



Long Story Short: Reshaping the narratives of women's sexual and reproductive health

What is the Long Story Short Project?

The Long Story Short Project is a joint initiative of Women's Health Goulburn North East (WHGNE) Women's Health Loddon Mallee (WHLM). The project will hear, understand and share women's sexual and reproductive (SRH) experiences and use those stories to advocate for better services across the Goulburn Northeast and Loddon Mallee regions.

Long Story Short aims to ensure that women in regional Victoria are able to access safe, inclusive, person-centered services and information for optimal sexual and reproductive health. Through the collection of lived-experience perspectives from our communities WHGNE and WHLM can better understand women's experiences and more effectively advocate for sexual and reproductive health services and information that is rights-based and provided to women in a way that is non-judgmental, easily understood, culturally sensitive, free from discrimination, affordable, geographically accessible, and sex positive.

The data we collect will also provide WHGNE and WHLM with the information we need to effectively develop and deliver targeted resources and education to build community knowledge about women's sexual and reproductive rights, and grow women's confidence to navigate the health system, describe symptoms and self-advocate when accessing services.

Do I have to participate?

Completing this questionnaire is voluntary. The below information will help you to make an informed decision about whether you would like to share your perspective and contribute to solutions-based discussions in the Goulburn North East (GNE) region. If you decide not to participate, this won't affect your relationship with the Victorian Women's Health Services.

Who is being asked to participate?

We are currently looking to hear women* in the northeast Victoria and Goulburn Valley regions. WHGNE and our partner organisation use the term 'women' to include cis women, transgender women, non-binary and gender-diverse people. WHGNE recognise the importance of ensuring that all voices are heard and represented in the Long Story Short project.

What if I change my mind?

If you change your mind about completing the survey before you submit you can simply close your internet browser and your responses will not be recorded. Once you have submitted your survey responses, we will be unable to remove them as the responses are not linked to names (they are anonymous).

What will happen to my information?

This is a confidential questionnaire, no identifying details will be required, unless you would like to be contacted by the project team in the future. You are also welcome to use a pseudonym during any conversations. Information will be stored securely as per the WHGNE and WHLM privacy policies. Responses from candidates will be used to develop public advocacy, organisational reporting, resources development or may be presented as part of the Long Story Short project on our websites.

What are the benefits?

Some people may benefit from sharing their stories and feeling like they have contributed to raising awareness of SRH needs in the region, but it is unlikely that there will be significant individual benefits from involvement in this project. The benefit of this project applies more broadly to society in that this work will center women's voices and experiences and work towards advocating for more services and supports in our regions.

What are the risks?

There is a risk that reflecting on sexual and reproductive health experiences may be upsetting for some. You can always speak to your local GP about your mental health, but in the meantime, there are many services available both locally and statewide that can support you:

Centre Against Sexual Assault: **1800 806 292** (open 24/7)

The Orange Door Ovens Murray: **1800271157** (Mon-Fri, 9am-5pm)

1800RESPECT Helpline: **1800 737 732** (open 24/7)

Lifeline: **13 11 24** (open 24/7)

QLife: **1800 184 527** (Mon-Sun, 3pm-12am)

InTouch Multicultural Centre Against Family Violence: **1800 755 988** (Mon-Fri, 9am-5pm)