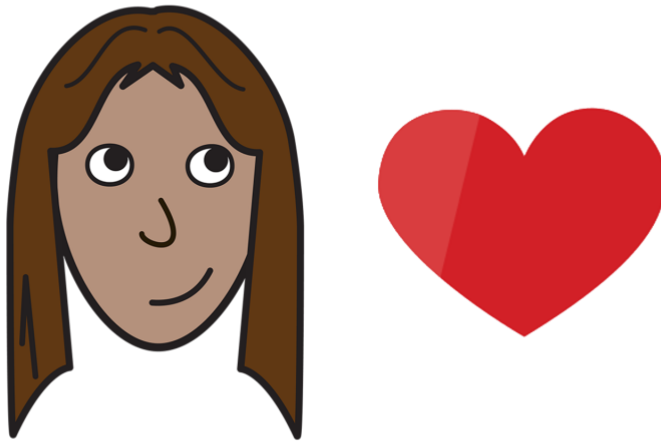


Women with Disabilities Australia



Seks en yu bodi



Abumbat trabul nau?



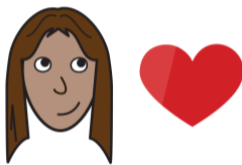
Kol la 000



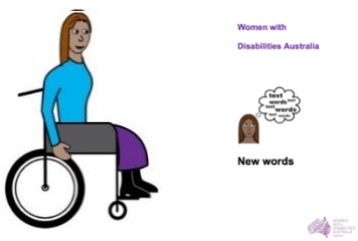
Melabat gulum mijal 'Wumen gada Disibiliti Australia'.

O, la Ingglish: "Women with Disabilities Australia".

Mela garra gulum mijal **WWDA** la dis buk.



Dijan buk im blanga **seks en yu bodi**.



Mela bin rait dijan buk bla ola wumenmob en gelmob gada **disibiliti**. Rid mowa bla **disibiliti** la mela buk gulum **Nyuwan Weds (New Words)**.



Ola raits bla yu bla jidan helthiwan

Yu garrim raits blanga



- pikimat dokta bla yu



- dum wanim yu wandi dum garrim yu bodi.

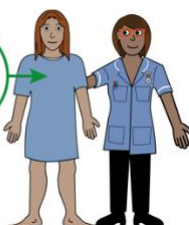


- tok no la medisn yu nomo wandim.

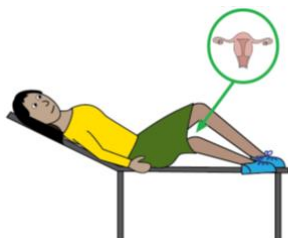


Helth sebis

Yu garrim raits bla gajim eni kainoba sapot yu nidim
brom klinik o hospel. Laik



- deigim pitja en tjekap la yu brest



- dokta bla tjekap najamob ting langa ola wumen en
gelmob



- stap langa hospel en abum opereishin.



Raits blanga seks



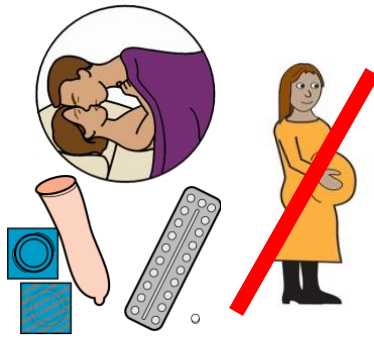
Yu garrim det rait bla pikimat **hu yu laigim.**



Yu garrim det rait blanga **abum seks.**



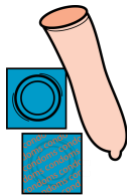
Yu garrim det rait blanga tok no du la seks.



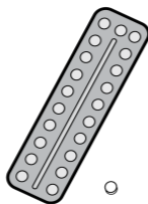
Implanon en ol detkain (gulum Kontrasepshin)

Kontrasepshin im detkain yu yusum o dum so yu kaan git sik o jidan femiliwei brom wen yu abum seks.

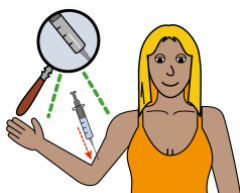
Yu garrim det rait bla **pikimat** wanim kontrasepshin yu wandim. Laik



- kondom



- teblet



- implanon



Yu gin tok la yu dokta bla wotkain kontrasepshin
maitbi gud bla yu.



Im wanim **yu wandim!**



Jidan femiliwei en wanim yu

wandim

If yu jidan femiliwei yu garrim raits bla dum **wanim yu wandi dum.**



Yu gin abum det beibi en bi mami bla im.



If yu femiliwei en yu nomo wandim det beibi, yu lau bla abum opereishin o deigim tablet so yu kaan abum det beibi.



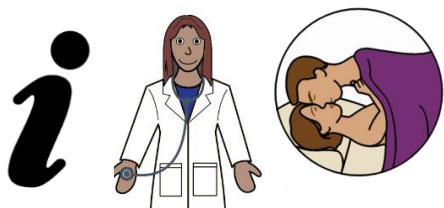
Yu gin abum det beibi en gibitiwei la enibodi. Dijan dei gulum 'adoption'. Dijan im min yu gibit det beibi la naja femili bla maindim im.



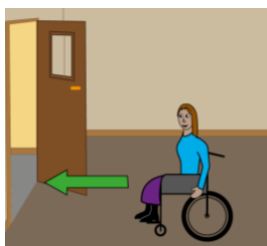
Det Ostreiliyen Gabamen garra:



- gubit sapot la yu bla album yu meigim yu oun tjois
bla yu helth en bla seks



- gubit yu infameishin bla seks en bla helth.



- meiksho yu gin faindim en gajim eni helth sebis yu
nid.



Bla faindat mowa

Yu gin tok la



- fren bla yu
- femili bla yu



- dokta



- bla yu Family Planning sebis. Bla faindim Family Planning sebis gulijap la yu, gu la www.familyplanningallianceaustralia.org.au/services

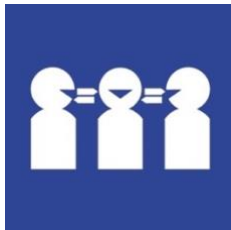


Yu gin yusim det **Neshnul Rilei Sebis** (National Relay Service) wen yu kol la eni sebis

kol la 1800 555 677

TTY 133 677

Askim bla 1800 737 732



Wandim sambodi bla album yu tok?

Kol la 131 450

Askim bla 1800 737 732.



Theingk yu

Who wrote this book?

Women with Disabilities Australia bin rait dijan buk 2019-2020.

Dijan buk im bla gibit infameishin thasol.

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Theingk yu bla det mani bla rait dijan buk.

Det National Disability Insurance Scheme bin gibit Women with Disabilities Australia sambala mani bla album bla meigim dijan websait.

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