



**scan below to
access this
information and
more online**



Services

[Twenty10](#)

[The Gender Center](#)

[ACON](#)

[QLife](#)

[Minus18](#)

[National LGBT Health Alliance](#)

[Open Doors Youth Service](#)

[It Gets Better Project](#)

[Beyond Blue](#)

[Nowra Community Food Store](#)

If you need to speak to someone urgently please call Lifeline on 13 11 14 or Kids helpline 1800 55 1800

You can also get help in person at a headspace centre located near you or via our online support service at eheadspace



Purple Pack

**information on gender and sexual
diversity to help you find the best
support for you**



Gender

Sex: Genetic, hormonal and physical characteristics of a person. E.g. female, male, intersex.

Gender: How you view or express your gender and how you want others to treat you. E.g. Man, woman, non-binary.

Sexuality: Separate from sex and gender. It's about someone's feelings, thoughts, attractions and behaviours towards other people e.g. lesbian, gay, bisexual, asexual.

Pronouns: Words substituted for people's names which affirms someone's identity. E.g. She/her, he/him, they/them.

Transgender

Transitioning: Changing the expression of your gender/sex through appearance, name, medical change.

Hormones: Gender affirming hormones can be taken to support someone's transition. GP's are able to initiate hormone therapy for people 16 and above.

Language: Affirming people's lives and their choice in a positive and accepting way.

Rights/laws: Anti-discrimination laws protect transgender people against discrimination.

Further Information: [Transcend Australia](#), [Trans 101](#)

Aboriginal and Torres Strait Islander

There are culturally appropriate services and organizations that promote and support LGBTQI+ people from Aboriginal and Torres Strait Islander communities.

Services: [Black Rainbow](#), [13 YARN](#)

Other: [outLOUD](#) (Podcast)

Mental Health

It's an issue when : you're experiencing changes in thoughts, feelings and/or behaviour lasting for more than 2 weeks. You may not be feeling yourself, but it won't be forever.

Counselling: [ehespace](#), [Qlife](#) (1800 184 527), [Life Line](#), [Twenty10](#), [Men's Line](#),

Ally Doctors: [Gender affirming](#), [healthcare providers](#),

Sexual Health

Consent: A voluntary agreement to sexual acts with another person. You can change your mind or withdraw your consent at any time.

Safe Sex: Sexual contact that protects you and your sexual partner/s against sexually transmitted illnesses (STIs) and unplanned pregnancy.

Contraception: IUD, contraceptive pill, injections, vaginal ring, condoms.

STI's: [HIV](#), [Gonorrhoea](#), [Syphilis](#), [Hepatitis A](#), [Chlamydia](#), [HPV](#), [Herpes](#).

Testing: Every 6 months, private and confidential, and are free from GP's and [Sexual health Clinics](#).

Further Information: [PlaySafe](#), [ACON](#), [Ending-HIV](#), [Take Blacktion](#)



Drugs, Alcohol, & Violence

Harassment: When someone follows, intimidates another person. Can include following a person, monitoring their phone, constant checking in.

Violence: Can be physical, verbal, emotional, sexual, social, and/or financial. It is never the fault of the person being controlled.

Services for Drugs, alcohol and violence:

[Another Closet](#), [Youth Law Australia](#), [Inner City Legal Center](#), [Say it Out Loud](#)

Social Media

Being Safe Online: Privacy settings on social media. Close Friends lists. Block negativity or restrict accounts. Offensive Filter settings.

Hashtags: [#LGBTQIAustralia](#), [#LovesLove](#), [#LoveWins](#), [#AllBodiesAreGoodBodies](#)

Safe Groups: [Minus18 Teens](#), [Queers Down South](#), [Illawarra Rainbow Community](#), [PrideSpace](#) (headspace Nowra).

Cyberbullying: Repeated behaviour that hurts someone else through media outlets.

Further Information: [Minus18](#), [Youth Law Australia](#),

Allies

Who Are They? People who consider themselves friends and active supporters of the LGBTQI+ community.

How can they help? Stand up to discrimination, educate people around you, get involved.

Rainbow Tick: A symbol that shows services and organisations are safe, inclusive and affirming.

Welcome Here Project: Safe place project to show inclusive organization and services.

Terms: There are varying terms that are used for and by LGBTQI+ individuals. These terms need to be used respectfully.