

Save lo raets en responsibilitis: sexual helt



lumi evriwan garem raets en
responsibilitis en laekem seif,
respektful, en helti relationsips.
lumi evriwan garem raet fo tingting
lo wat taem, wea, lo wat situason,
en wetem hu iumi bae likem fo
sexual. Sapos iu ting iu redi fo
stat havim sexual relationsip
wetem samwan, hem impoten fo
luk afta sexual helt blong iu en
mas save abaotem consent laws
long Australia. Hem impoten Fo
rememba eni sexual aktiviti wea
no eni consent hemi agenstim law
long Australia.

Sapos iu sexually aktif, hem
impoten fo iu visitim docta olowe
fo havim sexual helt checkap en
iu save askem dokta abaotem
sexual en reprodaktif helt en raets
proplems.

SAMARI

- Hem impoten fo save gud abaotem
sexual helt blong iu.
- Eniwan wea hem sexually aktif sud
duim sexual helt chekaps olowe.
- Praktisim seif sex hem save daonim risk
blong iu fo garem seksol transmitted
infekson (STI) o anplan babule.

Wat nao sexual helt?

Sapos iu sexually aktif, hem impoten fo save
gut en meksua iu en patna blong iu utufala
seif, helti en respektful. Sexual helt hem fisicol,
emosonol en mental wellbeing long saed lo
sexual matters.



Sexual helt olketa lo World Health
Organization minim olsem 'wanfala wei
blo fisikal, emotional, mentol en sosol
wellbeing lo saed lo sexuality; hem not
only abaotem no garem disease, tings no
waka gud, o garem siki. Sexual helt hem
nidim positif en respektful wei lo sexuality
en sexual relationsips, wetem posibol fo
havim filgut en seif sexual experiens, fri
from fos , jajmen, en vaelens.

Sos: World Health Organisation

Wat nao sexual helt chekap?

Getem sexual helt chekap hemi simpel en hem nomol pat long helte sex laef. Sapos iu sexually aktif, hem impoten fo iu visitim dokta olowe fo havim sexual helt chekap. Taem lo sexual helt chekap, dokta blong iu bae askem detail kwestens abaotem sexual history fo help wakem sapot iu nidim. Even sapos iu fil fraet o no fil gut fo storim olketa kaen topik ea, olketa doktas nao lane fo duim diswan an hem impoten fo ansam eni kwestens trufala bikos hem garem cos lo taep tests o advaes wea olketa bae givim iu. Eni stori iu havim wetem dokta lo Australia hem barava strik konfidensol.

Sexual helt chekap maet bi olsem:



- stori abaotem sexual history blong iu en raet blong iu long sexual relationsips



- duim tests (urine, blood, swab tests o visual examinations)



- storim contraceptive weis fo preventim sexually transmitted infections en babule



- diagnosing reproductive problemso sexual dysfunction.

Seif sex - daonim risk blong sexsol transmitted infekson (STIs) an anplan babule

Best wei fo daonim chans fo getem STI o havim no planim babule hem fo praktisim 'seif sex'. Seif sex minim tekem measas fo daonim kontakt wetem bodi fluids blong patna blong iu, en save olsem iusim contraception taem sexual aktiviti.

Contraception



Contraception waka fo stopembabule, so pipol save havim sex but preventim no planim babule. Hem impoten fo storim contraception wetem niu patna bifo iu ting fo havim sex. Contraception save afektim iu en patna blong iu, so dat iutufala responsibolfo hem. Iu an patna blong iu sud consent lo eni sexsol aktiviti. Long Australia, sapos patna blong iu no laek iusim kontrasepson, o som bihevia osem presa, influens o trets long ius blong kontrasepson, diswan hem olsem wanfala wei blong sexsol abius.

Staka difren forms blong contraception. Fo exampol, women save ting fo usim nao contraceptive implant, emejensi contraception pill o oral pill fo daonim moa chansis fo babule; bata, olketa bae no protektim iu from STIs. Samfala lo olketa contraceptives nidim nao prescription from dokta o famili planning clinic lo Australia.

Taem iusim stret, kondom nomoa hem onli wei blo kontrasepson wea hem helpem fo protektim agenstim STIs an babule. Olketa isi fo tekem, smol en isi fo karem. Iu no nid fo lukim dokta fo getem olketa – iu save peim olketa from chemist o supermarket o risivim olketa fo fri lo famili planning clinics.

Hem gud aedia fo lukim dokta blong iu o famili planning clinic sapos iu ting abaotem wat kaen contraception fo iu. Olketa save advaesem iu lo wat kaen hem maet bi raet fo iu depen lo helt blong iu en laefstael.

Sexol transmissible Infekson (STIs)



Sexol transmissible Infekson (STIs) hem save pass from wan man go lo narawan taem havim sexual activitis. Samfala STIs no garem symptoms, so iu bae no save sapos iu o patna garem eni STI.

Staka difren taep blo STIs en olketa virus nao save cosim (e.g., human immunodeficiency virus (HIV), herpes), bacteria (e.g., gonoria, sifilis) o parasæet (e.g., pubic lice). Common STI saens hem includim skin fo fil nogut, o rash, skras, pain lo daon lo bele o genitals, o fil hottaem go lo toilet.

Sapos infection, lo dea, hem impoten fo iu tekem tritmen en advaes lo hao fo stap helti. Taem samfala infekson luk olsem go awe even no tritim, olketa stap aktif insaet lo bodi. Diswan hem minim infeksons save passim go lo sexual patnas en/o kosim helt problems lo nara taem.

Wea na bae mi go fo sexual helt chekap?

Iu save getem chekap lo dokta blong iu, sexual helt o famili planning clinics. Rememba, dokta blong iu bae no save searem resalt lo testing blong iu wetem eniwan taem hem no askem pemison.

Wat taem nao mi needim a sexual helt chekap?

Eniwan who hem sexually aktif sud havim regular sexual helt chekap. Sapos eniwan lo olketa ea hem fitim iu, wanfala sexual helt check hem strongly recommended:



- sapos iu ting iu maet garem eni STI



- sapos iu garem unsafe/unprotected sex



- Sapos condom breke o foldaun taem sex



- Sapos iu o patna havim moa than one sexual patna



- Sapos iu statim wanfala new sexual relationsip.



Wea fo getem help o tok wetem samwan

Sapos iu olketa bin sexually assaultem iu and iu laekem mekem komplem, iu sud repotem lo polis kwik taem. Sapos iu no fil seif o hem wanfala emejensi kolek 000. Iu save also getem sapot from sexual assault sapot sevis, olsem 1800RESPECT lo 1800 737 732.

Samwan lo PALM scheme save helpem mi?

Adjust lo laef lo nara kaontri hemi save had bat sapot en resos hemi stap fo helpem iu. Sapos iu garem kwestens abaotem adjust lo laef long Australia, iu save askem waka blong iu. Sapos olketa no save ansam, olketa save talem iu hu fo tok wetem, olsem nara PALM scheme sapot olsem:



Country Liaison Officer (CLO) o leba attaché

Iu save faendem evri CLO distaem kontakt details lo PALM website (<https://www.palmscheme.gov.au/contact>).










PALM sapot sevis laen lo (1800 51 51 31), o email (palm@dewr.gov.au)













Plis tek not dat sapot sevis laen en emailinbox hem monitored 8:30am - 6:30pm AEST - calls afta Aoas sud be fo kriticol aksidens nomoa.

Hao nao mi save getem moa infomason o confidensol professional help?



Sapos iu o samwan iu save laekem faendem aot moa infomason abaotem sexual helt en wellbeing taem lo Australia, iu save kontaktim olketa infomason en sapot sevises insaet lo tabol lo daon. Olketa oganaesason save helpem iu o pointim iu lo raet daerekson fo faedem sevis dat hem relevant lo nid blong iu.

KI REFERRAL EN SAPOT SEVISES LONG AUSTRALIA		
SEVIS	WAT NAO HEM DUIM?	KONTAKT INFOMASON
Reach Aot	<p>Reach Out hem wan onlaen self-help infomason, peer-support program en referral tools fo helpem people fo gud en stay gud.</p> <p>Sapos iu likem moa infomason lo hao fo getem sexual helt chekap (olsem taem fo getem helt check, wat bae hapen lo sexual helt check en hao fo findem sevis provaeda) visitim Reach Out website.</p>	<p> Visitim website blong olketa https://au.reachout.com fo moa infomason lo: Hao fo getem helt check Hao fo tok abaotem sexual helt wetem patna Culturally diverse sexual helt sevises</p>
Helt Direct	<p>Best wei fo faedem sexual helt sevis provaeda kolsap lo iu hem fo visitim dokta blong iu o visitim Helt Direct website. Iu save iusim sevis finder blong olketa fo luk fo help kolsap lo iu– selektim 'sexual health' anda sevises en entam postcode blong iu fo findem sevis kolsap lo iu.</p>	<p> Kolem: 1800 022 222</p> <p> Web: https://www.healthdirect.gov.au/australian-health-services</p>
Famili Planning Alliance Australia (Nasinol en Stait)	<p>Famili Planning Alliance hem na nation's highest bodi fo reproductive en sexual helt. It promotem pablik helt tru polisi insight en advocacy.</p> <p>Sapos iu likem fo visitim famili planning clinic o askem abautem education, visitim sevis pajj fo findem famili planning oganaesason lo area blong iu, o kontaktim assosiason lo state blong iu.</p> <p>Visitim Family Planning Alliance Australia website: https://www.familyplanningallianceaustralia.org.au/services/</p>	<p>State en territory famili planning assosiasons:</p> <p>ACT - Sexual Hel ten Famili Planning ACT</p> <p> Fone: 02 6247 3077</p> <p> Web: https://www.shfpact.org.au/</p> <hr/> <p>NSW – Family Planning NSW</p> <p> Fone: 1300 658 886</p> <p> Web: https://www.fpnsw.org.au/</p> <hr/> <p>(kontiniu lo next peij)</p>

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SEVIS	WAT NAO HEM DUIM?	KONTAKT INFOMAISSON
<p>Famili Planning Alliance Australia (Nasinol en Stait)</p>	<p>Kontiniu from last peij</p> <p>Famili Planning Alliance hem na nation's highest bodi fo reproductive en sexual helt. It promotem pablik helt tru polisi insight en advocacy.</p> <p>Sapos iu laek fo visitim famili planning Clinic o aske abaotem education, visitim sevis pajj fo findem famili planning oganaesason insaed lo area blong iu, o kontaktim asosiation insaed lo state blong iu.</p> <p>Visitim Family Planning Alliance Australia website: https://www.familyplanningallianceaustralia.org.au/services/</p>	<p>State en territory famili planning assosiasons:</p> <p><u>NT – Family Planning Welfare Association of NT Inc.</u></p> <p> Fone (08) 8948 0144  Web: http://www.fpwnt.com.au/</p> <hr/> <p><u>QLD - True: Relasonships en Reproductive Helt</u></p> <p> Fone: (07) 3250 0200  Web: https://www.true.org.au/</p> <hr/> <p><u>SA – Shine SA</u></p> <p> Fone: 1300 883 793  Website: https://shinesa.org.au/</p> <hr/> <p><u>TAS – Family Planning Tasmania</u></p> <p> Fone: (03) 6273 9117  Web: https://fpt.org.au/</p> <hr/> <p><u>VIC – Family Planning Victoria</u></p> <p> Fone: 03 9257 0100  Web: https://shvic.org.au/</p> <hr/> <p><u>WA - Sexual Helt Quarters Western Australia</u></p> <p> Fone: (08) 9227 6177  Web: https://shq.org.au/</p>

Taem evri kea hemi tekem lo wakem disfala material, no eni responsibiliti bae PALM scheme akseptim, wakaman blo hem, volintias o patnas, fo eni rong, mising, no stret abaotem disfala infomason insaed disfala factsheet o eniting lus o dameij wea bae kamap from eni man wea relae lo eni infomason insaed lo disfala factsheet. Disfala infomason wea provaedem lo disfala factsheet olketa bin wakem fo provaedem general infomason nomoa. Hem no min fo relae lo hem o chenjim fo legol o nara professional advaes. No eni responsibility bae olketa PALM scheme o patna blo olketa fo eniting wea save o no save wea bae happen fo relae lo eni infomason wea disfala factsheet provaedem.

