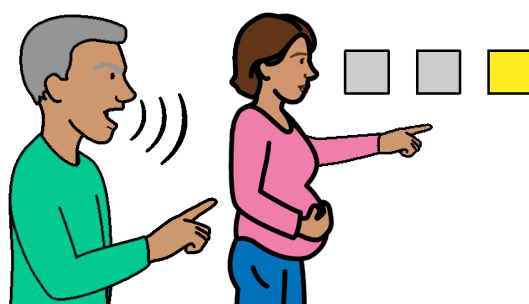


women's
health
matters!



About reproductive abuse and control

Women's Health Matters



Easy English

Blue words



Some words in this book are **blue**.

We write what the blue words mean.

Help with this book



You can get someone to help you

- understand this book
- find more information.



Contact information is at the end of this book.



About this book

This book is from Women's Health Matters.



We give people in the ACT information about women's health.



Some things in this book might make you feel sad or upset.

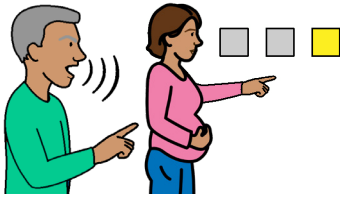


If you feel sad or upset, you can

- talk to someone you know
- contact a support service.

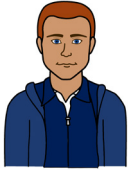


Support services are at the end of this book.



This book is about **reproductive abuse**.

Reproductive abuse is when a person tries to control your choice about having children.

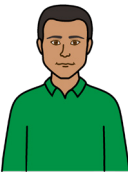


The person could be

- your partner



- a family member



- a carer



- a doctor.

Reproductive abuse and violence



Violence means to hurt another person.

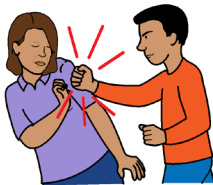


For example, violence can be

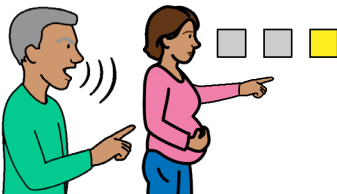
- threats



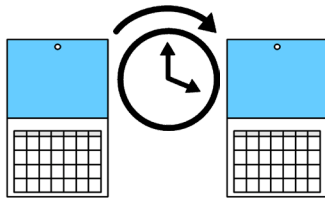
- forcing you to do something



- hurting you.



Forcing someone to make a choice is a type of violence.



It is also violence when someone treats another person badly for a long time.



For example, they might

- tell the other person what to do



- **not** let the other person do what they want



- scare or bully the other person.



Violence is **never** okay.

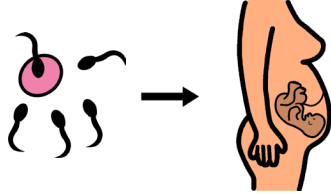


Reproductive abuse is a type of violence.

Types of reproductive abuse



Reproductive abuse can be when someone forces you to do something you do **not** want to.

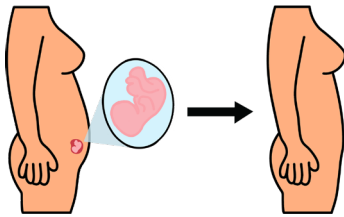


For example

- get pregnant

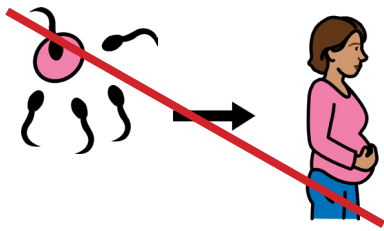


- continue a pregnancy



- have an **abortion**.

Abortion means to end a pregnancy.



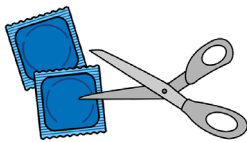
Reproductive abuse can also be when someone controls your **contraception**.

Contraception is things that stop you from getting pregnant.

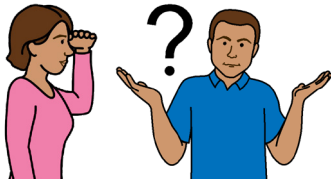


For example

- makes you use contraception



- damages your contraception

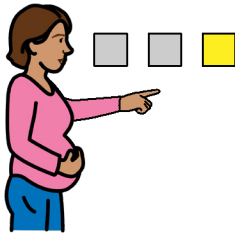


- hides your contraception from you.

Your right to choose



Rights are things the law says everyone should have.



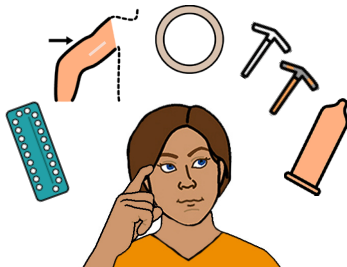
You have the right to make your own choices.



No one can make you do something you do **not** want to do.

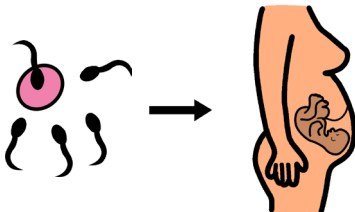


You must decide what is best for you.



You can make choices about

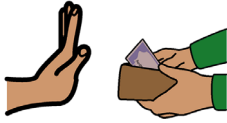
- your contraception



- your **fertility**.

Fertility means your ability to get pregnant.

Other ways to get help

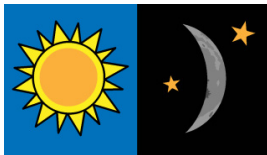


There are free support services you can call.

1800 RESPECT



For counselling support, information and referrals.



You can call day or night.



Call 1800 737 732

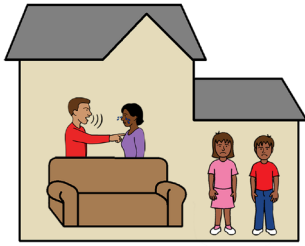


You can go to the website to chat online.



Website

1800respect.org.au/reproductive-abuse



Domestic Violence Crisis Service (DVCS)

A crisis line for anyone who is experiencing, or has experienced, **domestic and family violence**.

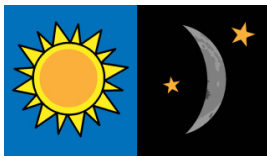


Domestic and family violence is when someone hurts

- another person in their family

or

- their partner.



You can call day or night.



Call 02 6280 0900



You can go to the website to chat online.



Website dvcs.org.au

Canberra Rape Crisis Centre (CRCC)

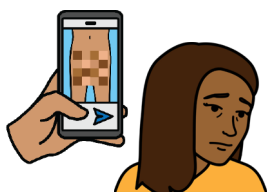


For help, counselling and support with problems related with **sexual violence**.



Sexual violence is when someone

- makes you have sex when you do **not** want to
- makes you do things related to sex when you do **not** want to
- touches your private parts when you do **not** want them to.



You can call between 7 am and 11 pm
7 days a week.



Call 02 6247 2525



You can go to the website for more information.

Website crcc.org.au

Sexual Health and Family Planning ACT (SHFPACT)



There is a support service you can call for

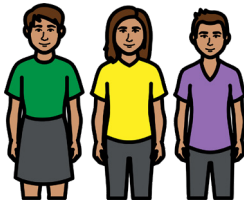
- appointments with a doctor or nurse



- support on sexual health and relationships



- free information, counselling and support about pregnancy for women and **gender diverse** people.



Gender diverse means your gender does **not** fit what people usually expect men or women to be like.

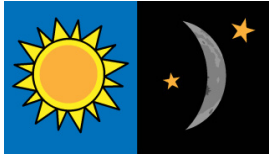


Call 02 6247 3077



Website shfpact.org.au

Support services



There are free support services you can call

- any time of day or night



- any day of the week.

Lifeline



Call 13 11 14

13 YARN



For First Nations people of all ages.



Call 13 92 76

1800 RESPECT



Call 1800 737 732



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More information

For more information contact

Women's Health Matters.

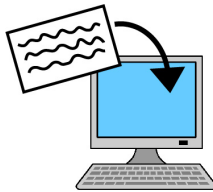


Call 02 6290 2166



Website

mypregnancyoptionsact.org.au



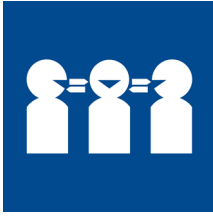
Email

reproductivehealthfund@
womenshealthmatters.org.au



You can read more about pregnancy and your
choices in our other books.

If you need help with English



Use the free Translating and Interpreting Service or TIS to make a phone call.

You can call the TIS in your language.



Call 131 450

Give the TIS officer the phone number you want to call.

If you need help to speak or listen



Use the National Relay Service to make a phone call.

You must sign up to the service first.



Website accesshub.gov.au/nrs-helpdesk



Call 1800 555 660

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