A book to help you check if you have social and sexual safety

About Easy Read

Easier words with pictures to help explain some ideas.

I START - Safety and Your Body

A woman looking thoughtful thinking about an IUD and birth control pills.

I START is a book about safety and your body.

It can help you think about relationships.

It talks about consent.

Consent means saying yes or no.

It can help you know what feels okay and what does not.

You can use the I START book with people you trust.

It can teach them how to support your safety.

This book was made by Safer me Safer you.

I START is a book that asks questions about safety and your body. It helps you think about your relationships. It helps you learn about consent.

Consent means saying yes or no. It helps you know what feels okay for you and what does not.

You can use I START with your support workers. You can also use it with other people you trust. It can teach them how to support your safety. It helps them understand what you need to feel safe and respected.

You can use I START to talk about your choices. For example, the book has ideas about what to do if:

- a support worker calls you "she" and "her" and you want them to call you "he" and "him"
- someone touches you in a way you don't like
- you want to ask someone to keep information about you private.

We trust this resource

We trust this resource because it is:

- Made with people with intellectual disability
- Made to help, not for profit
- Made by people who know a lot about the topic
- Made in Australia

We've checked this resource, and you can follow our guide to know if health information is true and right for you.

This resource was made by

Safer Me Safer You

It is a national project that works with people with disability to learn what social and sexual safety means to them. Safer Me Safer You is managed by Sexual Health and Family Planning ACT and funded by the Australian Government Department of Social Services.

- Visit website