



Tsiet oaiom me ipuok: sexual health

Tsimine memak oaiota me makur bet me ang teng nim omo, eredu me dabar riringet imin memak ian ada kakewin. Ei bet oaiota bet ang nim oeog ada kamarar ied, edagan e, iken imin ang tuk ian me ijegen ang teng mequor epoa. Ia wo ouge bwe ewunawen wo nim kewina engame ion, ogaganado wo nim teij daein ranga tsimorum me eo dogin omaran dogorin Australia ian am memori memak. Ogaganedo wo nim omaran ngana ia wo mequor epoa engame nim eo dogin epo ekamarar mungana inan eriring bwe tsimine dogorin ian Australia.

Ia auwe amen mwamwaning, ogaganedo wo nim nanga dogida eat edae ebak bwe wo nim ranga wam sexual health me wo gona bet kudo deiden an ekamequor me eoiao memak.

EÑŌG ÑANA TSMINE WOUN

- Imin tsimine woun wo nim tsiet deidein me angogen wam sexual health.
- Engame ngea teij daein mequor epoa engame enim eo dogin nanga earak nim aia tsimorin.
- Wō nim eo dogin rangaw ean am ōdegeri eñame bwe ñana wō gona ōgōk earak oa wō nan gona bet ijeñ.

Iken ngea sexual health?

Ia auwe amen mwamwaning, tsimine woun/ogaganedo wo nim bin me tsiet me earun ngea wo nim mequor iturin epo a arakun memak. Sexual health tekeij okor am kamarar, ian burioum me odituwe am tsiet angogen mungana towe sexual matters.



Sexual Health atsin turin World Health Organization ei 'imiton ngea towe rabadam, am kamarar, deiden an memori itsimor deiden an memori itsimor dogin sexuality; ei okor eo etowe mungana earak ebak earun moun me bakain. Sexual health ei imiton ngea tengei ion nim oaio me eredu ion ean an arowonga me ogok sexuality me sexual relationships, ouge bet ea riringen enim gona an ibiboki me omo an nuwaw, enim ekeow enogog, ekeow eakae me tamo imin eo omo.'

Ino ñaun mūñane: World Health Organisation

Iken ngea sexual health check?

Sexual health check is riringen ang nim a weij tsimorum bwe wo nim nanga earak me oanani tsieten me buoken arakum. Ia auwe amen kamequor, ogaganedo wo nim nanga dogida eat edae ebak wo nim check ei arakum. Ean am nanga wam dogida, ei gonan kudoiyuw ikudo towe ura ngabuna wo ogiten mequor epoa, ngane inan buok riringen ipuok mungana wo nan tengeij. Ñago bet inan tsimine am miow oa eõ epo buriõom ia wõ nim dorer ei mungane, ita ñana wõ nim õmaran tsimine õkõr woun wõ nim õnei memak mungana ikudõ ñana inan gonan buõk muñana wam results oa bita epuõk enim oijaw. Memak ngana wo pana wam dogida, Australia oai kor dogorin bwe nim confidential memak.

Sexual health check gona towe:



- edorer angogen ijegen wo ogiten mequor iturin me eoaio ngana wam ian bita wam sexual relationships



- test inan ura ngana obu wam (kabebe, obu wam era, tests inon epo aiaen mem)



- dorer eijen bet contraceptive options wo nim eo ogok earak inon ekae me ijeng



- omeata en mungana reproductive issues oa sexual dysfunction.

Safe sex - õredoatu en am õgõk tamo earut earak (STIs) oa ijeñ

Magit omo wo nim eo gona STI oa ijeng wo nim babwiji 'safe sex'. Safe sex inan oreoatu am gonan ogok ret duwan dangom ean am owenon contraception ean am kamequor.

Contraception



Contraception ei nim buok wo nim eo ijeng, bwe engame gonan kamequor me re eo ijeng. Ogaganedo wo nim gona dorer ei contraceptive epoa dangom ian obwen amur kamequor. Contraception dogum me dangom bwe mwar nim responsible eat imin memak. Auwe me dañõm amwar nim eo dogin epo tubumur tamo edae in kamequor. Ian Australia, tsin ia dañõm eõ teñ owenõn contraception, oa õmeata erun eõ omo tekei ia force eijuw, ored am kamarar oa owenõn eñõg eõ eimwi, deõ omo ñune bwe tekei kõr õreita õmeata sexual abuse

Ebak deiden me earun ngana contraception. Tekei ngaga, ngabune an re gona owenon contraceptive implant, eat edae ekeijeija contraception pill oa adporo ngana inan oreoatu of gonan ijeng; ita ngana re eo babwijiw tsinin STI (Sexually Transmitted Infections). Inon mungan contraceptive dogida enim oijaw oa bita family planning clinic ian Australia.

Enim eimwi owenonen bita condom bwe ei ñea raña en ion tsinin earak tekeij STIs me ijeñ. Tamo ino wo gona oni, oning me wo gonan obabu. Eo need ei wo nim et met dogida nim oijaw – bwe wo gonan erouw atsin iat chemist oa supermarket oa eko pumwen atsin turin bita family planning clinics.

Imin eimwi ia wo nim ed men wam dogida oa bita family planning clinic ia wo teng owenon contraception. Ura gonan totow ipuok ean mungana eoaio for ipuok eaw dogin buokem ean arakum me deiden tsimorum.

Sexually Transmissible Infections



Sexually Transmissible Infections (STIs) earak ngana gonan nuwaw atsin turin engame ion ea engame ion ean aurur kamequor. STIs inon ekeow wan symptoms, ngagan wo gona eo tsiet ngana wo ogokin STI atsin turin dangom.

Ebak earun ngana STIs me egonan oturaj ian rabadam (e.g human immunodeficiency earak memak tekei, (HIV), Herpes), bacteria (e.g., gonorrhoea, syphilis) oa parasites (e.g., pubic lice). STI gona bet eo renga witum, egumgum, maga yungin metarun ijem or ean mwam, or maga ia mo nuwaw ewakin ererea.

Ia tsimine earak, wo nim nanga etang ino gonan totow ipuok. Tsimine inon inan gona parin gara ia eo agamwe, ita ngana ta ouga ino ian rabadam. Bitune gona ri ea dangom ngea wo reit mequor epola me inan gona oija earak ngana inan egada ino obaka imur.

E ino a gona kanani ipuok towe sexual health?

Wo gona nanga wam dogida, oa bita sexual health oa family planning clinics. Omaran, dogida eo gona oija engame wam results tsin ia auwe wo eo oija eoaiio nim totow.

Edae ikegen ngaga a gona kanani ipuok towe sexual health?

Engame ion ngea ta daein kamequor enim tsimine an nuwaw me nanga dogida nim check-up. Tsin ia tsimine ngana wo ouge ewunaw, imin omo ia wo nim riring sexual health check:



- ia wo ouge wo arak ei STI



- tsin ia wo ogiten mequor epoa engame me wo eo owenon rangaem



- ia obakoro wam condom or mwarada inimagen am mequor



- tsin ia auwe oa dangom ogiten mequor turit engame ibun



- tsin ia arub aweij amur kewun.



Etañ ino wõ gonan kanani ipuõk oa dorer ea eñame

Tsin ia eogiten ononowaw/õmamedow me wõ teñ katata, wõ nim dorer ea buritimen iat epar. Ia wõ etik iat egaturae terepon ei kõ 000. Wõ gonan bet kanani ipuõk dõgin õmamdoem, terpon ei 1800RESPECT ean 1800 737 732.

Inga eñame ran PALM gona buõkuw?

Quoquon nim õeõg tsimorum eat eb ion tsimeduw wõ nan tengei ipuõk ouwak, towada ñana ipuõk inan gadauw me ebaida ñana wõ gonan arowõña. Tsin ia tsimine am kudõ dõgit emek ian Australia, kudõ ei kõ ñaben etañ ino wõ makur ean. Tsin ia eõ gona õnei am kudõ, re gona õijõnuw ea ijegen wõ gona dorer ea, epoa ura ñabuna ran bita dõrabat PALM tekei:



Country liaison officer oa amen raña emakur me amen makur

Nan wõ ät memak ran CLO contact details ean bita wan PALM website (<https://www.palmscheme.gov.au/contact>).










PALM engat ipuõk (1800 51 51 31), oa email (palm@dewr.gov.au)













Wo nim tsiet ñana mũñane ipuõk me email ñane inbox inan aia me reitsin ei inimagen 8:30am-6:30pm AEST -ñana terepon kona i erowit eaoa me enim ita kõr mũñana etik iat egaturae ñamen.

Edagan e ino a gona ònani angõget imin oa ino a gona ipuõk



Tsin ia auwe or engame eteng tsiet angogen sexual health me deideit itsimor ngaga tuk Australia, wo gona arowong mungana etang bwait ipuok tekei gadauwen ino ijung. Ñane dõrabat kona buõkuw oa onuwaiw auwe ino eimwi me ekona buõkõnuw imin ñea eimwi ea bita wo teñei me omo me meroro konaen.

ETAÑ INO KÕR ETIK MŪÑANE IPUÕK ITEÑEI IAN AUSTRALIA		
EÕRIT IPUÕK	IKEGEN AN MAKUR ÑANE?	AIA KÕ MŪÑANE CONTACT
Reach Out	<p>Reach Out is etang online dogit ipuok inimagen ura ngabuna ta didabo aura memori me etang ino gonan buok enim omo tsimorura.</p> <p>Ia wo teng tsiet angogen emek ino epuok towe sexual health check (ia wo teng check, iket imin inan meta ean bita sexual health check me onanien etangit ipuok), nanga bita wan Reach Out website.</p>	<p> Wo gona nanga bita website https://au.reachout.com dogin angogen: <u>Odituwen am gona health check</u> <u>Oten mwanin am dorer ea dangom dogin sexual health</u> <u>An memori towe an gade ion dogin sexual health</u></p>
Heath Direct	<p>Onanien edagan e ino emek ipuok dogit sexual health, wo nimo nanga wam dogida oa nanga wangara Health Direct website. Wo gona owenon bita service finder nim onani emek e bita magit eturen aw – select 'sexual health' yungin services me omeatu bita wam postcode inan wo ed bita eturenaw.</p>	<p> Riñei: 1800 022 222</p> <p> Web: https://www.healthdirect.gov.au/australian-health-services</p>
Family Planning Alliance Australia (National and State)	<p>Family Planning Alliance ei ñea a tũbũt dõrabat ian bitune eb ñea makur ean reproductive me sexual health. Ei quõquõn õdabarida tsimorit eñame eow ean an tsitsieten wañara dogor dõgin tsimorũra me kenenei aeuwakei ririñen.</p> <p>Ia wo teñ wat family planning clinic oa kũdõ dõgin kererieien añõgen me õmamoen tsimorit mibũna ran am ewak, wat kõ muñane etañat totow ipuõk wo nan at bita dorabat dõgin family planning ino wo mek, oa naña bita dõrabat ñea makur ean muñane.</p> <p>Wat kõ bitune Family Planning Alliance Australia website: https://www.familyplanningallianceaustralia.org.au/services/</p>	<p>State and territory family panning associations:</p> <p>ACT - Sexual Health epo a Family Planning ACT</p> <p> Terepon: 02 6247 3077</p> <p> Web: https://www.shfpact.org.au/</p> <hr/> <p>NSW – Family Planning NSW</p> <p> Terepon: 1300 658 886</p> <p> Web: https://www.fpnsw.org.au/</p> <hr/> <p>(baida ea murana iruwin)</p>

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Ñaga ōmag ririñen me ōdabaridaen mŭñane imin eareow ine, PALM epo a won amen makur memak, amen puök me dañōn eab ōgōg me ōbŭ dŭra in mŭñana epwer, imin ñana erouda, oa mŭñana eō kōr magit eimwi ian ōañan mŭrane factsheet epo a mŭñana bet ōtŭraij imin, ñana eñame enim eō kōr pe ean memak imin ian mŭrane factsheet. Mŭñane memak ōañan egadauw eow ian mŭrane factsheet eōmamo bwe eñame re nim tsiet ikegen añōgen mŭñane emakur. Eō egadauw ia bwait pe ean iat edogor me eke dōbuk it edogor, oa bait oija eñame ekamarar ñana towe dogorit imin bwe ar nim ririñ kōr. Bitune an makur PALM oa mibŭna dañōnin makur epo, ar eab kona ōbŭ dŭra in mŭñane, dōgit imin ñana ar itsiet oa eō tsiet ñana inan emeta ia ita epe ean memak imin ñana ōrangatow eow ian mŭrane factsheet.

