

“Do not make assumptions.”



Everyone has a right to enjoy sex in an accessible and inclusive way. How people experience pleasure is different for everyone.

Many people assume that women and gender-diverse people with disabilities are heterosexual, do not have relationships, do not have sex, or do not want to have sex. Another common assumption is that women and gender-diverse people with disabilities are ‘too disabled’ or ‘too sick’ to engage in sexual pleasure.

Some practitioners only focus on our perceived deficits and do not consider the full picture of how to get back to what we want to enjoy, including good, consensual sex.

Self-reflective questions:

- What biases or assumptions do I have about disability and sexuality, and how can I challenge them?
- Am I truly listening, or do I assume I already understand their experiences?
- How can I better understand what members of the community want to enjoy their health?

In Practice:

- Be respectful and inclusive. Ask the person for their preferred name and pronouns.
- Do not make assumptions about sexual orientation, preferences, and the behaviours that women and gender diverse people with disabilities engage in.
- Rather than asking if someone has a 'husband' or 'wife', use neutral terms like 'partner(s)'.
- Respect autonomy by never assuming a person with disabilities has limited capacity to make choices about their body, relationships, and sexual health.

In conversation:

- "What are your preferred name and pronouns?"
- "What language do you prefer for your body and experiences?"
- "What types of sexual activities are relevant to your own health and wellbeing?"
- "Would you like to discuss anything about these today?"

“Challenge stigma and stereotypes.”



Healthcare practitioners can challenge the stigma that surround the sexual experiences of women and gender diverse people with disabilities. You also have a role in supporting members of the community that you work with in resisting stereotypes as well.

Biases harm the health, relationships, and self-perception of women and gender-diverse people with disabilities. Breaking down stigma and stereotypes promotes equity, improves access to respectful healthcare, and supports women and gender diverse people with disabilities to enjoy their right to pleasure.

Self-reflective questions:

- What beliefs do I hold about sexuality based on gender and disability?
- Have I ever reacted with discomfort or judgement when someone with a disability discloses details about their sexual health and relationships?
- Have I previously avoided conversations about sex and disability within my work?

In Practice:

- Reflect on and challenge the assumptions you may have about gender, disability and sexuality.
- Build your knowledge about the barriers that women and gender diverse people with disabilities experience to accessing sexual and reproductive healthcare and how you can support them. Seek consultation and training from Women with Disabilities Victoria.
- Approach conversations about sexual pleasure and consent with the same openness as other health topics.
- Challenge outdated practices in your workplace that reinforce stigma and actively promote more accessible approaches.

In conversation:

- "What is important for you when it comes to your sexual and reproductive health?"
- "I'm aware that people with disabilities are often left out of conversations about relationships, pleasure and intimacy. Would you like any information or support in these areas?"

“Normalise pleasure.”



Wanting to experience sexual pleasure is a natural and important part of health and wellbeing. When practitioners treat sexual pleasure as a normal part of life for everyone, it reduces stigma, empowers women and gender diverse people with disabilities to talk about their needs, and makes it more likely that they will get the support and care they need.

Self-reflective questions:

- How comfortable do I feel discussing sexual pleasure with women and gender diverse people with disabilities?
- What barriers do I experience?
- How often do I initiate conversations about sexual pleasure and consent with women and gender diverse people with disabilities in my work?

In Practice:

- Discuss sexual pleasure and consent in a way that includes all genders, abilities, and experiences.
- Share knowledge and information about sexual pleasure and consent in an open and respectful way.
- Reassure women and gender diverse people who you work with that sexual pleasure is a healthy and normal part of life.
- Show all people that you work with through your own attitudes and actions that you view sexual pleasure as an important part of health and wellbeing.

In conversation:

- "Sexual health is about more than just reproductive choices and preventing illness, it also includes pleasure and wellbeing. Is there anything related to pleasure that you would like to talk about?"
- "Everyone has their own way of experiencing pleasure. Would you like to explore options that work best for you?"
- "Pleasure is an important part of sexual health. Is there anything you have been curious about but have not had a chance to ask anyone?"

“Build your confidence in gender and disability inclusive sexual pleasure.”



Building your own knowledge in sexual consent, pleasure and disability helps health practitioners to provide better care, answer questions more accurately, and can create a safer and more open environment. Staying up to date with evidence and information, and what members of your local community are doing also works to break down stigma and ensures women and gender diverse people with disabilities can feel respected and supported in all aspects of their health.

Self-reflective questions:

- Have I accessed any training or resources on sexual consent, pleasure, and disability? If not, what steps can I take to learn more?
- Do I know where to refer women and gender diverse people with disabilities for further support on sexuality, relationships, violence, and increasing pleasure?
- What can I learn from disability advocacy groups, such as Women with Disabilities Victoria?

In Practice:

- Enrol in capacity building training courses on sexual consent, pleasure, and disability.
- Explore books, articles, and studies on these topics.
- Learn from specialists in the disability sector.
- Engage with women and gender diverse people with disabilities to better understand their experiences and perspectives.
- Stay curious and be willing to learn.
- Be informed about existing referral pathways.

In conversation:

- "Do you feel that you have access to accurate and inclusive information about sexual pleasure that meets your needs?"

“Everybody can enjoy sex if they want to have it.”



Women and gender diverse people with disabilities have diverse experiences and needs when it comes to sexual pleasure. However, harmful stereotypes often lead to excluding us from essential conversations.

Healthcare practitioners must ensure women and gender diverse people with disabilities receive the same support and information as people without disabilities when discussing their sexual and reproductive health.

Self-reflective questions:

- Do I assume that women and gender diverse people with disabilities are not interested in or are unable to have sex?
- Do I provide women and gender diverse people with disabilities the same information, options and support regarding sexual and reproductive health and pleasure as I do for people without disabilities?

In Practice:

- Avoid making assumptions.
- Remember that disability does not define someone's sexuality or experience.
- Bring up the topic of sexual and reproductive health and pleasure as a routine part of care, just as you would with any other aspect of wellbeing.
- Ask open-ended questions that allow people to share their own experiences.
- Share resources on consent, pleasure, and relationships.

In conversation:

- "Do you have any questions or concerns related to sexual consent, pleasure or relationships?"
- "Is there anything that's impacting your ability to explore sexual pleasure in the ways that you would like?"

"Pleasure is different for everybody."



Pleasure is different for everyone, including women and gender diverse people with disabilities. Different bodies, sensations and experiences shape how people explore intimacy and what feels good for them. Factors including pain, mobility, fatigue, and sensitivity can also influence pleasure. What a person finds pleasurable can also change over time. This means it is important to support everyone to find what works best for them and their own needs and experiences.

Self-reflective questions:

- Do I ask open-ended questions to understand the experiences and needs of the people I am working with, rather than assuming what they may want or feel?
- Do I tailor my approach to people's different needs when discussing sexual and reproductive health?

In Practice:

- Treat everyone as an individual, acknowledging that their experiences of pleasure will be different.
- Encourage everyone to explore and express their needs and boundaries in a way that feels best for them.
- Ask open-ended questions so women and gender diverse people can share how their disability and sexual pleasure intersect.
- Address health-related issues such as pain, mobility, pain, and fatigue which may affect their sexual pleasure, and explore solutions together.
- Offer resources on adaptive strategies and assistive devices that may help women and gender diverse people with disabilities experience more pleasure.

In conversation:

- “How would you define sexual pleasure, and what does it look like for you?”
- “Are there any aspects of your disability that impact your sexual health or experiences that you would like to discuss?”
- “Is there anything else you want me to know about your sexual and reproductive health that we haven’t spoken about yet?”

"Sex isn't a dirty secret."



Sexual pleasure is a natural part of life.

Everyone, including women and gender diverse people with disabilities, have a right to explore and experience pleasure in a way that feels right for them.

When we challenge harmful stigma and stereotypes and embrace open, non-judgemental conversations, we can create a space where more people in the community can feel empowered to discuss their desires, needs, and boundaries.

Self-reflective questions:

- Do I unconsciously hold biases or have opinions that make it difficult to discuss pleasure?
- Am I actively challenging any discomfort I may have around discussing sexual pleasure?

In Practice:

- Make conversations about consent and sexual pleasure a regular part of your practice, and not only something that comes up when there is an issue.
- Share that it is okay to discuss their sexual pleasure with you and help them understand that it is a normal part of overall wellbeing.
- Provide an environment that feels safe, private, and comfortable to openly discuss sexual and reproductive health and pleasure without judgement.
- Not everyone will be ready to discuss sexual pleasure. Respect this and let them know they can revisit the conversation at any time.

In conversation:

- "How comfortable are you talking about sexual pleasure?"
- "What does pleasure mean to you, and how do you experience it?"
- "How can we incorporate discussions about sexual and reproductive health and pleasure into your care plan?"

"Pleasure. Talk about it!"



Having open and honest conversations about sexual pleasure is an essential to health promotion and overall wellbeing. Discussing sexual pleasure and consent with women and gender diverse people with disabilities in a way that is free from shame or judgement, helps to reduce stigma and create a more inclusive healthcare environment.

This approach supports healthcare practitioners to provide more comprehensive, holistic care that truly centres the total physical, mental, and sexual and reproductive health of the community that you work with.

Self-reflective questions:

- How comfortable am I discussing sexual pleasure with women and gender diverse people with disabilities?
- Am I making sexual pleasure and consent a routine part of discussions about overall health and wellbeing?
- How do I approach these topics without making people feel uncomfortable?

In Practice:

- Recognise any personal discomfort you may feel when discussing sexual pleasure and consent with women and gender diverse people with disabilities and work towards managing this.
- Use inclusive language that normalises sexual pleasure and consent as part of overall health and wellbeing.
- Encourage ongoing discussions about pleasure and consent. Regular check-ins can help people feel comfortable coming to you with questions or concerns.

In conversation:

- "How do you feel about discussing sexual pleasure and consent as part of your overall health and wellbeing?"
- "What does sexual pleasure mean to you, and how do you experience it?"
- "Is there anything I can do to make it easier for you to talk about pleasure and consent with me?"
- "Would you like to revisit any aspect of your sexual and reproductive health or relationships in future appointments?"

“Empowerment is recognising and communicating your own needs and desires.”



You can play a crucial role in assisting women and gender diverse people with disabilities recognise and communicate their own needs and desires by having conversations with them about pleasure and consent. Starting this conversation can work to empower women and gender diverse people with disabilities to express what they want and need, which can lead to better health outcomes and a stronger sense of self-worth.

Self-reflective questions:

- Do I create a safe and comfortable space where women and gender diverse people can openly discuss their needs and wants?
- Do I ask open-ended questions that encourage reflection and expression of desires and boundaries?

In Practice:

- Ask open-ended questions to encourage everyone to share their thoughts.
- Provide enough time to reflect and respond without rushing.
- Actively listen and show that you value their responses.
- Provide relevant information and resources that will assist women and gender diverse people with disabilities to understand and express their needs.

In conversation:

- "How can I support you in feeling more confident to talk about accessible sexual pleasure for your health?"
- "How comfortable do you feel discussing your sexual needs and desires with partners, a support person, or a healthcare provider?"
- "Are there any barriers that make it difficult for you to express what you want or don't want in intimate relationships?"

“Talking about pleasure encourages better communication and consent.”



Discussing sexual pleasure with women and gender diverse people with disabilities can assist them in understanding their own needs and boundaries. Pleasure supports bodily autonomy and expression and provides a better understanding of what is going right and when we want to stop.

When people are open about what they enjoy or do not enjoy, they can communicate more effectively with their partners. This can result in healthier and respectful relationships, and knowledge of how to provide clear and informed consent.

Self-reflective questions:

- Do I assist women and gender diverse people with disabilities to feel empowered to communicate their desires and boundaries?
- How do I explain the importance of ongoing consent in an accessible way?

In Practice:

- Explain the importance of and how to communicate clear and ongoing consent.
- Encourage people to talk about boundaries with their partners.
- Listen to the needs of women and gender diverse people with disabilities and help them articulate their needs.
- Model open communication and practice consent during health checks to demonstrate how to discuss sensitive topics in a respectful way.
- Provide resources about healthy relationships, communication skills, and sexual pleasure and consent in accessible formats.

In conversation:

- "What does clear, and ongoing consent mean to you, and how do you navigate it in your relationships?"
- "Would you like support in learning ways to communicate your needs and desires with a partner?"

“We can have safer sex if we know how to have good sex.”



Understanding what feels right, respecting boundaries, and the importance of using protection properly prevents harm and protect each sexual partner.

When we feel less shame around talking about what we enjoy and desire safely, we can feel more comfortable to find accessible and inclusive sexual health resources and make informed choices.

This reduces the risks of sexually transmitted infections (STIs), unplanned pregnancies, and sexual trauma.

Self-reflective questions:

- How well do I educate people about safer sex practices while also acknowledging the importance of pleasure?
- Do I address the barriers women and gender diverse people with disabilities may face in experiencing pleasure when using contraception?

In Practice:

- Provide practical information about sexual health, pleasure, and safe sex practices.
- Encourage women and gender diverse people with disabilities to talk openly with their partners about desires, boundaries, and consent.
- Address the physical and mental health conditions that may be impacting someone's sexual experiences.
- Provide access to information about different kinds of STI prevention and contraceptive choices that can increase pleasure.

In conversation:

- "How do you feel about using contraception?"
- "Would you like more information or resources about how to explore different ways of enjoying safer sex?"

“Don’t make us feel bad for our experiences or lack thereof.”



Everyone’s experience with sex, relationships, and pleasure is different. Some women and gender diverse people with disabilities have had a lot of experience, while others may have little or none. As a healthcare practitioner, you can create a safe space where people feel comfortable discussing their needs, questions, and concerns with you.

Self-reflective questions:

- Do I make sure everyone feels validated regardless of their sexual history or experiences?
- Do I acknowledge that there is no ‘right’ or ‘wrong’ experience when it comes to sexuality?

In Practice:

- Avoid making assumptions about people's experiences.
- If someone shares that they have had limited or no sexual experience, respond with professional curiosity and support.
- Focus on providing inclusive, affirming, and accessible information that empowers everyone to explore their sexuality at their own pace.
- Refer people to resources, tools, and information about sexual pleasure and consent without pressure.
- If someone does not want to discuss their sexuality, respect their boundaries and let them know the conversation is always open in the future.

In conversation:

- "Some people may not have had the chance to explore their sexual health and pleasure. Is there anything about sexual pleasure that you would like to learn more about or discuss?"

“Don’t be afraid to ask questions.”



Feel confident to ask women and gender diverse people with disabilities’ about their sexual health and pleasure.

Ask questions that show respect and help create a safe space for everyone to share their needs and concerns. This can result in better care and health outcomes.

Self-reflective questions:

- Am I comfortable and confident asking open-ended questions about sexual pleasure and consent with women and gender diverse people with disabilities?
- Do I show genuine interest in everyone’s sexual health and pleasure?

In Practice:

- Actively listen to women and gender diverse people with disabilities and ask follow up questions to show your understanding and support.
- Normalise the conversation by treating discussions about sexual pleasure as a regular part of overall wellbeing, so nobody feels shame or embarrassment.
- If you are uncertain about something, ask!

In conversation:

- "I want to make sure we are addressing everything important to your health and wellbeing. Is there anything related to your sexual health or pleasure that you would like to talk about today?"
- "Are there any concerns related to your sexual health and pleasure that you haven't had a chance to talk about?"
- "Are there any barriers you face regarding your sexual pleasure that we can explore together?"

"Be open to finding solutions."



It is important to approach challenges related to consent and sexual pleasure with an open mind and remaining flexible in your approach. It is also fundamental to collaborate with women and gender diverse people with disabilities that you work with to identify and create solutions that work for them.

Being adaptable and open to exploring different options can help people develop better approaches to their sexual health and wellbeing.

Self-reflective questions:

- Am I flexible in my approach and am I willing to explore different options and strategies to address concerns related to sexual pleasure?
- Am I always open to working with women and gender diverse people with disabilities to find solutions that align with their needs and experiences?

In Practice:

- Encourage people to share their thoughts and concerns so that you can find solutions together.
- Be open to modifying your standard procedures to accommodate individual needs.
- Be ready to explore alternative treatments, strategies and options that cater to individual needs.
- Follow up to check in to see if solutions to concerns are working or not.

In conversation:

- "What has worked well for you in the past, and what hasn't?"
- "Would you like to explore different strategies or options together to find what suits you best?"
- "Would you like to book another appointment to continue this conversation when you're ready?"

"Listen to us."



Women and gender diverse people with disabilities are the experts in their own bodies, experiences, and health. By actively listening to women and gender diverse people with disabilities, you can build trust, offer more inclusive care, and support them in making informed decisions about their sexual and reproductive health.

Self-reflective questions:

- Am I truly listening, or am I making assumptions about someone's needs and experiences?
- How do I ensure that everyone feels heard and valued?
- Do I allow enough time for people to express their thoughts and concerns without interrupting or rushing them?

In Practice:

- Trust the insights of women and gender diverse people with disabilities on their own bodies and experiences.
- Show that you are engaged by actively listening. Make eye contact, nod, and use verbal cues.
- Summarise and repeat key points to ensure that you have understood correctly.
- Provide enough time for people to share their thoughts without feel rushed.
- Be mindful of communication barriers and adapt accordingly, utilising alternative communication methods if needed such as typing or writing.

In conversation:

- "You mentioned [specific concern]. Could you tell me more about how that affects you and how I can best support you?"

“Everything is so medicalised, so discussions and awareness and being open is good and less daunting.”



Conversations with healthcare practitioners about sexual and reproductive health can often be overly medicalised, making those conversations feel clinical, intimidating, or inaccessible. For women and gender diverse people with disabilities, this can create barriers to discussing their sexual and reproductive health needs with you.

By having open conversations about pleasure and consent and creating a space where everyone feels comfortable to share and ask questions can make these topics less daunting and more approachable.

Self-reflective questions:

- Do I approach conversations about sexual and reproductive health in a way that feels welcoming, rather than intimidating?
- Do I hold space for open and curious discussions, or do I use a lot of medical terminology that might feel clinical?

In Practice:

- Use warm and inclusive language that normalises discussions about sexual pleasure and consent.
- Avoid using overly medicalised language and explain everything in a way that is easy to understand and is relatable.
- Be aware of the emotional and social aspects of sexual and reproductive health and discuss this alongside medical advice.
- Remain open to learning from women and gender diverse people with disabilities and be willing to adapt your approach based on their needs.

In conversation:

- “How do you feel when we talk about sexual pleasure and consent? Does it feel like a comfortable part of our discussions?”
- “How can I make discussing sexual pleasure and consent easier and more comfortable for you?”

"Speak to me, not my carer."



Women and gender diverse people with disabilities are the experts in their own bodies, experiences, and health.

This is particularly important when it comes to our sexual and reproductive health and sensitive topics such as violence, pain, or mistreatment.

While carers may provide support, it is important to centre the voices of women and gender diverse people with disabilities in every discussion to create a space where they feel heard and valued.

Self-reflective questions:

- Do I automatically speak to carers or support people before speaking directly to the woman or gender diverse person who has come to see me?
- How do I ensure people have the opportunity to speak for themselves?
- How do I respond when a carer dominates the conversation?

In Practice:

- For their own privacy, ask if people would like their carer involved in the discussion around sexual pleasure and consent.
- First make eye contact and speak to the person who has come to see you, rather than their carer or support person.
- Use clear and accessible language and provide time to respond.
- If a carer or support person speaks over a person with disabilities, gently redirect the conversation back to the person who has come to see you.

In conversation:

- "Would you like to speak with me alone, or do you prefer to have your carer/support person present?"
- "How can I best support you in expressing your own needs?"

“We need real and practical information.”



Everyone has the right to clear, practical, and relevant information about pleasure, consent, and all aspects of sexual and reproductive health. Often, discussion of these topics with women and gender diverse people with disabilities are vague, overly medicalised or avoided completely.

Providing real and practical information, which you can tailor to each person's needs, empowers people to make informed choices, advocate for themselves and confidently explore their own sexual pleasure.

Self-reflective questions:

- Do I offer clear, practical and relevant information for the community I serve?
- How do I make sure this information is up to date, and is useful for all people who use our health service?
- Do I provide everyone with the tools and knowledge they need to make informed decisions about their sexual and reproductive health and pleasure?

In Practice:

- Use simple, direct, and inclusive language.
- Break down complex medicalised terms into easy to understand points.
- Provide real world examples that can help people understand how to apply the information to their own experiences.
- Direct people to trusted websites, support groups, or professionals who specialise in disability and sexual and reproductive health.

In conversation:

- "Would you like detailed information or a simple overview on this topic?"
- "Is there anything I can do that would help you better understand this information?"
- "How can I assist you with applying the information we've discussed to your own experiences or relationships?"

“Ask better questions and be open to what you hear.”



Approach conversations with women and gender diverse people with disabilities with curiosity and an open mind.

Asking better questions that are thoughtful and open-ended provides members of the community with an opportunity to share their honest needs and concerns. This means that you can foster trust, create space for more honest communication, and improve the quality of your care.

Self-reflective questions:

- Do I actively seek to understand everyone's experiences, with professional curiosity and an open mind?
- How do I validate experiences that are different from my own or that I do not completely understand?

In Practice:

- Ask open-ended questions that invite discussion and allow people to express themselves fully.
- Be willing to hear answers that may challenge your assumptions or knowledge, and recognise that everyone's experiences are different.
- Acknowledge and affirm that everyone's experiences are valid to help build trust and strengthen your relationship.
- Remain flexible in how you provide care and be willing to adapt your advice and strategies to meet the specific needs of individuals.

In conversation:

- "I want to make sure I am providing the care you need. What would help you feel empowered and informed when making decisions about your sexual and reproductive health?"
- "Can you share more about your experience with...?"

“Understanding boundaries and trauma.”



For some women and gender diverse people with disabilities, medical experiences can be traumatic, and conversations about sex may feel uncomfortable or even taboo. It is important to understand that people may have a lot to process including their identity, past experiences, trauma (including sexual and medical trauma), or expectations. Respecting boundaries means understanding when, how and if someone wants to talk about certain topics. Creating a culture of consent in your practice includes being aware of discomfort, checking in regularly, and allowing people to guide conversations at their own pace.

Self-reflective questions:

- Do I acknowledge that past trauma may affect people's comfort in discussing sexual pleasure and consent?
- How do I respond when someone expresses discomfort or hesitation? Do I reassure them and respect their boundaries?
- Do I know what services and supports I can offer if someone discloses sexual violence?

In Practice:

- Be mindful that discussions around sexual pleasure and consent may bring up difficult emotions. Approach these conversations with care and patience.
- Let people share what they would like to share, and do not push if they need more time or do not want to discuss these topics at all.
- Medical interactions offer an opportunity to model consent. Give people the choice to pause, revisit, or discuss these topics in a way that suits them.
- Find out how accessible local services are for women and gender diverse people with disabilities who have experienced sexual violence. Learn about their referral processes.

In conversation:

- "Some people can find talking about sexual pleasure and consent difficult. How do you feel about having this conversation today?"
- "What topics are you comfortable discussing, and are there any topics you would rather avoid?"
- "People sometimes feel uncomfortable in healthcare settings. Is there anything I can do to make this space feel safer for you?"

“Modelling communication styles about pleasure and consent.”



When healthcare practitioners model healthy communication styles, such as asking for consent before discussing sensitive topics or performing a medical examination, they create a safe and respectful space for women and gender diverse people with disabilities.

This not only fosters trust and comfort in healthcare settings, but also models consent practices that people can apply to their own lives and relationships.

Self-reflective questions:

- Do I always ask for consent before discussing sensitive topics or performing examinations?
- Do I model clear and respectful communication that supports everyone's right to set their own boundaries?
- How can explain consent in an accessible way?

In Practice:

- Always ask for consent before discussing sensitive topics or performing a medical examination to model respectful communication and consent.
- Pay attention to verbal and nonverbal cues to gauge comfort levels and adjust your approach accordingly.
- Encourage everyone to set their own boundaries and reinforce that their comfort and autonomy is your priority.
- Offer practical strategies for navigating consent in personal relationships and reinforce the importance of open communication.

In conversation:

- "Do you have any concerns about medical exams or procedures that I should be aware of?"
- "Would you like to talk through ways of how we can pause, stop, or continue a conversation or procedure before we begin?"

"Create a comfortable and safe space."



Creating a comfortable and safe space is about ensuring women and gender diverse people with disabilities feel respected, heard, and in control of their healthcare experience. This is particularly important when discussing topics like sexual pleasure and consent. By encouraging open conversations, respecting everyone's boundaries, and providing reassurance that their experiences are valid, people can feel comfortable sharing their experiences and concerns.

Self-reflective questions:

- Do I actively create an environment where people feel respected, heard, and safe?
- Do I provide reassurance that everyone can voice their concerns or boundaries without fear of judgement?
- Am I always respectful of people's boundaries during conversations?

In Practice:

- Always ask for consent before discussing sensitive topics or performing any medical procedures.
- Make it clear from the start that the space is safe and comfortable, through body language, tone, and clear communication.
- Invite people to share their thoughts and experiences about sexual pleasure and consent, by using open-ended questions to provide space for them to express themselves.
- Pay attention to body language, facial expressions, and tone to gauge people's comfort levels and adjust your approach based on your observations.
- Ensure the physical environment is supportive and confidential.

In conversation:

- "Is there anything that I can do to make you feel more comfortable right now?"
- "If you're ever uncomfortable during our discussion, please let me know, and we can stop or adjust as needed."

“Knowledge of pleasure and disabled bodies/minds and other services.”



An understanding of how disability intersects with sexual pleasure and consent, and offering guidance on accessing relevant services and resources, can ensure more inclusive, understanding, and informed care. This approach not only enhances the experience of women and diverse people with disabilities but also promotes sexual health and wellbeing as an important part of healthcare.

Self-reflective questions:

- Do I have a clear understanding of how disability can impact sexual pleasure and consent for women and gender diverse people with disabilities?
- Do I seek to increase my knowledge of how different disabilities intersect with sexual pleasure and consent?
- Do I feel confident guiding women and gender diverse people with disabilities to helpful services and resources that would support them?

In Practice:

- Take the time to learn about how different conditions can impact sexual and reproductive health, including pleasure and consent, to continue to provide informed and inclusive care.
- Increase your knowledge about support services, sexual health services, assistive devices to help people navigate their sexuality.
- Learn from people with disabilities and ask what their needs are and what works for them.
- Engage with disability-led organisations such as Women with Disabilities Victoria. Seek lived experience perspectives to develop your understanding of disability, pleasure, and consent.

In conversation:

- "Would you like support in finding accessible resources on sexual pleasure and consent?"
- "Are you aware of any assistive devices or strategies that might help you experience more pleasure? Would you like some resources on these?"