

When someone tries to change who you are

**Victorian Equal Opportunity
and Human Rights Commission**



Easy English

Hard words



This book has some hard words.

The first time we write a hard word

- the word is in **blue**

- we write what the hard word means.

You can get help with this book



You can get someone to help you

- read this book

- know what this book is about

- find more information.



We will write contact information at the end of this book.

About this book



This book is from the Victorian Equal Opportunity and Human Rights Commission.

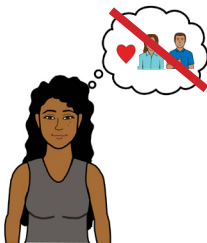


We work to make things fair for people in Victoria.



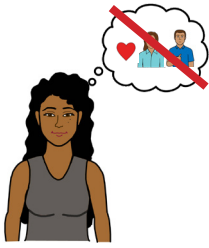
Some topics in this book might make you feel bad or upset.

This book is about **change and suppression practices**.

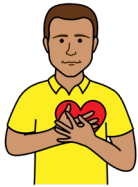


Change and suppression practices means someone tries to make you change.

What are change and suppression practices?



The practices can be when someone tries to make you change your **sexuality**.



Sexuality means who you are attracted to.



The practices can be when someone tries to make you change your **gender identity**.



Gender identity is what you feel and understand about who you are as a person.



The practices can also be when someone says you should hide your sexuality or gender identity.



Change and suppression practices are also sometimes called **conversion therapy**.

Change and suppression practices are against the law



People must **not** use change and suppression practices.



The practices are against the law even if you say **yes** to them.

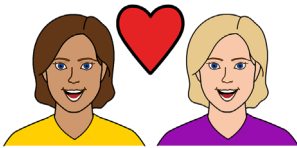
Who are change and suppression practices used on?



Change and suppression practices are used on **LGBTQA** people.

We will tell you what each letter means.

L means lesbian



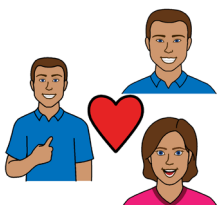
Lesbian means a woman who is attracted to other women.

G means gay



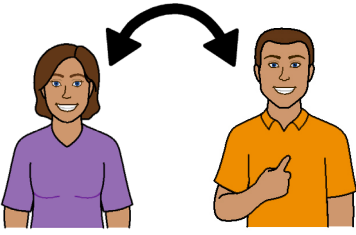
Gay means a man who is attracted to other men.

B means bisexual

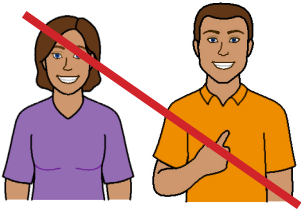


Bisexual means you are attracted to both men and women.

T means transgender



Transgender means your gender identity is different now to when you were born.

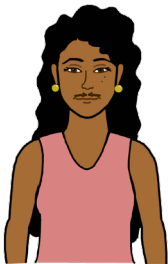


Gender identity is **not** about if your body is male or female.

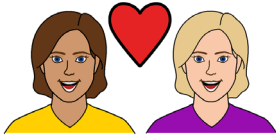
Your gender identity could be **non-binary**.

For example

- both man and woman
- not man or woman
- something else.



Q means queer or questioning

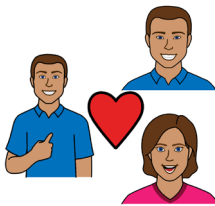


Queer means you can be

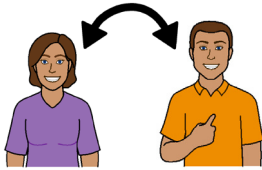
- lesbian



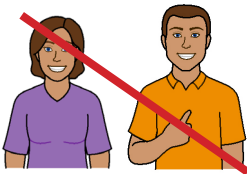
- gay



- bisexual



- transgender



- something else.



Questioning means you might still be working out your sexuality or gender identity.

A means asexual



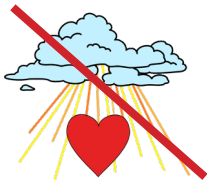
Asexual means you might not be sexually attracted to anyone.

Examples of change and suppression practices

Change and suppression practices could be if someone



- says you must **stop** your LGBTQA relationship if you want to stay in your church



- says God does **not** love you because you are transgender



- does **not** let you see a doctor to help you live as the gender you want.

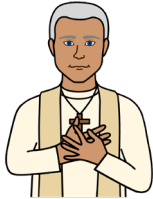


The person who tries to change you might be

- a family member



- a teacher



- a religious leader



- someone who gives you health care



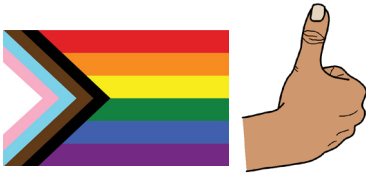
- a disability support worker



- a **counsellor**.

A counsellor is an expert you talk to about your problems.

It is always okay to be LGBTQA



There is nothing wrong with being LGBTQA.

You might think you have to change because you worry you might lose



- your family

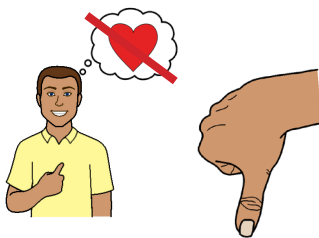


- your church



- your community.

It does **not** work to try to change or hide



- your sexuality

- your gender identity.

You can tell us about change or suppression practices



The practices might have happened to you.



You might have seen the practices used on someone else.



You can ask someone to tell us for you.



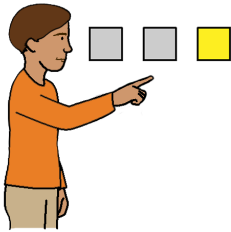
The contact details are at the end of the book.

What we can do

If you tell us about change and suppression practices we can



- listen to you
- find out more about what happened.



You can decide what we do next.

We can help **stop** the practices.



We might tell the police so they can help you.

More information



For more information contact the Victorian Equal Opportunity and Human Rights Commission.



Call 1300 292 153



Email enquiries@veohrc.vic.gov.au

You can read the full information on our website.



Website

humanrights.vic.gov.au/change-or-suppression-practices

Tell us about change or suppression practices



Call 1300 292 153



Online form

humanrights.vic.gov.au/change-or-suppression-practices/reporting-practices

If you do not speak English



Use the free Translating and Interpreting Service or TIS.



Call 1300 152 494



If you need help to speak or listen

The National Relay Service can help you make a phone call.



Call 1800 555 660



Website accesshub.gov.au/nrs-helpdesk

Give the relay officer the phone number you want to call.



Support for being LGBTQA

You can contact Rainbow Door.



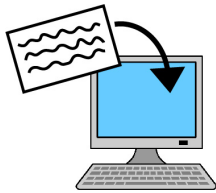
Rainbow Door can support

- you
- your family and friends.



Call 1800 729 367

Send a text 0480 017 246



Email support@rainbowdoor.org.au

This Easy English document was created by Scope (Aust) Ltd. in July 2023 using Picture Communication Symbols (PCS). PCS is a trademark of Tobii Dynavox, LLC. All rights reserved. Used with permission. This document must not be sold to third parties. The images must not be reused without permission. For more information about the images, contact Scope on 1300 472 673 or visit scopeaust.org.au

