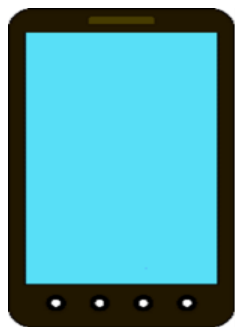


Women With Disabilities Australia

wwda.org.au

WWDA Youth

Survey on Your Period and Safer Sex

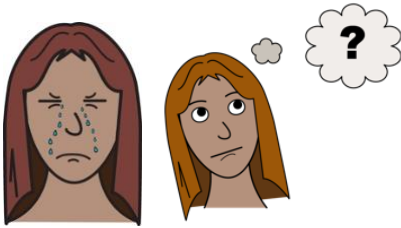


You need help





You read some of the questions.



You may feel

- sad
- worried
- confused.



You want to talk about

- how you feel
- what you can do now.



This fact sheet has services that you can talk to.



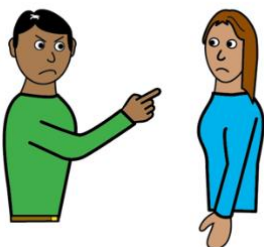
1800 Respect are open

- all day and night
- all year.

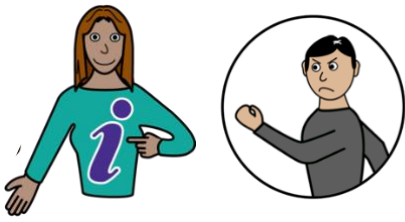


1800 RESPECT can talk to you about

- violence
- abuse



- someone making you feel bad.



Learn more about

- violence
- abuse



Go to www.oursitewwda.org.au

Click on **Easy English** at the top.

Now.

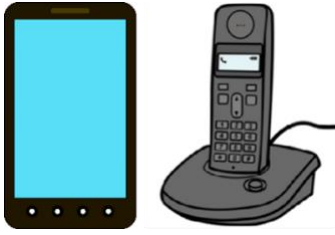


Click **Safety from Violence**.



There is lots of information here. Like

- Your right to be safe from violence
- 1800 Respect. Book 1. Learn about violence.



Call 1800 737 732.



On your computer.

Website www.1800respect.org.au

Find the button at the bottom called **Chat online.**

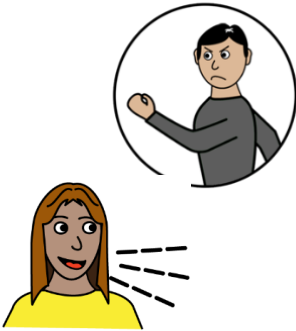


1800RESPECT has an App.

It is called Sunny.

Sunny is for women and girls who

- have a disability.



Sunny can help you

- learn about violence
- get help
- tell your story.



Download Sunny from

- Google play store
- App store.



Lifeline can help when

- there is something really bad in your life
- you think you may hurt yourself.



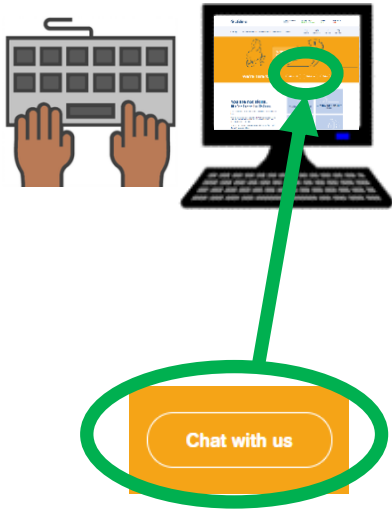
Lifeline is open

- all day and night
- all year.



Call

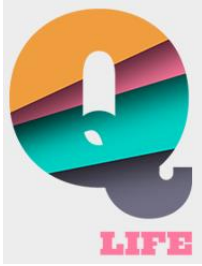
13 11 14.



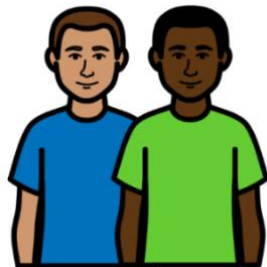
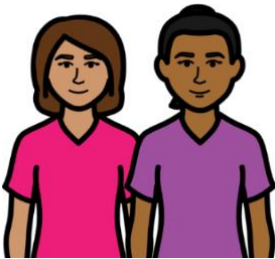
On your computer.

Website www.lifeline.org.au

Find the button in the middle called
Chat with us.



QLife



QLife is for people who are

- lesbian
- gay
- bisexual
- transgender
- queer
- intersex.



We sometimes write LGBTIQ+



Want to know **what Is LGBTIQA+?**

Find out more. Read it in Easy English.



Go to www.oursite.wwda.org.au

Open the search window

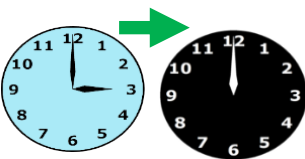
Type **WWDA Easy English Book.**

What is a LGBTIQA+?

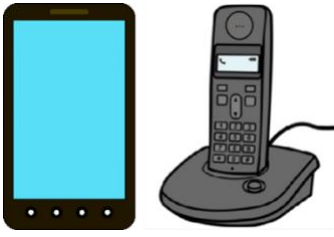


QLife are open

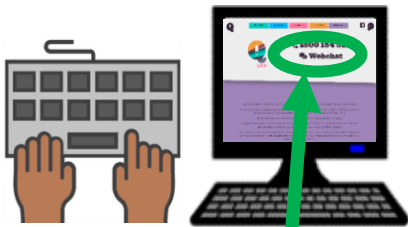
- every day of the year



- 3 pm to midnight.



Call 1800 184 527.



On your computer.

Website www.qlife.org.au



Find the button in the middle called **webchat**.

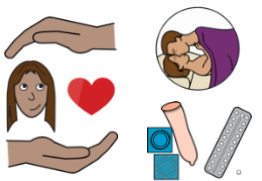
Family Planning



Family Planning Alliance Australia has a list of family planning services in each state.



You can talk to your Family Planning service about lots of things. Like



- sex
- contraception



- pregnancy
- having babies.



On your computer.

Website

familyplanningallianceaustralia.org.au/services



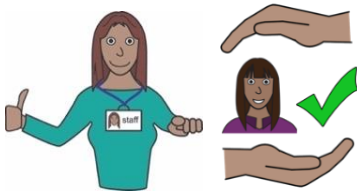
Choose the service in your state.

Go to its website.



NDIS Quality and Safeguards Commission

NDIS Quality and Safeguards Commission make sure NDIS services



- treat you well
- keep you safe.



NDIS Quality and Safeguards Commission can help you if a service



- makes you do something you do not want to do
- does violence to you.



They can help you complain about a service.



Call

1800 035 544.



On your computer.

Website <https://www.ndiscommission.gov.au/>



Find the button called **Make a complaint**



This survey

This fact sheet is based on the WWDA Youth Survey: Sexual and Reproductive Health Resources.



Who wrote this fact sheet?

Women With Disabilities Australia wrote this fact sheet in 2021. 2021.

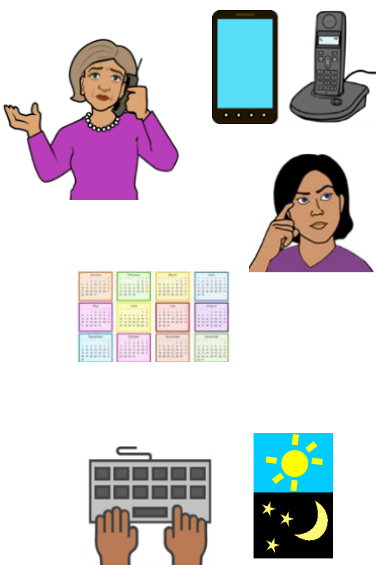


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