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## **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.