

**KEEPING**

**SAFE IN**

**AUSTRALIA**



**NSW**  
GOVERNMENT

Your safety at work and home is important so you can enjoy your time in Australia. This guide helps you take care of yourself, understand your rights, and help you feel confident and safe.

## My body, my rules

Keeping safe while working in Australia is important for your health and wellbeing.


A big part of feeling safe is having control over your own body. You have the right to choose what you do with your body, like who can see and touch it.

No one should touch your body **without asking** (getting permission). This includes family, friends, partners and people you work with. People always need to ask to touch your body, but especially when they want to:

- give you a hug
- give you a kiss
- hold your hand
- have sex with you.

Giving someone permission is called **consent**. This includes family, friends and partners.





Consent means saying “yes” when you agree to something, like hugging, kissing, or having sex. If you stay silent, or you say “no”, this is not consent. You can change your mind at any time. You and your partner must both feel safe and comfortable.

## What is consent?

In Australia, there are laws about sexual consent. Laws are rules that everyone must follow.

**Sex without consent is sexual assault – this is against the law in Australia.** In NSW, the penalty for sex without consent can be up to 25 years in prison. Sexual assault includes:

- Touching someone in a sexual way without their consent
- Doing something sexual in front of them or with them without their consent
- Forcing someone to have sex

Respect everyone’s decision – Everyone has the right to say “no” and change their mind (even during sex).

You must be 16 years or older to give consent. A person under 16 years old cannot legally give consent.

**Consent is about talking and listening. Always ask your partner:**

- “Do you want to do this?”
- “Is it okay if I touch you here?”
- “Are you okay to keep going?”



## **Asking for, giving and getting consent**



You can always say “no” or stop at any time, even in the middle of sex. Always check that both people feel comfortable. If you or your partner says “stop” or looks uncomfortable, you must stop straight away.

Always respect their feelings and choices.

### **People cannot give consent if they are:**

- under 16 years old
- passed out, asleep or unconscious
- affected by drugs or alcohol
- being forced to do something they don't want to do
- being tricked into doing something different or scared to say no

And remember, consent should always be spoken. The clearest way to give consent is to say “yes”. Consent is not just about sex. You can say “no” to anyone if they ask you to do something to you that makes you feel comfortable.



**A healthy relationship means you feel respect and trust with another person.**

## **Healthy relationships**

Everyone deserves respect and trust in relationships, this includes at home with family, partners, or people you live with.

In a good relationship, people feel safe, supported, and valued.

Relationships should never have violence, pressure, control or fear. If someone hurts you, controls your money, or forces you to do something you do not want to do, that is not love – it is domestic violence.

In Australia, domestic violence is against the law.

## What are different types of domestic violence?

**Physical:** hurting someone by hitting or pushing them

**Sexual:** touching someone's private parts or forcing them to do something they don't want to do



**Emotional:** saying mean things, hurting someone's feelings or making them feel scared

**Financial:** taking or controlling someone's money without them asking you to

**Psychological:** trying to control someone, stopping them from seeing friends or family

**Technological:** using computers or phones to threaten or harass people. It can also be reading someone else's messages and emails, or tracking them without their consent





Sexual harassment is when someone says or does something sexual that makes another person feel uncomfortable.



## Sexual harassment

### Sexual harassment can include:



- Touching someone without consent
- Making sexual jokes or comments
- Staring at someone's body
- Sending sexual texts or pictures
- Asking for sex after they already said no

Even if you think it's a joke or just being friendly, it can still be **sexual harassment**.

### Get help

If someone is hurting you or you don't feel safe, it is not okay. You can get help by talking to a person you trust or call **1800RESPECT (1800 737 732)**.

If you need help speaking in your language, call Translation and Interpreting Service (**TIS**) on **131 450** before calling the health service. TIS provides interpreters for free.



It is important to look  
after your body, your  
private areas and  
keep safe during sex.



## Sexual health information for everyone

Safe sex means keeping yourself and your partners healthy and safe from infections like sexually transmissible infections (STIs), HIV and hepatitis. Having safe sex can also help protect against unplanned pregnancy.

It is important to talk to your partner about using protection, like condoms. Forcing someone to have unsafe sex, or removing a condom during sex, is against the law in Australia.

Call the **NSW Sexual Health Infolink on 1800 451 627** to find out more information about safe sex and keeping your family healthy and safe.



STIs are infections  
that can make you  
sick and make it  
hard to have a baby.



## What are STIs?

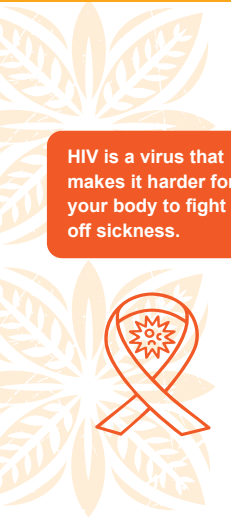

### People get STIs from:

- sex or sexual activity without a condom
- sharing needles
- skin to skin contact of private areas.

Most STIs show no signs, so you might not know if you have one.

To find out if you have an STI, you need to get tested. Testing is quick, easy and private. In NSW, STI testing is free from sexual health clinics. **For more information, visit: [www.shil.nsw.gov.au/palm-scheme](http://www.shil.nsw.gov.au/palm-scheme)**

STIs can be treated with medicine. It is important to get tested early. Untreated STIs can harm your body.



**HIV is a virus that makes it harder for your body to fight off sickness.**



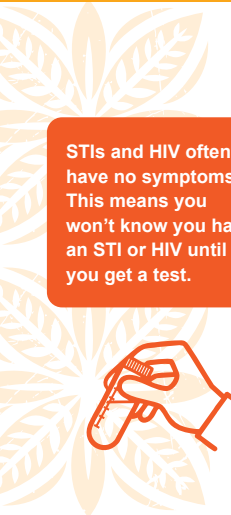

## **What is HIV?**

People can get HIV from another person who is HIV positive and not on HIV treatment. This can be from:

- sex without a condom
- sharing needles or tattooing equipment that is not sterilised and safe
- mother to child during pregnancy, birth or breastfeeding (if not on treatment)

If you don't get treated, HIV can turn into AIDS, which is a very serious illness.

People living with HIV in Australia can get free treatment and live a long and healthy life. People on HIV treatment cannot pass HIV to others.



**STIs and HIV often have no symptoms. This means you won't know you have an STI or HIV until you get a test.**



## **How do I know if I have an STI or HIV?**

You should have an STI test if:

- you have sex without a condom
- you notice pain, discomfort, or any changes in your private areas
- you have sex with someone new
- you haven't had an STI test before.

An STI test involves a urine (wee) test or a swab and a blood test.

### **Where can I get an HIV or STI test?**

Testing is confidential and private. You can get tested at:

- A local doctor
- A sexual health clinic (free)

For information and to find your closest sexual health clinic, call the NSW Sexual Health Infolink on 1800 451 624.

## Using condoms

Condoms help stop pregnancy and protect you from STIs by keeping body fluids from mixing during sex. **There are two types:** one goes on the penis, and the other goes inside the vagina. They work really well if you use them the right way. Here are some tips:



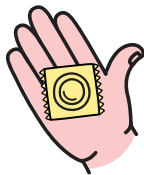
Check the expiry date before use.



Use condoms for all types of sex - oral, vaginal, and anal.



Use water-based lubricant (a slippery gel) to stop the condom breaking.



Use a new condom every time you have sex.

Contraception is something people can use when they want to have sex, but do not want to become pregnant or have a baby.



## What is Contraception?

It is important to use contraception every time you have sex if you do not want to have a baby.

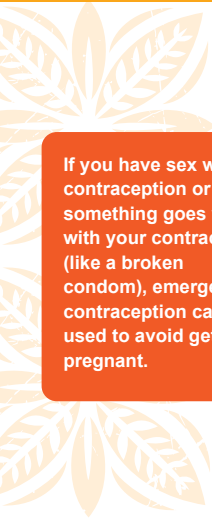

Many different types of contraception are available, including some that last for a long time and some that work for a short time.

There may be some costs involved to get contraception.

**Some types of contraception include:**

- **Condoms:** worn during sex to stop sperm from reaching the egg
- **The pill:** a tablet you take every day to stop getting pregnant
- **IUDs:** a small device put in your womb (uterus)
- **The implant:** a small device put under your skin (usually in the arm)
- **The contraceptive injection:** an injection you get every few months

Your doctor can help you understand which type of contraception best suits you.



If you have sex without contraception or if something goes wrong with your contraception (like a broken condom), emergency contraception can be used to avoid getting pregnant.

## Unplanned pregnancy and Emergency Contraception

The **Emergency Contraception Pill (ECP)**, sometimes called the “**morning-after pill**,” is a tablet you can take after unprotected sex to stop pregnancy from happening.

- It works best if taken right away, but it can be taken up to four days after unprotected sex.
- It is for emergencies, and not for regular use – using condoms or other methods is the best way to prevent pregnancy.
- You can get the emergency contraception pill from a pharmacy.

Remember, talk with your partner and make decisions together that are respectful of your beliefs and values.

**Call NSW Pregnancy Choices Helpline on 1800 008 463** for free, private, and kind support. There is no judgement – just clear information to help you.

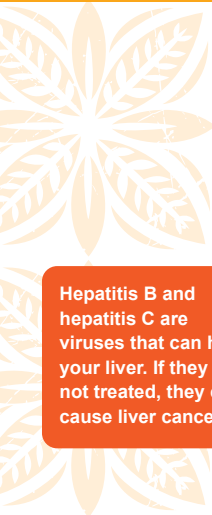
**Your liver is very important. It cleans your blood, removes bad things, and gives you energy for work and life. It also helps your body use medicine properly.**

## **Liver health**

Some easy ways to look after your liver are:

- By eating healthy food like fruits and vegetables
- Drinking less alcohol – too much alcohol can hurt your liver
- Never sharing needles – this can spread viruses that damage your liver
- Always use condoms during sex to help stop infections like hepatitis B and C.





## Hepatitis B and hepatitis C

Hepatitis B and hepatitis C can spread through blood, unprotected sex, and sharing needles or tattoo equipment with someone who has hepatitis B or C. Hepatitis B can also be passed from mother to baby during birth.

It is important to get tested for hepatitis B and C to protect your liver and stay healthy.

Hepatitis B and hepatitis C are viruses that can hurt your liver. If they are not treated, they can cause liver cancer

### HEPATITIS B

**There is a safe vaccine for Hepatitis B.** It stops you from getting the virus.

If you have hepatitis B, you should see a doctor every year to check your liver and stay healthy. You might need medicine to help your liver.

### HEPATITIS C

**Hepatitis C can be treated with medicine.** The medicine stops the virus and helps your liver.

There is no vaccine for hepatitis C, but you can stop it by using clean needles, wearing condoms during sex, and getting tattoos or piercings at a safe place.





## Reducing harm

Reducing harm means staying safe and healthy by making safer choices, like using condoms and not sharing needles. These choices help protect your health and reduce the risk of getting sick.

You can get HIV, hepatitis B, or hepatitis C through unsafe sex, contact with blood or sharing needles, for example – bluetoothing.

People use needles for lots of reasons, including diabetes management or treatment. Remember to always use clean needles and get rid of used needles in the right way to keep everyone safe.

You can get **free and clean needles from a Needle and Syringe Program (NSP)**. This is also a safe place to get rid of used needles.

You can find the nearest NSP here:

***[www.health.nsw.gov.au/hepatitis/Pages/nsp-outlets.aspx](http://www.health.nsw.gov.au/hepatitis/Pages/nsp-outlets.aspx)***





## Services to help you stay safe

### Counselling for domestic and family violence

Counselling is when a person listens to you and works with you to help you feel better. For counselling and support for sexual violence or family and domestic violence, please **call 1800RESPECT on 1800 737 732**. If it is an emergency, **call 000**.

### Call healthdirect

Call healthdirect on **1800 022 222**. It is a free, 24/7 service for health advice. Speak to a nurse about health questions or find out where to get the right care near you.

### NSW Multicultural HIV and Hepatitis Service

Find information in your language on HIV, hepatitis and sexual health. This service also offers support to people with HIV. **Visit [www.mhahs.org.au](http://www.mhahs.org.au)**





## Services to help you stay safe

### NSW Pregnancy Choices Helpline

For free, private support on making a choice about a pregnancy, call **1800 008 463**.

The helpline is available 8:30am – 5:00pm, Monday to Friday.

### PALM scheme support service line

If your employer cannot answer your questions, you can call the PALM scheme support service line on **1800 51 51 31** or email **palm@dewr.gov.au**

### Sexual Health Infolink

For more information and support about STIs, HIV and contraception. Call **1800 451 624** or visit **www.shil.nsw.gov.au/palm-scheme**

### The Translating and Interpreting Service (TIS National)

If you need help speaking in your language, call **TIS (131 450)**. They provide interpreters to the health services at no cost.

