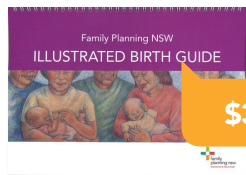


Family Planning NSW

Shop

Reproductive and sexual health resources and books for every body in every family.

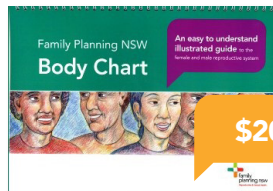
Pregnancy birth & body



\$30

Family Planning NSW Illustrated Birth Guide

This easy to understand guide contains full-colour images of pregnancy, labour, delivery and breast feeding with detailed explanations. A great resource for teachers, doctors, nurses, midwives, parents and international aid workers.



\$20

Family Planning NSW Body Chart

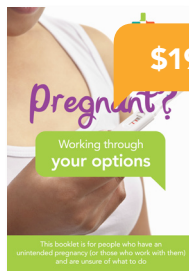
This spiral-bound guide contains 7 colour illustrations of the reproductive system for use by educators. Includes clearly labelled images of the female and male reproductive parts, pelvic floor muscles, breast, menstrual cycle and sterilisation.



\$20

Body Talk Birth Charts

A large spiral bound book with nine beautifully coloured charts about childbirth covering labour and delivery. Images are non threatening, appropriate for a wide range of cultural groups and all show the uterus and baby in relation to the woman's body.



\$19

Pregnancy Options (10 copies)

This booklet is for people who have an unintended (unplanned) pregnancy and are unsure of what to do. It includes information about the options available, issues to consider, where to go for support and tools to assist decision-making. Also a valuable resource for workers who support women with unintended pregnancy.

Non-english speakers



\$19

Know Your Health: Pregnancy options (10 copies)

Designed for non-English speaking and low-literacy women who have an unintended pregnancy and are unsure of what to do. Covers the options available, issues to consider, where to go for support and decision-making tools.



\$18

Know Your Health: Contraceptive Options Z card (10 copies)

This factsheet is for low literacy consumers. It covers contraceptive options, their effectiveness and how they work, how a woman becomes pregnant and dispels common myths about contraception. Available in English, Dari, Arabic and Farsi.



\$9

Know Your Health: Menopause (25 copies)

This brochure is for non-English speaking and low-literacy women who want to learn about menopause. This easy-to-read, pictorial resource covers symptoms and things that can help, hormone therapy and managing menopause. Available in English, Dari and Arabic.



TBA

Know Your Health: Fertility and Reproduction (10 copies)

This booklet is for non-English speaking and low-literacy women who want to learn about fertility and reproduction. This easy-to-read, pictorial resource covers the female reproductive system, periods, fertility, tips to improve chances of getting pregnant, and how to lead a healthy lifestyle.

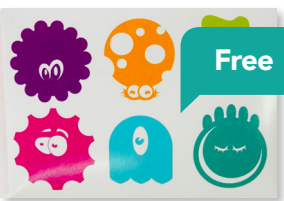
Young people



\$18

Me Myself and I: Puberty Information for Everybody (25 copies)

Packed with interactive activities and information this is our 'go to' resource about puberty. Topics include body changes, social changes, emotional changes and the impact of technology.



Free

Safe Sex Packs - Youth

Designed for young people to encourage safe sexual behaviours to prevent STIs and unplanned pregnancy. Each pack contains 1 condom, 1 lube sachet, step-by step directions and how to contact Family Planning NSW for more information and support.



\$18

What Suits Me? Contraceptive Options (25 copies)

Brightly styled with an easy to navigate format, this booklet was written and designed in consultation with young people to ensure it delivers the most valuable information about contraception.



\$8

You & Me = Us: All About Relationships (10 copies)

This booklet is for young people who want to know the ins and outs of relationships. With an engaging pictorial format, topics include healthy relationships, feeling safe, thinking about sex, consent, all things digital, break ups and talking with a parent.



Free

Body Talk poster

The Body Talk website provides information about the body, puberty, relationships, contraception and safe sex. Display this poster to connect young people with reliable sexual health information.



\$18

Your Best Defence: Keeping an Eye on STIs (25 copies)

Our 'go to' resource about STIs. Includes an overview of nine STIs, methods of prevention, sexual health checks, where to get tested, access to safe sex products and contraception, confidentiality, and sex and healthy relationships.



Free

Some Girls Like Girls poster

This poster was designed by same sex attracted young people to promote inclusivity and a 'welcome all' attitude. Best used in schools and youth centres to help create a safe and welcoming space.



Free

Talkline poster

Display our 'Just Ask Us' poster to connect young people with Talkline, our free information service where our friendly and experienced nurses give advice and answer questions about all things 'sexual health'.

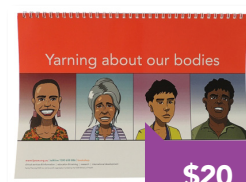
Aboriginal & Torres Strait Islander



\$290

Yarning About Contraceptive Kit

A kit with real examples of contraceptives designed to promote healthy choices about contraception to Aboriginal and Torres Strait Islander young people. Everything you need for a practical presentation.



\$20

Yarning About Our Bodies flipchart

With 7 full colour illustrations of the reproductive system, this resource was designed for Aboriginal and Torres Strait Islander young people. It includes clearly labelled images of the female and male reproductive parts, pelvic floor muscles, breast and menstrual cycle.



\$19

Yarning About Pregnancy: Working through your Options (10 copies)

This booklet is for Aboriginal and Torres Strait Islander women who have an unplanned pregnancy and are unsure of what to do. Topics include the options available, issues to consider, where to go for support and decision-making tools.



Free

Safe Sex Packs - Aboriginal

Designed by and for Aboriginal people to encourage safe sexual behaviours to prevent STIs and unplanned pregnancy. Each pack contains 1 condom, 1 lube sachet, step-by step directions and how to contact FPNSW for more information and support.

To purchase, simply order online at
<https://shop.fpnsw.org.au>



For more information

p 02 8752 4307

f 02 9799 8835

e shop@fpnsw.org.au

328-336 Liverpool Road, Ashfield NSW 2131

Family Planning NSW is a not-for-profit organisation funded by the NSW Ministry of Health

Prices include GST, can change without notice and are subject to availability. ABN 75 000 026 335

Disability



\$30
save \$8

Disability Resource Bundle

Ideal for families, support workers, advocates, teachers or clinicians who want to talk with a person with intellectual disability about sexuality. Includes About Masturbation for Males and Females (set), All About Sex, and Sex, Safe and Fun.



\$18

Sex, Safe and Fun

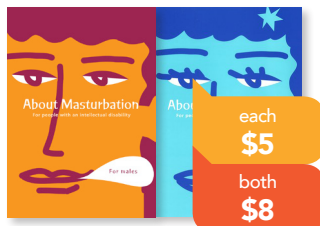
Perfect for anyone wanting to talk with a person with intellectual disability about sexuality and sexual safety. This kit includes an easy to read booklet for the learner, a condom pack (with lubricant and instructions) and a support person's guide.



\$18

Your Child's Growing Sexuality (10 copies)

This booklet provides parents and carers of children with intellectual disability with information and strategies to support their child's growing sexuality. Topics include benefits of sexuality education, strategies for talking about sexuality, and frequently asked questions.



each
\$5
both
\$8

About Masturbation for Females / Males

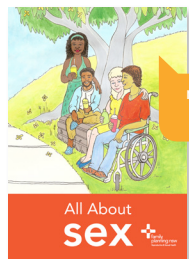
These illustrated, easy-to-read social stories have been designed to help people with intellectual disability, staff and families, with issues around masturbation.



Free

Safe Sex Packs - Disability

Designed for people with intellectual disability to encourage safe sexual behaviours to prevent STIs and unplanned pregnancy. Each pack contains 1 condom, 1 lube sachet, step-by step directions and how to contact FPNSW for more information and support.



now only
\$10

All About Sex

Covering topics including bodies, relationships, sex, pregnancy and reproduction, sexual health and sexual assault, this easy to read, illustrated book has been designed for people with intellectual disability and those who support them.



Free

Love & Kisses posters

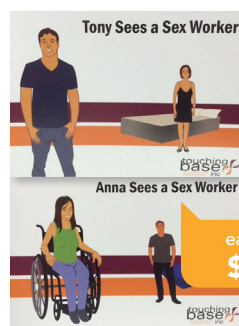
This set of 2 posters show positive images of people with disabilities in relationships. Display these posters to support the romantic and sexual lives of people with disabilities or to set the scene for sexuality education.



Free

Outing Disability posters

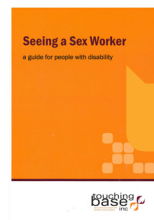
Set of three A2 posters from our highly praised Outing Disability exhibition. These powerful and thought provoking posters promote positive messages about lesbian, gay, bisexual, transgender, intersex and queer people with disability.



each
\$5

Tony / Anna Sees a Sex Worker

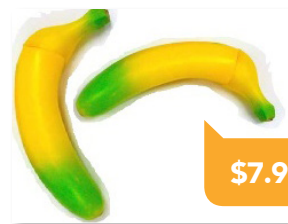
Developed in partnership with Touching Base, these easy-to-read, illustrated stories follow Tony and Anna as they plan and visit a sex worker with the support of a disability worker. Ideal for people with intellectual disability thinking of seeing a sex worker.



\$10

Seeing a Sex Worker - a Guide for People with Disability

This guide aims to clarify the steps involved for people with disability who choose to access the sex industry and provides more detailed information than Tony/Anna Sees a Sex Worker. This resource is ideal for people with all types of disability and the people that support them.



\$7.95

Banana Penis

This plastic model of an erect penis is cleverly disguised within a removable cover which looks like a banana. Ideal for demonstrating correct condom use, the banana penis can be an amusing introduction to an education session about condoms.



Free

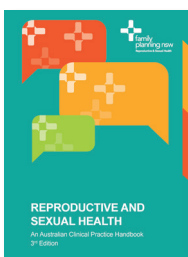
Disability Resource Collection Catalogue

This catalogue covers our most popular resources from the Disability Resource Collection. Designed for people with intellectual disability, their parents and support workers, these resources can be ordered from our online shop, downloaded from our website, or loaned from our collection.

Clinicians



\$153



paperback
\$75
eBook only
\$35
both
\$100

Reproductive and Sexual Health: An Australian Clinical Practice Handbook (3rd Edition)

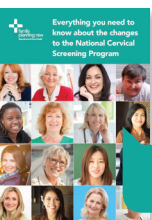
Delivered in a user-friendly style, this handbook provides evidence-based consensus recommendations on the diagnosis and management of everything from menstrual disorders, to cervical screening and STIs.



\$88

Contraception: An Australian Clinical Practice Handbook (4th Edition)

This Handbook provides up to date, accurate information on all available contraceptive methods and related clinical practice. Based on extensive research, review and critical analysis of the most recent literature and research.



Free

National Cervical Screening Brochure

This brochure outlines how and why the National Cervical Screening Program will change, and provides answers to common questions. This resource is ideal for general practices, women's health centres and other community programs.

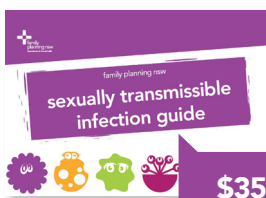
Education and training



\$210

Sexually Transmissible Infection Kit

Designed for engaging teaching and learning about STIs, this kit includes up-to-date information and real examples of testing equipment and methods of protection. Comes with both the STI Guide and a Teacher's Guide with information and lesson plans.



\$35

Sexually Transmissible Infection Guide

This full colour, free standing guide contains information on 9 STIs as well as photographs and information on STI protection and testing. Excellent for teachers, youth and health workers to help facilitate sexual health and relationship education.



\$45

Contraceptive Guide (2nd Edition)

This free standing guide is an excellent resource for teachers and clinicians to facilitate sexuality and relationship education. Up-to-date and visually appealing, this resource contains photographs and information on each available contraceptive method.



\$290

Contraceptive Kit

Our complete kit for hands-on teaching and learning about contraception. Comes with the Contraceptive Guide and real examples of contraceptive methods. Everything you need for a practical presentation.



\$500
save \$62

Schools Sex Ed Collection

Our complete collection for teaching reproductive and sexual health education. Includes the Contraceptive Kit, the STI Kit, 50 Safe Sex Packs, a Body Talk poster and 25 copies of What Suits Me, Me Myself and I, Your Best Defence: STIs and 10 copies of You & Me = Us.

