

WWDACT Survey

Women* with Disabilities

- Contraception, Consent and Safe Relationships



Thank you for doing our survey. We want to learn what you know about sexuality, relationships, contraception and consent. We want you to tell us how you learned about these things. We also want to know who you would ask to find out more. Words you might not know are explained on the last page.

* **Note:** "Women with Disabilities" includes girls, feminine-identifying and non-binary people with disabilities.

About WWDACT: If you'd like to know more about WWDACT (Women with Disabilities ACT), or come to one of our social drop ins, you can look at our website www.wwdact.org.au or our Facebook page www.facebook.com/wwdact/

Your Privacy: Surveys are anonymous. That means we will keep your name private. We will use your answers to provide recommendations to ACT government and disability sector. Any answers we use will be de-identified and will remain confidential. If you do provide your name in question 8, we will ensure your identity is kept private.

Parents of under 18's: you might prefer to do this survey with your daughter. Content is not explicit but explanation might be needed.

Questions? If you have any questions about this survey, please email Karen on projects@wwdact.org.au

1 Who is answering this survey?

- | | |
|--|---|
| <input type="checkbox"/> I am, on my own | <input type="checkbox"/> I am, with support from a teacher / teacher assistant |
| <input type="checkbox"/> I am, with support from mum or dad | <input type="checkbox"/> Someone else is answering on behalf of the woman with disabilities |
| <input type="checkbox"/> I am, with support from someone else in my family | <input type="checkbox"/> Other, please explain: |
| <input type="checkbox"/> I am, with support from a support worker | |

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? 2 What is your age? (age of the woman with disabilities)

- 5-11 years old
- 12-18 years old
- 18-30 years old
- 30-45 years old
- 45-60 years old
- Over 60

? 3 Tell us about your education.

Education is school (primary school, high school and college). It is also learning after school, at CIT, TAFE or university.

	Were you in mainstream education, with people without disabilities?	Were you in a special class or school, only for people with disabilities?	Were you sometimes in a mainstream class and sometimes in a special class?
Primary School (K-6)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
High School (7-10)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
College (11 & 12)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
CIT or TAFE	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
University	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Other (please specify)

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? 4. Tell us about when you learned about sexuality and relationships.

Choose all that are true for you.

- At Primary School - Kindergarten to Year 6
- At High School - Year 7 to 10
- At College - Year 11 & 12
- As an adult, over 18 years old
- My family taught me
- I learned from my friends
- I learned through SHFPACT
- Other (please specify)

? 5. If you have questions about relationships, sexuality, contraception and consent:

Who do you:

1. Feel comfortable asking
2. Think will give you good answers and support?

	1. Who do you feel comfortable asking?	2. Who do you think will give you good answers and support?
Parents or guardian	<input type="checkbox"/>	<input type="checkbox"/>
Other family (sister, aunt, etc)	<input type="checkbox"/>	<input type="checkbox"/>
Friends	<input type="checkbox"/>	<input type="checkbox"/>
Doctor	<input type="checkbox"/>	<input type="checkbox"/>
Teacher	<input type="checkbox"/>	<input type="checkbox"/>
Support Worker	<input type="checkbox"/>	<input type="checkbox"/>
Therapist	<input type="checkbox"/>	<input type="checkbox"/>

- Other (please specify)

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? 6 Tell us about your use of contraceptives, and sexual activity.

Tick all that apply to you. Being 'sexually active' means that you have sex with another person.

- | | |
|--|---|
| <input type="checkbox"/> I am not sexually active | <input type="checkbox"/> I am using an IUD or Mirena (or similar) |
| <input type="checkbox"/> I am sexually active | <input type="checkbox"/> I am using 'the Ring' or a diaphragm (or similar) |
| <input type="checkbox"/> I don't use contraceptives at the moment | <input type="checkbox"/> I am using condoms |
| <input type="checkbox"/> I am taking 'the Pill' | <input type="checkbox"/> I've had a hysterectomy or my tubes tied (sterilisation) |
| <input type="checkbox"/> I am using 'the Rod' or Implanon (or similar) | |
| <input type="checkbox"/> I am using Depo Provera (injections) | |
| <input type="checkbox"/> Other (please specify) | |

? 7. Do you know enough to keep you safe, and make good decisions?

Choose all the answers that you would like to know more about.

- | | |
|--|--|
| <input type="checkbox"/> Relationships | <input type="checkbox"/> Sexual health (checkups, STI's etc) |
| <input type="checkbox"/> Sexuality (gender identification, beliefs, preferences etc) | <input type="checkbox"/> Puberty |
| <input type="checkbox"/> Consent | <input type="checkbox"/> Menopause |
| <input type="checkbox"/> Safe, respectful relationships | <input type="checkbox"/> My body |
| <input type="checkbox"/> Contraception | <input type="checkbox"/> Social skills |
| <input type="checkbox"/> Your rights | <input type="checkbox"/> Making decisions |
| <input type="checkbox"/> Having a family | <input type="checkbox"/> Other (please specify) |

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8. How do you think your disabilities affect your ability to have safe, consensual, respectful relationships?

This might be with or without sex. Tell us about the advantages, as well as the disadvantages, such as:

- You need help physically
- You can't speak or say no out loud
- You'd like to try more new things
- You find it hard to meet people for relationships

9. Thank you for completing our survey.

Optional:

If you are 18 or older, and would like to answer more questions, face to face, please provide your name and contact details. If you prefer not to give your name on the survey, please email Karen on projects@wwdact.org.au or call 0468324695

Questions might include asking about your preferred services, use of funding, information and resources you've found useful and so on.

Name:	
Email Address	
Phone Number	

What does that mean?

Consent is saying yes. In this survey we mean when you say yes to private or intimate things like kissing, touching each other or having sex.

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Consensual is a relationship where both people have said yes to the relationship, and what happens in it.

Contraception is ways to prevent pregnancy and STI's (Sexually Transmitted Infections). Contraceptives can include condoms, 'the pill' (contraceptive pill) and 'the rod' (Implanon) and more.

De-identified means that we will take out anything in your answers that might enable someone else to know they are yours.

Mainstream education is when everyone learns together. Children with disabilities are in the classes with children with no disabilities.

Menopause is when a woman's body changes so she is no longer able to have babies. This includes her periods stopping and her hormones changing. This is usually between 40 and 60 years old.

Puberty is when a girl's body starts to change so she is physically ready to have a baby. This includes her breasts growing, her period starting, and growing body hair. This is usually between 10-18 years old.

Relationships are the way we get on with others. They can include our friends and families. In this survey, relationships are how we get on with a boyfriend or girlfriend. We are talking about intimate relationships, when you might kiss, or touch private parts.

Sexuality is more than just sex. It is also how you feel about sex and your body. It is your gender, and who you find sexy.

Sexual Health includes check-ups with the doctor, such as pap smears, breast checks and tests for STI's

STI's are **Sexually Transmitted Infections**. They can be shared between people having sex, and can make you unwell. They include chlamydia, HIV or AIDS, and genital warts.

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