

Family Planning NSW



The work we will do
in the next 4 years



Easy English

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About us



We are called **Family Planning NSW**. We are a health service

We work to make sure everyone has good sexual health

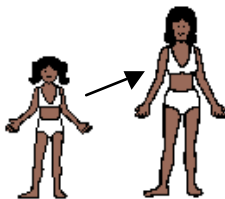
Sexual health is about



- feeling good about yourself



- good relationships



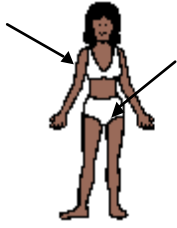
- changes that happen as you grow older



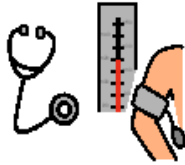
- safe sex



- planning to have children



- private body parts



- seeing a doctor to stay well



Family Planning NSW has written a plan about sexual health. The plan is called **Love and Kisses: Taking Action**

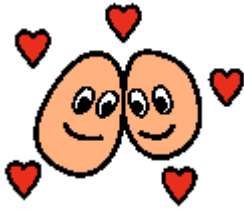


The plan tells you what we will do in the next 4 years. It will help people with disability to have good sexual health



Family Planning NSW will work with lots of other people to make this happen

Help people to have good sexual health



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



Disability services need to make sure you have these rights



Schools need to make sure you have these rights



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

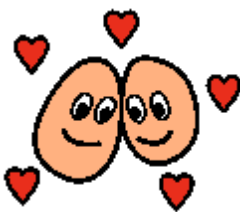


Family Planning NSW will talk to the government
to make sure people have good sexual health

Help people to make their own choices



You have the right to make your own choices.



This includes choices about

- your body
- the relationships you want
- marriage
- having sex
- the type of services you want



All people have the same rights to make their own choices. This includes people who are

- straight
- gay
- lesbian
- bisexual
- transgender
- intersex

All people have the same rights to make their own choices. This includes people who are



- Aboriginal



- born in Australia



- born in other countries and live in Australia

NDIS

The National Disability Insurance Scheme (NDIS) is new. It needs to help you make your own choices. It needs to make sure you get the services you need. This includes help to have good sexual health



Family Planning NSW will talk to the government to make sure people get the right help

Help people to learn about sexual health at school



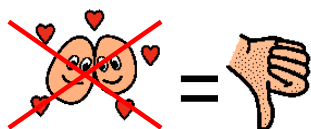
People have the right to good education at school



At school people should learn about

- private body parts
- body changes such as puberty
- relationships
- sex
- being safe from abuse

This is called sexual health education



People with disability do not get good sexual health education at school. This needs to change



Schools need to make sure people get good sexual health education. They need to make sure people get the help they need to learn

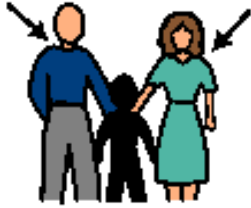


The government needs to help schools do this work better

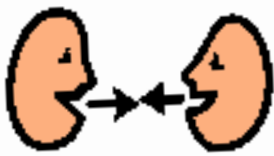


Family Planning NSW helps teachers to learn about sexual health. This helps them to teach people about sexual health

Help for parents and carers



Parents and carers can help their child learn about sexual health



Parents and carers need to talk to their children about

- private body parts
- body changes such as puberty
- relationships
- sex
- being safe from abuse



Parents and carers might not know how to talk to their children about these things

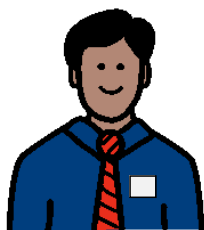


Parents and carers might be embarrassed. They might not know what to say

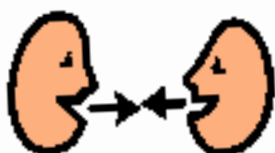


Family Planning NSW helps parents and carers to learn about sexual health. This helps them to talk to their children about sexual health

Help for disability workers



Disability workers can help you to have good sexual health



They can help you by talking to you about sexual health



They can help you by giving you books and DVDs about sexual health



They can help you to make your own choices



Disability workers might not know how to help you to have good sexual health



Disability workers might be embarrassed. They might not know what to say



Family Planning NSW helps disability workers to learn about sexual health. This helps them to talk to you about sexual health

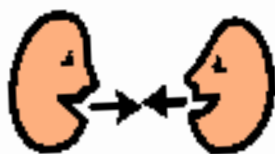
Help for doctors



You have the right to good sexual health services. Doctors can help you to have good sexual health



Doctors can help you make your own choices about your sexual health



Doctors can help by talking to you about sexual health. They need to use words you can understand



Doctors might not know how to help people with disability. They might not know what to say



Family Planning NSW helps doctors to learn about sexual health. This helps them to talk to you about sexual health

How to find out more

To find out more about this plan you can



Go to our website

www.fpnsw.org.au/loveandkissestakingaction



Talk to us. Call our phone line called

Talkline

Phone 1300 658 886

8.30am to 5pm weekdays



Email us

statehpu@fpnsw.org.au

Date of plan: December 2013