



Save long ol rait na responsibility bilong yu: **sexual health**

Yumi olgeta i gat ol rait na responsibility long taim bilong sex na yumi laikim i sef, gat respect, na kipim gutpela relationship. Yumi olgeta i gat rait long tok orait long sex long wanem taim, wanem hap, olsem wanem na wantaim husat yumi gat laik long ol. Sapos yu laik statim pasin long sex wantaim husat, em yu mas save long ol lo long Australia i save bosim sex na yu tok-orait long en.

Sapos yu save wokim sex, em bikpela samting bai yu mas go lukim dokta samplela taim long sekim yu na bai yu inap askim dokta long sex helt na long wokim pikini na ol rait bilong yu long wokim sex samting.

SUMMARY

- Em bikpela samting long yu mas gat gutpela save long health long sex.
- Olgeta lain i save wokim sex planti taim ol mas sekim ol long dokta ol taim.
- Yu bihainim pasin bilong sef sex em bai halpim yu long bai no inap kisim sik long pasin long sex o no inap kamapim pikinini yu no laik kisim.

Sexual health em wanem?

Sapos yu save wokim sex, em bikpela samting bai yu mas gat gutpela save na bai yu na man o meri bilong yu bai stap sef, nogat sik na soim respect long narapela. Health bilong sex em i save karamapim bodi, pilim na tingting bilong yu mas stap gutpela long pasin bilong wokim sex.



World Health Organisation em i save tok olsem "sexual health em olsem yu stap gutpela long bodi, long tingting na long pilim yu long ol samting long sex, em i no tasol olsem yu no gat sik, no inap stap gut, o pilim nogut. Long gutpela health long sex yu mas gat gutpela tingting na bihainim gutpela pasin long sex na stap wantaim narapela long en, wantaim bai yu kisim samting bilong sex na fil gutpela na stap sef, na bai i nogat manmeri i bosim yu, tok baksait long yu, o paitim yu".

I kam long: World Health Organisation

Sekim sexual health em wanem?

Long sekim sexual health em i no hat na em i samting long halpim yu bai yu stap healthy long sex. Sapos yu save havim sex, em bai yu mas go lukim dokta sampela taim long sekim yu. Long dispela taim dokta bai askim yu long kain kwesten long taim yu bin havim sex long painimaut sapos yu hidim halpim. Nogut bai yu wari o pil nogut long toktok long dispela, ol dokta i skul long dispela na em important long bekim kwesten long wanem em inap helpim ol olsem wanem ol bai tokim yu long wokim. Olgeta toktok namel long dokta na yu long Australia lo i tok em bilong yutupela tasol.

Long sekim sexual health em olsem:



- toktok long pasin bilong yu long sex na ol rait bilong yu long kisim sex wantaim husat



- wokim ol test (long pispis, blut, swab test o lukluk tasol)



- toktok long wanem we long stopim long kivim sik na no kamapim pikinini olsem



- sekim long ol samting long kamapim pikinini o sex i no save wok gut

Yu bihainim pasin bilong sef sex em bai halpim yu long bai no inap kisim sik long pasin long sex (STI) o no inap kamapim pikinini yu no laik kisim.

Nambawan we long stopim yu long kisim wanpela STI o kamapim pikinini yu no laikim em long bihainim pasim bilong 'sef sex'. Sef sex am olsem wokim bai yu no inap pas long wara long bodi bilong narapela, na em olsem mas yusim condom samting long taim long sex.

Contraception



Contraception em long stopim long kamapim pikinini, bai ol marit inap havim sex na no wokim pikinini Em important tru bai yu toktok long contraception wantaim nupela manmeri bilong yu pastaim long wokim sex. Contraception em samting bilong yutupela, olsem yutupela wantaim em bai wokim. Yutupela man o meri bilong yu i mas tokorait long wokim sex samting. Long Australia, sapos man o meri bilong yu i no laik long yusim condom samting, o i pilim yu krosim o hatim em long yusim kain olsem, em i kamap pinis olsem kros long wokim sex.

I save gat planti kain we long wokim contraception. Olsem, ol meri inap kisim contraceptive implant, emergency contraception marasin o marasin long kaikai bai daunim we bilong kamapim pikinini, tasol, ol dispela no inap stopim ol STI. Sampela kain contraception yu mas kisim pastaim wanpela tok-orait long ol dokta o femili planning clinic long Australia.

Taim yusim gutpela, condom em eanpela we tasol long stopim yu long kisim STI na kism bel long pikinini. Ol dispela em isi long painim, ol liklik na isi long yu karim. Yu inap baim yu yet no mas go lukim dokta long kisim – yu inap baim ol long ol chemist o stua o kisim ol free long ol family planning clinic.

Em gutpela tingting sapos yu lukim dokta bilong yu o femili planning clinic sapos yu laik kisim ol contraceptive. Ol bai tokim yu long wanem bai yu kisim bai orait long helt na laif bilong yu.

Sik bai kisim long taim bilong sex (STIs)



Sexually transmissible infections (STIs) inap kalap long wanpela i go long narapela long taim yupela wokim sex samting. Sampela ol STI i no soim aut, olsem na yu no inap save sapos pren bilong yu em gat wanpela STI o nogat.

I gat kainkain ol STI na ol inap kam long ol virus samting (olsem human immunodeficiency virus (HIV), herpes, bacteria (olsem gonorrhoea, syphilis) o kain binatang (olsem pubic lice). Planti taim STI bai kamapim sikirap long skin o rash, pen long daunbilo long bel o ol genital, o bai pilim olsem paia taim go long liklik haus long pispis o pekpek.

Sapos i gat infection, em important bai yu mas kisim marasin na samplea toksave long pasin bilong stap gut na nogat sik. Sampela infection bai luk olsem ol i raus pinis, tasol ol stap yet long bodi. Em olsem ol infection yu inap givim long husat yu havim sex wantaim ol na/o bai kamapim ol sik bihaintaim.

Bai ol sekim health bilong mi we?

Ol inap long sekim yu long dokta bilong yu yet, long ol sexual health o ol family planning clinic. Tingim, dokta bilong yu no inap soim ol narapela long ol result sapos i no kisim tokorait bilong yu.

Wanem taim bai mi nidim sexual health check?

Yu husat manmeri i save kisim planti sex mas kisim ol sexual health check klostu. Sapos sampela long ol dispela daunbilo yu save gat, gutpela tru bai ol sekim yu.



- sapos yu ting olsem yu gat wanpela STI



- sapos yu kisim sex i no sef/nogat protection



- isapos condom i bruk o pundaun long taim long sex



- sapos yu o pren bilong yu I gat moa long wanpela partner



- sapos yu statim sex wantaim nupela man o meri



Wanem hap long kisim halpim o tok long wanpela

Sapos wanpela i bagarapim yu long sex na yu laik mekim komplain, bai yu riport long ol polis hariap tasol. Sapos yu no stap sef o em emergency ringim 000. Bai yu inap kisim halpim tu long wanpela sex assault unit, olsem ringim 1800RESPECT o 1800 737 732.

Inap wanpela wokmanmeri long PALM i halpim mi?

Long stap gutpela long narapela kantri inap hat liklik tasol sampela sapot na samting long halpim yu i stap. Sapos yu gat sampela askim long sindaun gutpela long Australia, bai yu inap askim kampani yu wok long en. Sapos ol i no save, ol inap toksave long husat tru bai yu toktok long ol, olsem sampela PALM wok halpim olsem:



Country liaison ofisa (CLO) o ol labour attaché

Bai yu inap painim ol contact details long PALM website long (<https://www.palmscheme.gov.au/contact>).










PALM sapot sevis fone namba (1800 51 51 31), o email long (palm@dewr.gov.au)

Lukim dispela sapot sevis lain na email inbox ol save sekim long 8:30 am inap 6:30 pm AEST – ol fone call long behind taim i mas long bikpela birua tasol.













Olsem wanem bai mi kisim moa toksave o halpim long mi long ol save lain?



Sapos yu save long sampela lain i laik save moa long pasin sex, tok orait, paitim husat long laikim sex na long ol sevis bai inap long sapot helt na stap-orait bilong yu taim yu stap long Australia, bai yu inap long toktok wantaim ol sapot sevis lain raitim daunbilo hia. Ol dispela lain inap halpim yu o soim yu long wanem hap bai yu inap painim sevis inap halpim na yu inap toktok wantaim ol.

GUTPELA ASKIM NA SAPOT SEVIS LONG AUSTRALIA		
SEVIS	EM SAVE MEKIM WANEM?	CONTACT INFORMATION
Reach Out	<p>Reach Out em wanpela online toksave bai yu inap halpim yu yet, halpim ol wanlain olsem yu na ol toksave long halpim ol pipol long stap gut olgeta taim.</p> <p>Sapos yu laikim moa toksave long bai yu kisim sexual health check na painim ol lain givim sevis go lukim long Reach Out website.</p>	<p> Go long website https://au.reachout.com long kisim moa toksave long: <u>Long kisim sekim long helt bilong yu.</u> <u>Olsem wanem bai yu inap toktok long pren bilong yu long helt long sex.</u> <u>Sevis long helt long ol kainkain manmeri.</u></p>
Heath Direct	<p>Sapos yu laikim moa toksave long sef sex, tok orait na long save long soim ol piksa bilong yu yet, dispela lain i gat ol toksave, ol wanlain long halpim yu na ol toksave long halpim ol yangpela manmeri tu.</p>	<p> Ringim: 1800 022 222</p> <p> Web: https://www.healthdirect.gov.au/australian-health-services</p>
Family Planning Alliance Australia (National na State)	<p>Family Planning Alliance em i nambawan sevis long Australia long healthg long sex na karim pikinini. Em i save strongim public health long i kamapim ol policy na tokaut long ol manmeri long en.</p> <p>Sapos yu laik go long lukim wanpela family planning clinic o askim long skul bilong dispela, go long sevis page long painim family planning lain long ples bilong yu, o toktok wantain dispela lain long stet bilong yu.</p> <p>Go long Family Planning Australia long web long: https://www.familyplanningallianceaustralia.org.au/services/</p>	<p>Stet na territory ol femili planning association:</p> <p><u>ACT - Sexual Health and Family Planning ACT</u></p> <p> Fone: 02 6247 3077</p> <p> Web: https://www.shfpact.org.au/</p> <hr/> <p><u>NSW – Family Planning NSW</u></p> <p> Fone: 1300 658 886</p> <p> Web: https://www.fpnsw.org.au/</p> <hr/> <p>(moa long next page)</p>

GUTPELA ASKIM NA SAPOT SEVIS LONG AUSTRALIA

SEVIS	EM SAVE MEKIM WANEM?	CONTACT INFORMATION
<p>Family Planning Alliance Australia (National na State)</p>	<p>Moa yet long pes i go pas</p> <p>Family Planning Alliance em i nambawan long kantri long health long karim pikinini na stap gut long sex. Em i save tokaut long ol manmeri inap stap gut long toksave long ol policy.</p> <p>Sapos yu laik go long wangepa family planning clinic o askim long skul long en, lukim long service page long painim wangepa family planning lain long ples bilong yu, o toktok wantaim ol long state bilong yu.</p> <p>Go long Family Planning Australia long web long: https://www.familyplanningallianceaustralia.org.au/services/</p>	<p>State na territory family panning associations:</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: Relationships and Reproductive Health</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 Health Quarters Western Australia</u></p> <p> Fone: (08) 9227 6177  Web: https://shq.org.au/</p>

Mipela ol PALM scheme i bin careful tru long rediim dispela ol toksave, tasol mipela bai i no inap kisim responsibility, wantaim ol wokmanmeri, volunteer o partner long mipela, long wanem ol asua, lusim aut amting, samting i no stret long ol information long dispela factsheet. Information long dispela gactsheet mipekla i wokim long givim general information tasol. Em i no bilong kisim ples bilong legal o narapela professional advice. I nogat responsibility bai PALM o ol partner bilong em bai kisim long wanem kain samting bai kamap long husat i save yusim ol information i stap long dispela factsheet.

