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**SEXUALITY**

Logo, company name

Description automatically generatedA picture containing text, person

Description automatically generated

When you see the words ‘we’ or ‘us’, it

means Quality Health Care (QHC).

We have written this document in an easy-to-read way. We use pictures to explain some ideas.

This Easy Read document is a summary of other QHC documents. It reflects some of the policies that we have in place and NDIS Practice Standards that we follow.

You can ask for help to read this document. A friend, family member or support person may be able to help you.

**WHAT IS SEXUALITY?**

A picture containing bubble

Description automatically generated

Sexuality is how you feel about yourself and your body. It is also how you think, and how you feel about others.

A shadow of a person

Description automatically generated with low confidence

A sexual relationship is when two or more people do sexual things together. For example, touching private parts of the body and having sex.

A picture containing text

Description automatically generated

We will support you to understand your choices and we will respect the choices you make.

A picture containing person

Description automatically generated

We will respect your right to:

* have and enjoy sex
* choose your sexual partners
* learn more about sex or anything to do with sex
* dress and act how you wish



* We will respect your right to marry someone

A person and person sitting on a bed

Description automatically generated with low confidence

* We will respect your right to have someone stay over night

A person carrying a potted plant

Description automatically generated with low confidence

* We will respect your right to move in with someone

A picture containing text, metalware

Description automatically generated

* We will support you to have privacy when you do sexual things

A picture containing person, person, indoor

Description automatically generated

* Staff will respect your privacy when you do sexual things
* Staff will only tell certain people if you are being hurt or doing something against the law

A picture containing text

Description automatically generated

**WHAT IS SEXUAL CONSENT?**

It is saying YES or NO to sexual things

A picture containing person

Description automatically generated

What does it mean to “consent” to do something sexual?  
  
It means you AGREE

A picture containing text

Description automatically generated

Understand what you say YES to.   
For example, kissing or having sex

Understand that it is sexual and not part of something else like washing or getting dressed

A person with her mouth open

Description automatically generated with medium confidence

You can say NO or REFUSE if you want to.

Icon

Description automatically generated

The law says you and the other person need to be 16 years old or older

A picture containing person, indoor

Description automatically generated

QHC staff will support you to understand what decision you are making and what might happen

A picture containing text, queen, sign, several

Description automatically generatedA close-up of hands shaking

Description automatically generated with low confidenceA picture containing text, queen, sign, several

Description automatically generatedA picture containing text

Description automatically generatedA person holding a stack of money

Description automatically generated with low confidenceA picture containing text, queen, sign, several

Description automatically generated

You have the right to say NO, and we will support you

It is NOT OK for someone to force you to do sexual things

It is NOT OK for someone to take advantage of you sexually, because you have a disability

It is NOT OK for someone who is paid to support you doing sexual things with you

**BUYING THINGS TO DO WITH SEX**

A person sitting on a chair in front of a building

Description automatically generated with low confidenceThere are websites and shops where you can buy things that are about sex.

A picture containing text, businesscard

Description automatically generatedA picture containing text

Description automatically generated

Sex aids are also called sex toys.   
People use these to help them enjoy sex or masturbation.

Porn or pornography means pictures or videos which are bout sex.

For example you can buy time to do things with a sex worker.

**HOW CAN QHC SUPPORT ME TO BUY SEX TOYS**

A picture containing text, clipart

Description automatically generatedA person holding the hands together

Description automatically generated with medium confidenceA picture containing person, person, crowd

Description automatically generated

There are things that we can not help you with.   
  
These are sexual things against the law.

For example, sexual things about children.

The staff that assist you will NOT tell anyone about the sexual toys you buy.

They must respect your privacy.

We can help you buy sex toys by:

* Going to the shop with you
* helping you online
* helping you make phone calls

**WHERE CAN YOU LEARN MORE ABOUT SEX**

A hand holding a book

Description automatically generated with medium confidenceA person working on a computer

Description automatically generated with medium confidence

A picture containing person, indoor

Description automatically generatedA picture containing text, indoor

Description automatically generated

You can learn about sex by:

* Talking to someone you feel comfortable with   
  For example a family or friend or QHC staff
* Visit websites, read books or call organisations

We can assist you organising these contacts.