

# Save ol Raet mo Risponsibiliti blong Yu: long saed blong seksuel helt



Yumi evriwan i gat ol raet mo risponsibiliti mo yumi wantem ol rilesensip we oli sef, rispekful mo helti. Yumi evriwan i gat raet blong disaedem se wataem, wea mo wetem hu yumi wantem gat seks wetem. Sapos yu ting se yu redi blong statem wan seksuel rilesensip wetem wan man o woman, hemi impoten blong tekem kea long seksuel helt blong yu mo save long ol loa blong konsent long Ostrelia. Hemi impoten blong tingbaot se eni seksuel aktiviti we man i no givim konsent long hem, hemi brekem loa blong Ostrelia.

Sapos yu stap gat seks, hemi impoten blong go long wan dokta wanwan taem blong mekem seksuel helt jekap mo yu save askem long hem abaot ol raet mo isu long saed blong seksuel mo riprodaktiv helt.

## SAMARI

- Hemi impoten blong kasem gudfala infomesen abaot seksuel helt blong yu.
- Eniwan we hemi stap gat seks hemi sud go mekem seksuel helt jekap wanwan taem.
- Sef seks bae i daonem janis blong yu kasem wan sik STI (seksueli transmited infeksi) o gat bel we yu no planem.

## Wanem ia seksuel helt?

Sapos yu stap gat seks, hemi impoten blong yu save ol infomesen mo yu mekem sua se yu mo patna blong yu i stap sef, helti mo rispekful. Seksuel helt hemi inklusum fisikel, emosonel mo mentol welbeing long saed blong seks.



World Health Organisation hemi talem se seksuel helt hemi 'taem i gat gudfala welbeing long saed blong seks long level blong fisikel, emosonel, mentol mo sosel; hemi no minim nomo se i no gat eni sik, problem o wiknes. Seksuel helt hemi nidim wan gudfala aproj mo rispek long ol tingting blong seks mo long ol seksuel rilesensip, mo tu i nid blong letem man i harem gud mo filim sef long seks, we i nogat fos, diskriminesen mo vaelens.'

I kam long: World Health Organisation

## Wanem ia wan seksual helt jekap?

Wan seksual helt jekap hemi simpol mo hemi nomol olsem pat long wan helti laef long saed blong seks. Sapos yu stap gat seks, hemi impoten blong go long dokta wanwan taem blong mekem seksual helt jekap. Long taem blong seksual helt jekap, dokta blong yu bae i askem fulap kwestin abaot ol taem yu bin gat seks blong faenemaot hao hemi save sapotem yu. Maet yu stap wari o harem i no stret blong tokbaot ol samting ia, be ol dokta oli save gud long hemia mo hemi impoten blong toktok stret mo stap hones wetem olgeta from bae ansa blong yu long ol kwestin ia i daerektem olgeta blong jusum ol test o advaes we yu nidim. Eni storian we yu gat wetem dokta blong yu long Ostrelia oltaem hemi konfidensel.

### Seksual helt jekap i save inkludum:



- tokbaot ol seks we yu bin gat finis mo ol raet blong yu long seksual rilesensip



- mekem ol test (blong pispis, blad, swob test o oli save lukluk bodi blong yu)



- tokbaot ol fasin blong kontrasepsen blong priventem ol sik STI mo blong gat bel



- blong faenemaot stret isu long saed blong riprodaktiv helt o eni problem blong gat seks.

## Sef seks - daonem janis blong kasem ol sik STI mo blong gat bel we yu no planem

Bes wei blong daonem janis blong kasem wan STI o gat bel we yu no bin planem hemi blong mekem fasin blong 'sef seks'. Sef seks hemi minim se yu folem samfala fasin blong no tajem eni wota blong bodi blong patna blong yu, mo tu hemi inkludum yus blong kontrasepsen long taem blong seks.

### Kontrasepsen



Kontrasepsen hemi wok blong priventem woman blong gat bel, i minim se yu save gat seks yet be yu priventem janis blong gat bel we yu no planem. Hemi impoten blong tokbaot kontrasepsen wetem wan niufala patna bifo yu disaed blong gat seks. Kontrasepsen hemi afektem yu mo patna blong yu i mekem se yutufala evriwan i risponsibol long hem. Yu mo patna blong yu i mas givim konsent blong mekem eni seksual aktiviti. Long Ostrelia, sapos patna blong yu i no wantem yusum kontrasepsen, o hemi mekem fasin blong fos, giaman o tretienem yu long saed blong kontrasepsen, hemia hemi wan kaen seksual abys.

I gat fulap difren kaen kontrasepsen. Eksampol: ol woman i save gat wan kontraseptiv implant, pil blong emejensi kontrasepsen o pil we oli dring blong daonem janis blong gat bel; be olgeta ia i no protektem yu blong kasem ol sik STI. Blong kasem sam long ol kontrasepsen ia, yu mas gat wan preskripsen pepa i kam long wan dokta o famli planing klinik long Ostrelia.

Taem oli yusum stret, kondom hemi onli kontrasepsen we hemi help blong protektem man agensem sik STI mo blong gat bel. Yu save faenem kondom isi nomo mo oli smol mo laet blong karem. I no nid blong yu luk wan dokta blong askem kondom – yu save pem long wan famasi o supamaketa, o yu save kasem fri wan long famli planing klinik.

Hemi gudfala tingting blong luk dokta blong yu o wan famli planing klinik sapos yu stap tingting long kontrasepsen. Oli save givim advaes long wanem nao bae i stret long yu folem helt mo laef blong yu.

### Ol sik STI



Ol sik STI i save pas long wan pesen i go long narafala pesen tru long eni fasin blong seks. Samfala STI i nogat eni saen i kamaot long bodi, i mekem se maet yu no save sapos yu o patna blong yu i gat wan STI.

I gat fulap difren kaen STI mo ol vaeres i save kosem sam long olgeta (ekampol: human imiunodifisensi vaeres (HIV), herpes), bakteria (eksampol: gonorrhoea, syphilis) o bebek (eksampol: laos blong tabu ples). Sam komon saen blong STI i save inkludum problem long skin o rash, sikras o pen long bel o tabu ples blong yu, o i soa taem yu go long toalet.

Sapos i gat wan infeksen, hemi impoten se yu kasem tritmen mo advaes long hao blong stap helti. Samtaem bae yumi ting se infeksen i finis wetaot tritmen be oli save stap yet insaed long bodi. Hemi minim se yu save pasem yet long ol patna we yu gat seks wetem o i save kosem problem long helt long fiuja.

### Wea nao mi save go blong mekem seksuel helt jekap?

Yu save mekem jekap long dokta blong yu, o wan klinik we hemi lukluk long seksuel helt o famli planing. Rimemba se dokta blong yu i no save serem risal blong test blong yu wetem eni narawan sapos yu no letem.

### Wataem nao mi mas mekem wan seksuel helt jekap?

Evriwan we i stap gat seks i sud go mekem seksuel helt jekap wanwan taem. Oli rikomendem strong se yu go mekem wan seksuel helt jekap sapos yu agri long eni poen daon ia:



- yu ting se maet yu gat wan sik STI



- yu bin gat seks we hemi no sef mo yu no yusum eni proteksen (olsem kontrasepsen)



- yu bin gat seks we kondom i brok o i kamaot



- yu o patna blong yu i stap gat seks wetem ol narafala patna



- yu stap long wan niufala seksuel rilesensip.



### Wea blong kasem help o toktok wetem wan pesen we i save help

Sapos wan man o woman i mekem seksuel asolt long yu mo yu wantem mekem wan komplek, yu sud ripotem long polis hariap. Sapos yu no stap sef o hemi wan emejensi, kolek 000. Yu save kasem sapot long wan seksual asolt sapot sevis olsem 1800 RESPECT long 1800 737 732.

### Eniwan long PALM skim i save helpem mi?

Hemi had blong lanem blong liv long wan narafala kantri be i gat sapot mo ol risos we i stap blong helpem yu. Sapos yu gat eni kwestin taem yu stap ajastem yu long laef long Ostrelia, yu save askem emploia blong wok blong yu. Sapos oli no save ansarem kwestin blong yu, oli save talem long yu hu blong toktok wetem, inkludum ol narafala PALM skim sapot olsem:



#### Kantri lieson ofisa ("CLO") o labour attachés

Yu save faenem ol kontak ditel blong CLO long websaet blong PALM (<https://www.palmscheme.gov.au/contact>).



#### PALM sapot sevis laen long 1800 51 51 31, o imelem (palm@dewr.gov.au)

Plis tekem not se oli stap monitarem sapot sevis laen ia mo imel stat long 8:30-6:30pm (AEST) - oli save tekem ol kol afta long taem ia sapos hemi wan emejensi nomo.

# Haonao mi save kasem moa infomesen o profesional help we hemi konfidensel?



Sapos yu o wan narawan i wantem save moa abaot seksuel helt mo welbeing taem yu stap long Ostrelia, yu save kontaktem olgeta infomesen mo sapot sevis daon ia. Ol oganaesesen ia oli save helpem yu o daarektem yu i go long stret ples blong faenem wan sevis we hemi sutum nid blong yu.

KI RIFEREL MO SAPOT SEVIS LONG OSTRELIA		
SEVIS	HEMI MEKEM WANEM?	KONTAK INFOMESEN
<b>Reach Out</b>	<p>Reach Out hemi wan onlaen ples blong kasem self-help infomesen, wan peer-support program mo ol riferel tul blong helpem evriwan blong stap helti oltaem.</p> <p>Sapos yu wantem save hao blong mekem wan seksuel helt jekap (olsem wataem blong mekem helt jekap, wanem bae i hapen long taem blong seksuel helt jekap mo blong faenem wan sevis provaeda) go long websaet blong Reach Out.</p>	<p> Go long websaet blong <a href="https://au.reachout.com">https://au.reachout.com</a> blong kasem moa infomesen long:  <u>Hao blong mekem wan helt jekap</u>  <u>Hao blong tokbaot seksuel helt wetem patna blong yu</u>  <u>Ol seksuel helt sevis blong fulap difren kalja</u></p>
<b>Heath Direct</b>	<p>Blong faenem wan seksuel helt sevis provaeda we i klosap long yu i moa gud blong go long dokta blong yu o go long Health Direct websaet. Yu save yusum 'service finder' blong olgeta blong faenem help klosap long yu - selektem 'sexual health' anda long ol sevis mo entarem postkod blong yu blong faenem sevis we i moa klosap long yu.</p>	<p> Tel: 1800 022 222</p> <p> Websaet: <a href="https://www.healthdirect.gov.au/australian-health-services">https://www.healthdirect.gov.au/australian-health-services</a></p>
<b>Family Planning Alliance Australia (Nasonal mo long Stet)</b>	<p>Family Planning Alliance hemi men bodi long Ostrelia we hemi lukluk long riprodaktiv mo seksuel helt. Hemi stap promotem pablik helt tru long storian long polisi mo advokasi.</p> <p>Sapos yu wantem go long wan famli planing klinik o askem moa long saed blong edukesen, go long sevis pej blong faenem wan famli planing oganaesesen long eria blong yu, o kontaktem asosiesen long stet we yu stap long hem.</p> <p>Go long websaet blong Family Planning Alliance Australia:  <a href="https://www.familyplanningallianceaustralia.org.au/services/">https://www.familyplanningallianceaustralia.org.au/services/</a></p>	<p><b>Ol asosiesen blong famli planing long ol stet mo teritri:</b></p> <p><b>ACT - Sexual Health and Family Planning ACT</b></p> <p> Tel: 02 6247 3077</p> <p> Websaet: <a href="https://www.shfpact.org.au/">https://www.shfpact.org.au/</a></p> <hr/> <p><b>NSW – Family Planning NSW</b></p> <p> Tel: 1300 658 886</p> <p> Websaet: <a href="https://www.fpnsw.org.au/">https://www.fpnsw.org.au/</a></p> <hr/> <p>(kontinu long nekis pej)</p>

## KI RIFEREL MO SAPOT SEVIS LONG OSTRELIA

SEVIS	HEMI MEKEM WANEM?	KONTAK INFOMESEN
<p><b>Family Planning Alliance Australia (Nasonal mo long Stet)</b></p>	<p>Toktok i kontinu folem las pej</p> <p>Family Planning Alliance hemi men bodi long Ostrelia we hemi lukluk long riprodaktiv mo seksuel helt. Hemi stap promotem pablik helt tru long storian long polisi mo advokasi.</p> <p>Sapos yu wantem go long wan famli planing klink o askem moa long saed blong edukesen, go long servis pej blong faenem wan famli planing oganaesesen long eria blong yu, o kontaktem asosiesen long stet we yu stap long hem.</p> <p>Go long websaet blong Family Planning Alliance Australia:  <a href="https://www.familyplanningallianceaustralia.org.au/services/">https://www.familyplanningallianceaustralia.org.au/services/</a></p>	<p><b>Ol asosiesen blong famli planing long ol stet mo teritri:</b></p> <p><b><u>NT – Family Planning Welfare Association of NT Inc.</u></b></p> <p> Tel: (08) 8948 0144   Websaet: <a href="http://www.fpwnt.com.au/">http://www.fpwnt.com.au/</a></p> <hr/> <p><b><u>QLD - True: Relationships and Reproductive Health</u></b></p> <p> Tel: (07) 3250 0200   Websaet: <a href="https://www.true.org.au/">https://www.true.org.au/</a></p> <hr/> <p><b><u>SA – Shine SA</u></b></p> <p> Tel: 1300 883 793   Websaet: <a href="https://shinesa.org.au/">https://shinesa.org.au/</a></p> <hr/> <p><b><u>TAS – Family Planning Tasmania</u></b></p> <p> Tel: (03) 6273 9117   Websaet: <a href="https://fpt.org.au/">https://fpt.org.au/</a></p> <hr/> <p><b><u>VIC – Family Planning Victoria</u></b></p> <p> Tel: 03 9257 0100   Websaet: <a href="https://shvic.org.au/">https://shvic.org.au/</a></p> <hr/> <p><b><u>WA - Sexual Health Quarters Western Australia</u></b></p> <p> Tel: (08) 9227 6177   Websaet: <a href="https://shq.org.au/">https://shq.org.au/</a></p>

PALM skim inkludum ol staf, volontia mo patna blong olgeta, oli bin tekem kea taem oli mekem rere ol infomesen ia, be oli no save tekem responsibiliti sapos i gat eni mistek, o eni samting oli no inkludum o i rong. Mo tu oli no tekem responsibiliti sapos eni man we i yusum infomesen ia hemi lusum eni samting o i kasem wan problem. Oli bin mekem rere ol infomesen long pepa ia blong givim jenerol infomesen nomo. Pepes blong hem hemi no blong givim legol o narafala profesonel advaes. PALM skim mo ol patna blong hem i no save tekem responsibiliti sapos i gat eni samting i hapen taem man i yusum eni infomesen long pepa ia.

