Cards to help women talk about their body and what they want

About Easy Read

Easier words with pictures to help explain some ideas.

My Body My Choices Cards

A man holding My Body My Choices cards with pictures about making choices and stay

The My Body My Choices cards help you talk about your body, health and choices.

A man pointing to a picture of the human body on a card

The cards can help you:

- Learn about body parts

A woman holding a green tick for yes and a man holding a red cross for no.

- Say what you like and do not like

A woman talking to a man who is listening to her.

- Talk about how to stay safe

A man holding My Body My Choices cards while a support person looks at the cards wi

You can use the cards by yourself or with someone you trust.

The My Body My Choices cards can help you talk about your body, your health and the choices you want to make. You can use the cards by yourself or with someone you trust, like a friend, family member or support person.

The cards can help you:

- learn words about different body parts
- say what you like and do not like
- talk about private body parts
- talk about how to stay safe
- make choices about your health.

You can also order a printed set of the cards. You will get the cards in the mail. Then you can use them in person.

There is a guide for people who support you. It helps supporters use the cards in a safe, clear and respectful way.

The My Body My Choices project is proudly funded by the NSW Government.

This resource was made by

Council for Intellectual Disability

A disability rights organisation led by people with intellectual disability.

- Visit website