



**ADVOCATE  
EDUCATE  
LISTEN**

Our 2021-2023 plan  
for supporting the  
reproductive and  
sexual rights of  
people with disability





We are called Family Planning NSW. We are a health service. We work to make sure everyone has good sexual health.

## Good sexual health is for everybody

Sexual health is about:



- feeling good about yourself



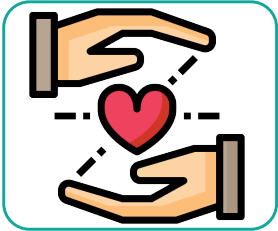
- changes that happen as you grow older



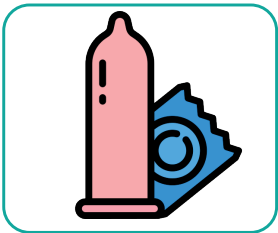
- planning to have children



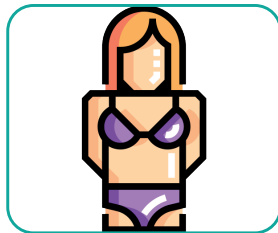
- seeing a doctor to stay well



- good relationships



- safe sex



- private body parts

Sometimes it can be hard for people with disability to have good sexual health. Family Planning NSW is working to make this better.



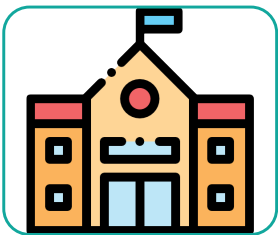
## Your rights

You have the right to

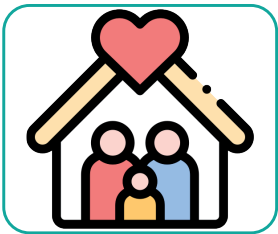
- enjoy sexual relationships
- get married
- be safe from abuse
- learn about sex and relationships
- be a parent
- see a doctor
- make your own choices



- The government needs to make sure you have these rights



- Schools need to make sure you have these rights.



- Your family should help you have these rights too



- Disability services need to make sure you have these rights



- If you have an NDIS (National Disability Insurance Scheme) plan it should help you have these rights

Some people do not have good sexual health. This needs to change.

**ADVOCATE  
EDUCATE  
LISTEN**



Family Planning NSW is working to help people with disability have these rights.



## What have we done already?

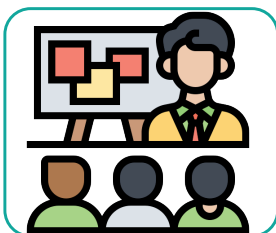
In 2014 we developed a plan called **Love and Kisses: Taking Action**.

We did lots of things as part of Love and Kisses: Taking Action.

From 2014 to 2018, we:



- worked with people with intellectual disability and their support people to make 18 new health information resources



- held 45 information workshops across NSW for parents and carers of people with intellectual disability and autism spectrum disorders. Nearly 850 people attended our workshops



- held 83 training courses across NSW for disability support workers and teachers. More than 1000 people attended



- opened our Hunter Sexuality and Disability Service in 2015. The service helps people of all ages to develop skills to have good sexual health and relationships as part of the National Disability Insurance Scheme (NDIS)

But we know there is a lot more to do so that all people with disability can have good sexual health.



## What are we going to do next?

Family Planning NSW talked to lots of different people, including people with disability, about what we should do next.



Based on their feedback we have written a new plan about how we will help people with disability have good sexual health.



It is called:

## **Advocate, educate, listen: our 2021-2023 plan for supporting the reproductive and sexual rights of people with disability**

This plan says what we will do from 2021-2023.

## What are we going to do?

Family Planning NSW will help make sure people have good sexual health by doing these things:

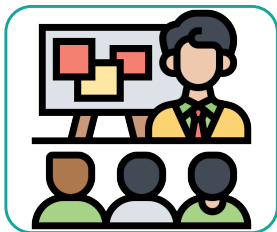


### 1. Talk more about sexual health

We will work with people with disability to talk to more people in the community about sexual health.

We want to make sure more people know about the rights of people with disability.

We want more people to feel comfortable talking about sexual health.



### 2. Teach parents, support workers and teachers how to help people with disability have good sexual health

We will offer free courses so that more people can come.

We will work with people with disability to make sure we are teaching the right things to parents, support workers and teachers.

We will ask parents, support workers and teachers about what they need to learn best.



### 3. Talk to the government to make sure people get the right help to have good sexual health

We will talk to the government about things like:

- creating rules so it is clear how the NDIS can help a person with disability to have good sexual health
- helping children and young people with disability learn how to have good sexual health when they are at school
- training support people so they know how to help people with disability to have good sexual health
- collecting more information so we know if the sexual health of people with disability in Australia is getting better





#### 4. Be a more inclusive and accessible organisation

We will make sure our clinics, website and resources are inclusive and accessible for all people.



We will ask people with disability about how we should do this.



We will make sure we talk to Aboriginal and Torres Strait Islander people with disability.



We will talk to people with disability who are from different cultures and who speak different languages.



We will talk to people with disability who are different ages. Old people, young people, and people in between.



We will also talk to people with disability who are lesbian, gay, bisexual, trans, intersex and queer (LGBTIQ).

We are looking forward to talking with people with disability, parents and carers, disability services and workers to make these things happen over the next three years.

**ADVOCATE  
EDUCATE  
LISTEN**

## How to find out more

If you would like to find out more about what we're currently working on, have a look at our website go to

**[www.fpnsw.org.au/disability](http://www.fpnsw.org.au/disability)**

If you want to give us feedback, or if you want find out how you can be involved, please contact us.

**Phone:** 8752 4388

**Email:** [healthpromotion@fpnsw.org.au](mailto:healthpromotion@fpnsw.org.au)

