Checks

Safer Sex

Contraception

Unplanned Pregnancy

Sex Work



Sexual Pleasure

Masturbation

You have a right to touch your own body by yourself or with a **consenting** partner.

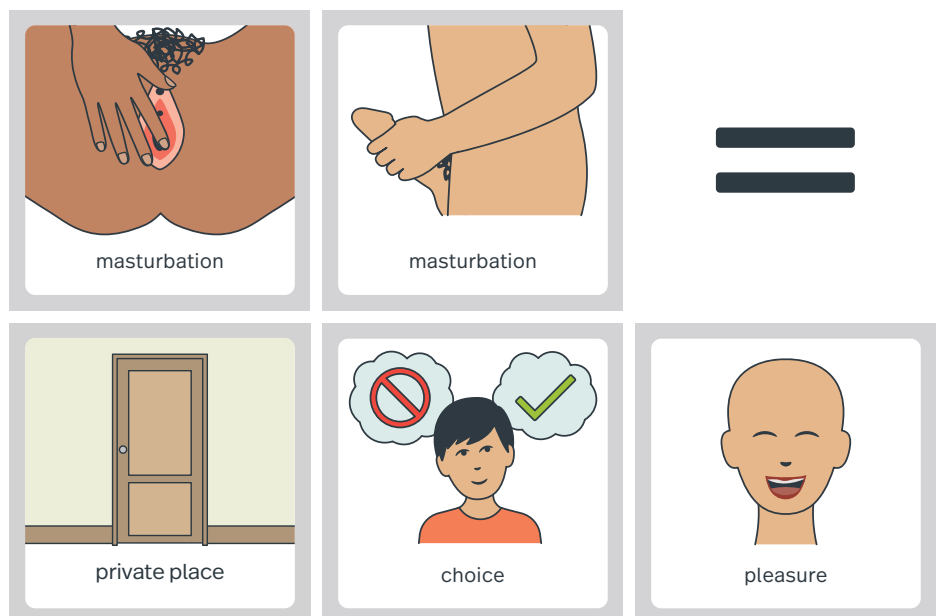
Masturbation is a **private** behaviour that you do in a private place.

Masturbation may involve touching your nipples, genitals, or any other part of your body in a way that feels good.

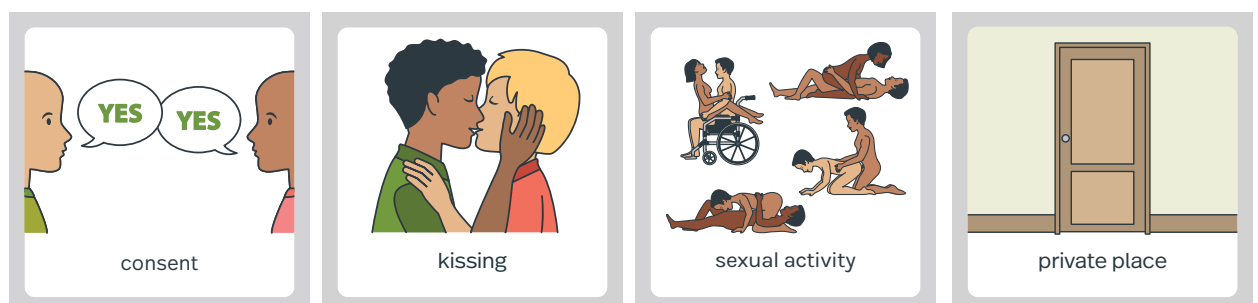
This is called **sexual pleasure**.

Pleasure

Pleasure means feeling happy or good. There are many ways to feel **sexual pleasure**. Some ways are by kissing, touching, holding hands, watching **pornography**, masturbating, or **sex**. If something does not make you feel happy or good, you have the right to stop or say “no”.

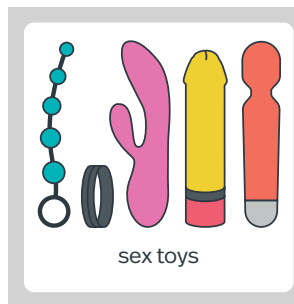
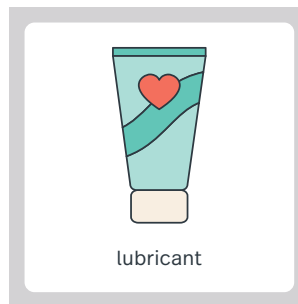
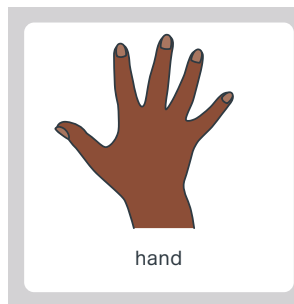


Everyone has the right to enjoyable sexual relationships only when all people give their **consent**. Sexual activities are **private** behaviours that you do in a private place.

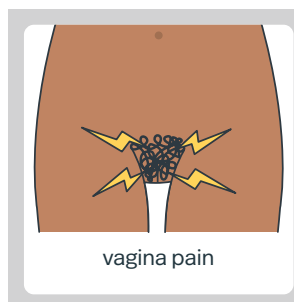
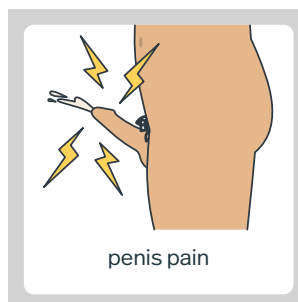
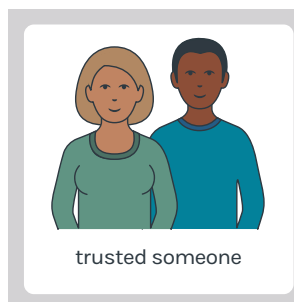
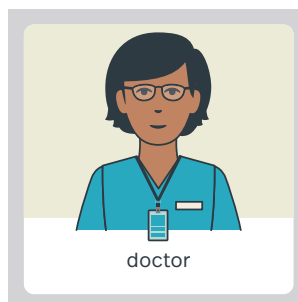
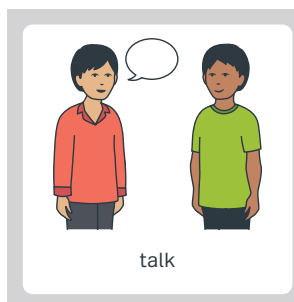


There are many ways you can masturbate. You might use your:

- ✓ hands
- ✓ fingers
- ✓ lubricant
- ✓ sex toys.



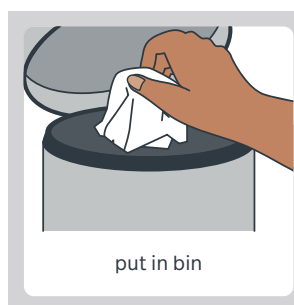
If **sex** or **masturbation** is painful you have the right to talk to your partner, doctor or someone you trust about it.



Personal hygiene after masturbating is important.

This means you should:

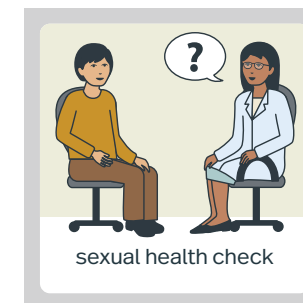
- ✓ wash your hands
- ✓ clean and dry your body
- ✓ clean the area around you.



Sexual Health Checks

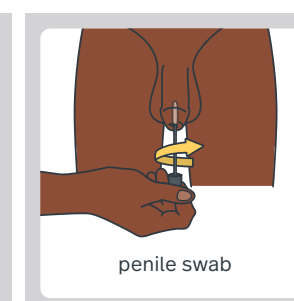
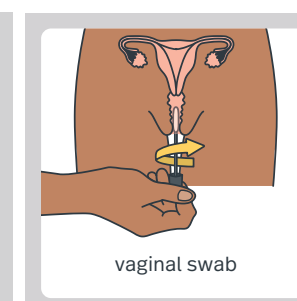
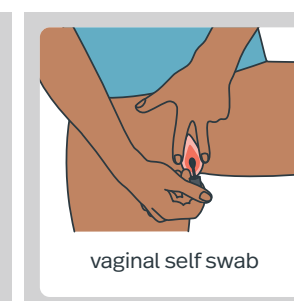
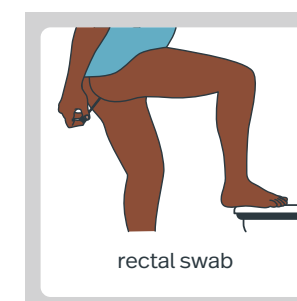
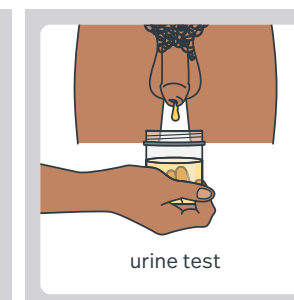
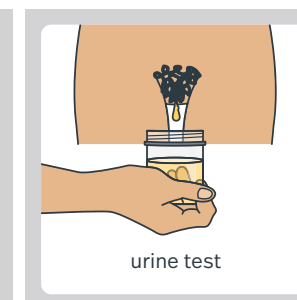
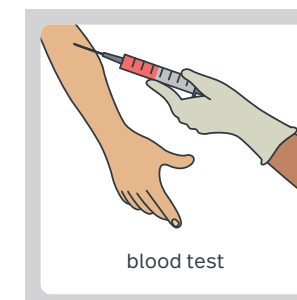
Everyone has the right to **sexual health** checks.

Your doctor can tell you what checks you need.



Sexually Transmissible Infection (STI) Checks

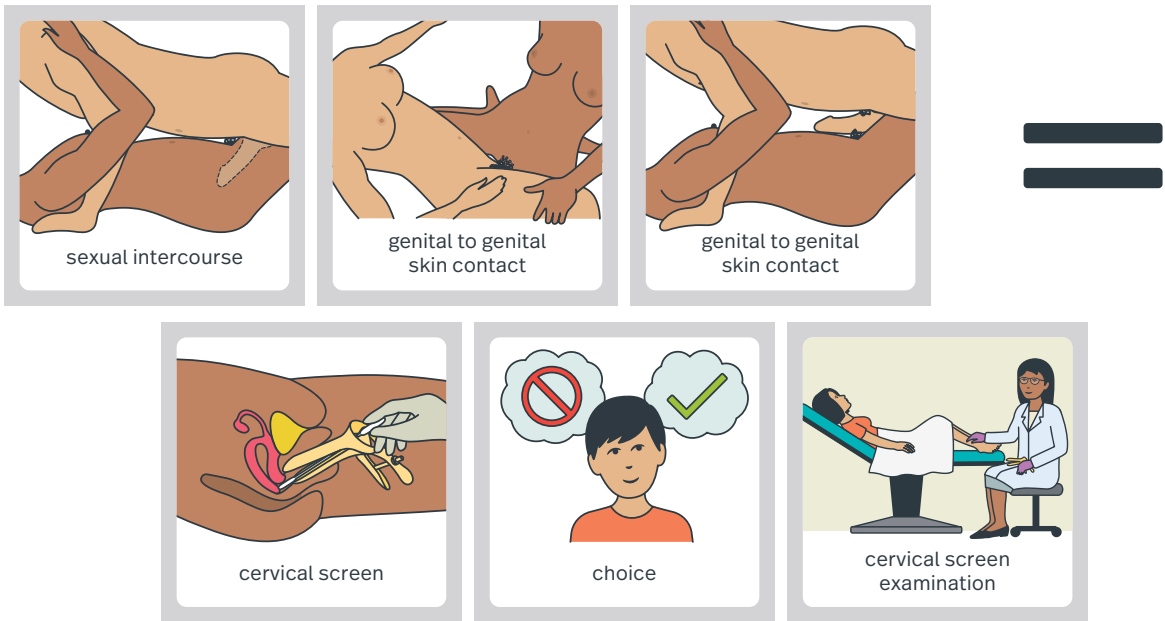
You have a right to get an STI check if you have had any sexual contact with someone else. This kind of test finds any bacteria or viruses that may have been passed to you by someone else during **sex**.



You can see your doctor or a **sexual health** clinic for an STI check. You can withdraw your **consent** and stop the examination at any time.

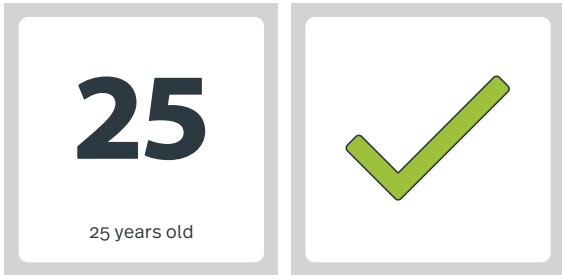
Cervical Check

It is recommended that people with a **cervix** get a cervical check. Most people with a vagina have a cervix. A cervical screen is what doctors do to check your cervix. This tests for a virus that could lead to cancer. If you have had **sex** or your genitals have touched someone else’s genitals you can choose to have a cervical check.



Cervical checks are recommended every 5 years from when you are 25 years of age.

There is a vaccine that can protect you from this virus. You can ask your doctor about this.



Other Sexual Health Checks

These **sexual health** checks are for everyone. These sexual health checks are needed if you have had sex or not. These sexual health checks are to make sure your **private** body parts are healthy.

Breast Checks

Anyone at any age can request a breast check.

Women 50 years of age and older are invited to have a breast check by BreastScreen ACT every 2 years. This is recommended to find and treat problems early. A mammogram is what doctors do to check your breasts. You can choose to have a breast check or not.



You can check your own breasts for any changes. A doctor or other **health professional** can help you with this.

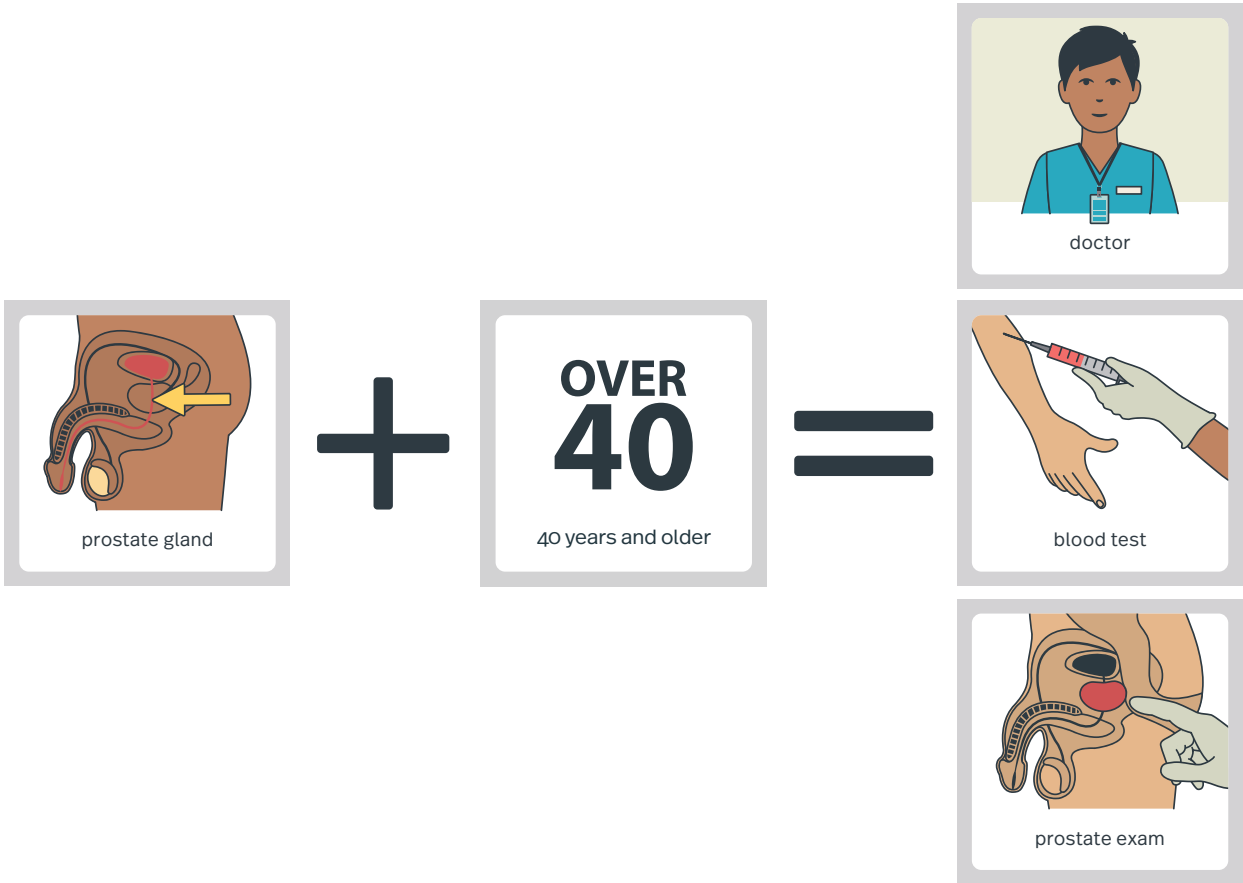
Bowel Check

Anyone at any age can request a bowel check.
People 45 years of age and older are invited to have a bowel cancer check.
A bowel screening kit is what doctors use to do a bowel check. This checks for small amounts of blood that could mean there is a problem in your bowel.



Prostate Check

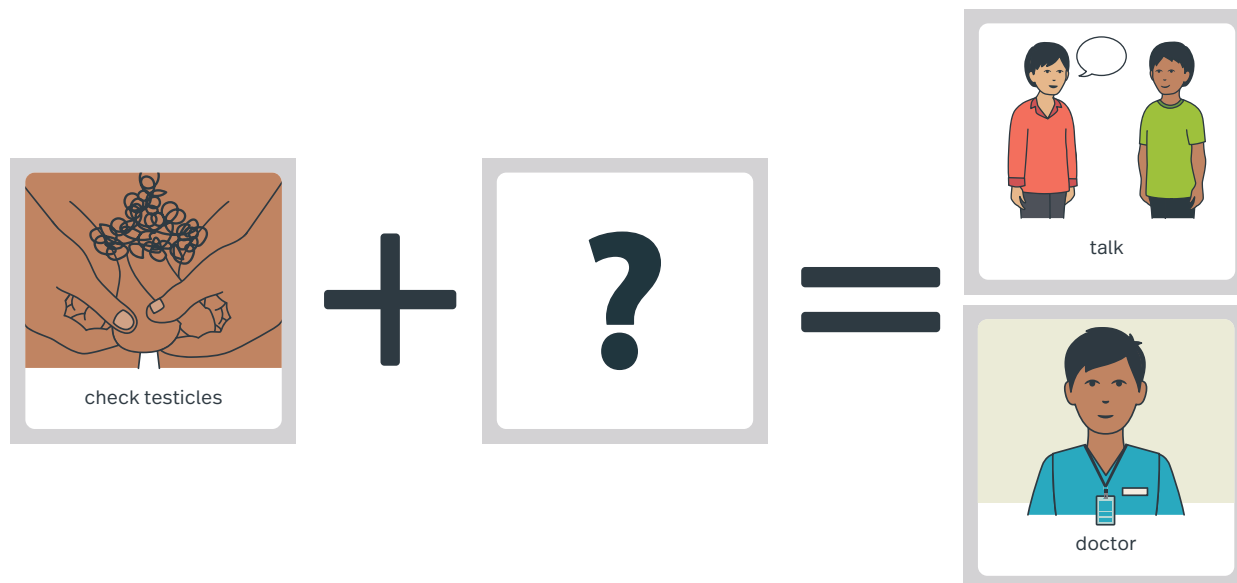
People with a prostate 40 years of age and older are invited to have a prostate check. A doctor will check if the prostate has gotten larger or has any lumps that need to be tested.



If you are under 40 years of age and would like a prostate check, tell a trusted person or ask your health professional.

Testicle Checks

It is recommended that people with testicles check if there are any changes or lumps. This is to help find and treat problems early. You can talk to your doctor about any changes you notice or ask them to check for you.



If you would like your testicles checked, tell a trusted person or ask your health professional.

Safer Sex

You have a right to safer **sex**.

There are two parts to having safer sex:

- 1 being emotionally safer
- 2 being physically safer.

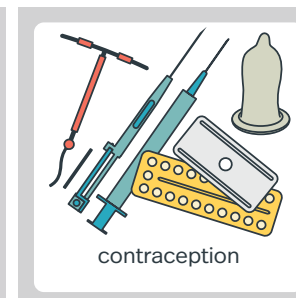
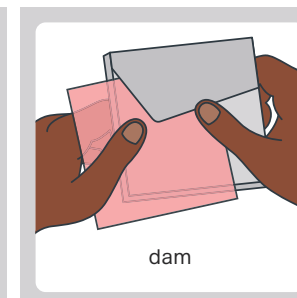
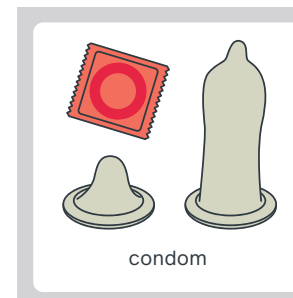
To have emotionally safer **sex** means that you respect your partner and they respect you. Safer sex means you always get and give **consent** to partners before and during **sexual activity**.



If something does not make you feel happy or good, you have the right to stop or say “no”.

To have physically safer **sex** means that you and your partner:

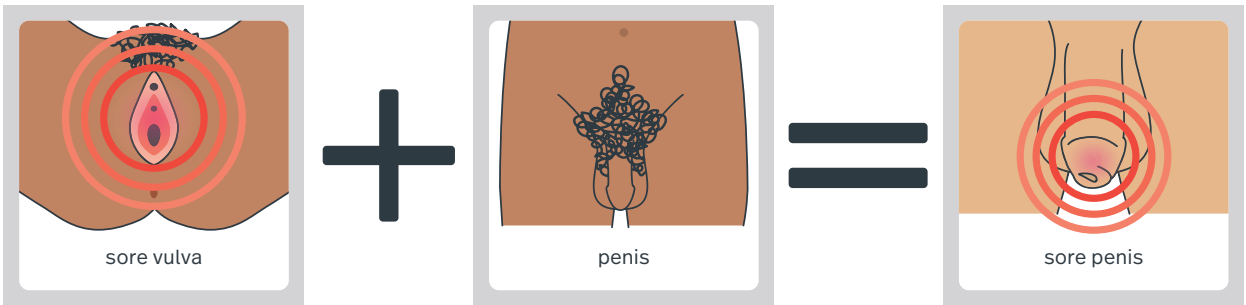
- ✓ use condoms, dams, or other barrier methods correctly
- ✓ use **contraception**
- ✓ do not pass on any sexually transmissible infections (STIs) to each other when you have sex.



You cannot always see or feel if you have an STI. The only way to know for sure is to have a **sexual health** test with a doctor or other health professional.

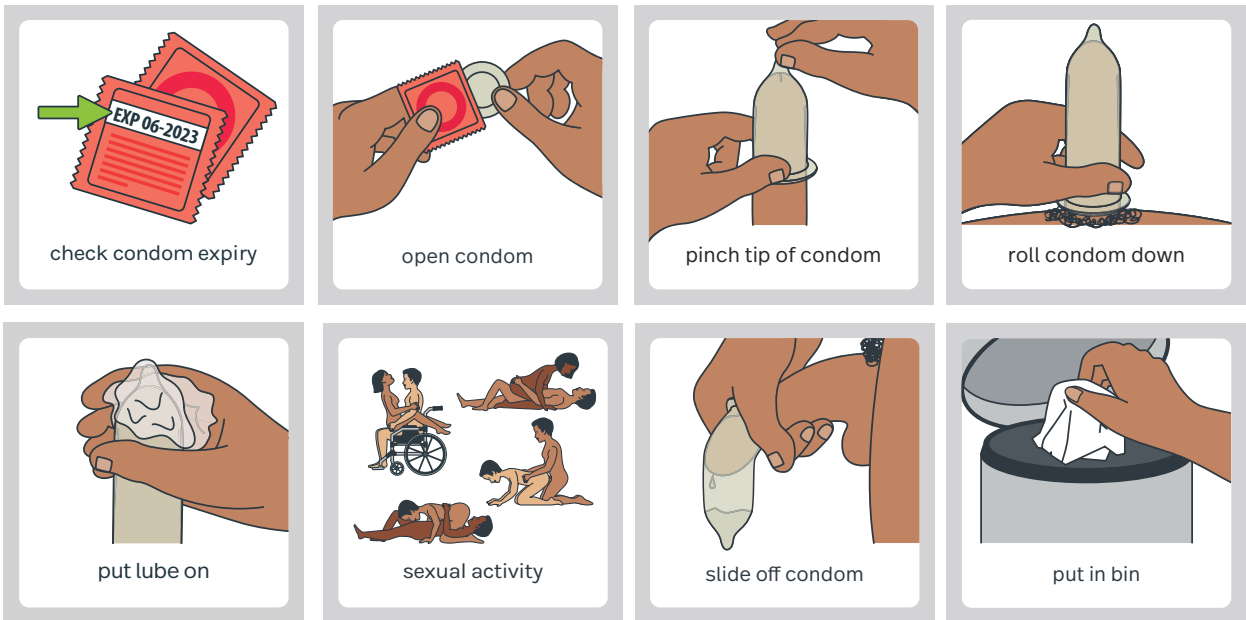
STIs

One person has to have an STI to pass it on to someone else.



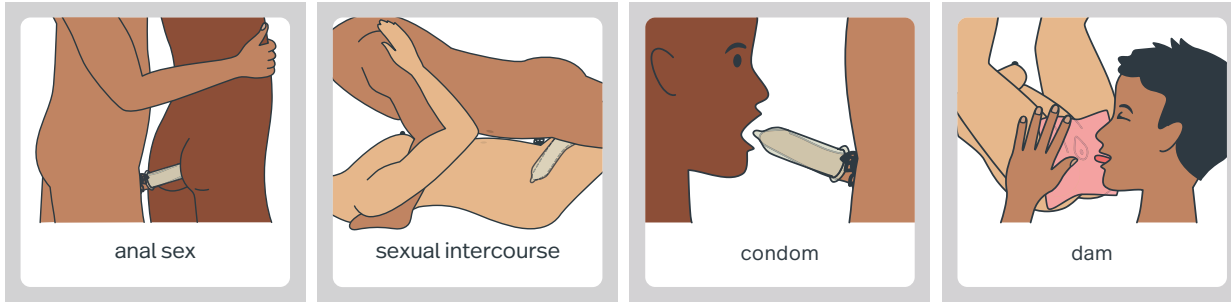
Condoms are the main type of **contraception** that protect you against STIs. Using condoms correctly every time you have **sex** will also reduce your chances of getting pregnant.

Make sure a condom is on correctly so you and your partners are safer from infections. You can practice putting a condom on.

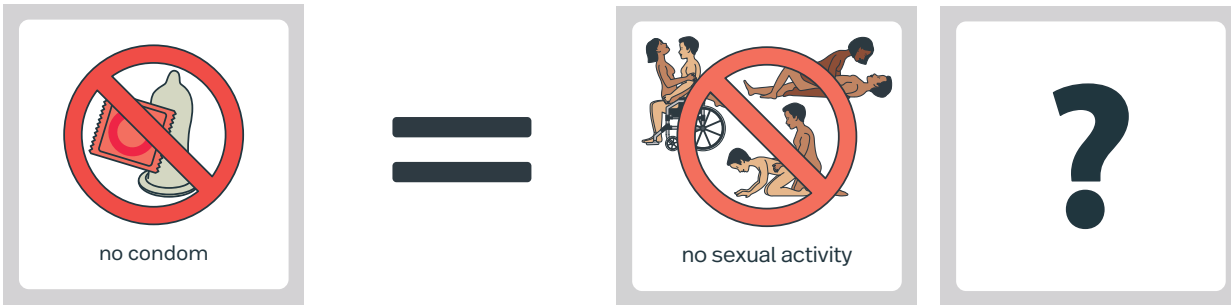


Dams are another form of protection that can help you have **safer sex** and be protected against STIs. People can use dams for oral sex to an anus or vulva.

The pictures below are types of **sexual activity** when you should use a condom or dam.



If you or your partner do not have a condom or dam you can say “no” to **sex**.
If your partner does not want to use a condom or dam you can say “no” to sex.



Safer sex and pregnancy

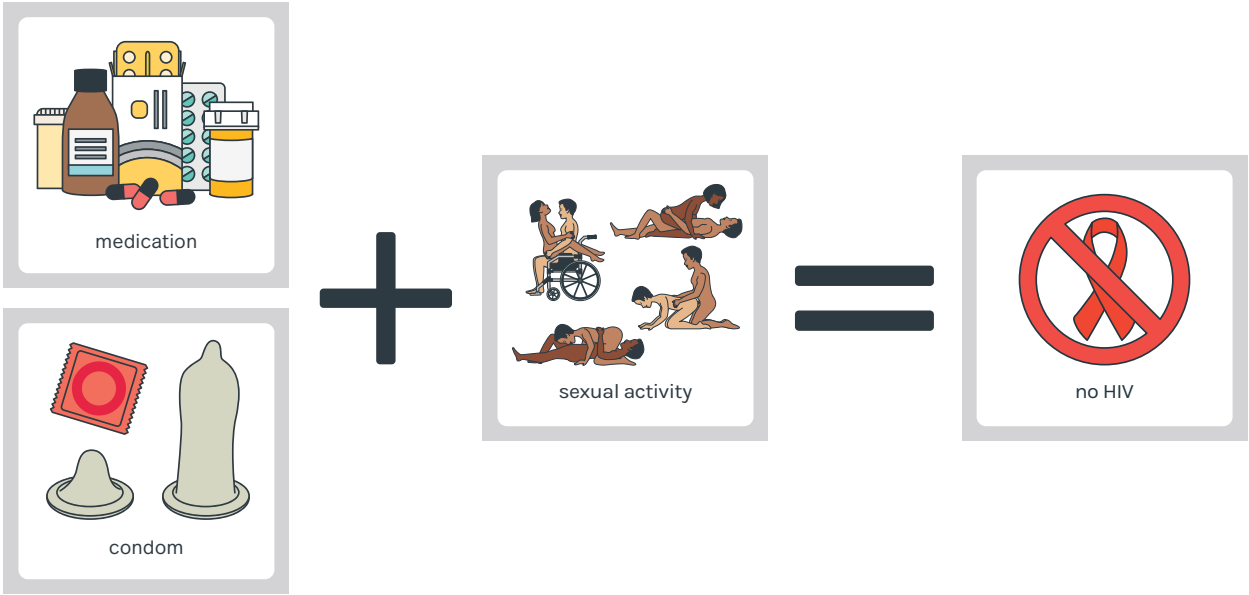
Safer **sex** also means you will most likely not get pregnant or make your partner pregnant.
Using condoms correctly every time you have sex will reduce your chances of getting pregnant.



Human Immunodeficiency Virus (HIV)

HIV is a virus that you can get from someone who has the virus in their body. HIV can be passed from blood, semen, vaginal fluid, breast milk, menstrual blood, rectal fluids, and fluid from the penis. The most common way HIV can be passed on is through sex. There is no cure for HIV, but there is medication to keep people healthy. People with HIV can live long and healthy lives because of this medication. If someone with HIV takes their medication correctly they cannot pass on HIV, because Undetectable = Untransmissible.

- There are many ways to be protected from getting HIV:
- Use condoms and lube for vaginal or anal sex.
 - If you do not have HIV, you can use a medicine called PrEP to protect you from getting HIV.
 - Take a medication called PEP within 72 hours after sexual activity where you did not use a condom or there was an issue with the condom. This can protect you from getting HIV.



If you think you might have HIV you should talk to a doctor to check. If you are having sex, it is a good idea to get checked regularly for HIV and other STIs.

In some countries and states the law says you need to tell the person you are having sex with that you have HIV. To enter some countries you have to tell them you have HIV. Make sure you know the rules when you travel outside of Australia.



PrEP is a medication that you need to take every day and correctly to protect you from getting HIV.

You can ask for more information about HIV, medication for HIV, PrEP or PEP from Meridian by calling (02) 6257 2855 or Canberra Sexual Health Centre (02) 5154 2184 or Sexual Health and Family Planning ACT (SHFPACT) (02) 6247 3077.

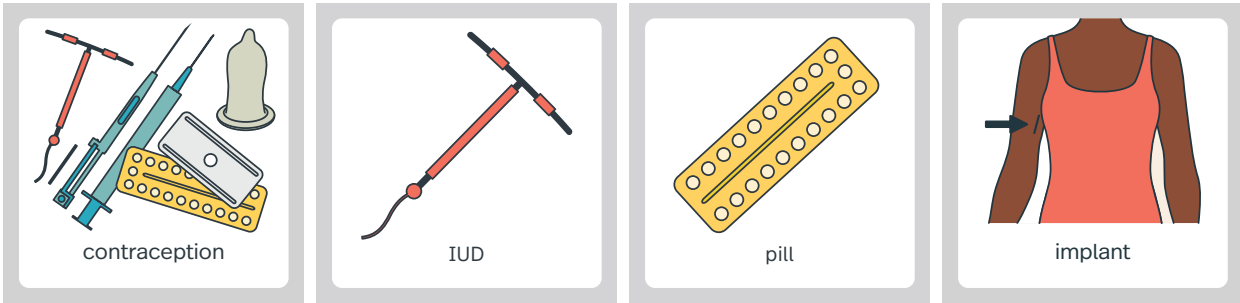


If you have HIV and are pregnant, there are medications that you can take to make sure your baby does not get HIV.

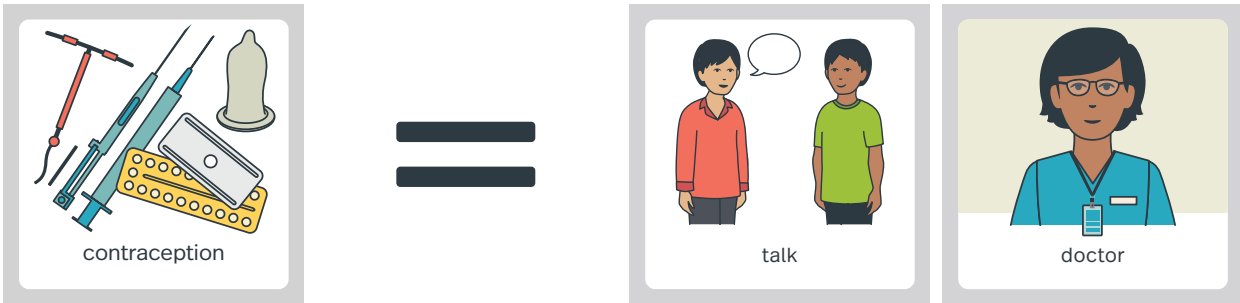
The law says that a person with HIV must be careful not to give it to anyone else. If they want to have sex, they must do everything they can to protect the other person. This means using condoms, dams, or one of you using the special HIV medication.

Contraception

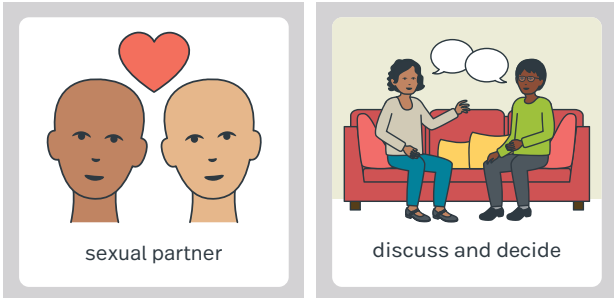
Contraception is a way to stop you getting pregnant. If you have vaginal **sex** you could get pregnant. If you do not want to get pregnant you must use contraception. Here are some of your contraceptive options:



It is important to find the **contraception** that works best for you. Speak to your doctor or **sexual health** nurse about this. If it helps you feel more comfortable, you can take a support person with you to the appointment.



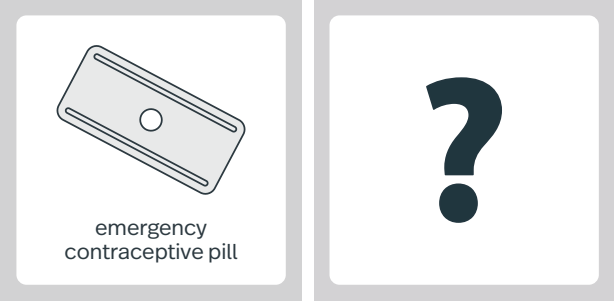
Partners should agree on what **contraception** works best for them. If you are the person using the contraception it is your body and your choice. If you can not agree on what is best, you can ask a person you trust to help you decide what to do.



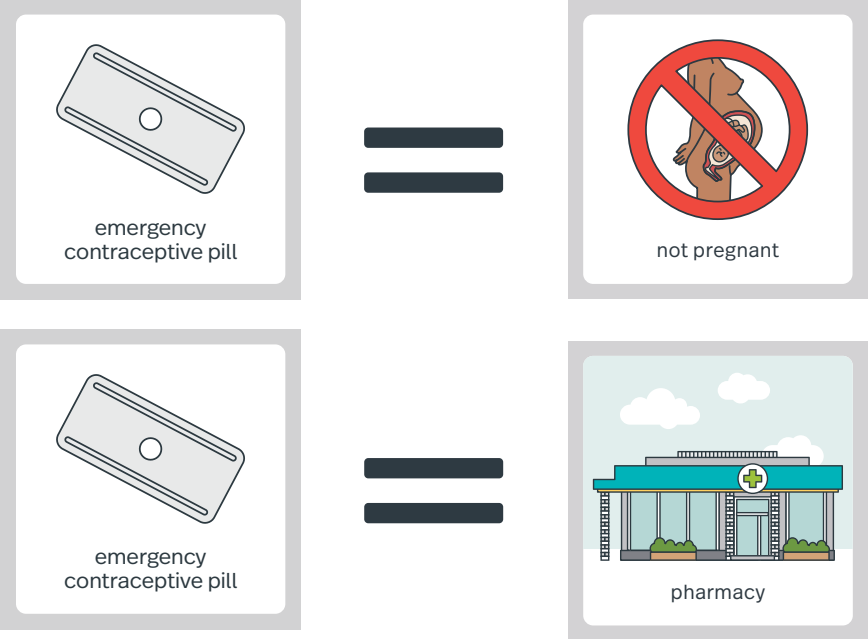
Emergency Contraception

Emergency **Contraception** (EC) is a type of contraception you can have after **sex** if you think you might get pregnant. This might happen if:

- ✓ a penis and vagina were involved in sex
- ✓ no contraception was used
- ✓ there was an issue with the contraception or condom.



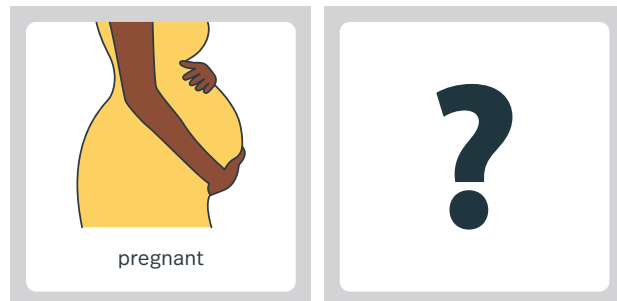
The EC pill stops pregnancy. You can take EC up to 3 days after **sex**. EC works best if you take it as soon as you can after sex. EC is a pill you can get from the pharmacy to stop you getting pregnant. You can ask your pharmacist questions about EC.



No one should pressure you to take EC. It is your choice.

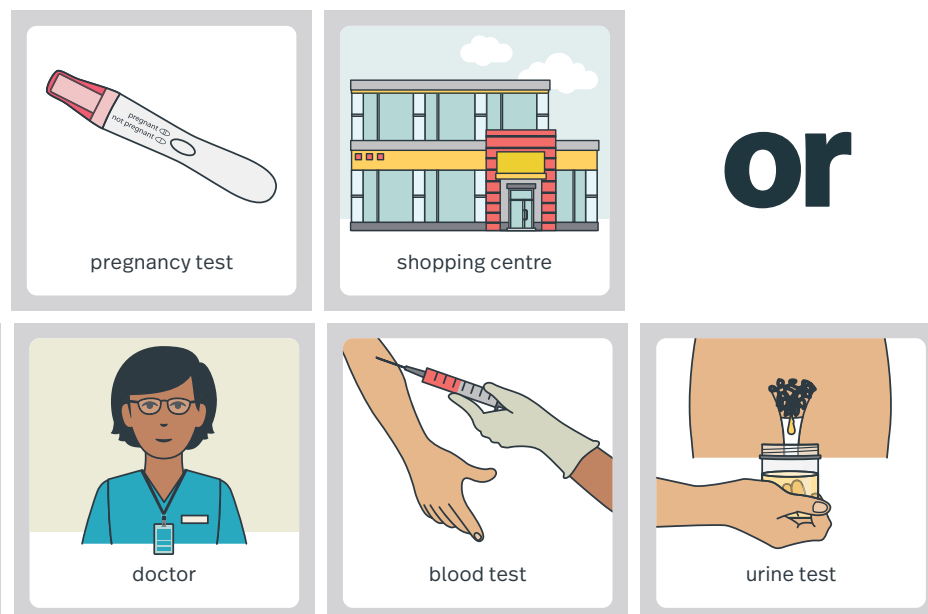
Unplanned Pregnancy

If you have a **uterus** and have sex with no condom or other **contraception** and miss a period, you may be pregnant. Sometimes periods stop for other reasons so it is good to talk to your doctor about it.



Pregnancy Test

You can do a pregnancy test yourself. You can buy a test from a pharmacy or supermarket. You can ask a trusted person to help you follow the instructions. Your doctor or Sexual Health and Family Planning ACT can also help you with pregnancy testing.



If you are pregnant see your doctor as soon as possible to talk about your choices.

If you are pregnant your choices are:

- 1 have and keep the baby
- 2 have the baby and then let someone adopt it
- 3 stop the pregnancy by having a termination.



Termination

A termination is medication or an operation that stops your pregnancy. It is also called an abortion. There is no legal limit for an abortion in the ACT. Generally you can have a termination up to 16 weeks into a pregnancy in the ACT, because this is up to when some medical providers will do one. 16 weeks is about 4 months.

You need to talk to a doctor about your choices and risks. Counselling can help you decide what to do. Not all doctors and hospitals perform terminations so you will need to find out where you can go to have one. Sometimes the Public Advocate needs to be involved. They can help people through this process.



If you are under 18 years of age

If you are under 18 years of age and want to get a termination without involving your parent or guardian you may be able to. The medical practitioner must agree that you have **capacity** to make decisions about your health, understand what a termination involves, and are not being pressured to have one.

If you do not have capacity to make decisions about your health a parent or guardian will need to be involved. Sometimes the Public Advocate needs to be involved. They can help people through this process.


Termination may be a hard decision.
Here are some things to think about when making this choice.

Your Health
Will having a child put your health at risk?



pregnant


+



health check


?

Your Housing Situation
Do you have a place to bring up a child?



home


or



group home


?

Your Money
Do you have enough money to bring up a child?



money


or




no money

?

Your Support
Do you have enough support to bring up a child?




friends



family


?

A counsellor can help you make your own decision. If you need help to make a decision about unplanned pregnancy, Sexual Health and Family Planning ACT provide a free unplanned pregnancy counselling service.



counsellor

or



alone

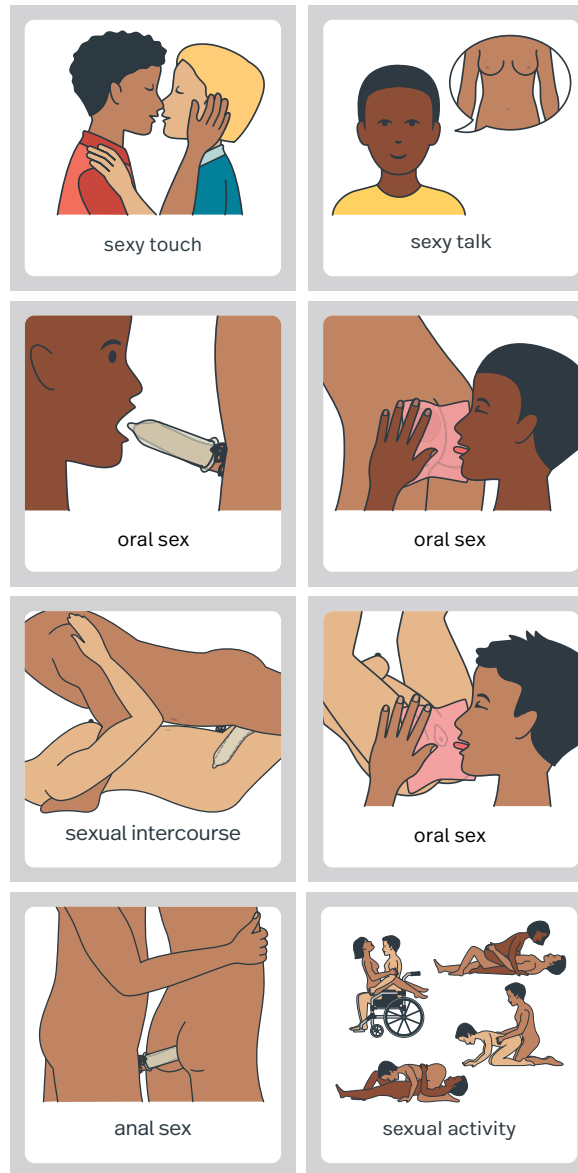
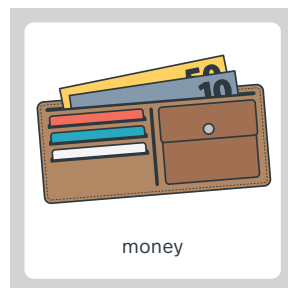
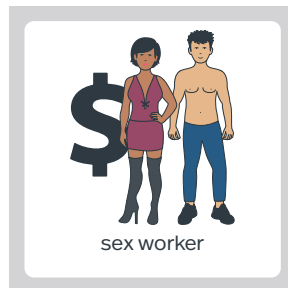
?

Who can help if you are pregnant?

- 1 Your doctor
- 2 A counsellor
- 3 Sexual Health and Family Planning ACT
- 4 Your hospital or community health centre
- 5 Someone you trust.

Sex Work

A **sex worker** is someone who is paid for **sex** and sexual activities. It is their job. It is not a **romantic** relationship.



Not all sex workers provide all sexual activities. Sex workers get to decide what services they provide. You might see a sex worker in person or they might provide online services such as sexy video chat.



Sex work is a legally recognised occupation in Australia. Every state and territory has their own laws about sex work.

Important information

- 1 All people must give consent to **sexual activities**.
- 2 All people have the right to say “no” to anything they do not like or want at any time during the sexual activities.
- 3 All people must be treated with respect.



The law says that sex work can take place in a house, a hotel, a brothel or parlour. It is illegal for sex work to happen in a **public place**.



It is the law that sexual protection such as a condom be used in **sexual activity** with a **sex worker**.



It is the law that both people are **18 years of age and older**.



If you would like more information on sex work, contact Sex Worker Outreach Program (SWOP ACT) on **(02) 6257 2855** or visit **meridianact.org.au/swop**

If you would like more information on accessing disability friendly sex workers, see the Touching Base website **touchingbase.org**

Summary

1 Everyone has the right to have a happy, healthy, safer **sex** life with a **consenting** partner.

2 Everyone has the right to seek information, health checks, and support from their doctor or other **health professional** or Sexual Health Clinic for any issue relating to sex or **contraception**.


3 If you have an unplanned pregnancy, you have the right to make a choice about whether you continue the pregnancy or not.


Who Can Help

Someone you trust


Your doctor or a health professional


SECCA

 (08) 9420 7226


 secca.org.au

Sexual Health and Family Planning ACT (SHFPACT)

 (02) 6247 3077


 shfpact.org.au


Meridian

 (02) 6257 2855


 meridianact.org.au

Sex Workers Who Help and Support Other Sex Workers (SWOP ACT)

 (02) 6257 2855

 meridianact.org.au/swop

The Public Advocate

 (02) 6205 2222

 hrc.act.gov.au/advocacy

Healthy Relationships

What is a Healthy Relationship?

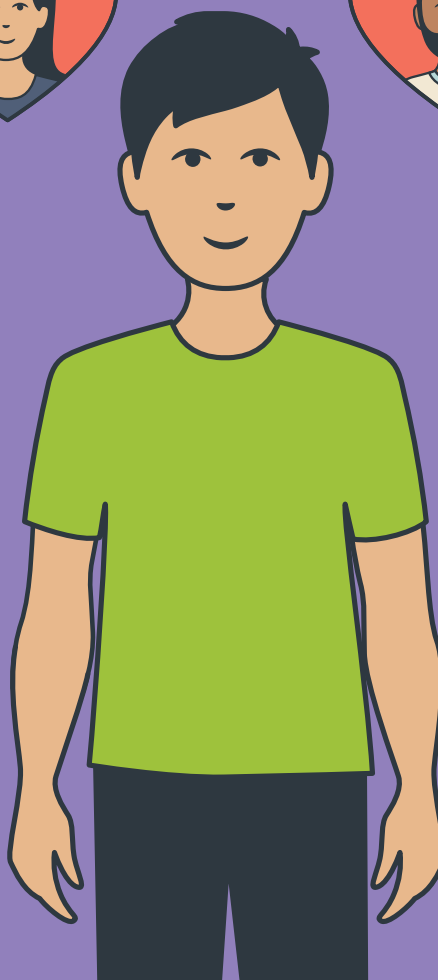
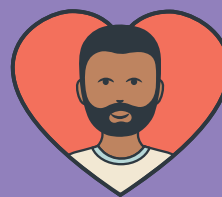
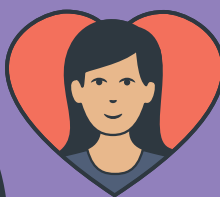
Consent in Relationships

Different Types of Relationships

Acting on Sexual Feelings

Dating

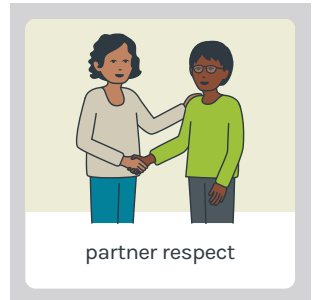
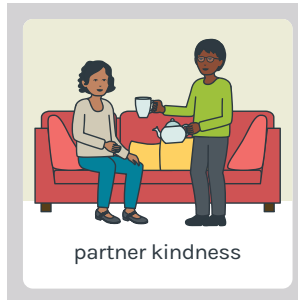
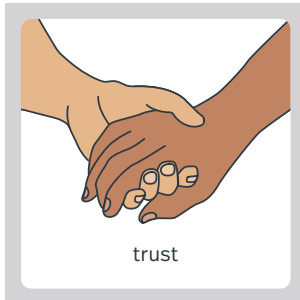
Getting Married



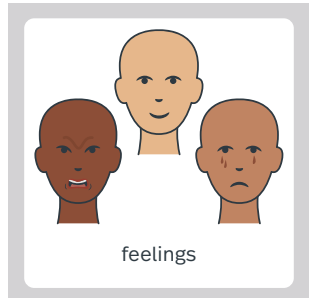
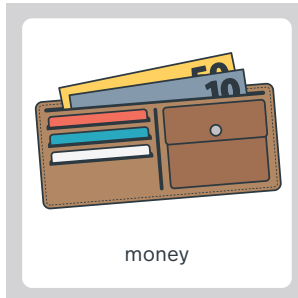
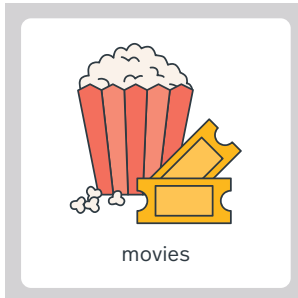
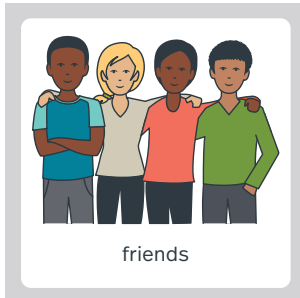
What is a Healthy Relationship?

In a healthy relationship people give their **consent** to be in the relationship. This means they agree they want to be in the relationship.

In a healthy relationship people have positive feelings and experiences like:

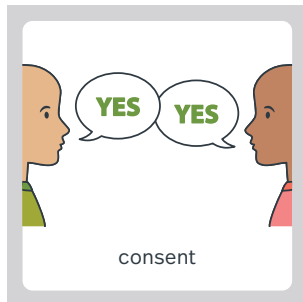


In a healthy relationship you can talk about anything like:



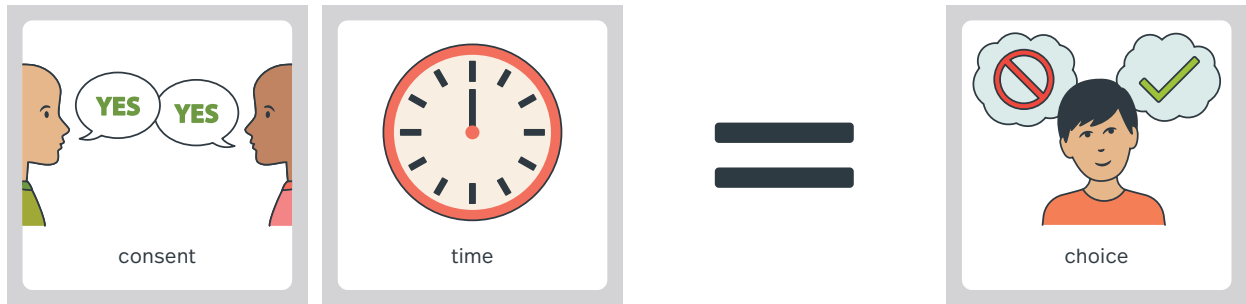
In a healthy relationship people can spend time together and spend time apart. They can each spend separate time with other people too.

Consent in Relationships



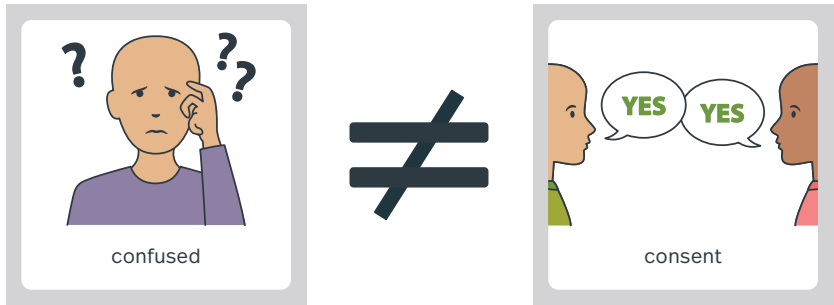
Consent is very important. It is another way of saying “yes” or “I am OK with that” or “I agree.”
Consent is when all people in a relationship say “yes” to something.

Consent is freely given and can be taken away at any time.



Consent should be something people want to give. You want to be happy about giving consent and for your partner to be happy giving consent too.

If you or someone else is confused or unsure how they feel, this is not **consent**.



If you feel pushed or pressured into something this is not **consent**.
If someone threatens you to give consent that is not consent.

People cannot give consent if they are:

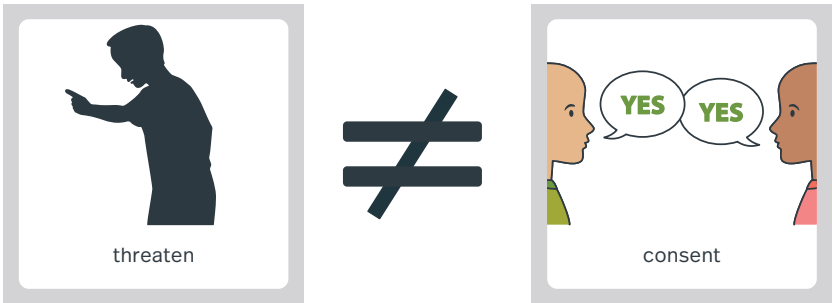
- ✗ unconscious or asleep
- ✗ intoxicated or drunk from alcohol or drugs
- ✗ not old enough to give consent
- ✗ forced or pressured
- ✗ threatened.



If you worry a partner or friend will leave you if you do not do what they say, that is not **consent**.

If this is something that has happened or that worries you, speak to someone you trust.

If someone threatens you by saying they will hurt themselves or someone else if you do not agree, that is not **consent**.

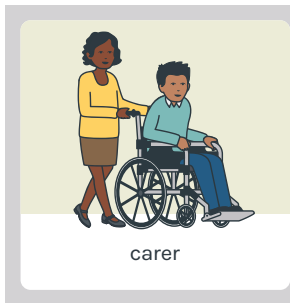
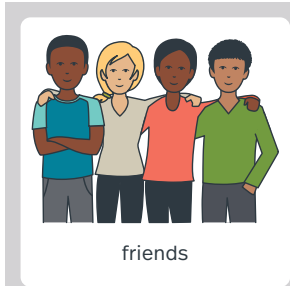
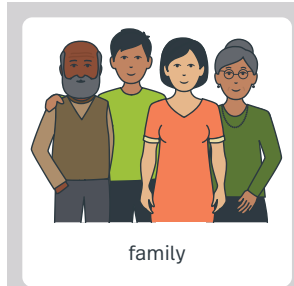


Different Types of Relationships

In our lives we have different kinds of relationships.

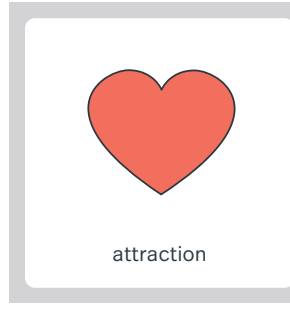
Some relationships are with:

- ✓ people in our families
- ✓ friends
- ✓ bosses
- ✓ coaches
- ✓ teachers
- ✓ support workers.



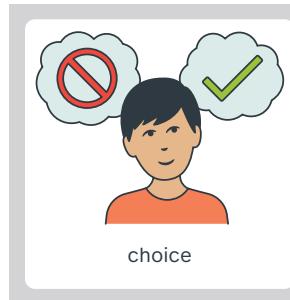
Most of these are not sexual relationships.

Sometimes a relationship with a friend might be sexual if you agree. Relationships with family members are not allowed to be sexual.



Other relationships can be sexual or **romantic**.

- ✓ You can be sexually attracted to someone and not want to be romantic with them.
- ✓ You can be romantically attracted to someone and not want to be sexual with them.



You might have a relationship with one person at a time. You might have a relationship with many people at once. There are lots of different relationships that you can have, these are just some of them.

You do not have to be in an ongoing relationship with someone to have **sex** with them.



Remember:

- ✓ People need to agree to be in a relationship
- ✓ It is your right to choose your friends
- ✓ It is your right to be by yourself sometimes
- ✓ Not everyone wants a partner
- ✓ Not everyone wants **sex**.

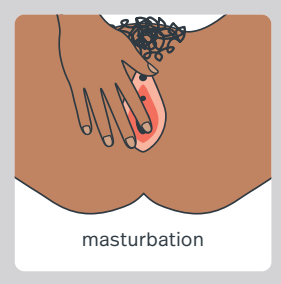
Acting on Sexual Feelings

To touch someone else's body in a sexual way you need to know that:

- ✓ they give **consent**
- ✓ they can say yes or no
- ✓ if the other person says nothing they have not given their consent
- ✓ if the other person has not given consent, sexual touch should not happen
- ✓ you need to be in a **private** place.

Touching yourself

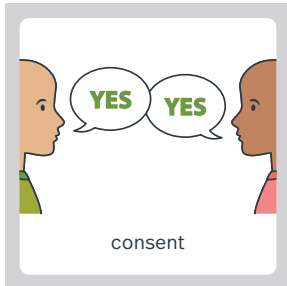
You have the right to touch your own body in your own **private** space.



The law says in NSW and the ACT to have sexual intercourse with another person, you and your partner need to be 16 years of age and older.



+



=



If you are over 14 years of age you can have sex with people 24 months older or younger than you, but not if they are under 14 years of age.



The law says when someone is in a position of authority over you, like a teacher or boss, you must be 18 years of age and older to do sexual things with them. No matter how old you are, no one is allowed to force you to do sexual things. If you are the person with the authority then whoever you have sex with needs to be 18 years of age and older.

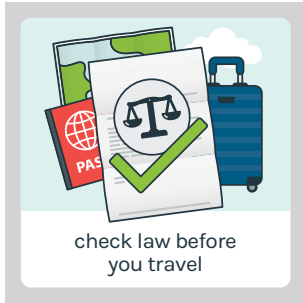


While it is legal for someone who is 18 years of age and older to do sexual things with someone in a position of authority over them, it may break other rules.

For example the person in authority may lose their job.

This is because relationships need to have equal power.

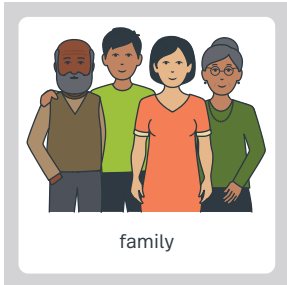
The age of **consent** is different in other parts of Australia and in other countries.



People in your family are not allowed to do sexual things to you.

You are not allowed to do sexual things with anyone in your family.

The only people in the same family who are allowed to have **sex** with each other are people such as parents and their partners. They must only have sex in a **private** place.



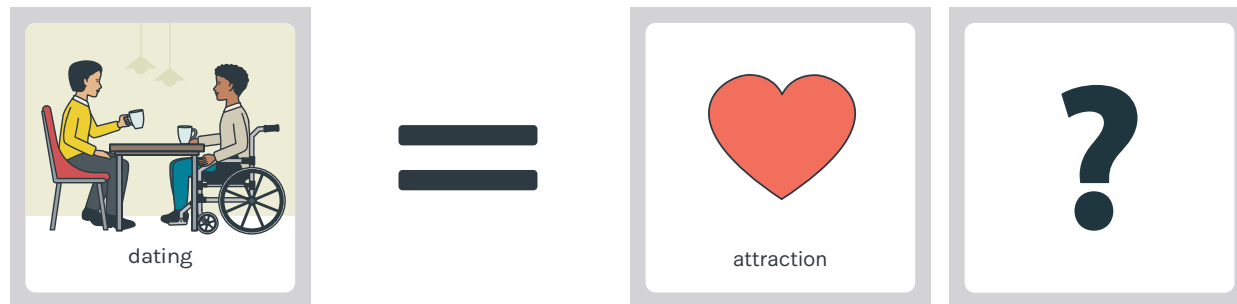
=



Dating

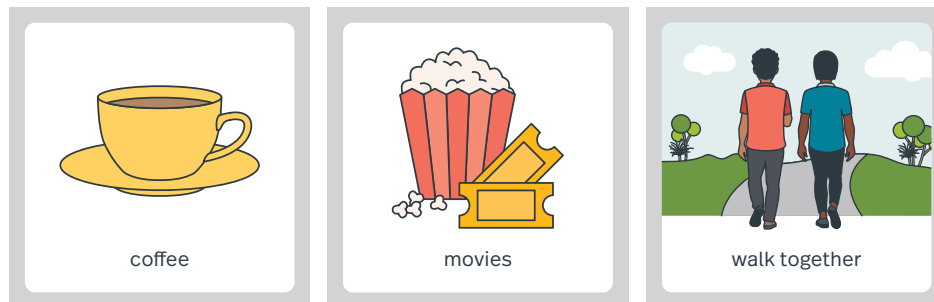
Dating is spending time with someone you might feel attracted to.
Dates are when people arrange to do things together to get to know each other.
Both people need to know that it is a date.

You can invite people on dates to see if you are attracted to them.



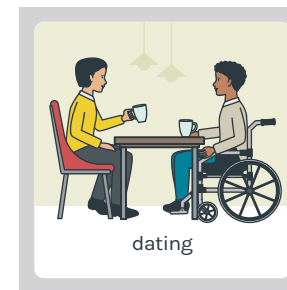
Some things
you could do
on a date are:

- ✓ have a coffee together
- ✓ see a movie
- ✓ go for a walk.

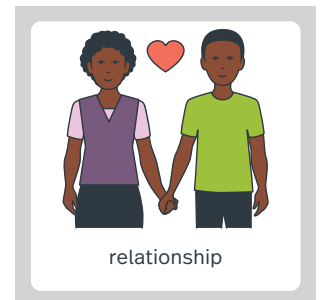
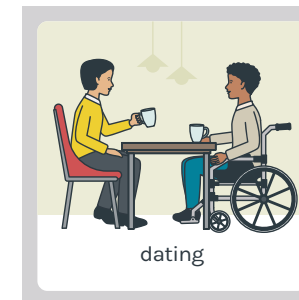


If you invite someone on a date they are allowed to say yes or no. If you are invited on a date you are allowed to say yes or no.

Going on a date with someone does not mean you have to have **sex** with that person.

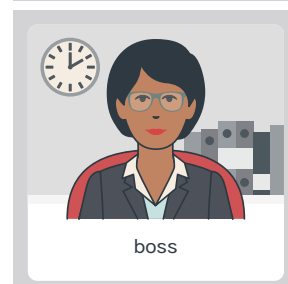
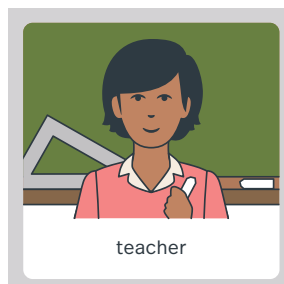
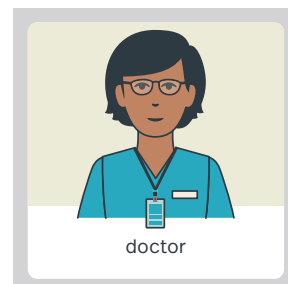
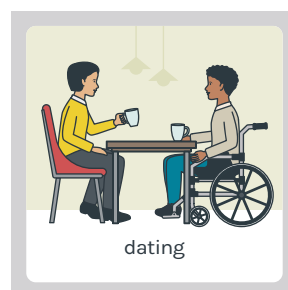


Going on a date
with someone
does not mean
that you are in
a relationship
with them.



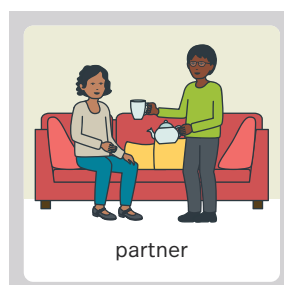
If you are under 18 years of age you cannot date anyone who helps to care for you or who is in a position of authority to you. This includes a support worker, counsellor, doctor, teacher, or your boss at work.

This is because relationships need to have equal power.



People who are attracted to each other and want to spend more time together can become a couple.

You can choose whether to call each other boyfriend, girlfriend, partner or something else.

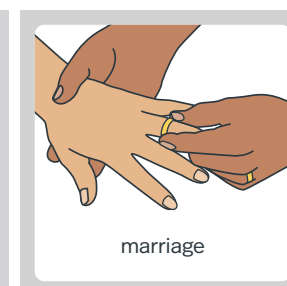
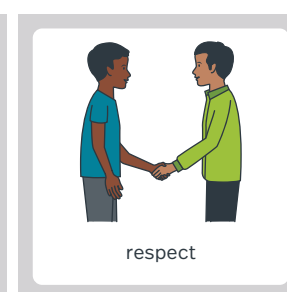
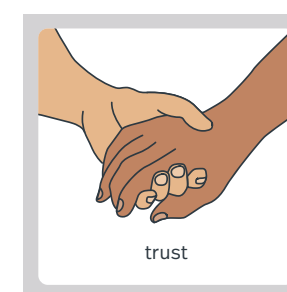
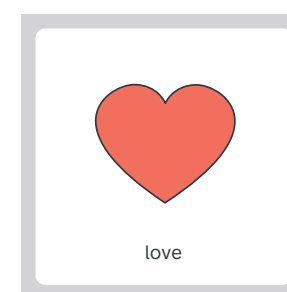


Getting Married

In Australia it is common for people to get married if they:

- ✓ have been together for a while
- ✓ love each other
- ✓ want to spend the rest of their lives together.

Getting married is a choice. You do not have to marry someone. You can be in a relationship without getting married.



Different individuals, families, cultures, and religions have their own views about marriage, who you can marry and when.

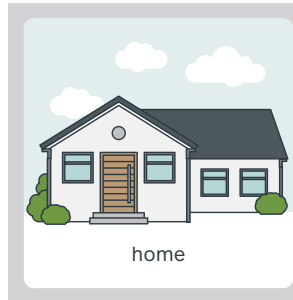
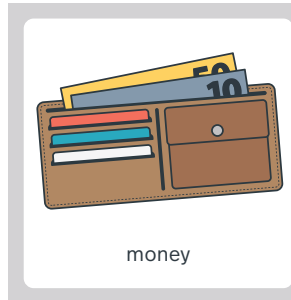
People are allowed to have different views and opinions:

- ✓ You do not have to agree with them
- ✓ You can have different views and opinions
- ✓ Other people do not have to agree with you. That is OK.



If having different opinions is worrying or upsetting you, speak to someone you trust for help.

Marriage can mean you live together, share your money, share jobs around the home, and spend a lot of time together.



The law says:

- Marriage is a legal agreement
- You have to be an adult to get married
- An adult is anyone who is 18 years of age and older
- Adults have the right to get married if they want to. It is a choice
- You can only be married to one person at a time.

If you are under 18 years of age

If you are under 18 but over 16 years of age you need to apply to a court to get married.

The court will decide if you can get married.

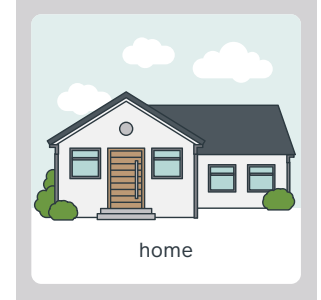


Not everybody wants to get married.

Just because you have been dating someone for a while does not mean that you have to get married.

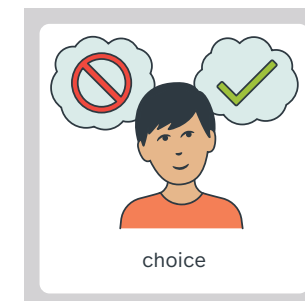
De Facto Relationship

You can choose to live with someone and share your life without getting married. This is called a de facto relationship. You have the same **rights** as a married person in a de facto relationship.

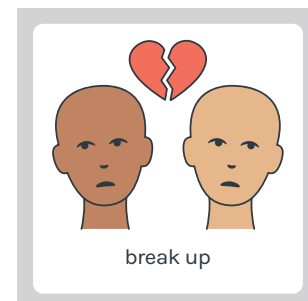


Separation and Divorce

Sometimes relationships do not work out. It is your choice, or your partner's choice to end a relationship. Separation is when one or both of you decide to stop being a couple. The legal process for ending a marriage is called divorce.



=




If you have children together you will need to work out how the children will be looked after if you separate or divorce.

Summary

- 1 Healthy relationships are the right of all people.
.....
- 2 It is your right to choose your friends.
.....
- 3 It is your right to be by yourself sometimes.
.....
- 4 It is your right to choose whether you want a **romantic** relationship with someone else.
.....
- 5 It is your right to end a relationship.


Who Can Help


People with Disabilities ACT (PWDACT)

 (02) 6257 4005


 pwdact.org.au
.....

SECCA

 (08) 9420 7226

 secca.org.au
.....


QLife

 1800 184 527

 qlife.org.au
.....

Aboriginal Legal Service (NSW/ACT) Ltd


For police charges and court matters

 1800 765 767

Care, protection and family matters


 1800 733 233


For general enquiries

 (02) 9213 4100

 alsnswact.org.au
.....

Legal Aid ACT

 (02) 6243 3411

 *Helpline* 1300 654 314

 legalaidact.org.au

Unhealthy Relationships

What is an Unhealthy Relationship?

Sexual Abuse in Families

Sexual Assault

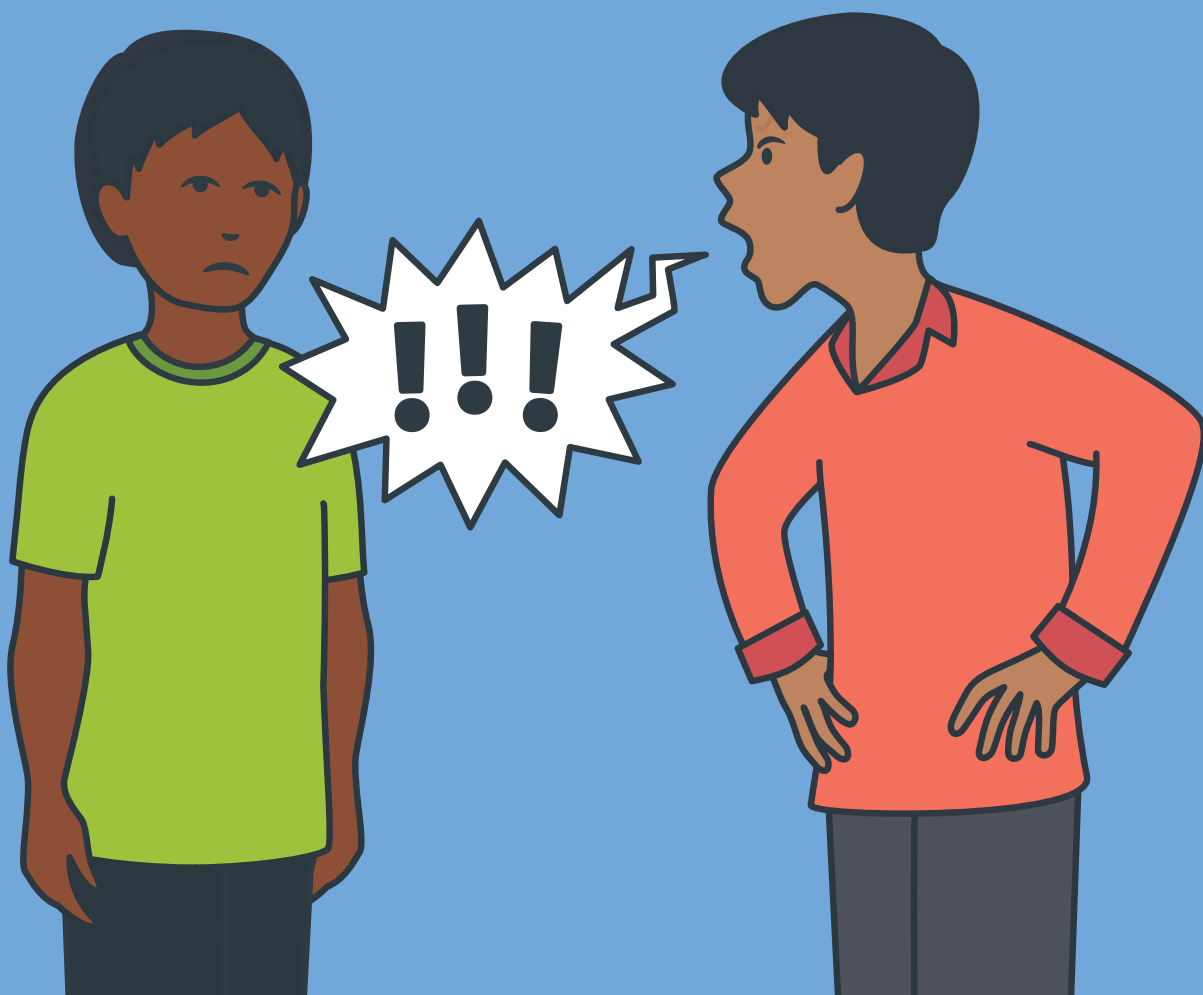
Indecent Assault

Grooming

Sexual Harassment

Family and Partner Violence

Court Orders



What is an Unhealthy Relationship?

Some relationships are not healthy and can be harmful to people.
It is important to get help if you are in an unhealthy relationship.

Some things that happen in unhealthy relationships are:

Taking people's money.



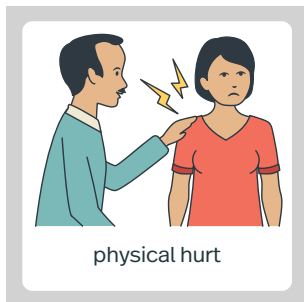
Hurting people with mean words or yelling.



Not helping someone get the care they need.



Physical abuse.

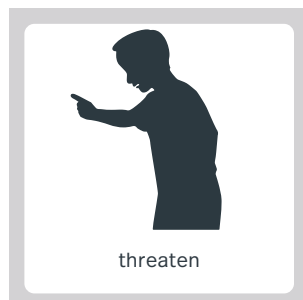


Stalking or harassment may be:

- following someone
- always wanting to know where someone is
- always wanting to know what they are doing
- sending lots of text messages
- calling lots of times.



Making threats of harm to another person, themselves or animals.



Doing sexual things to someone when they do not give **consent**.



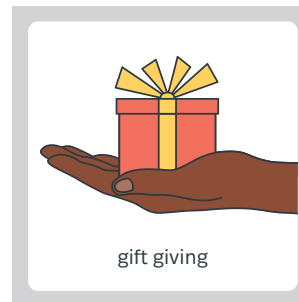
Making sexual comments towards someone when they are not wanted.



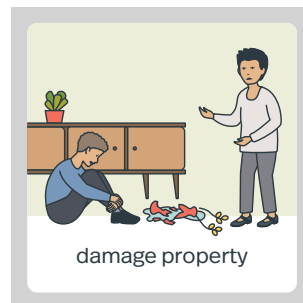
Controlling where a person can go, who they can see and what they can do.



Doing things to make someone stay in a relationship when they want to end the relationship.



Damaging things.



Scaring someone to make them afraid.



Unhealthy relationships can include not having equal power or say in decisions about your relationship or life together.



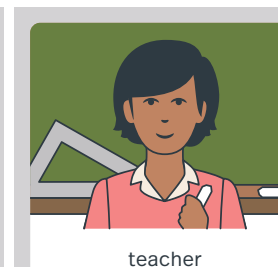
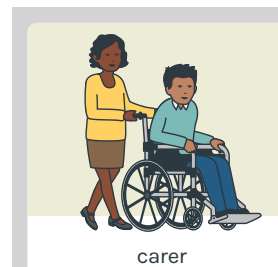
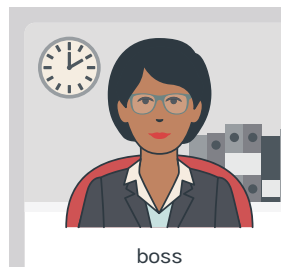
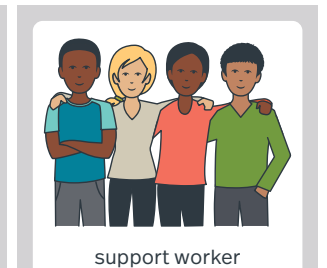
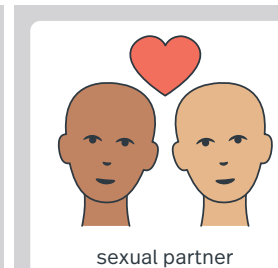
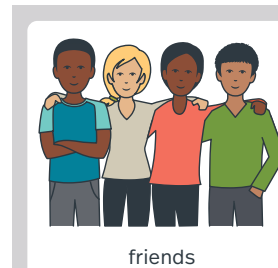
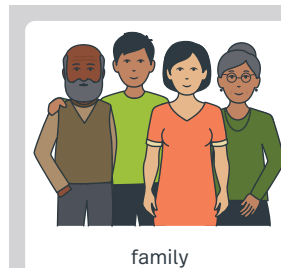
If you want to talk to someone about an unhealthy relationship you can call the National Sexual Assault, Domestic Family Violence Counselling Service (1800RESPECT) **1800 737 732** or the National Disability Abuse and Neglect Hotline **1800 880 052**.

Who can be in an Unhealthy Relationship?

Unhealthy relationships can be in families, with friends, at work, where you live, or with partners.

You might have an unhealthy relationship with someone else. People around you can be in unhealthy relationships with other people. It can be hard to know if relationships are healthy or unhealthy.

Speak with someone you trust if you are worried about behaviours in one of your relationships or the relationships of people around you.

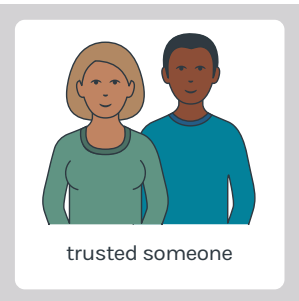


Sexual Abuse in Families

There are lots of types of people in families. Family can include people like your parents, siblings, grandparents, and step-family members. Family can also include the parents, siblings, children, or partners of these people. Relationships with family should not be sexual. Sexual abuse by a family member is called incest.



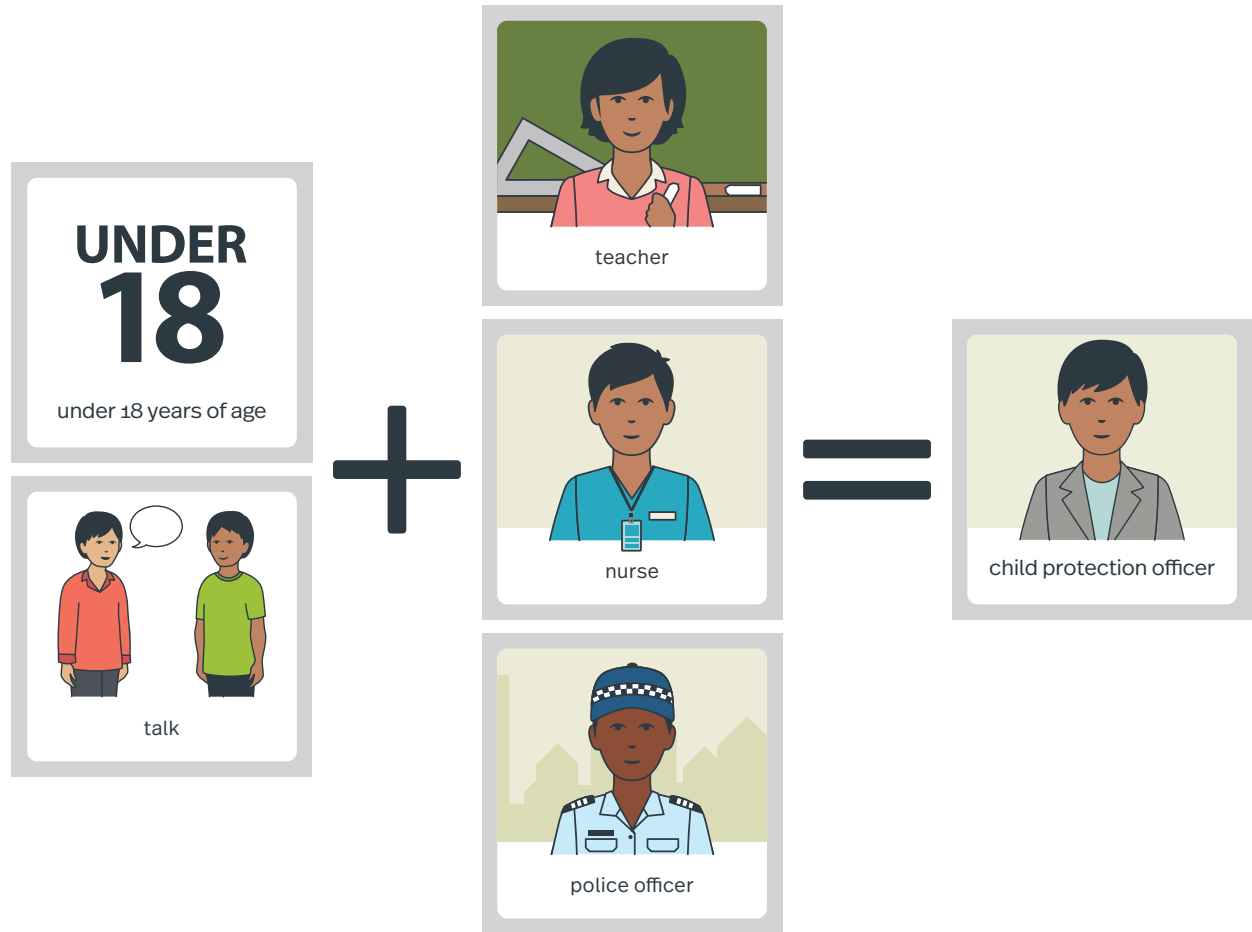
If this has happened to you it is not your fault. There are people who can help you like the police, your doctor, a counsellor, or someone else you trust.



It is your choice to tell someone about what happened.



The law says that certain people *have* to tell Child and Youth Protection Services if they know someone under 18 years of age has been sexually or physically abused. These people include doctors, nurses, teachers, or police officers. If you are under 18 years of age you can tell these people so they can help keep you safe. You can always tell someone about being abused.



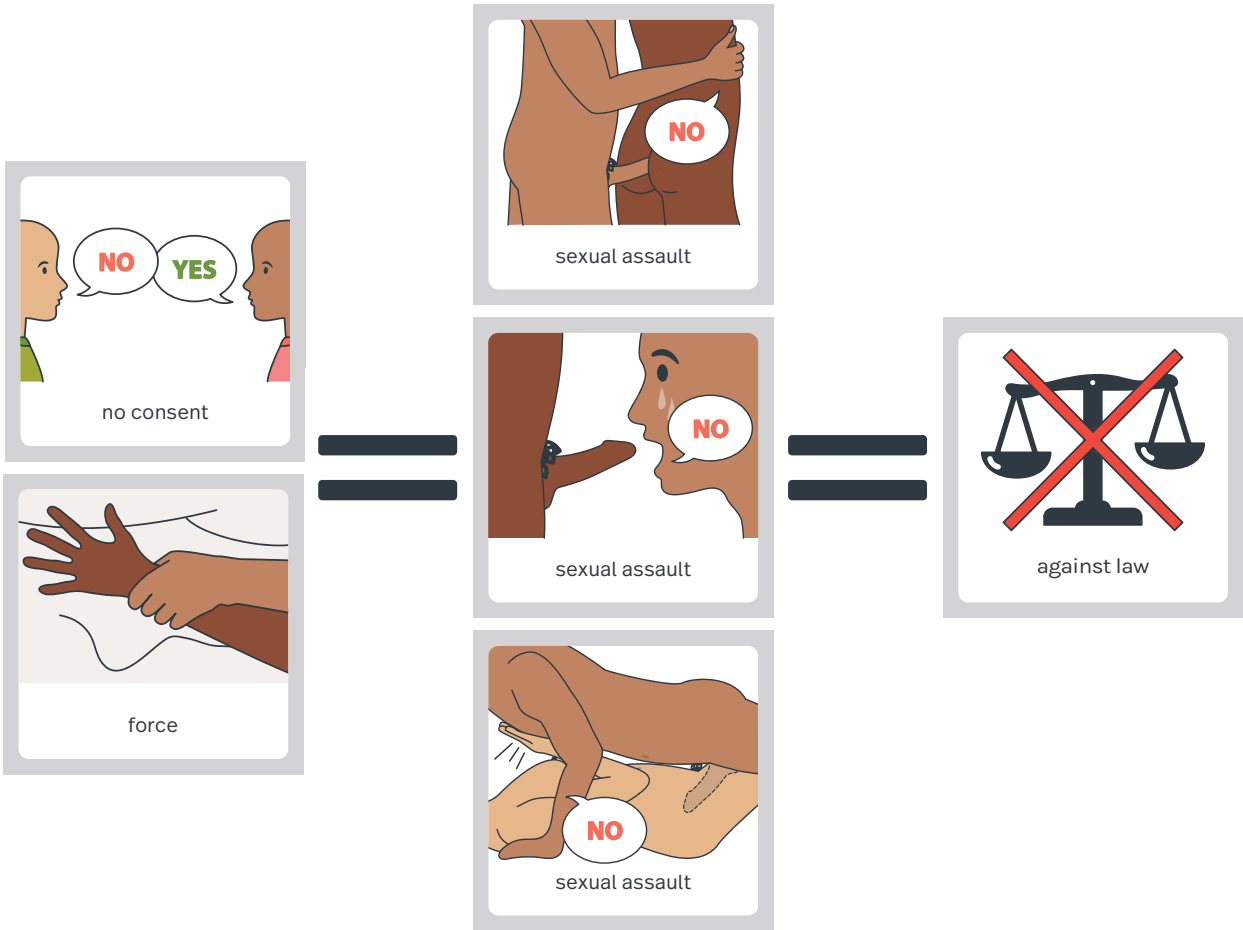
If you have experienced sexual abuse as a child and want to talk to someone about it, contact Canberra Rape Crisis Centre (CRCC) (02) 6247 2525. In an emergency, contact 000.

Sexual Assault

Sexual assault is when someone forces you to have **sex** or do sexual behaviours with them when you do not **consent**.

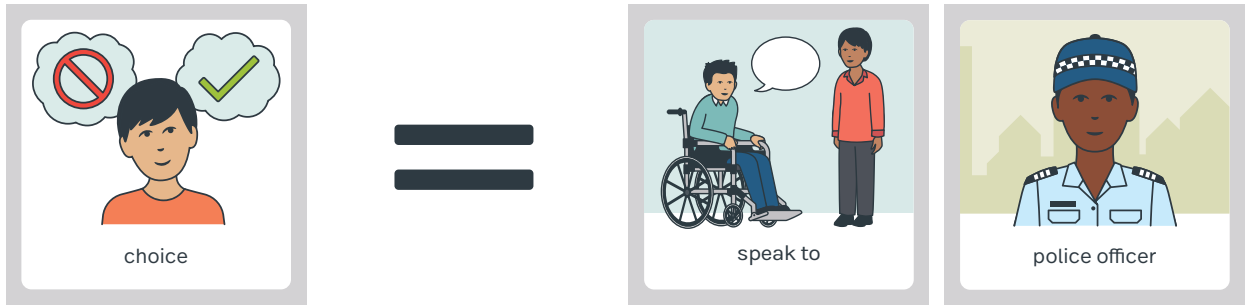
Sexual assault is a crime even if:

- your partner assaults you
- it happened a long time ago
- drugs or alcohol were involved
- you said yes at the start and then changed your mind
- you know the person who assaulted you.

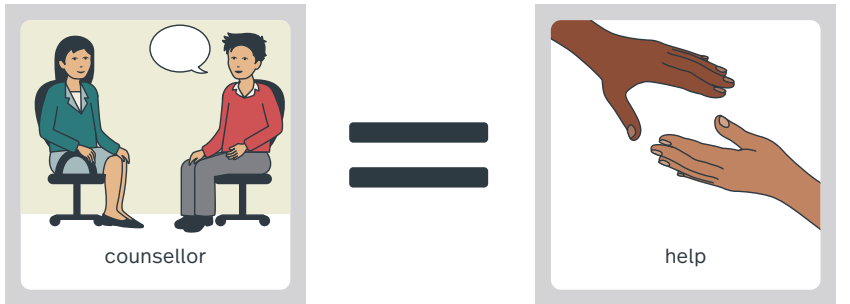


The law says that sexual assault is a crime at any age.

You have a choice about whether you talk to the police about sexual assault if it has happened to you. The police can help you in many ways.



There are counsellors you can talk to for help. Talking can make you feel better.



For help after sexual assault, contact the Canberra Rape Crisis Centre (CRCC) on **(02) 6247 2525**.

Or contact the Sexual Assault Helpline on **1800 010 120**, 7:30am to 11:30pm, 7 days a week.

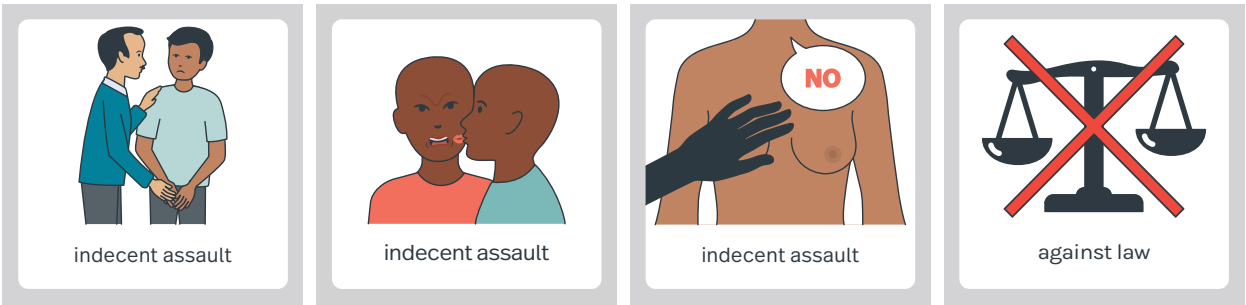
Or contact the National Sexual Assault, Domestic Family Violence Counselling Service (1800RESPECT) **1800 737 732**.

There are counsellors who can help.

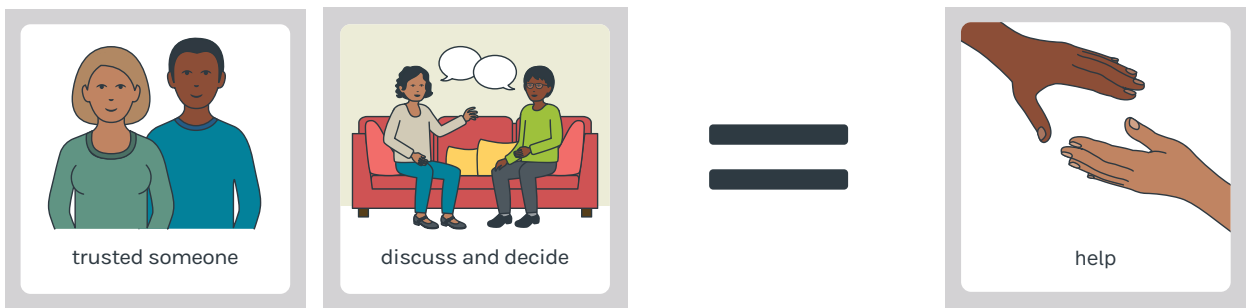
Indecent Assault

If someone touches your **private** body parts without you saying it is OK, it could be indecent assault.

Indecent assault includes being touched on your private body parts either on the skin or over your clothing. It also includes being kissed when you do not want to be. Indecent assault is against the law.



Talking to someone you trust about an indecent assault can help you feel better. Someone you trust can also help you decide if you want to tell the police what happened.



You can choose to talk to the police about indecent assaults.



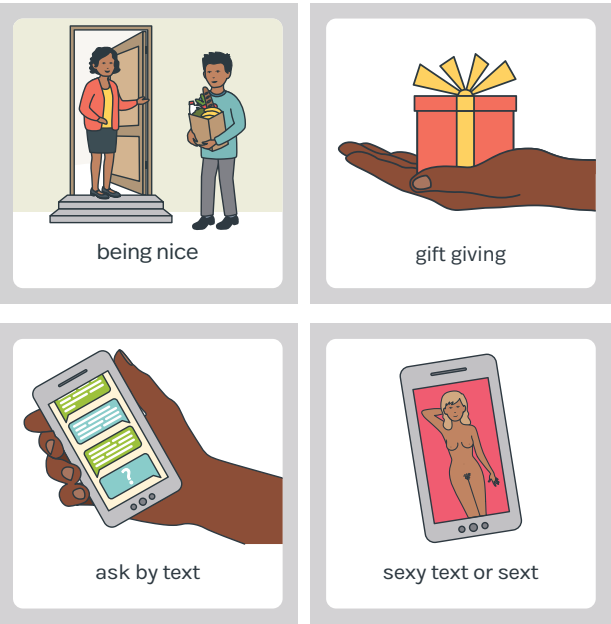
Grooming

Grooming usually involves someone being nice to you to build your trust over time. They do this so you agree to do sexual things with them. You do not have to do sexual things with someone. It is grooming even if sexual things have not happened.

Someone who is grooming you might:

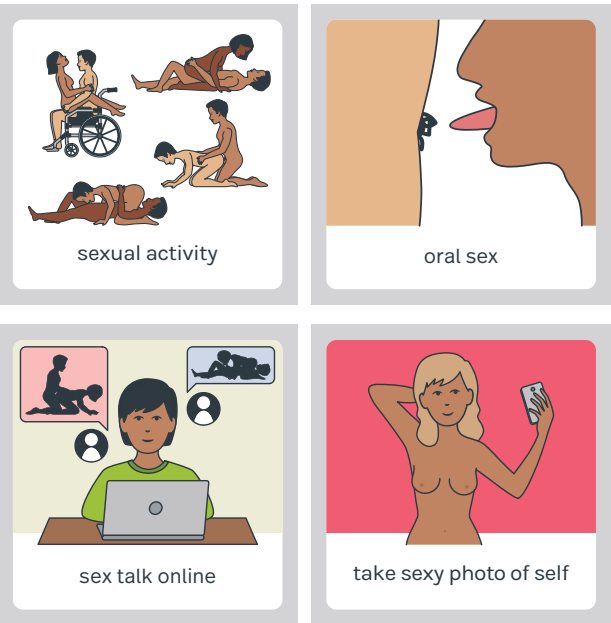
- give you lots of attention or gifts
- send you nice messages
- send or show you sexual things.

This is not OK. Grooming can happen to anyone of any age. Grooming generally happens when an adult encourages a child to do sexual things. Grooming can happen in person or online. Grooming is different from dating.



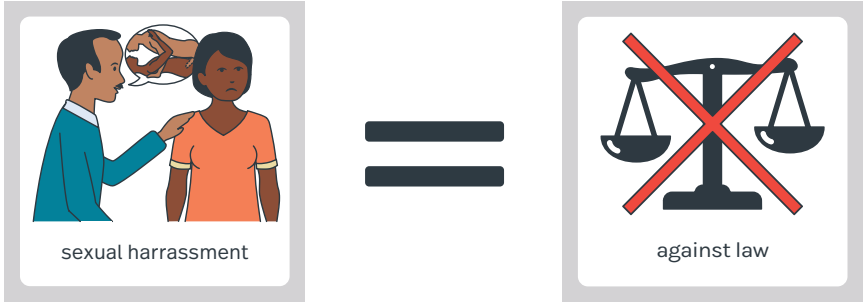
It is generally illegal for someone over 18 years of age to:

- plan sexual things to happen
- do sexual things
- or show sexual things to someone who they know or think is under 16 years of age.

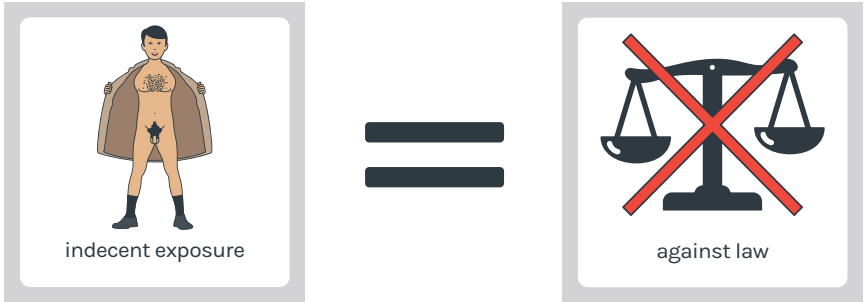


Sexual Harassment

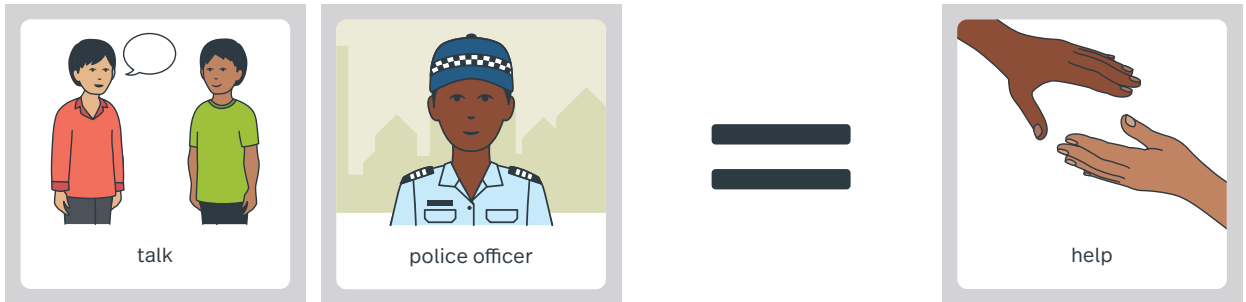
Sexual harassment is when someone upsets you by telling jokes about sex, talking about sex to you, or making suggestions about having sex with you. This is against the law.



Sexual harassment can include someone showing you their **private** parts without your **consent**. This includes when you are in a public place like school or work.

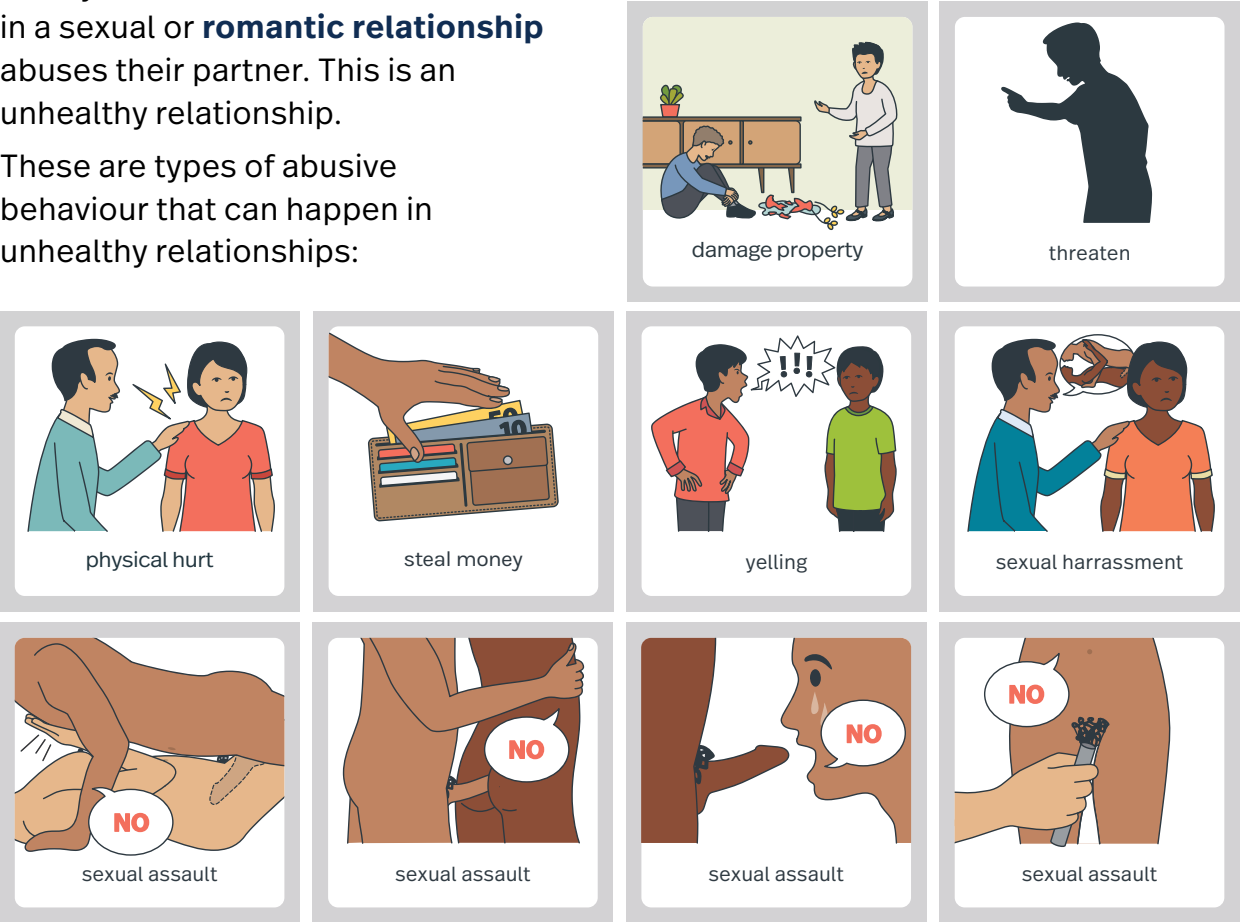


You can talk to the police or someone you trust if this has happened to you. You can report an incident of abuse to police at any time no matter how long it has been.

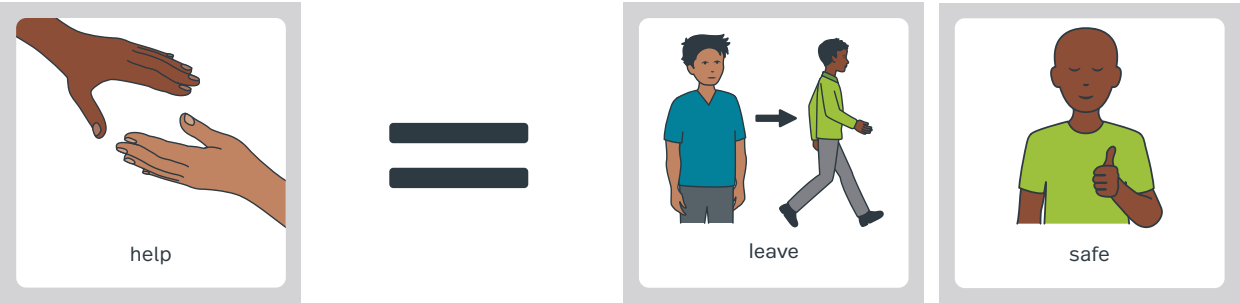


Family and Partner Violence

Family violence is when someone in a family abuses other family members or causes them family members to feel scared. Family violence is also when someone in a sexual or **romantic relationship** abuses their partner. This is an unhealthy relationship. These are types of abusive behaviour that can happen in unhealthy relationships:



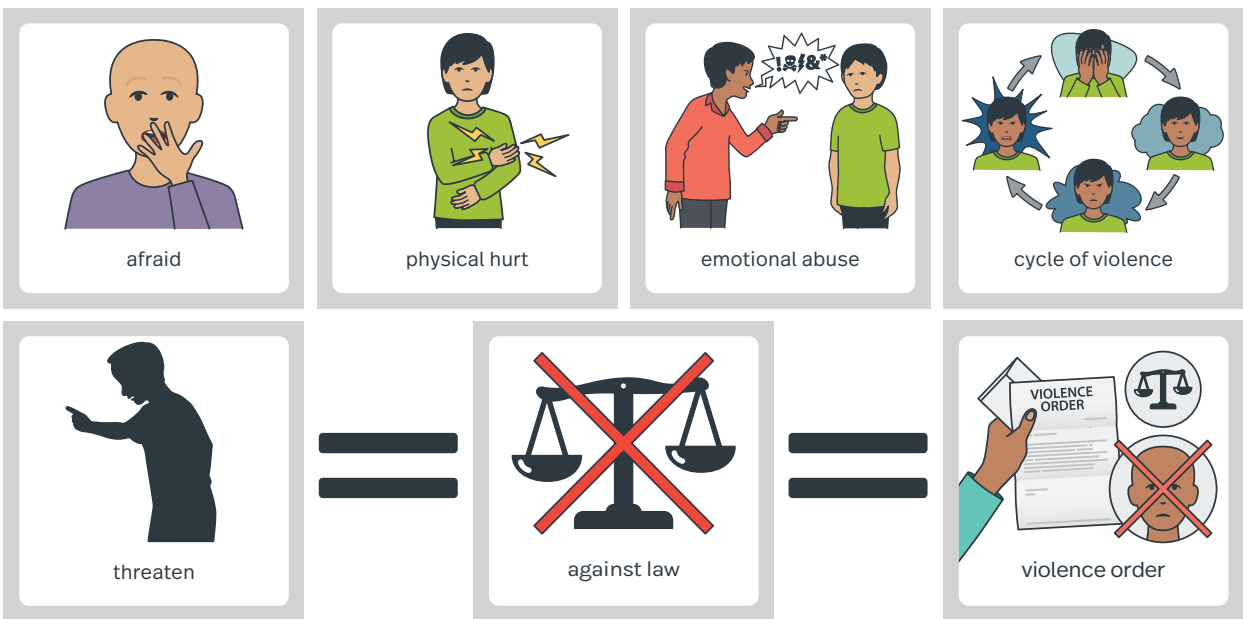
If this is happening to you, you can leave the relationship. It can be dangerous to leave a violent relationship but you can get help to leave safely.



Court Orders

It is *not* OK for anyone to make you feel afraid. It is *not* OK for anyone to abuse you. It is *not* OK for anybody to control or threaten you.

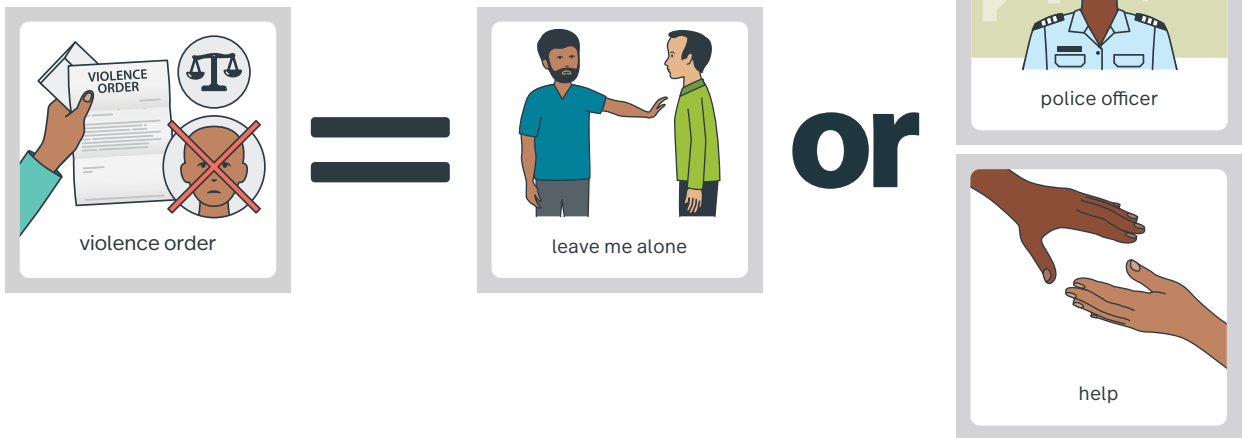
If someone is doing this and you want them to leave you alone, you can apply for help from the court for a family violence or personal protection order.



A court may make a rule that this person is not allowed to come near you or contact you in any way.

For example, they may not:

- ✗ be allowed down your street
- ✗ come into your neighbourhood
- ✗ come near you if they see you out in **public**.



If you are under 18 years of age and want to apply for a family violence order you can. There are people who can help with this. A trusted someone can help a child apply if they ask for help.

Summary


- 1 You have the right to feel safe in your relationships at all times.
.....
- 2 You have the right to healthy relationships and there are people who can help you to leave an unhealthy relationship.
.....
- 3 No one should hurt you.
.....
- 4 If you have been hurt by someone you can choose to tell someone you trust or the police.
.....
- 5 If the person you tell does not help, you can choose to tell someone else.
.....
- 6 It is not your fault if you were abused by someone.
.....
- 7 People should not do things to you that hurt you, even if that person is a friend, boyfriend, girlfriend, a member of your family, or a support worker.
.....
- 8 There are people and services who want to help you if you are in an unhealthy relationship.
.....
- 9 It is your choice to talk to whoever you would like help from.
.....
- 10 If you feel uncomfortable talking about it you do not have to.

Who Can Help


Psychologist or Counsellor

Talk to your doctor or other **health professional** for a referral.
.....


Canberra Rape Crisis Centre

 (02) 6247 2525
.....

1800RESPECT

 1800 737 732
.....

Kids Helpline (up to 25 years old)

 1800 55 1800


 kidshelpline.com.au
.....

ACT Police


If you have a disability or need extra support, it is important to tell police so they can help you properly.


 *Non-emergency* 131 444

 *Emergency* 000


 police.act.gov.au
.....


People with Disabilities ACT (PWDACT)

 (02) 6257 4005

 pwdact.org.au
.....

Legal Aid ACT

 (02) 6243 3411

 *Helpline* 1300 654 314

 legalaidact.org.au

Becoming a Parent

Deciding to Have Children

Children's Needs



Deciding to Have Children

Having children is a choice.

If you become pregnant you can decide if you want to continue the pregnancy or not.

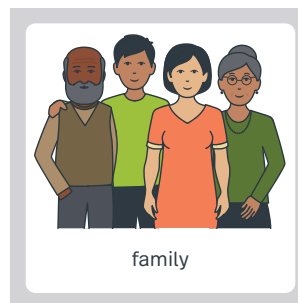
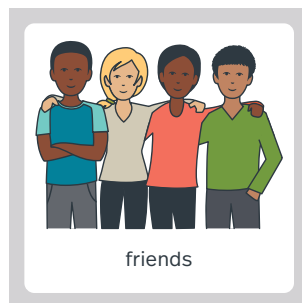
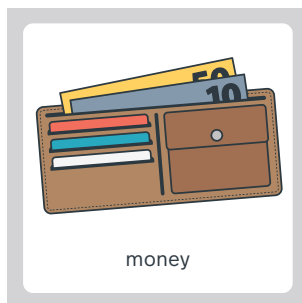
Deciding to become a parent is a big decision.



=



People need to think about a lot of things when making this decision. You would need to plan where to live, how to manage money, how you will care for a child, and what support you would have.



It is not always easy to become pregnant. There are people who can discuss pregnancy options with you. Other options include adopting or fostering a child. You do not have to be in a relationship to access these options.

Children's Needs

Being a parent is something you do for the rest of your life once you have a child. Both parents are legally responsible for their child until the child is 18 years of age.

Parents need to:

- ✓ give love
- ✓ provide care and attention
- ✓ keep them safe from harm
- ✓ provide healthy food
- ✓ provide clothes
- ✓ show them how to look after their bodies
- ✓ organise school
- ✓ make sure they get health care.



People with disabilities may need extra support to help care for children.



When you are pregnant it is important not to drink alcohol or take drugs as they can hurt the baby.

Children's Safety

Someone under 18 years of age may not be kept safe or have their needs met by their parents or guardians. If this happens Child and Youth Protection Services can support parents or guardians to try and make sure their child is kept safe.

When someone under 18 years of age cannot be kept safe, they may go and live somewhere else. This may be with other family members, foster parents, or support workers. This may be for a short time. Sometimes it will be until someone is over 18 years of age and can look after themselves.



The law says:

- You have the right to be a parent.
- All children have a right to be cared for and kept safe
- Sometimes even with extra support you may not be able to keep your child safe or meet all their needs. If this happens they may not live with you. If it is best for the child you will be able to see them even if they live with someone else.

Summary

- 1 People with disabilities have the right to become parents.
.....
- 2 Becoming a parent can be very hard work for a long time.
.....
- 3 People with disabilities may need extra support to care for a child.
.....
- 4 There are many things to think about and plan before having a child.
.....
- 5 Children have a right to safety.
.....
- 6 Children have a right to be cared for.

Who Can Help

Community Health Nurses

.....

Parentline ACT

- ☎ (02) 6287 3833
 - 🏠 parentlineact.org.au
-

SECCA

- ☎ (08) 9420 7226
 - 🏠 secca.org.au
-

Sexual Health and Family Planning ACT (SHFPACT)

- ☎ (02) 6247 3077
 - 🏠 shfpact.org.au
-

Community Services Directorate

- 🏠 communityservices.act.gov.au
-

Raising Children

- 🏠 raisingchildren.net.au
-

Australian Childhood Foundation

- ☎ 1300 381 581
- 🏠 childhood.org.au

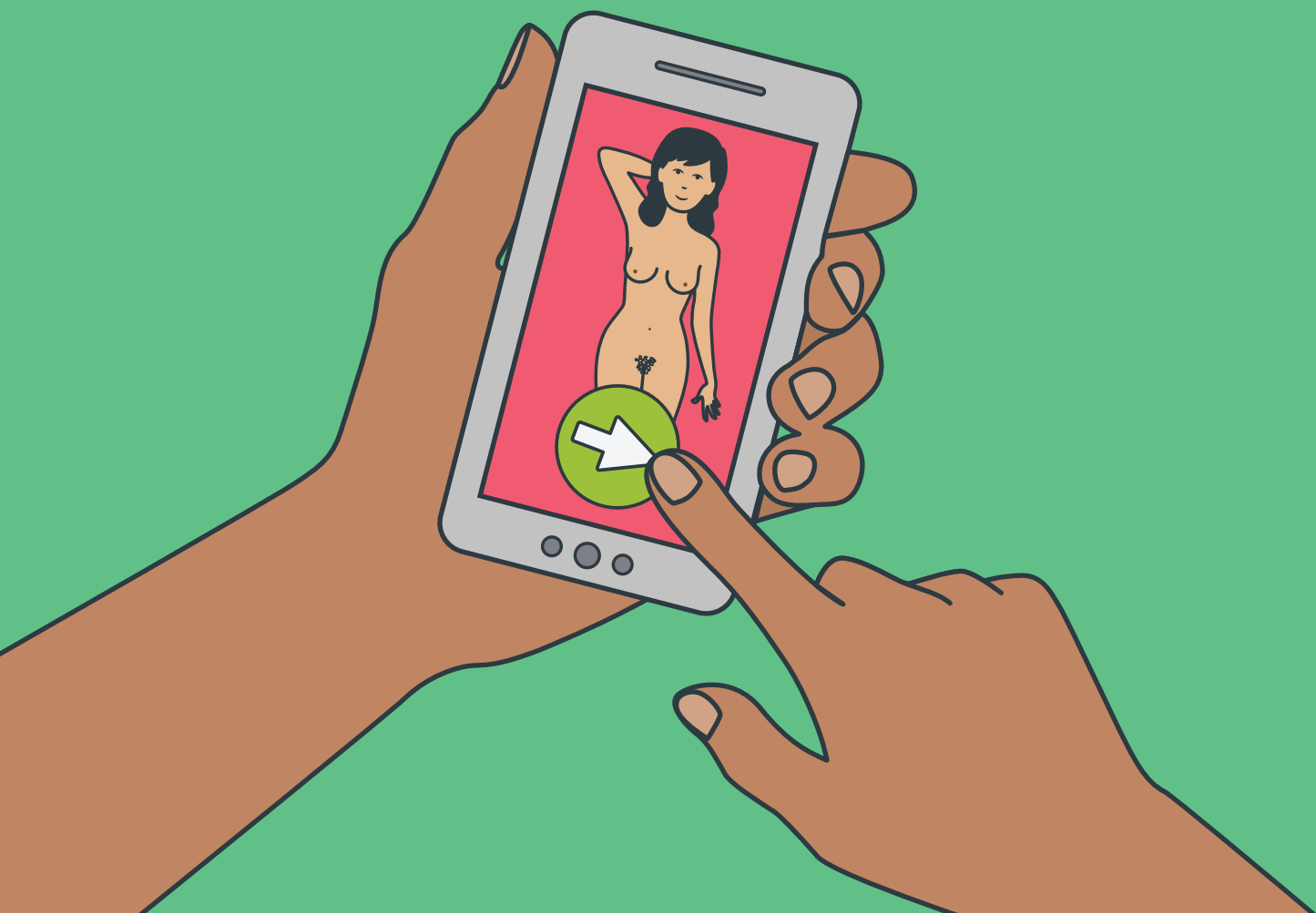
Internet Safety

Using the Internet

Sexting

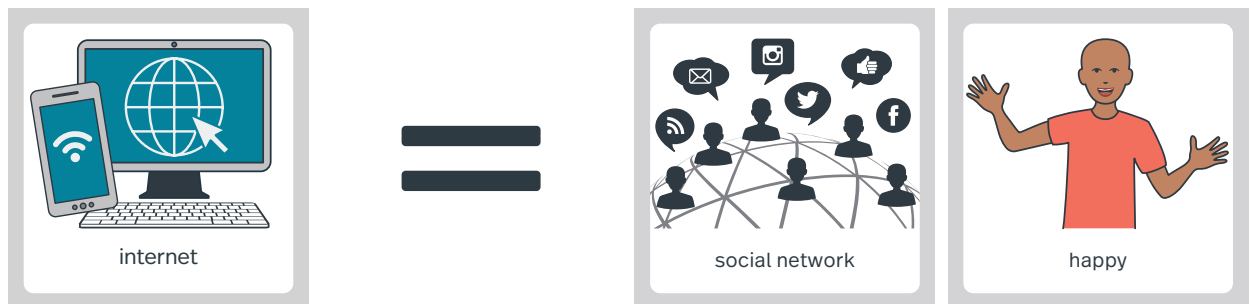
Pornography

Online Stalking and Harassment

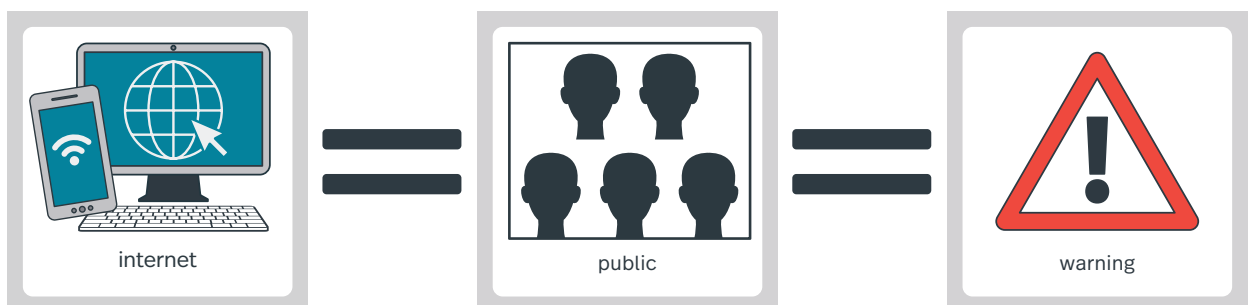


Using the Internet

Using the internet can be fun. It can be a place to connect with other people and to explore your interests. The same conversation rules apply if you are talking online to someone or in person. Rude talk online can upset others or get you in trouble.



The internet is a **public** place. Anything shared on the internet can be made public. Using the internet can also be risky.

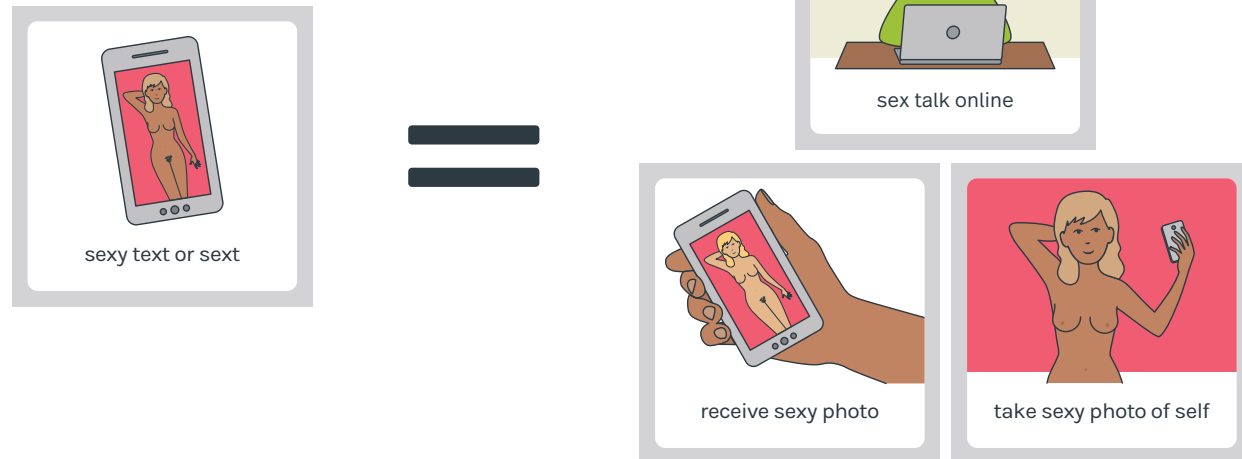


Staying safe online:

- ✓ If you want to meet up with someone you have met online, always take a trusted person with you and meet in a **public** place
- ✓ Never give or send money to someone you have met online. This may be a **scam**
- ✓ Try talking online to people you already know in real life
- ✓ Be careful who you talk to online. Some people are pretending to be someone else when they are online
- ✓ Do not share personal information like your home address, school, workplace, or phone number with someone you have only met online.

Sexting

Sexting is a form of sexy talk, sharing sexy images, or sharing sexy videos on a phone or other device.

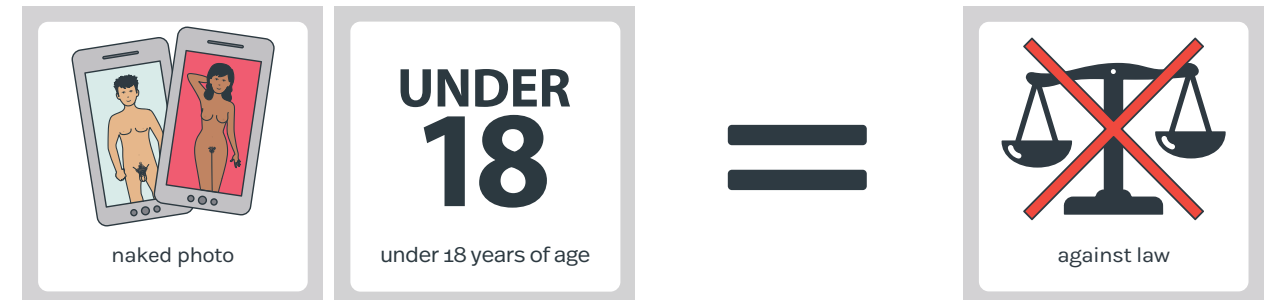


Once you send a photo, you may not have control over what happens with it. There are laws to protect people online, but it is a good idea to make sure you trust the person you share a photo with. People can show them to others without your permission. This makes sexy content that you send **public**. There are laws to protect people online but they cannot undo what people have already seen.

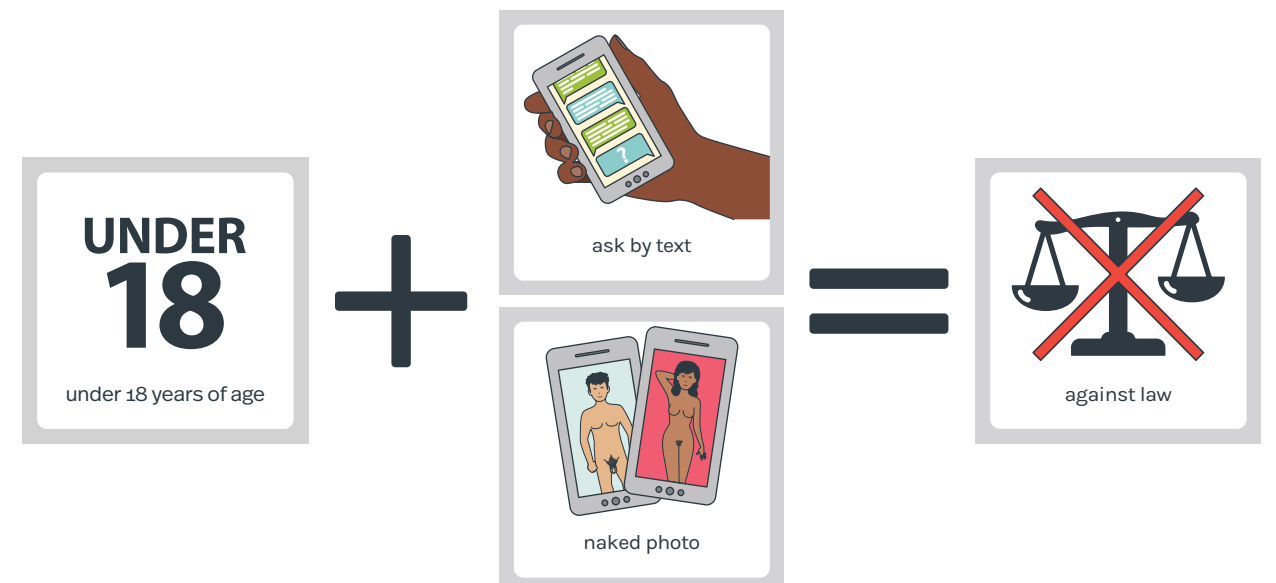


The law says you cannot have any sexual material on your devices of someone who is or appears to be under 18 years of age. This includes:

- × sexual or naked images
- × images of them in sexual poses with clothes on
- × sexual stories.



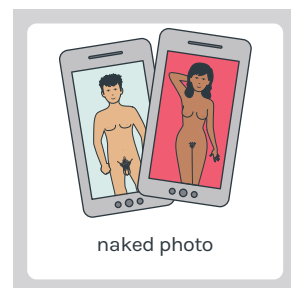
The law says you cannot ask someone under 18 years of age to send you a sexy photo of themselves.



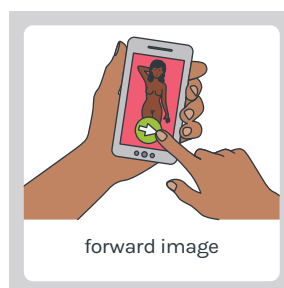


The law says no one is allowed to send naked pictures of themselves or other people to anyone else unless the people in the picture and getting the picture:

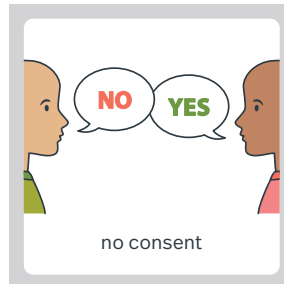
- ✓ are 18 years of age or older
- ✓ have given their consent.



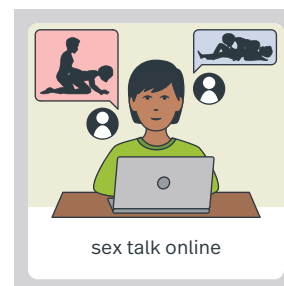
+



=



The law says sex talk online with people under 18 years of age or sharing sexual content online with people under 18 years of age is illegal.



+



=



Some ideas for staying safe when you are online are:



Do not take or send naked photos if you are under 18 years of age.

UNDER 18

under 18 years of age



take sexy photo of self

sexy text or sext



If you are under 18 years of age and receive a naked or sexy photo from someone else tell someone you trust. You will not be in trouble. You will get help.

UNDER 18

under 18 years of age



receive sexy photo



talk

help



If someone sends you something that is not OK for you, tell someone you trust.

naked photo



uncomfortable



talk

help



If you want to send a sexy image to someone else make sure it is OK with them first.

naked photo

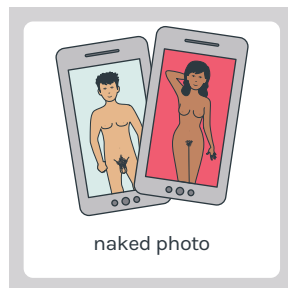


consent

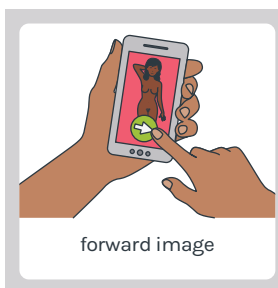




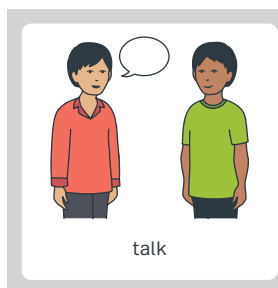
If someone shares a photo of you online without your **consent**, you can report it to the eSafety Commissioner.



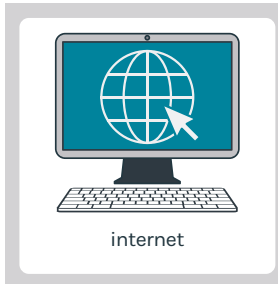
naked photo



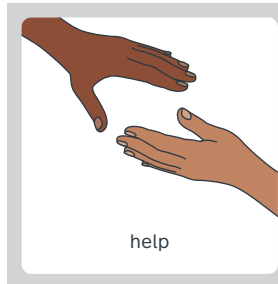
forward image



talk



internet



help

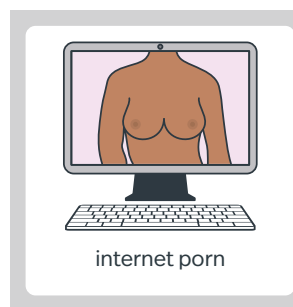


The eSafety Commissioner investigates issues about online safety, offensive content, and anything illegal online.

If you want to report a problem you can phone **1800 880 176** or on their website **esafety.gov.au**

Pornography

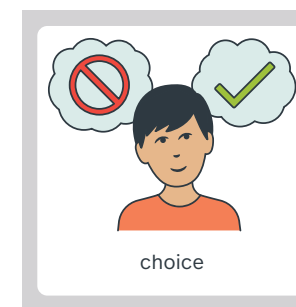
Pornography is any photo, video or writing that mentions or is about **sexual activity**. Pornography is usually made to make the reader or viewer feel sexy. Pornography is also called porn.



internet porn



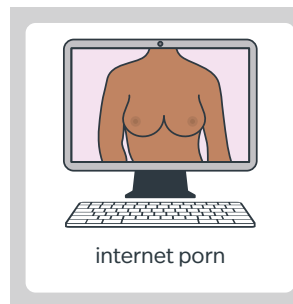
porn magazines



choice

Viewing **pornography** is a **private** behaviour that is done in a private place.

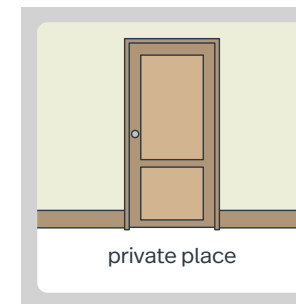
You have a right to view pornography for your own personal use or with someone else who agrees.



internet porn

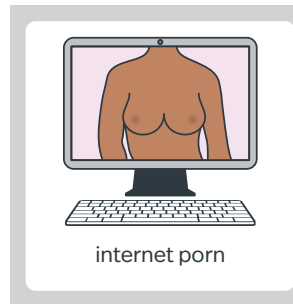


porn magazines

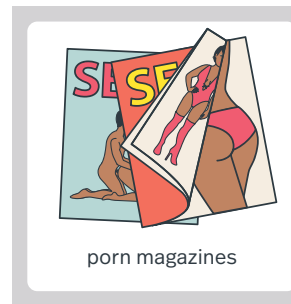


private place

You cannot share **pornography** with anyone under 18 years of age.



internet porn



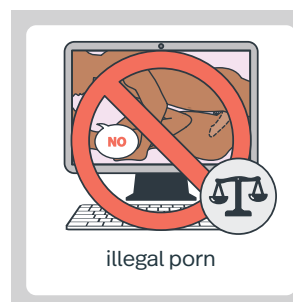
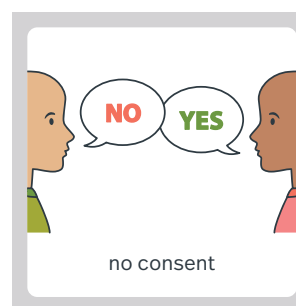
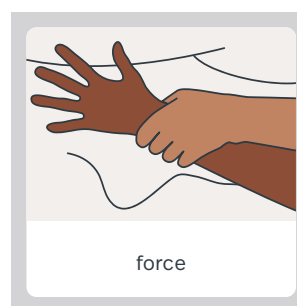
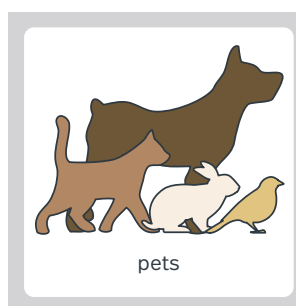
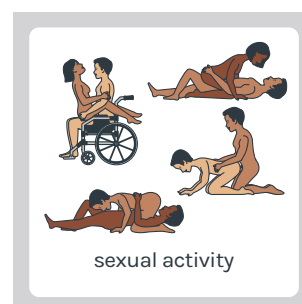
porn magazines



under 18 years of age

It is illegal to view or save **pornography** that is of illegal activities such as:

- ✗ **sexual activities** with people under 18 years of age
- ✗ sexual activities with animals
- ✗ violent sexual activity
- ✗ people who do not give **consent**.



If you are under 18 years of age you should not view any form of **pornography** that is rated X18+ or R18+. Some materials are rated **Refused Classification (RC)**. They are illegal to sell, share, or buy from overseas. Some formats of RC material are legal to have for private use, but are still illegal if they contain illegal activities.

There are some good things and some bad things about **pornography**.

Pornography can be exciting to watch. It can help you explore your **sexuality**.

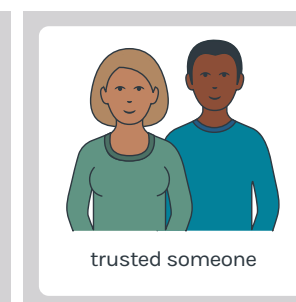
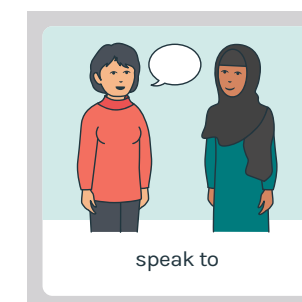


Pornography can also be something you want to watch too often which can harm your relationships, work, exercise or your mental health.



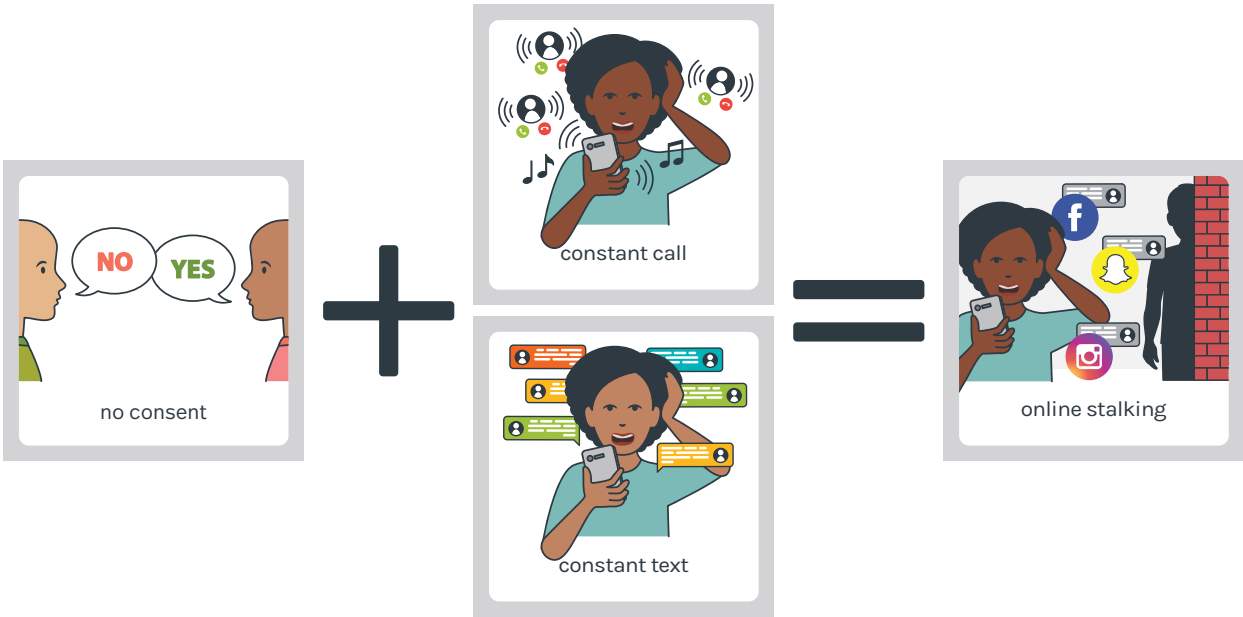
Pornography often does not show loving and respectful relationships. It often does not show people using **contraception** or asking for **consent**. If you are unsure what pornography to watch, or if you have seen something that you are unsure about or that has upset you, talk to someone you trust.

If **pornography** is causing problems for you, you can talk to a trusted person, a counsellor, your doctor or **health professional** for more support options.

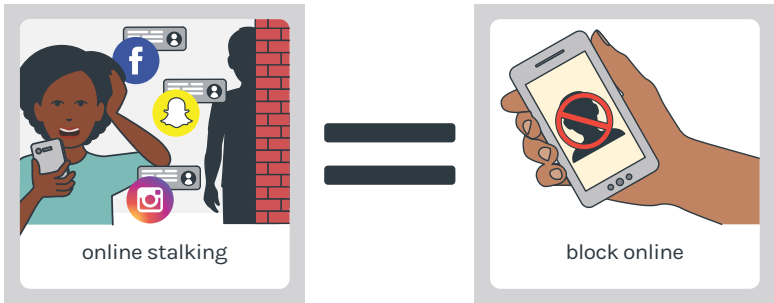


Online Stalking and Harassment

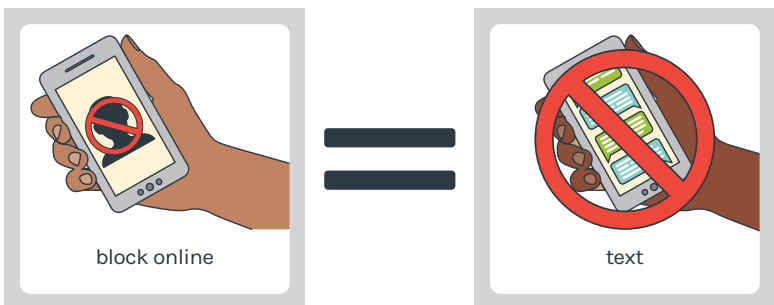
Online stalking and harassment happens when one person keeps contacting someone who does not want to be contacted.



If someone tries to talk to you online and you do not want them to, you can block them so that they cannot contact you.

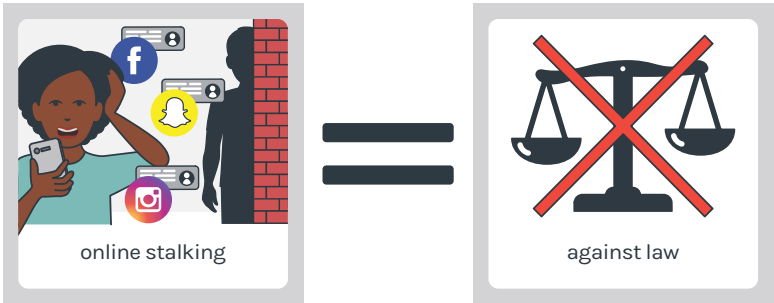


If someone does not want to talk to you online they can block you so you cannot contact them anymore.

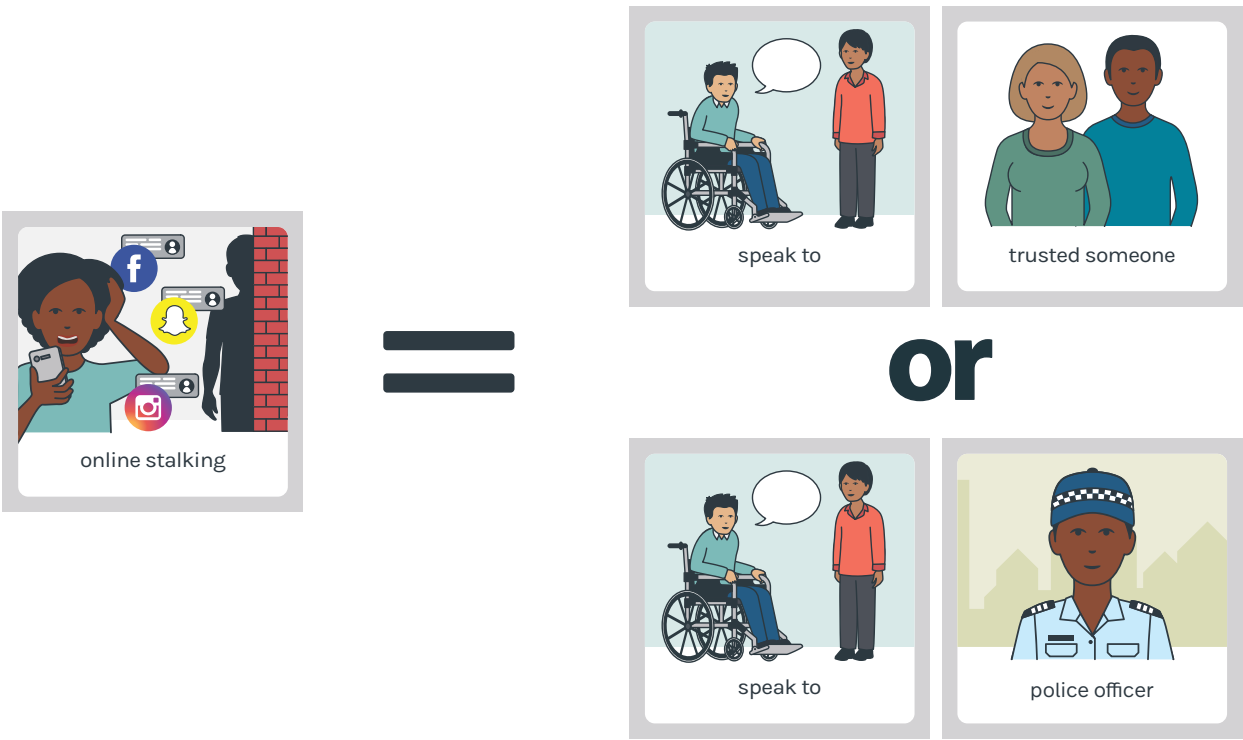


If someone blocks you or asks you not to contact them anymore you need to respect this and leave them alone.

Online stalking is illegal. This is when someone keeps finding someone online and tries to contact them when they have blocked them.



If someone is bothering you online, speak to someone you trust or contact the police.




Summary

- 1 You have a right to feel safe online.
.....
- 2 Other people have a right to feel safe online.
.....
- 3 People you meet online are strangers who you might become friendly with.
.....
- 4 Think about the law before you send sexy photos, texts or porn.
.....
- 5 Do not give **private** information or money to anyone online.


Who Can Help

eSafety Commissioner

 1800 880 176


 esafety.gov.au
.....

SECCA

 (08) 9420 7226

 secca.org.au
.....

The Public Advocate

 (02) 6205 2222

 hrc.act.gov.au/advocacy
.....

ACT Police

If you have a disability or need extra support, it is important to tell police so they can help you properly.

 *Non-emergency* 131 444

 *Emergency* 000

 police.act.gov.au

You and the Law

If You Are the Victim of a Crime

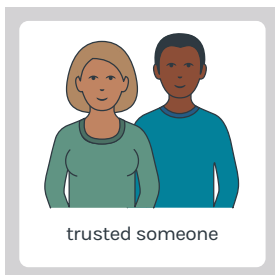
If You Are Charged With a Crime



If You Are the Victim of a Crime

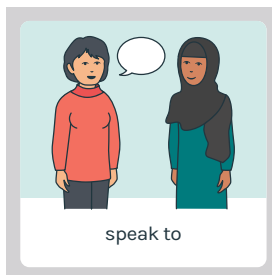
Reporting Abuse

If you have experienced abuse you have the right to tell someone you trust.



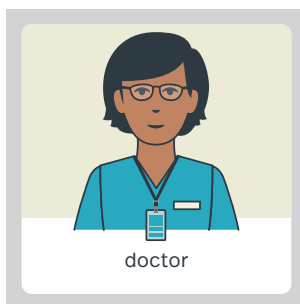
You have the right to tell the police about what has happened to you.

You can take a trusted person with you when you go to see the police.



If you like they can help you:

- find a counsellor
- get medical help
- get legal help.



A victim support service can help you through the legal process.



=



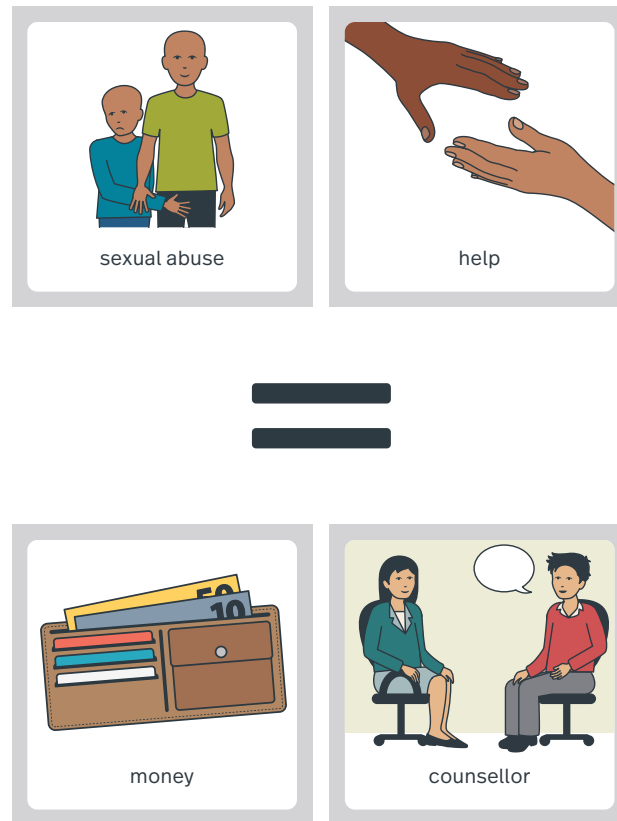
The National Redress Scheme

The National Redress Scheme is for people who were sexually abused when they were under 18 years of age and being cared for by an institution.

There are different types of institutions such as:

- school
- church
- orphanage
- government department.

You can apply for money, counselling and a response from the institution where the abuse happened.



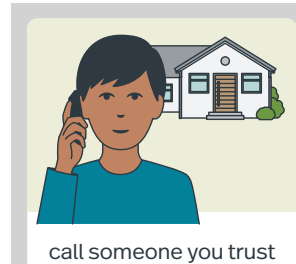
Disability Discrimination

It is against the law for you to be treated unfairly because of your disability. You have a right to be treated fairly in all areas of life. This includes where you work, where you live, your education and services.

If you think you have experienced discrimination you can talk to someone you trust. You can also make a complaint to the Australian Human Rights Commission. Someone you trust can also make a complaint for you.

For more information about making complaints you can call the Australian Human Rights Commission's National Information Service on **1300 656 419**.

If You Are Charged With a Crime



call someone you trust

If you are under arrest by the police, you have the right to:

- ✓ be told what you have been arrested for
- ✓ an opportunity to speak to a lawyer
- ✓ an opportunity to tell a friend or relative where you are
- ✓ medical treatment
- ✓ privacy from media cameras and interviews
- ✓ an interpreter if required, and the right to wait for an interpreter before police interview you
- ✓ be told about your **rights** before you are interviewed.

You may be able to have a friend or guardian with you during the interview. You can ask the police if this can happen.



You also have the right to silence. This means that in most cases you only need to tell the police your name, date of birth, and address. The police will tell you if you need to legally answer any other questions.



It can be helpful to tell the police you have a disability so they can find you the right support.

Summary

- 1 If you are involved with any situation with police or justice system you have the right to receive support.
-

- 2 If you have been the victim of abuse you can get help or support.

Who Can Help

Legal Aid ACT

- ☎ (02) 6243 3411
 - ☎ *Helpline* 1300 654 314
 - 🏠 legalaidact.org.au
-

Victim Support ACT

- ☎ (02) 6205 2066
 - ☎ 1800 822 272
 - 🏠 victimsupport.act.gov.au
-

National Redress Scheme Helpline

- ☎ 1800 737 377
 - 🏠 nationalredress.gov.au
-

The Courts

The court that you are appearing in will also be able to provide help. You can find this information on their website.

Magistrates Court

- ☎ (02) 6205 0000
- 🏠 courts.act.gov.au/magistrates

Supreme Court

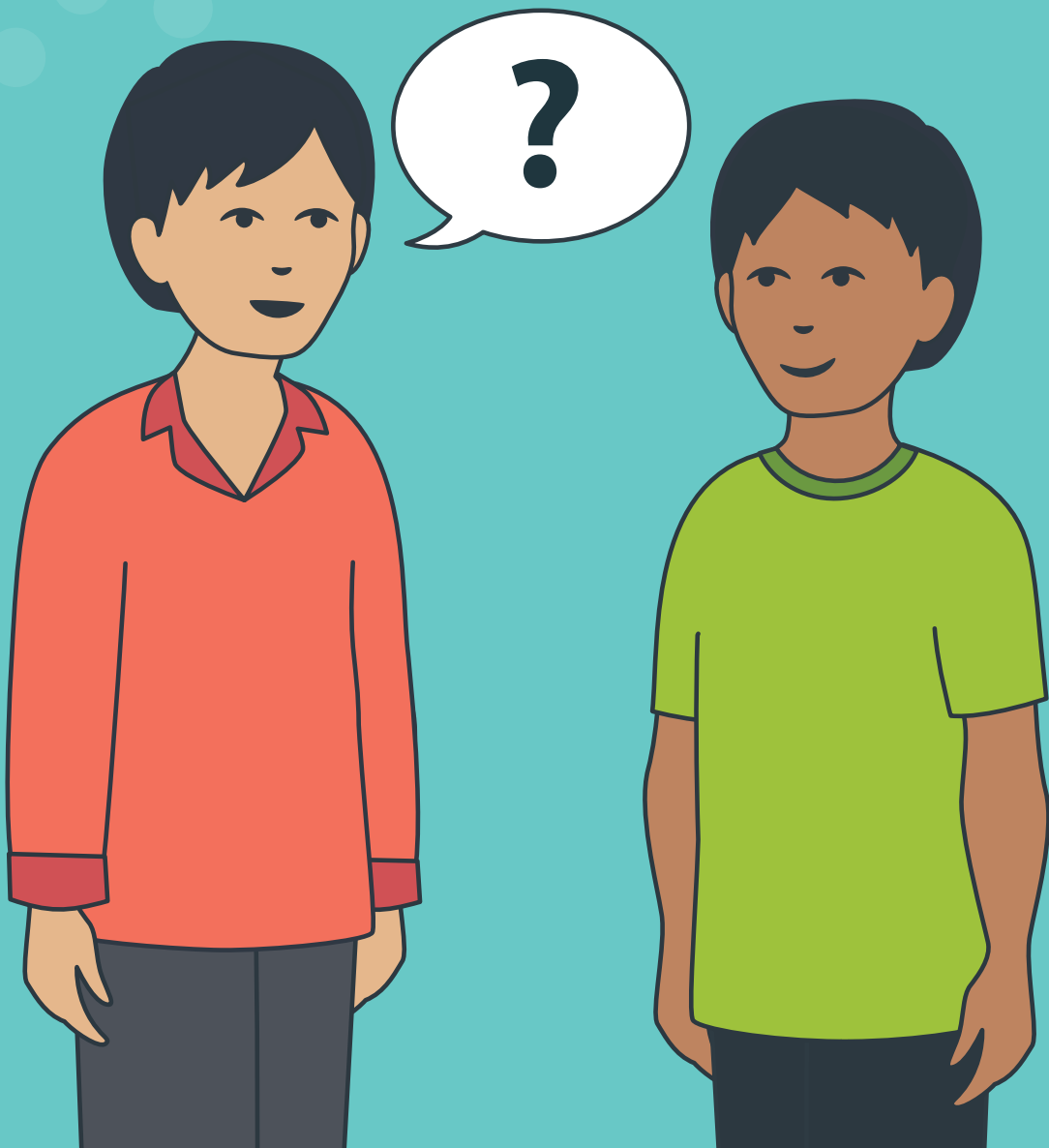
- 🏠 courts.act.gov.au/supreme/home

Children's Court

- 🏠 courts.act.gov.au/law-and-practice/criminal-jurisdiction/childrens-court

Glossary

Big Words Explained



Big Words Explained

Aromantic

Aromantic is an identity term for someone who experiences little or no romantic attraction to others. Aromantic people are often not interested in having romantic relationships but might be interested in sexual relationships.

Asexual

Asexual is a type of **sexuality**. Asexual people often have little or no interest or desire for **sexual activity**. People who are asexual may still experience romance but they may not want to act on these feelings sexually.

Capacity

Decision-making capacity means being able to fully understand what will happen and what it means if you make certain decisions.

If a person doesn't have decision-making capacity, they might need someone to help them make some decisions. Sometimes this might mean someone from their family or a friend helps them.

For some other decisions, it might mean a person who has been appointed by the ACT Civil and Administrative Tribunal as their guardian has to make decisions for them. A guardian will talk to the person and try to make the same decision as the person wants.

The kinds of decisions a guardian might need to make are:

- ✓ where a person lives
- ✓ who they see
- ✓ what medicine they take
- ✓ if they need to have a doctor do procedures.

Cervix

A cervix is inside a body. It is the opening of the **uterus** at the end of the vagina. When you get a cervical screen this is the part of the body they are checking. Cervical screens help to check if your cervix is healthy.

Cisgender

Cisgender typically means your **gender identity** entirely matches the **sex** assumed for you at birth.

For example, generally you are a cisgender woman if you were assumed to be female when you were born and when you are older you experience your gender as being a woman only.

Consent

Consent is a form of agreement. We consent for lots of things like sharing our belongings or deciding with a friend or support worker what you want to do in the day.

When we talk about **sex** and consent, we mean both people have to agree to want to have sex. No one should ever force, trick, or guilt you into sex or sexual activities. If they do, it is against the law.

Contraception

Contraception is a method or medicine that is used to stop a person with a **uterus** becoming pregnant. There are lots of types of contraception and it is important to find the one or ones that work for you. There are barrier methods such as condoms or dams which are used during **sex** or **sexual activity**. There are hormonal methods such as an implant, an injection, an intra-uterine device or pills which are used regularly and before sex. Or there is an emergency contraceptive pill which can be used after sex. To find out more about contraception options, go to your doctor or sexual health organisation.

Ejaculation

Ejaculation is the discharge of semen from the penis which often happens when a person with a penis has an orgasm.

Fertility

Fertility is about someone's ability to have a baby. Sperm, eggs and bodies all need to be healthy for babies to be made. Sometimes people may have conditions or issues that make getting pregnant hard. There are places that can help people to get pregnant.

Gender (Gender Identity)

Your gender is how you feel about yourself and what your identity is. You may feel more like a boy, girl, man, woman, neither, both, or somewhere in between.

Your gender is different to your **sex**. It can be about how you like to dress (gender expression), or how you like to act (gender role). There are lots of different ways that people experience and express their gender.

Hand Job

A hand job is when you use your hand or both hands to stimulate another person's penis and scrotum for pleasure.

Health Professional

Health professionals are people who are trained to help other people with their physical, mental and **sexual health**. Health professionals give advice and can answer questions that you might have about your body, feelings or relationships.

There are lots of different types of health professionals. Some types of health professionals are:

- doctors
- nurses
- physiotherapists
- dentists
- psychologists
- pharmacists
- midwives.

Intersex

Intersex is a word that describes people born with **sex characteristics** that do not fit doctors' ideas of a typical male or female body. This is not always obvious at birth. For some people it might not be obvious until later in life. This might be during puberty or when they are trying to have a baby. Doctors have words for many different kinds of intersex variation. Doctors also use terms like "differences of sex development".

Lubricant

Lubricant can also be called lube. Lube is a product used to make **sexual activity** more enjoyable. Lube helps to make penetrative **sex** easier as it can make it smoother. There are different types of lube. When using lube with a condom it needs to be water based or silicon based so it does not damage the condom. If using lube with a condom, you put the lube on the top of the condom once the condom is on.

Masturbation

Masturbation is a type of **sexual pleasure** that you give to yourself. It could involve touching your genitals, your breasts or chest, or any other form of touch that gives you a pleasurable, sexy feeling. Masturbation is a **private** behaviour that must happen in a private place. It is against the law to masturbate in **public**.

Menstruation

Menstruation may also be called a period. It is something that happens to people who have a **uterus**. A period is when blood comes out of the vagina. This will happen roughly once a month and last for between 4 and 7 days. Periods start during puberty which means it could be anywhere between 10 and 16 years of age. Menstruation usually continues monthly throughout life until a person with a uterus reaches about 50 years of age. Periods are healthy and natural. They are a different form of blood to when you hurt yourself. It is a healthy blood that means your body is doing its job. The blood comes from the lining of the uterus. If you have a period it usually means you are not pregnant.

Non-Binary

Non-binary typically means your **gender identity** is outside of being a woman or a man.

Being non-binary can look like:

- Still being a woman or a man, or both of these
- Being not quite a woman or a man
- Being a woman or a man in some parts, and having other parts that are not these
- Not being a woman or a man at all
- Not having a gender at all.

There are lots of different ways to be non-binary. You may also use other words to describe your gender.

You can also use a different set or multiple different sets of pronouns if you are non-binary (words like she, he, or they). You can ask someone for their pronouns if you are unsure. You can tell someone your pronouns to make sure they get them right.

Penis Pain

Penis pain is pain that is experienced in the penis.

This may be during **sexual activity**, **masturbation** or urinating.

Pornography

Pornography is any photo, video or writing that mentions or is about **sexual activity**. Pornography is usually made to make the reader or viewer feel sexy. Pornography is sometimes called porn. Some porn is legal and some porn is illegal. Watching or looking at porn is a **private** behaviour that must happen in a private place.

Private

Private things can be places, behaviour, talk, body parts, and types of touch. Private places are where no one can see or hear you.

Some examples of private places are your bedroom (if there is no one in it, and the door and blinds are shut) or the toilet at home when the door is shut. You can do private behaviours in these places such as masturbate, have **sex**, or look at **pornography**. You can only do private behaviours in private places otherwise there are legal consequences.

Public

Public things can be places, behaviour, talk, body parts, or types of touch. Public places are where there are people that can see or hear you.

Some examples of public places are the shops, school, buses and the beach. You can do public behaviours in these places such as eat, meet friends or read a book, but you cannot do **private** behaviours in these places like masturbate, have **sex** or look at **pornography**.

Queer

The term queer can refer to the LGBTQ+ community or can be used as an identity term by members of that community. It can refer to an individuals **sexuality**, their **gender identity** or both.

Refused Classification

Refused Classification (RC) is a rating for movies, computer games and television shows that means it is illegal to purchase, download, or sell in Australia.

If something has an RC rating, you must not watch or share it as it is against the law to do so.

Rights

Rights are like social rules that we all live by, no matter who we are. They are things that the law says you are entitled to as a human being.

There are many different types of rights, just some of them are in this book. Every person has rights to be safe and healthy in the community. You always have these rights from the day you are born. This means that other people have rights too so we must respect ourselves as well as others.

Rimming

Rimming is the use of mouth or tongue to stimulate someone else's anus for pleasure.

Romantic Relationship

A romantic relationship is when people feel very strongly for each other in a way that is intimate and closer than a friendship.

Most romantic relationships are with people we are in a sexual relationship with such as a partner, boyfriend or girlfriend.

You cannot be in a romantic relationship with someone who is in your family.

Scam

A scam is like stealing. It is when someone lies to get money or goods. Scams are illegal and can happen:

- online
- over the phone
- in person.

Sex Characteristics

Sex characteristics are the external genitalia, hormones, chromosomes, and internal reproductive organs that you are born with.

You can have typically female, typically male, or not typical body parts. Sex characteristics and gender are different things.

Sex (Sexual Activity)

Sexual activity can include lots of different things.

It can mean any kind of sexual touch including **hand jobs**, fingering, oral sex, anal sex, vaginal sex, genital to genital contact, using sex toys with partners, sexual intercourse and other things too. Sex is with another person or persons. Sex needs to be consensual, meaning you both want to do it. You can stop having sex at any time. Sex should feel good for both partners.

Sex Worker

Sex workers are adults who receive money in exchange for consensual sexual services.

Sexual Health

Sexual health is a part of your overall health. Sexual health includes your relationship to yourself and others, sexual health checks and having safer sex. Everybody has sexual health whether they have had sex or not.

Sexual Pleasure

Sexual pleasure is the enjoyable sensations you feel on different parts of your body during **sexual activity**. You can give yourself or your partner sexual pleasure through lots of different types of touch.

Sexuality

Sexuality is who you feel attracted to and also how you feel about yourself. Sexuality is related to your sense of self and your relationship with others. It is not just about who you have **sex** with or want to have sex with. It involves self expression, fantasies, desires, and more.

Sterilisation

Sterilisation is typically a medical procedure or medicine that is used to permanently stop someone from menstruating or biologically having children. These include surgical methods like removing a person's uterus, fallopian tubes, ovaries or testicles.

Transgender

Transgender typically means your **gender identity** does not entirely match the **sex** assumed for you at birth. For example, if you were assumed to be a man but know you are a woman, you might be transgender. You do not have to use this word. Transgender people may want to dress differently or use a different name or pronouns (words like she, he, or they).

Trusted Person

A trusted person is someone that you know well, that you like and that helps you. Trusted people are good to talk to and to ask for help from.

Uterus

A uterus is inside a body. It can also be called a womb. If you are pregnant, this is where the baby grows. If you are not pregnant this is where your menstrual blood or period comes from.

Vagina Pain

Vagina pain may be a condition called vaginismus. Vaginismus is pain that is experienced when muscles around the vagina tighten when something is inserted. This might be pain when using a tampon, **sex** toy or penis.

Do you have any other words you would like to know more about?



Remember, you can contact the organisations listed in this book for more information or to ask them questions. Their phone numbers are listed in this book.



You can find the updated information and pictures from this book online at yourrights.secca.org.au. This website also has videos to help you learn about your rights.





SECCA

Sexuality Education Counselling
and Consultancy Agency

P (08) 9420 7226

E admin@secca.org.au

secca.org.au

ISBN 978-0-6453372-0-4

