



LGBTQA conversion practices

What are conversion practices?

LGBTQA conversion practices are harmful practices which seek to change or suppress an individual's sexual orientation or gender identity. They are sometimes referred to as 'gay conversion' practices or 'conversion therapy'. Evidence shows that conversion practices are dangerous and damaging.

Conversion practices are not supported by medical research. There is no evidence that sexual orientation or gender identity can be changed or suppressed. While it may appear possible for some individuals to temporarily suppress a part of who they are, research shows it cannot be sustained and is harmful.

Conversion practices may take a number of forms. They can include practices such as counselling, or other psychological or medical interventions, and also some religious-based practices, including counselling, conferences and spiritual deliverance practices directed to change or suppress a person's sexual orientation or gender identity.

However, the shared foundation of all of these practices is the view that LGBTQA identities are undesirable, and that people can and should change or suppress such identities to conform with heterosexuality and the gender that corresponds with their sex assigned at birth.

Have you experienced a conversion practice?

Everyone deserves to be respected for who they are.

From 4 April 2025, it is against the law for someone to try to change or suppress – or make you change or suppress – your sexual orientation or gender identity, even if you ask for help to do so.

Reports can be made to Anti-Discrimination NSW about conversion practices that occurred on or after 4 April 2025. If the practices began before 4 April 2025 but continued past this date, a report can still be made.

Although formal complaints cannot be made about historical conversion practices from before 4 April 2025, Anti-Discrimination NSW welcomes you to share your story. We can guide you towards resources and support services for ongoing healing and assistance in navigating any challenges related to your experience.

Formal complaints about conversion practices may lead to conciliation between the people involved, targeted education or further investigation. Individuals who make a formal complaint are not required to meet with the other party, unless they choose to. Our processes are flexible and trauma informed.

If you are unsure if what you have experienced or witnessed is considered a conversion practice, we can have a confidential discussion with you about it.

Call us: **1800 670 812** (weekdays 9am to 4pm)

Email: complaintsadb@justice.nsw.gov.au



Criminal offences in relation to conversion practices

An adult who provides a conversion practice that causes substantial mental or physical harm, or endangers an individual's life, can face up to 5 years in prison.

Taking someone outside of NSW for these practices – or engaging someone from outside of NSW to deliver a conversion practice to someone in NSW – can lead to up to 3 years in prison, a fine, or both.

The criminal offences will be overseen by NSW Police.

Resources are available

You can access resources about the Conversion Practices Ban on the Anti-Discrimination NSW website for further information regarding the Conversion Practices Ban Act 2024. Resources include:

- Animated explainer videos
- Case studies
- Community language information
- Easy Read guide
- Frequently asked questions

This fact sheet has general information about LGBTQA conversion. Please contact us if you have questions about conversion practices or if you would like information about how to make a complaint.

Anti-Discrimination NSW

Enquiries

Phone: 02 9268 5544

Free call: 1800 670 812

Email: complaintsadb@justice.nsw.gov.au

Support services

You can get further help and support by contacting these organisations.

QLife

1800 184 527
qlife.org.au

Lifeline

13 11 14
lifeline.org.au

Beyond Blue

1300 224 636
beyondblue.org.au

Advocacy, legal services and affirming faith organisations are also listed on the Anti-Discrimination NSW website.

Postal address

Locked Bag 5000
Parramatta NSW 2124

Website

antidiscrimination.nsw.gov.au