



Anti-Discrimination  
New South Wales

# LGBTQA conversion practices

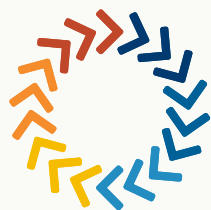
Easy Read version



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# About this guide



Anti-Discrimination  
New South Wales

This guide is from Anti-Discrimination NSW.



We work to make things fair for  
people in New South Wales.



Some of the information in this guide  
might make you feel bad or upset.



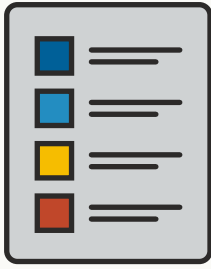
We wrote this guide to tell you about LGBTQA conversion practices.

LGBTQA means:

- lesbian
- gay
- bisexual
- transgender
- queer
- asexual.



Conversion practices means someone tries to make you change or hide your sexuality or gender identity.



This guide is an Easy Read summary of our LGBTQA conversion practices web page.



Summary means we only include our most important ideas.



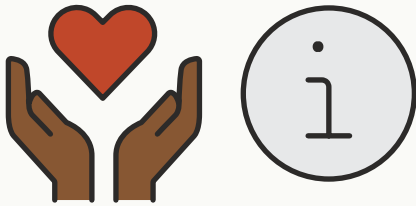
You can read our [LGBTQA conversion practices web page](#) on our website.



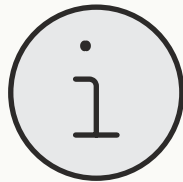
Our website is: [antidiscrimination.nsw.gov.au/discrimination/conversion-practices.html](http://antidiscrimination.nsw.gov.au/discrimination/conversion-practices.html)



If you feel bad or upset,  
you can get support.



You can find support information on  
page 14 at the end of this guide.



You can also find our contact information  
on page 16 at the end of this guide.

# About LGBTQA conversion practices



Conversion practices can be when someone says you should:

- change your sexuality or gender identity
- hide your sexuality or gender identity.



Sexuality means who you are attracted to.



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



Conversion practices are sometimes called conversion therapy.



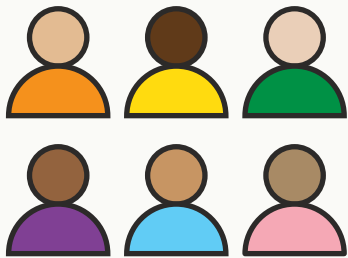
Conversion practices are against the law, even if you say yes.



People must not use conversion practices.



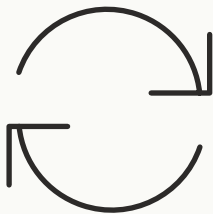
## Who conversion practices are used on



Conversion practices are used on LGBTQA people.



It is always okay to be LGBTQA. There is nothing wrong with being LGBTQA.



It does not work to try to change or hide your sexuality or gender identity.

# What conversion practices look like



Conversion practices could be if someone:

- says you must stop being LGBTQA, like stop a relationship you are in
- says they can help you change your sexuality or gender identity
- does not let you see a doctor to help you live as the gender you want.



Conversion practices could also be if someone tells you to be celibate because of your sexuality or gender identity.



Celibate means you do not get married or have sex. You cannot be told to be celibate just because you are LGBTQA.

# Who uses conversion practices



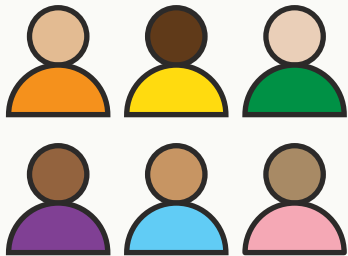
A person who tries to use conversion practices might be someone that you are close to. For example:

- a family member
- a teacher
- a religious leader
- a disability support worker
- a healthcare worker
- a counsellor or therapist.



Counsellors and therapists are experts you can talk to about your problems.

# How to report LGBTQA conversion practices



Conversion practices might have happened to you or to someone else.



You can report conversion practices to us.



You can report conversion practices that:

- happen to you
- happen to someone else.



You can also ask someone you trust to report conversion practices to us.



If you report conversion practices to us, we can:

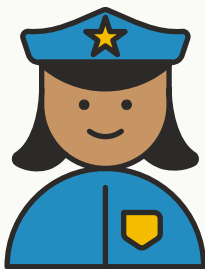
- listen to you
- find out more about what happened.



You can decide what we do next.



We can help stop the conversion practices.



We might ask you if you want us to tell the police so they can help you.

# Support information



You can contact QLife for support.

QLife is a support service for:

- LGBTQA people
- family and friends of someone who is LGBTQA.

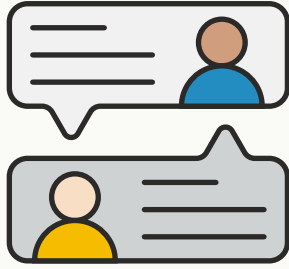


## Call QLife

1800 184 527



QLife will answer the phone between 3 pm and midnight, any day of the week.



## Send QLife a message using webchat

[qlife.org.au/resources/chat](http://qlife.org.au/resources/chat)



## Use the National Relay Service (NRS)

Visit the [National Relay Service](http://National Relay Service) website.

# Contact information



Anti-Discrimination  
New South Wales

You can contact us to report  
LGBTQA conversion practices.



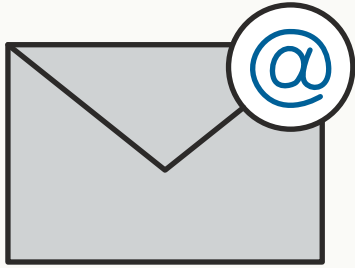
## Call us

1800 670 812



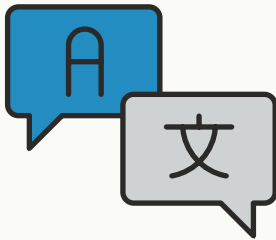
We will answer the phone between  
9 am and 4 pm, Monday to Friday.





## Email us

complaintsadb@justice.nsw.gov.au



## Use the Translating and Interpreting Service (TIS)

Call 131 450 and ask to speak to Anti-Discrimination NSW on 1800 670 812.



## Use the National Relay Service (NRS)

Visit the [National Relay Service](https://www.nationalrelayservice.gov.au) website.

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