

# The Impact of Silence: Young Chinese-Australians' Experience of Navigating Sex and Relationships

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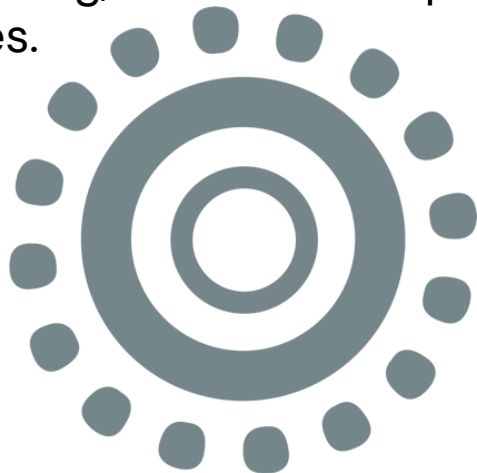
<sup>3</sup> True Relationships & Reproductive Health



# Acknowledgement of Country

La Trobe University acknowledges our campuses are located on the lands of many Traditional Custodians in Victoria and New South Wales. We recognise their ongoing connection to the land and value their unique contribution to the University and wider Australian society.

La Trobe University is committed to providing opportunities for Aboriginal and Torres Strait Islander people, both as individuals and communities, through teaching, learning, research and partnerships across all our campuses.



# Background & Methods

## What do we know about young people's sexual health needs?

- Australian research focuses on whole populations
- Limited research with young people from migrant backgrounds or whose families born overseas
- Cultural norms and practices often limit learning about sex and relationships in families/at home
- Chinese–Australian young people overlooked



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Australian Research Centre  
in Sex, Health and Society

**Family attitudes to  
relationships and dating among  
young people**

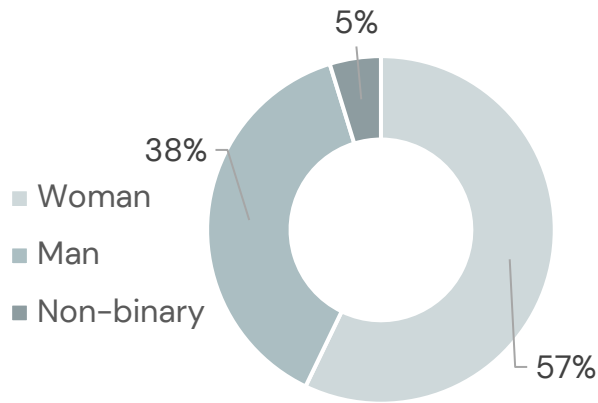
**LOOKING FOR YOUNG PEOPLE  
TO TAKE PART IN OUR STUDY**

**IF YOU ARE**

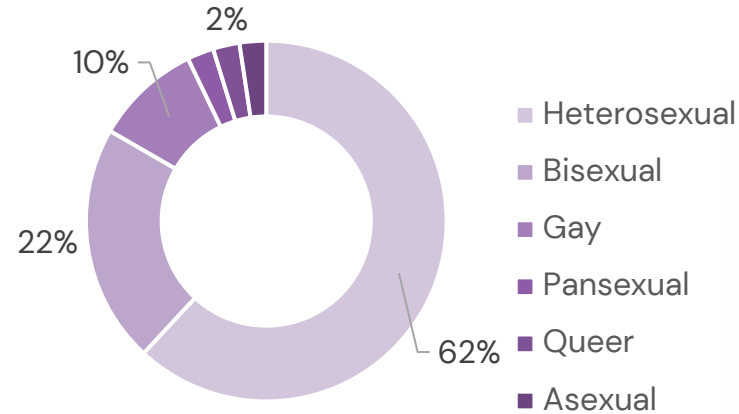
- AGED BETWEEN 18 TO 25,
- HAVE PARENTS BORN OVERSEAS,
- IDENTIFY AS HAVING A CHINESE BACKGROUND AND,
- AUSTRALIAN BORN OR SOMEONE WHO HAS LIVED IN AUSTRALIA SINCE BEFORE AGE 12.

# Demographics (N=42)

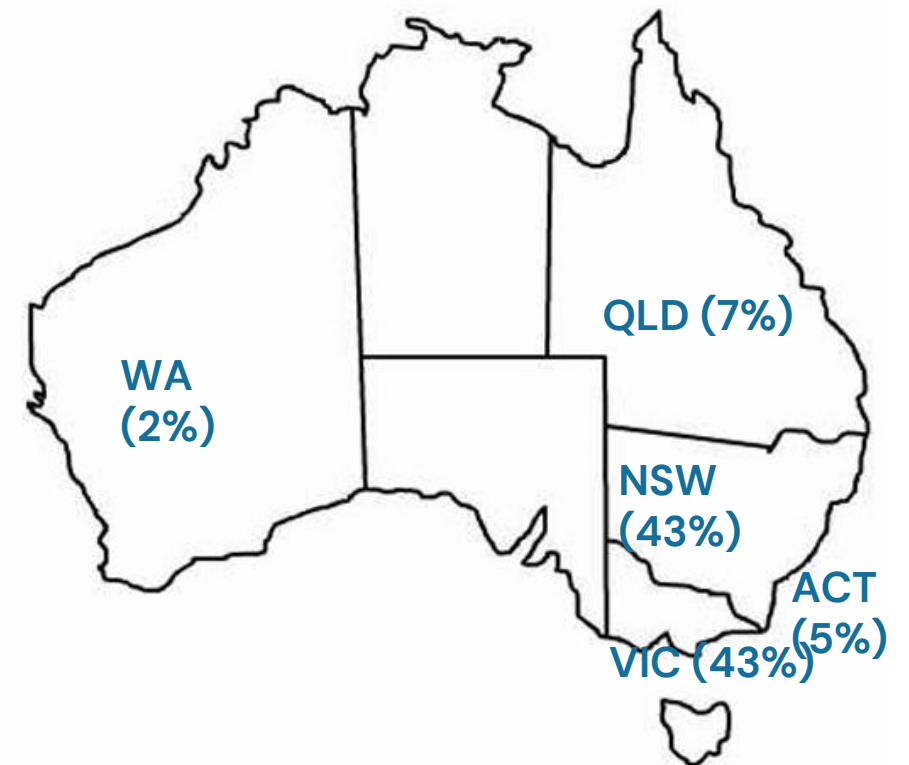
## Gender



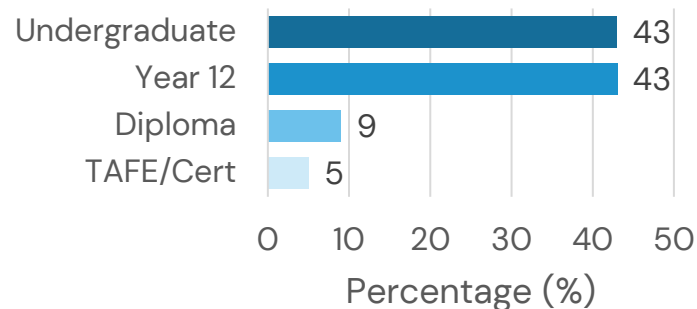
## Sexual Identity



## Geographical Location



## Highest Level Education



## Ethnic Backgrounds

China, Cambodia, Hong Kong, Indonesia, Malaysia, Philippines, Scotland, Singapore, Thailand, Vietnam, Australia

# Key Findings

**Silence in  
Talking  
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**Supports for  
Young People**

# Implications & Key Takeaways

Findings highlight that Chinese–Australian young people:

- are learning and navigating relationships and sex in different ways
- Experience challenges in accessing information and emotional and practical supports
- Require supports that are culturally tailored to their needs



***“...how we don't talk about sexual health is very telling as to how our mental health is...it requires us to reflect on how we grew up, like our [family] dynamics...when I look back at how I talk about sexual health...I wish I had a space where I could openly discuss these things’... It made me realize...I'm not actually able to do [this] or to feel safe...yeah it does impact your mental health, you know, it impacts your emotional well-being.”***

Alyssa, Heterosexual Woman, Metropolitan QLD

# THANK YOU



## Get in touch

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