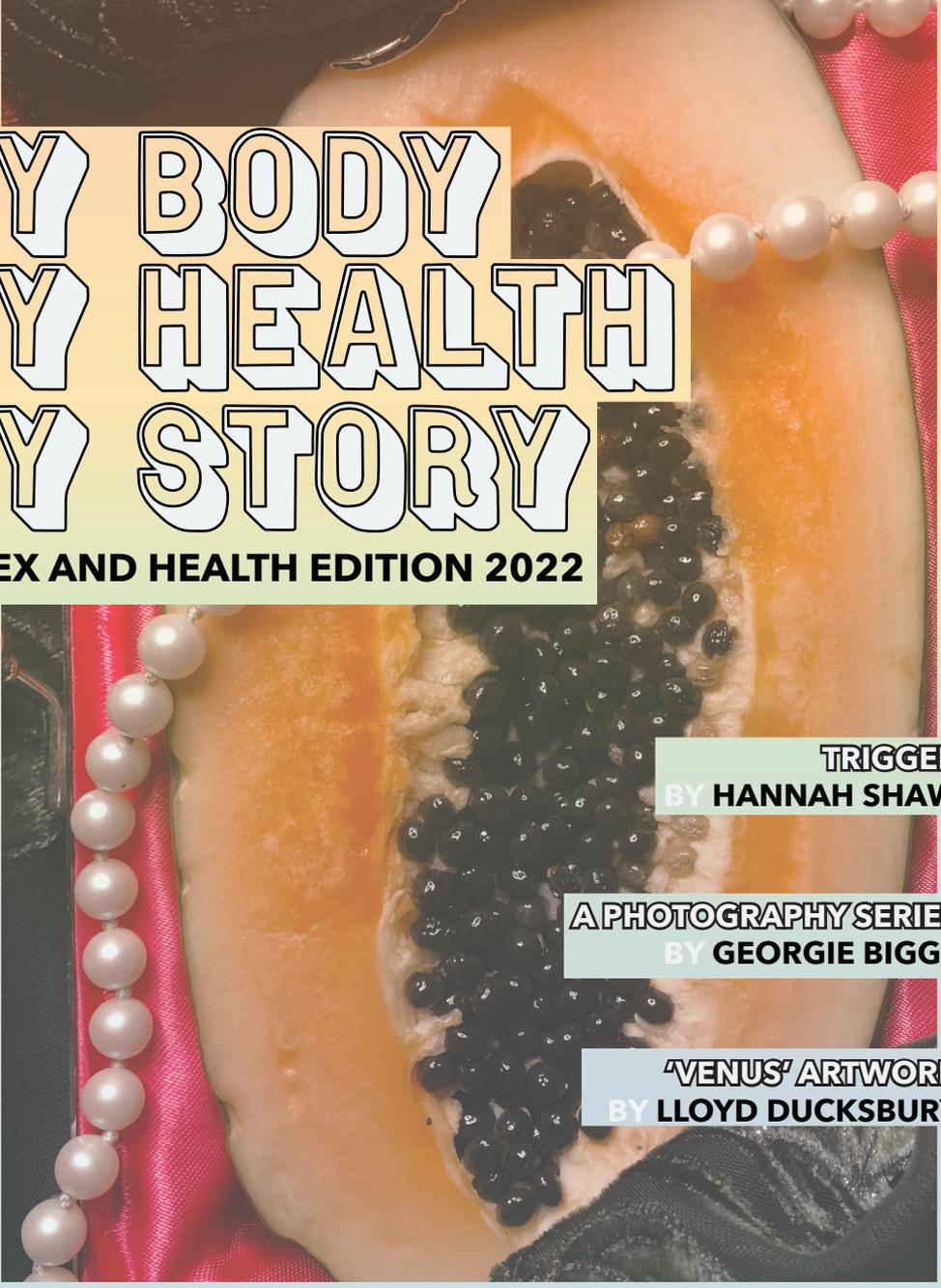


CURIEUX



MY BODY MY HEALTH MY STORY

THE SEX AND HEALTH EDITION 2022

TRIGGER
BY HANNAH SHAW

A PHOTOGRAPHY SERIES
BY GEORGIE BIGGS

'VENUS' ARTWORK
BY LLOYD DUCKSBURY

Issue 3 - 2022

FREE
like
campus
therapy

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UC SRC MEDIA OFFICER:
Sebastian Winters

COVER ART:
Georgie Biggs

EDITORS:
Laura Monaghan

DESIGNER:
Maddy Piggott

PRINTED BY:
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FACEBOOK:
@curieux

INSTAGRAM:
@curieuxmag

WEBSITE:
curieux.com.au

Curieux would like to acknowledge the Traditional Owners and Custodians of the land on which Curieux is created and read. We would like to acknowledge the Ngunnawal people as the Traditional Owners of the land on which UC Bruce campus sits and pay respect to Elders past, present, and future. We would like to pay respect to all Aboriginal and Torres Strait Islander people who are a part of the Curieux and UC Community, and acknowledge and respect their continuing culture and the contributions they make to UC life and beyond.

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Letter from the **EDITOR**

'My Body, My Health, My Story' is the third edition of Curieux's Sex and Health magazine. Both myself and magazine designer, Maddy Piggott, decided that continuing the Sex and Health editions wasn't really a decision at all. How could we not continue a magazine theme that is all too often underrepresented yet is relevant to every single one of our readers?

After all, if you have a body then you have a story to tell. For that very reason, the theme 'My Body, My Health, My Story' was born. We wanted to give a platform for the people who think their stories aren't worth telling (spoiler: they are!) and the conversations that go unspoken.

We hope you enjoy reading about the intricacies and nuances that come with the human body, and the experiences we get to live through having it. Our bodies are phenomenal. YOU are phenomenal.

LAURA MONAGHAN

Let's Talk About Sex, Baby!

BY LILA GREYLING

Close your eyes.

Imagine you are laying in the middle of the bed wrapped up in Egyptian cotton sheets. Fingertips are running softly over your body, faintly tickling your senses and leaving you wanting more. The material feels soft on your stomach and a bit more textured over your thighs and arms as the goosebumps grow. There is a soft breeze flowing into the room from the open, white plantation shutters on the windows, and you can hear the song of birds in the distance.

You feel relaxed and calm, comfortable in the safety net of the bedding, and ready for another day filled with love and laughter. You escaped for a while to your room of pleasures to recuperate your soul.

Now open your eyes.

Do you have a room or space in your house that makes you feel one hundred percent content? If not, you might need a sex room.

In the new Netflix series 'How to build a sex room', the host and interior designer, Melanie Rose, creates sex rooms as the answer to all sorts of fantasies. But more than that, she creates these rooms as the answer to living life with the one you love to the fullest, to enjoy every moment you have alone and to maximize the experience, whatever that may be, so the spark in the relationship feels continuously ignited.

Often people feel awkward talking about sex. It has a dirty connection and almost a 'below the belt' type of feel that you just don't want to share. But Melanie urges people to explore their fantasies and delve deeper into the world of kink, as sex, we all know, is an important part of any relationship.

It serves as a deeper communication without words; but it doesn't have to be a dirty, rough, almost uncomfortable process.

Sex activates a range of neurotransmitters that impact several organs in our bodies as well as our brains. It is so good for us for a variety reasons like overall stress reduction, both physiologically and emotionally, and it can give you an opportunity to explore a different side of yourself (wink).

Now talking about a sex room, the room doesn't have to represent the red room of pain like Fifty Shades of Grey. It can be anything - a luscious bedroom, a kinky corner, an intimate room behind a hidden door or a dungeon in the basement.

The room or space needs to make you feel like you can explore your desires and indulge in your pleasures. If that is a room filled with neutral tones and different types of textures or a dark, moody corner filled with candles either way, it must speak to your inner goddess of enjoyment.

For a sensual room/bedroom you need to remember:

1. It does not have to be an overt sex room. It can be like your honeymoon suite to inspire romance.
2. It needs to be a room where you can escape reality and slow down for a moment.
3. Have the bed front and centre. When you walk into the room it needs to feel like it is calling your name and when you see it you should feel like you are gravitating towards it.
4. Create a sensual ambience with soft lighting and textures you can feel on your skin.

For a more kink inspired room/bedroom you need to remember:

1. It is still a sensual space filled with textures and toys.
2. Just because you are indulging in your fantasies does not mean you are dirty.
3. Rope doesn't have to be used as a restraint. You can use it to flirt and prolong the enjoyment of being tied up sexually.
4. Toys are normal. There are a lot of misnomers about sex toys, don't let that stop you from living the dream (wink).





Sex rooms really are for everyone. You might love your better half with all your heart but feel that your relationship has fallen into a bit of a 'vanilla' routine which needs a bit of spice to rejuvenate it.

"So I hope my darlings you can see the rooms that I design are really meant to transport you away from the daily mundane ritual of life and into a real world of fantasy, pleasure and connection of your dreams and desires and most of all of being free."

- Melanie Rose
How to Build a Sex Room (2022)

Sex rooms aren't just about sex. They are about strengthening relationships and above all, they are about love.

Do yourself a favour and watch 'How to build a sex room' not for enjoyment, but more to learn something about how to love your better half more to keep the spark going from now till the end of time.



Watch the trailer!

Poetry Collection

BY STEFFI LINTON

Less...

And now I've lost so much
For so long I couldn't make any of it go away
It clung to my bones
an unwanted lodger behind on the rent behind me and in
front of me encasing me despite
my pleas Please disappear
Let me be
free Let me be
less
And now I've lost so much
Once decided
it moved to detach itself from my limbs with such speed
Part of me accepting rejection
Part of me leaving me again
Part of me
lost I do feel
more like myself Now that I am
less

Oh Tricks...

It's not just my mind
that's tightened.
They only want you
because you have
that tight
little body,
he tells me.
Is his scorn for
me or them?
Either way,
I have worked
hard to be hard.

For seven months
skinny jeans
stretched over
newly stretch
marked thighs.
Outgrown, I
threw them out,
slipped into skirts,
shimmied up over
overt hips,
overgrown belly,
nothing
tight about me
but my waistband.

Tight again now,
so he tells me, so
I can see,
the gap, proven by
the tape,
measure my worth
in centimetres
and in inches,
might as well do both.
Old enough
for inches,
old enough
to know better,
old dog
back at those
old tricks.

At least they want me.

ARTWORK BY STEFFI LINTON

Preventing sexual assault is everybody's business, but are Canberra nightclubs doing enough?

BY SARA GARRITY

Women choose their way home from clubs "based not on efficiency, but on which route is less likely to have men lurking around who will potentially harass and assault [them]". Women give fake names and numbers to men in clubs because they "fear what he might do if [they] just say 'no'".

British feminist and best-selling author Florence Given wrote this in her book *Women Don't Owe You Pretty*, regarding the normalisation of sexual advances in our culture.

This is the everyday experience of women on a night out, all over the world, and here in Canberra. But is this something these establishments are trying to change? Or has it become part of their business strategy due to its normalisation in society?

Clubbing is a global phenomenon. London premium event organiser Capital A List suggests that there are multiple reasons that people are attracted to the nightclub scene.

Some people go out for a dance, some go to escape, and some just go out to party. But the main reason these establishments seem to capitalise on is the desire of singles to find a partner, and this also appears to be the main factor contributing to sexual assault within clubs globally.

In the UK in 2021, Downing Street pledged £45m towards the Safer Streets fund, implementing CCTV cameras in streets where

women walk home from clubs alone. They also assigned undercover cops in nightclubs to deal with assaults once they occur, in a campaign accused of missing the point entirely.

Closer to home, the situation is much the same. A survey from La Trobe University found that 96.6% of participants thought that sexual assaults occurred in licenced venues, with 80.2% finding it common in Melbourne clubs and pubs.

Previous owner of regional Victorian nightclub Kazbah Lounge, Alan Harris, says that every nightclub has "issues with sexual advances and assaults", and that "it's such a tricky industry to be in in that regard".

Alan's nightclub was the only one in a region of 10,000 people, and he found he had to do whatever he could to accommodate patrons of all ages and intentions that would come through the doors each night.

"I feel regionally having to accommodate and cater for several different types of crowds can cause a vast array of problems," he said.

"We took every instance of sexual assault very seriously, but there is a fine line between ruining people's fun and helping someone in an unsafe situation. The majority of people were great, but it's the 10 percent that makes it that much harder and ruins it for everyone else."

Nightclubs intend to provide services that appeal to their patrons to ensure they come back again and again. This is a business strategy that is not uncommon amongst all kinds of businesses, but when it gets in the way of the safety of individuals, the question arises around what is actually more important.





After contacting over five nightclubs in Canberra, none were willing to have a conversation about what was being done to combat sexual assaults. However, owner of Canberra bar Hippo Co., Kylie Preston, said her bar has a no tolerance policy for this kind of behaviour towards customers and staff.

"We are a small venue and very closely enforce our RSA obligations, and have a zero-tolerance policy for abuse of any kind at our bar," she said.

"We have briefed our staff about our view on unsocial behaviour and they understand we will not tolerate this in our venue. Our staff know they have our full support, and we would rather lose patrons than expose staff or customers to any form of abuse."

Unlike Hippo Co., Canberra's larger nightclubs have a different approach to dealing with sexual assaults. A bartender who worked at three Canberra clubs says he did not receive any training around how to deal with these situations once they happened.

"For the most part, there were never any specific rules for dealing with sexual assault," he said.

"There was just an unwritten no tolerance policy. As a member of staff, I never received any specific training around sexual assaults."

A DJ at one of Canberra's biggest nightclubs also said that while he was being told to be aware of the signs, it was difficult for him to identify unsolicited behaviour when in the darkness of the nightclub.

"Once these actions have taken place or are occurring, I know for a fact that the culprit is removed from the premises and the appropriate authorities are usually involved; but this can be difficult to spot when overlooking a packed crowd," he said.

The responses from the employees suggest that Canberra nightclubs, like those in the UK, deal with sexual assaults after the event rather than stopping them from happening in the first place. But is this strategy enough in the eyes of the victims?

From speaking to a small number of close contacts in Canberra, the general consensus is that what is being done is not enough to create appropriate change within these venues, with a large number of assaults still happening.

One woman shared a story from her teenage years of when a man wouldn't stop caressing her thigh when she was clubbing, despite constantly telling him to stop.

Another woman in her early 20s said, "more often than not when I've been out clubbing, either one of my friends or myself have been inappropriately touched by someone without consent, and now I find myself feeling anxious or paranoid every time I go out."

A third woman told the story of her friend, who was constantly sexually harassed working behind a bar. The friend complained to her manager about the situation, but his only response was "you have to expect those things when you work in a place like this".

Women on nights out in Canberra have to keep in mind what could happen to them at any time. Women on nights out in Canberra can't rely on clubs having business rules that look after them and stop sexual assaults before they actually happen.

Nightclubs in Australia and all over the world are aware of the sexual assaults that occur on site, yet are only willing to deal with them after they happen. If these clubs cared about their female patrons as much as they appear to care about business, women in Canberra and all over the world could finally enjoy a night out, without constantly looking over their shoulders.

CHURCH BELLS

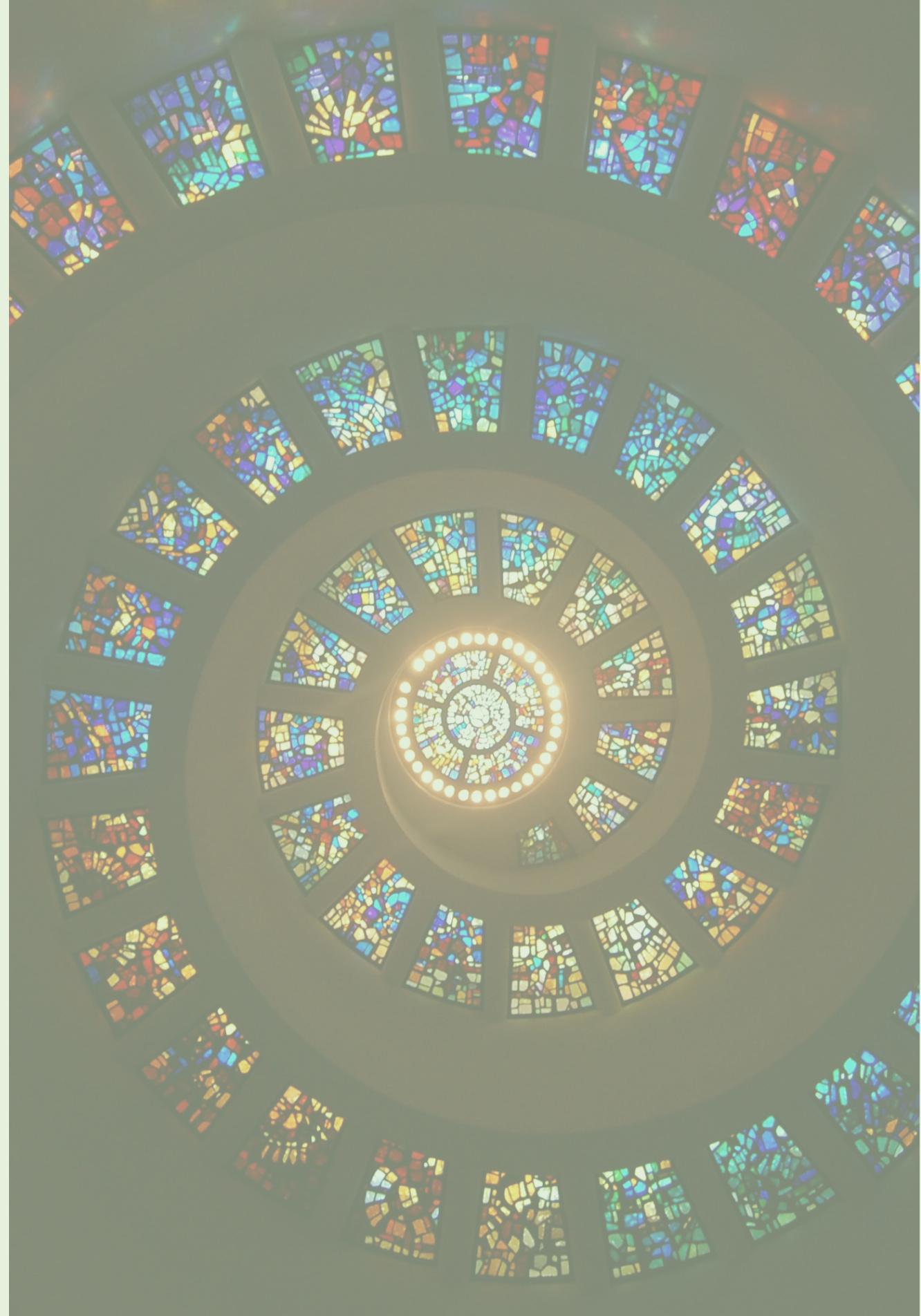
BY LAURA MONAGHAN

If only
I'd listened
to the church bells tolling
inside my chest.
Urging me
to craft an altar
of my flesh.

If only
the light shone
through my eyes
like stained glass windows.
Would the angels have sensed
the weight
upon my lungs
and finally, finally
answered my prayer?

Should I
have set my limbs
ablaze
with holy fire?
Drunk my blood
as wine?
Is that what a woman must do
to feel reverent?
To feel divine in her skin?

Oh, if only
I'd known
that my body
was a temple.
That I didn't need
to starve myself,
to feed 5000
because I
am the miracle.
Because I
can be my own God.





In this piece, the idea of body modification is pushed to an absurdist extreme. This macabre spectacle is juxtaposed by the alluring elegance of the female form, furthered by the appropriation of the famous "Venus de Milo", a symbol of feminine beauty. This, in turn, confuses the senses of arousal and repulsion within the viewer. Ultimately, unsure of how to feel, the audience is left to ask themselves one question: Who am I to judge?

Venus

BY LLOYD DUCKSBURY

"I only shower once a week."

"I found active dating apps on my boyfriend's phone. I was so mad that I changed his sexual preference setting to gay so that all his "friends" quit messaging him."

"I do the cleaning at this hotel in canberra and I've NEVER been given the blankets to clean. I've been there for 8 months now..."

"My favourite thing to do is to pick the crust and buildup out of my fresh belly button piercing."

"The only reason I brought one of my ex-friends to this haunted house was so that I could punch her in the face in the crowded dark room without her knowing it was me."

"I've eaten dog food just to know what it tastes like..."

If you haven't heard of Curieux confessions then 1. Where have you been this whole time?? And 2. You're about to find out.

Curieux confessions are the anonymous secrets spilled via a link on our Instagram bio. We post a theme for our confessions with every new print release and any student at the University of Canberra is welcome to spill their secrets (anonymously, even the editors won't know!) for the entertainment of our loyal magazine readers.

Don't Dismiss Me - Taking Young Woman's Sexual Health Problems Seriously in Australia

BY TAYLOR NEARN

The education of sexual and reproductive health of young women in Australia needs to be improved if we wish to see their health bettered. It takes an average of 7-10 years for young women to get properly diagnosed and treated for conditions such as endometriosis, Polycystic Ovarian Syndrome (PCOS), and chronic pelvic pain. The symptoms include irregular periods, pelvic pain, and growth of cysts and endometrial lining outside of the uterus. The symptoms at a glance can be considered 'normal,' the consensus of the medical community being that these symptoms typically happen in adolescence due to the rapid influx and fluctuation of hormones, and that they are to be tolerated.

A nationwide study conducted in 2020 found that 55% of young women in Australia had experienced painful periods every month, and yet 60% of all women were too uncomfortable to pursue professionals. This tentativeness around seeking medical help is a consequence of the medical community dismissing women's pain as a daily standard, and educators being too uncomfortable to discuss such issues with their students.

Australia has incorporated a menstrual health education in a program known as the Australian Foundation to Year 10 Health and Physical Education (HPE) curriculum. This was implemented in 2012 by the Australian Government and the Australian Curriculum, Assessment and Reporting Authority as a means to better educate young adults on their overall health and sexual health. The issue with this program is that there is minimal supervision by the Department of Education as to the extent that sexual health gets taught - in fact over half of the high-school aged women in Australia hadn't been taught that painful periods weren't normal, and that chronic conditions such as endometriosis or PCOS were usually the culprits.

Combined with the dismissal from the medical community, and the lack of proper education in high school - even in university - it means that sexual and reproduction issues in women are largely misunderstood, with no real idea as to what's happening, why it's happening, and how to properly treat the conditions. We are decades behind where we should be in research, however in 2018 a National Health Strategy was put into place to better educate, diagnose, and research such chronic illnesses and pain that many women face. Thankfully due to the push of this program across the nation, including universities and the medical board, \$10 million was allocated exclusively to study endometriosis, and a total of \$353.9 million was allocated over 4 years for women's health in general.

This funding is a necessity in working towards a deeper understanding of women's health. Universities and medical research centres will be able to dive deeper into the why women have such painful conditions, and how to better treat the conditions and patients with more than just surgery or paracetamol (5, 9). This research will take years to produce results and answers, even with the mighty support of young women

and funding behind it. However, this does not mean we have to sit and wait around for the research to be done. Universities, medical practices, and hospitals should be updated, and mandated to teach staff and medical professionals about the painful conditions, and to require looking further into the patients request and health, rather than dismissing it as normal. By forcing doctors and health professionals to take the requests seriously, and therefore conducting thorough tests, women are more likely to be open about their struggles, and willing to go see a medical professional.

It is a domino effect - more funding, more research, larger willingness to seek help - it means that young girls in primary school and high school are being taught what should be happening in healthy, normal periods. By teaching them what actually happens in a menstrual cycle, girls are more educated on what to do if they are experiencing pain, fatigue, or a change in their cycles.

Unfortunately, about 34% of female teachers, and 84% of male teachers don't feel equipped or educated enough to teach the students about menstruation, and the issues that come with it. However, this is where programs such as The Pelvic Pain Foundation arise. Programs such as this provide educational presentations where a trained professional talks to students about pelvic pain, and what to expect in a menstrual cycle - to both male and female students. The Pelvic Pain Foundation is a great example of what needs to happen in schools while research programs and medical professionals further explore sexual and reproductive diseases.

It shouldn't take a decade for young women to get answers as to why they live with pain. Doctors and teachers shouldn't disregard women's sexual and reproductive health because they feel uncomfortable with discussing it. People shouldn't resort to seeking out information on endometriosis, PCOS, or Chronic pelvic pain extensively on their own to find answers. With more funding for research and education on these conditions from the Department of Education, Department of Health, and the Australian Medical Board, Australia can support millions of young women - without the fear of being disregarded.





Anxiety Ridden

BY MADDY PIGGOTT

I have been living with anxiety for years now and it never gets easier. My brain fixates on the smallest of details and expands them into worst-case scenarios. My brain tries to read people and create assumptions based on what I think they think of me. This causes me to doubt my friendships, overthink off-handed remarks and struggle to accept genuine compliments.

I created this typography piece to represent the feelings that my anxiety generates. The lines of the heart are all handwritten, using words that echo in my head when my anxiety flares up; *problem, disappointment, burden, useless, etc.*

Logically I understand that the people around me aren't thinking these things, but in the moment I can't distinguish between logic and emotion. The heart is inherently an emotional symbol, fully removed from logic so it seemed fitting that that was the shape these words took.

Tears fell when I was in the library.
The girls at the back making cancer jokes.
Girls cocooned with snake-like tongues,
laughing at tumours, treating them like rumours.
Gossip native to their high school corridors.
'All tumours are cancer' one girl shrieks.
Not all tumours are cancer.
But benign blooms anxiety across my face,
etching fine lines in the time it took,
to finally hear it.

For a moment, I am back there watching ...

The needles, the drips, the bruises,
that had entered, after kissing my body.
Their entrails spiralling out,
in delicate green spider-work.
Spiders who ran in dark ink.
Up and down my arms.
My fingers trace the last ink stain,
tattooed to my body.
I've guarded it with layers.
A delicate, slice of flesh,
entwined purple flames,
graffitied across my left breast.

Damaged, yet still alive...

My renewed passport of life,
comes at the cost of having
an unsymmetrical body.
One where I wake up,
wondering what clothes I can wear
to hide this ugly thing.

'All tumours are cancer' the girl sings.
Over and over, she laughs, tosses her hair.
Stands up, her eyes mischievous, dancing.
She ignores the protests of her friends.
Naivety is a good colour on you,
I think to myself, pack up my books.
Our eyes shine in different ways.
Scars ache and time is not gentle
Her laughs are full. Let me be still,
for a moment and acknowledge, I am older.

24.

I smile before I crumple
as her humour refills.



Trigger

BY HANNAH SHAW

Shortly after I received my acceptance into the University of Canberra as an international student, I was transferred to the breast cancer clinic in my local hospital. The lump I had requested a second opinion of had been found to contain undeveloped cells that needed to be removed quickly. The weeks of surgery and tests leading up to my flight, wondering whether my placement would be cancelled were some of the hardest I have ever been through.

Trigger is a poem describing the healing I am experiencing a month post-surgery. It is the fear of my next check-up. It contains the emotions of being over 10,000 miles away from home in a new land. The guilt I felt when asked by another patient 'why do you get to keep your hair?' It is the worry of lovers rejecting something damaged. The defacement of the female body and so much more that drifts beneath the surface.

Strangers can be broken vessels hidden in plain sight. This poem encourages you to be gentle with your words and aware of your surroundings.



Teen M(u)m- How would an abortion ban affect Australian adolescent pregnancy rates?

BY BETHANY LINCOLN

The overturning of *Roe vs. Wade* in the United States was a knife to the heart of human rights, directly opposing the World Health Organization's (WHO) stance on health, well-being, and gender equality. In the fallout from this decision, there have been numerous proponents, such as Liberal senator Matt Canavan, arguing for similar restrictions to be placed on abortion in Australia. In the unlikely event that Australia follows suit, how could a ban on abortion affect adolescent sexual health and well-being?

To understand what an abortion ban could do to the adolescent pregnancy rate (otherwise known as the adolescent fertility rate), a comparison could be drawn when examining the situation in Brazil. Brazil has a similar Gross Domestic Profit (GDP) to Australia, a universal healthcare system, and is classified as an upper middle-income country. Australia is somewhat comparable;

we have universal health coverage, though we are a high-income country. Obviously, there are many differences between the two countries, such as language, culture, in population. Still, for the point of this editorial, we are interested in one statistic: the adolescent fertility rate. Brazil has an adolescent fertility rate of 55 births per 1000 women aged 15-19, whereas Australia's rate is 11. While the adolescent fertility rates for these two countries, and indeed for almost all countries, are falling, there is a five-fold difference between the two somewhat comparative nations. There are many cultural and healthcare-related factors, contraceptive use, for instance, that influence the adolescent fertility rate. Still, the importance of access to economical and safe abortion cannot be overstated.

As you may be aware, abortion access in Australia varies between states and territories; ultimately, it is legal across every jurisdiction. Here in the ACT, we benefit

from an abortion policy with few limitations. Recently, the ACT legislative assembly passed a bill to make access to abortions free up to 16 weeks gestation in the ACT from mid-2023. However, the ACT seemingly has the most minor legislative restrictions on access to abortion care in Australia.

Gestational limits, requirements for multiple doctors, or counselling services to "sign off" on the procedure, and the cost have become the most prohibitive components of accessing an abortion in Australia. While the Australian system is not perfect and suffers from many of the logistical challenges that many healthcare services face in Australia; (mainly affordability, regional and remote access, and supply of professionals), it does not send those who seek abortions to prison as done under the Brazilian system. In Brazil, those caught accessing abortion, except for a few rare circumstances, can face up to 3 years in prison. At the same time, those performing abortions can serve up to 4 years of imprisonment. The Brazilian government grants the right to life to the human embryo from the moment of conception; therefore, outlawing abortion by placing it within the realm of murder. This reduced access to abortion does not totally limit the number of abortions being performed in Brazil; it limits the number of safe and oftentimes effective abortions being performed. This unsafe practice, and the penalties that exist around abortion in Brazil, force many adolescents into bringing their pregnancy to full term.

Why is abortion a necessary component of healthcare? Firstly, it is vital to talk about how adolescent pregnancy is detrimental to the physical health of both the parent and child. Adolescent pregnancy is a significant public health concern. Adolescent pregnancies have high rates of pregnancy complications, such as gestational diabetes, anaemia, and preeclampsia. The chance of dying during pregnancy or birth is twice as high for adolescents as for those 24 years or older. Adolescent pregnancy can also result in infants born preterm, with low birth weight and diminished growth for gestational age. More importantly, adolescent birth is associated with increased prenatal, perinatal, neonatal, and child mortality. Adolescent

pregnancy is estimated to be unintended up to 80% of the time; pregnant adolescents present late to or decline prenatal care and can be personally unequipped to give birth or care for infants. Furthermore, adolescent pregnancy can result in social and economic detriments to parent and child, which can continue throughout life. Teenage parents are more likely to have lower social support systems, poorer educational attainment, and fewer employment opportunities; all of which can negatively impact health. Adolescent pregnancy also seems to echo generationally, with children of adolescent parents tending to become parents during their adolescence.

So, what could an abortion ban do in Australia? A ban on abortion in Australia could significantly increase the adolescent fertility rate. However, some groups in Australia would be vastly more affected. People who reside in remote and regional areas, those experiencing domestic violence, those in a low socioeconomic group, and Aboriginal and Torres Strait Islander Peoples are overrepresented in the adolescent pregnancy statistics. One in four adolescent births in 2015 was to an Aboriginal and/or Torres Strait Islander parent, compared to them accounting for 3% of the population of Australia. Reducing abortion access may increase the fertility rate for these vulnerable groups. However, statistics on abortions are not recorded nationally, so the potential impact of an abortion ban is uncertain.

Though a total ban on abortion is unlikely in Australia; we are not entirely safe from the repercussions of abortion restriction. Placing hurdles in accessing abortion will negatively impact vulnerable communities and likely increase adolescent fertility rates. Equitable, economical, and viable access to abortion services should be improved across the country to mitigate the regional 'abortion deserts', and legislation should be implemented to shore up access both now and into the future.



Fruits of Your Loins

A PHOTOGRAPHY SERIES
BY GEORGIE BIGGS

context:

This collection of photographs explores the female body and the way that women are viewed. Rather than sexualising the women through an objectifying male lens, it celebrates their sexuality and agency. It also deliberately leaves much room for interpretation, and for the viewer to come to their own conclusions and allow their own experiences to dictate their perceptions of the images and their meaning.

artist bio:

Georgie is a UC film and creative writing student whose work explores the female gaze and the divine feminine. She is especially interested in representations of women in film and media, and aims to create work that challenges the viewer and subverts stereotypes.



THE HEADSPACE APP & Curieux

Earlier this year, the Headspace app reached out to Curieux hoping to bring greater awareness to university students about the positive impact of being mindful. The Curieux team have test-trialed their mindfulness and meditation app and can safely say that it is a wonderful way to reduce stress and anxiety throughout the highs and lows of the university semester.

We know that many university students are only able to work part time or have numerous other financial commitments, so we wanted to highlight Headspace's discounted student plan including a "back-to-school" collection. In this plan, students can find useful mindfulness content and tips from leading experts and Headspace's beloved mindfulness and meditation teachers. With the goal of helping students navigate life as a young person, course topics include fear of the future, leaving home, dealing with distractions, navigating change and fighting FOMO. There are also SOS exercises and expert guidance on a number of common issues students share such as burnout, exam prep, building self-confidence and kicking the Sunday Scaries.

Headspace's Student Plan in-app content includes:

SOS + Expert Guidance (audio).

E.g: Panicking, Feeling Overwhelmed, Flustered, Burned Out, Stressed, In Between Classes, Exam Prep...and more

Courses (audio)

E.g: Fear of the Future, Navigating Change, Leaving Home, Dealing with Distractions, Handling Sadness...and more

Study Guide (audio)

E.g: Exam Prep, Focused Attention, Dealing with Distractions, Organising Thoughts... and more

HS Focus Playlists (audio)

E.g: Study Beats, Breakthrough Beats, Neon Drive... and more

Self-Love and Acceptance

E.g: Honouring our Effort, Building Self-Confidence, Fighting Fomo, Visualizing Well-Being, Self Love Silencing the Inner-Critic...and more.

Sunday Scaries (videos)

Kessonga: Positive Affirmations

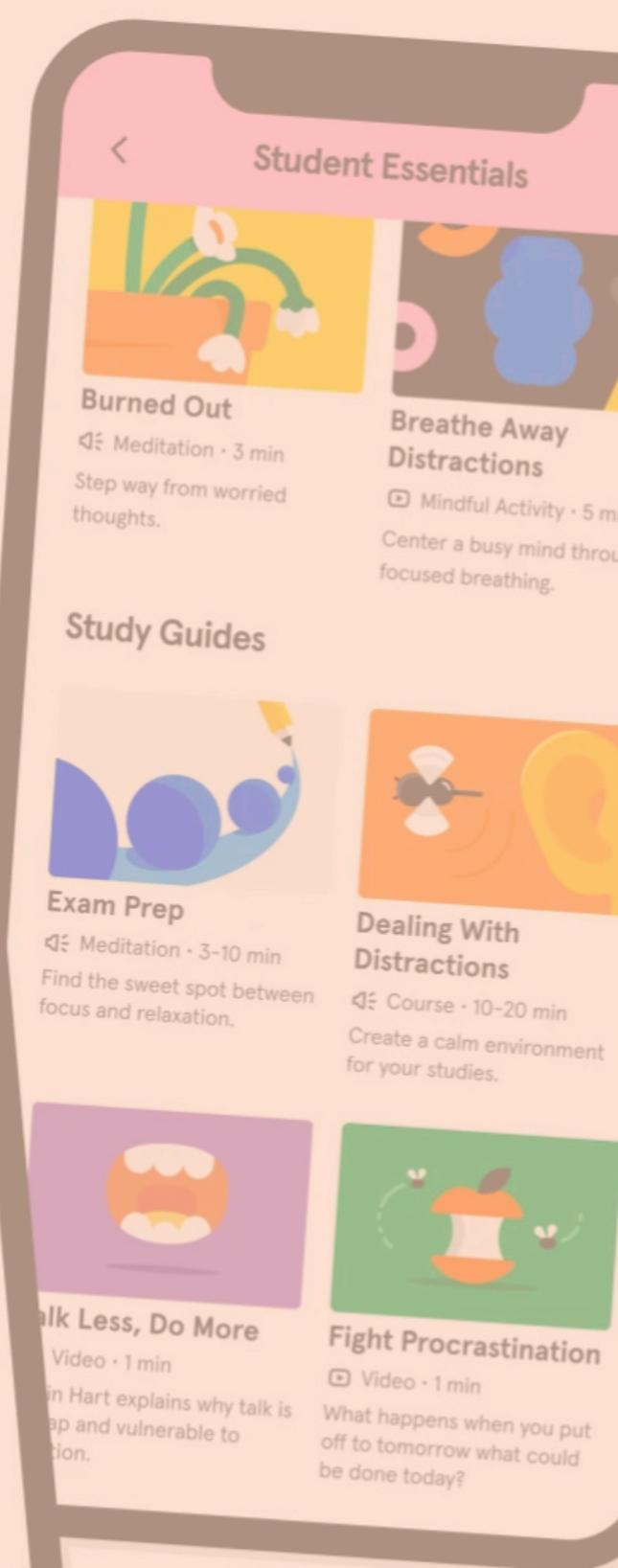
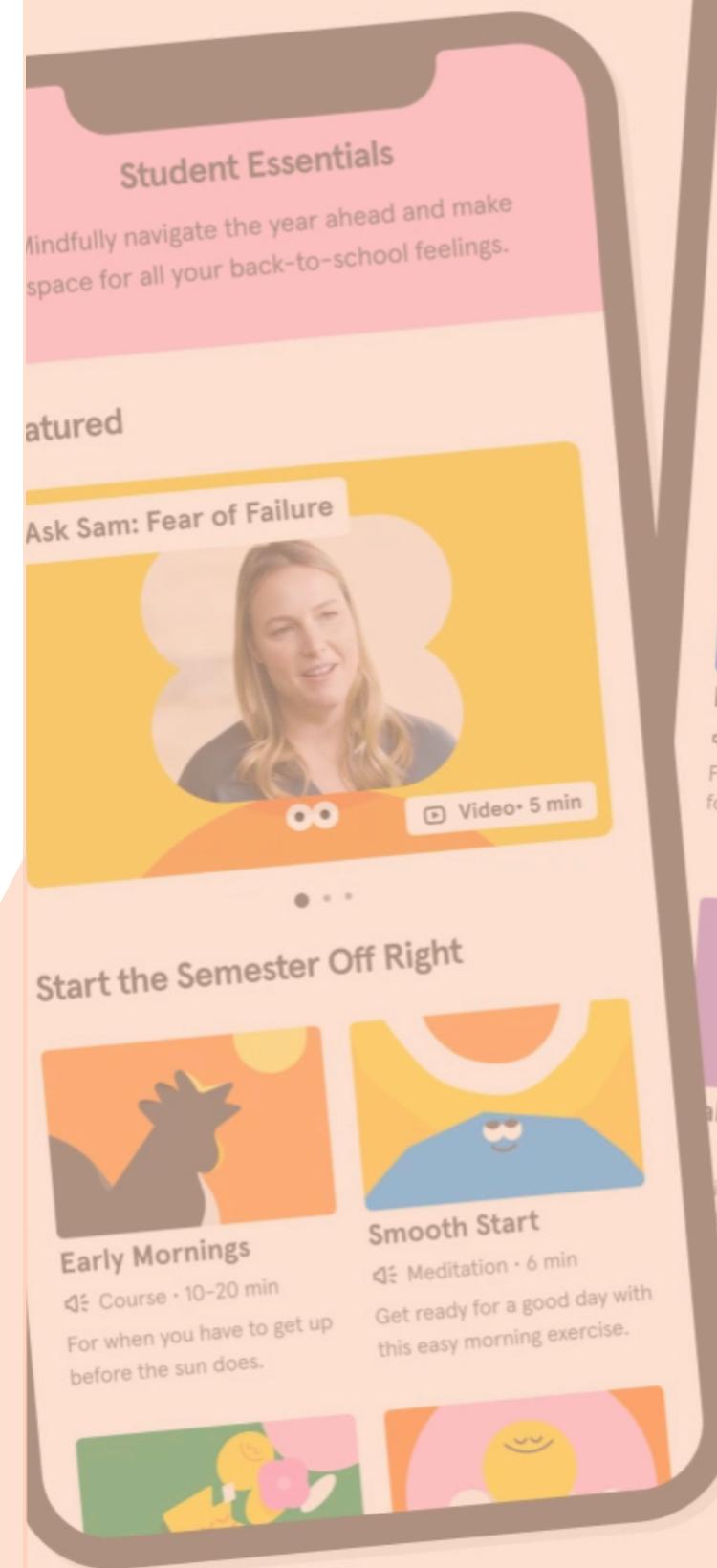
Kessonga: Non-Striving Goals

Sam: Slowing Down

Sam: What If?

Eve: Looking Forward

Eve: Mindful To-Do List



Where to get help on **CAMPUS**

CAMPUS SECURITY:

If you are worried or scared on campus or need assistance, contact campus security they are open 24/7.

Phone: 02 6201 2222

Email: security@canberra.edu.au

CRISIS SUPPORT LINE:

The Crisis-Support Line is delivered by Lifeline and is available after-hours to students for counselling and general wellbeing.

Phone: 1300 271 790

OR Text: 0488 884 227

INCUSIONUC:

Support for students with a disability or health condition. Available face-to-face Monday-Friday (10am-4pm) Building 1, Level B.

Phone: 02 6201 5233

Email: inclusion@canberra.edu.au

INTERNATIONAL STUDENT SUPPORT:

Support for all current international students. Building 1, Level B.

Email: internationalstudent@canberra.edu.au

MEDICAL AND COUNSELLING:

They provide GP and Counselling appointments, completely free for current students! Book via HotDoc or find them in

Building 1, Level B.

Phone: 02 6201 2351

NGUNNAWAL CENTRE:

Support for Aboriginal/Torres Strait Islander students in a culturally safe environment. Located under UC Lodge.

Phone: 02 6201 2998

Email: ngunnawaladmin@canberra.edu.au

STUDENT ADVOCACY (SRC):

Providing advice and support for students who have grievances with the university. Available face-to-face Monday-Friday (10am-4pm) Building 1, Level B.

Email: student.advocacy@canberra.edu.au

STUDENT WELLBEING & SUPPORT

Support for any issue you may be facing as a student. This service is completely confidential and can provide referrals. Available face-to-face Monday-Friday (10am-4pm) Building 1, Level B.

Phone: 02 6206 8841

Email: wellbeing@canberra.edu.au

UCX FOOD PANTRY:

Students have access to free food at the food pantry twice a week.

Available in the UCX Student Lounge.

Phone: 02 6206 8594

Email: ucxfoodpantry@canberra.edu.au

get INVOLVED

**EMAIL US:
CURIEUX@CANBERRA.EDU.AU**

**FACEBOOK:
@CURIEUX**

**INSTAGRAM:
@CURIEUXMAG**

**WEBSITE:
CURIEUX.COM.AU**

At curieux we accept:

- *photography*
- *comics*
- *articles*
- *poetry*
- *prose fiction & non-fiction*
- *scripts & screenplays*
- *artwork*

...and more!

All submissions must be from current UC Undergraduate, Postgraduate or Honours students, and must be previously unpublished, unless given permission. Multiple submission types are accepted. We encourage all disciplines and degrees to participate.

Submissions should be sent from your student email address with the subject line **SUBMISSION** (work type, eg. poetry). Please send submissions to curieux@canberra.edu.au, with the title of your work as the document name. Any questions or queries can also be sent to curieux@canberra.edu.au, but please include QUERY in your email subject line.

Prose Fiction and Nonfiction - A maximum of 1000 words. Must be a self-contained work, so no excerpts from a larger piece.

Articles - A maximum of 1000 words.

Poetry - Up to 24 lines per poem.

Scripts and Screenplays - A maximum of 20 pages, in standard formatting. Can be an excerpt from a larger piece.

Comics - A maximum of 5 pages.

Artwork - Submit your artwork in high resolution. Open to discussion for design purposes.

Photography - Open to discussion for design purposes. Submit your artwork in high resolution.

If your work falls outside of the Curieux submission guidelines but you think it would be a good fit for Curieux and are open to the possibility of adjusting your piece, then please contact the editorial team directly through the aforementioned email.

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