



How to use these cards for health workers

The My Body My Choices conversation cards help health professionals to communicate with women with intellectual disability in a more inclusive way.

It can be difficult to start the conversation around sexual and reproductive health. You can use these cards to get to know a person better and help them through the decision-making process.

Starting the conversation can support women with intellectual disability to have autonomy over their body and their health choices.

How to use these cards for supporters

The My Body My Choices conversation cards can help family members and supporters to have conversations with women with intellectual disability about their sexual and reproductive health and safe relationships.

You can use these cards to support them to make decisions about their sexual and reproductive health and relationships.



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Council for
Intellectual Disability

