

# Our rights as LGBTIQA+ people with disability in Australia



## 1. You have the right to be who you are.

People should see and respect you for who you are. This includes your:

- ➔ sexuality
- ➔ gender identity
- ➔ sex characteristics



## 2. You have the right to 'come out' if, when and how you want to.

It is always up to you when and how you talk to people about who you are.

If you choose not to tell certain people or services about your sexuality, gender identity or sex characteristics, this is okay. It is always up to you.



## 3. You have the right to respectful relationships.

You have the right to have relationships that feel safe. You have the right to be treated with respect, including in LGBTIQ+ relationships. Feeling unsafe, scared, or being disrespected in friendships or intimate relationships is never OK.



## 4. You have the right to express your gender identity.

People and bodies come in different:

- ➔ shapes
- ➔ sizes
- ➔ genders
- ➔ sexualities
- ➔ identities

Bodies are great just how they are. Everyone should have control over what happens to their body.

That includes having a choice about how you want to dress.



## 5. You have the right to information about sex and sexual health.

You have the right to access information about sex and sexual health. You have the right to have sexual pleasure in your life.



## 6. You have the right to inclusive healthcare.

You have the right to access good healthcare. You have the right to talk about who you are with health professionals you trust.



## 7. You have the right to be respected by support staff and organisations that work with you.

You have the right to good and respectful relationships with staff and support organisations. They should respect your right to privacy and how you express yourself.



## 8. You have the right to be treated equally in all areas of your life.

You have the right to equal and fair treatment. Your gender, sexuality, sex characteristics, appearance or disability do not change this.



## 9. You have the right to travel safely in the community.

You have the right to use public transport. You have the right to be safe when you travel on public transport or in taxi services. This includes being free from harassment.



## 10. You have the right to have your say

You have the right to complain if you do not feel safe or respected by a support worker or service. You have the right to ask another health professional for their opinion or advice if you do not feel confident about something you have been told.



You have the right to be treated with respect when using Government services, and to question their decisions.

## SUPPORT

If you need immediate support, or have found this content distressing, please contact one of the numbers below:

QLife from 3pm to midnight every day **1800 184 527**

Blue Knot Foundation Helpline **1300 657 380**

1800 RESPECT, the national sexual assault, domestic and family violence counselling service **1800 737 732**

Lifeline **13 11 14**

Suicide Call Back Service **1300 659 467**

Mensline **1300 789 978**

The National Relay Service (NRS) can help you make phone calls. The National Relay Service helps people who are deaf and people who have difficulty hearing or speaking.

The NRS has a 24-hour relay call number and an SMS number. You can also use the NRS online.

Voice relay number: **1300 555 727**

SMS relay number: **0423 677 767**

Internet relay: **[nrschat.nrscall.gov.au/nrs/internetrelay](https://nrschat.nrscall.gov.au/nrs/internetrelay)**

Definitions for words can be found at **[rainbowinclusion.org.au/words](https://rainbowinclusion.org.au/words)**

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 INSTITUTE FOR HEALTH  
TRANSFORMATION



From our hearts, we acknowledge the First People of Australia, Aboriginal and Torres Strait Islander people.

We show our respects to Elders past, present and future and to Mums and Dads, Aunties, Uncles, cousins, nieces and nephews and family. Brotherboys and Sistergirls are part of the rainbow flag.

For all the self advocates who are people with intellectual disability: Nothing about us without us.



Point your phone's camera at this QR code to be taken to the **Rainbow Inclusion** website