

National Cervical Screening Campaign 2024-25

Own It.

Communication Toolkit for Stakeholders



Australian Government

NATIONAL
CERVICAL SCREENING
PROGRAM

A joint Australian, State and Territory Government Program



NACCHO
National Aboriginal Community
Controlled Health Organisation



Australian
Multicultural
Health
Collaborative



Australian Centre
for the Prevention of
Cervical Cancer



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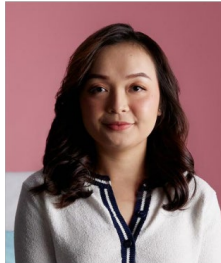
These materials are provided on the condition that they must be used for their intended purpose and without any changes. If you would like to change the materials (for example, same information in a different format or size), or if you have any questions, please contact Ana Varua: avarua@acon.org.au.

Own It Cast/ Talent's images and their quotes have been obtained with consent specific to promoting cervical screening and the Own It campaign. These images and quotes are not for use outside the specifics of this campaign.

About this toolkit

The Toolkit is designed to equip all stakeholders with communication tools and resources to promote cervical screening and further the reach of the Own It campaign.

Social media tiles and other assets can be downloaded from www.health.gov.au/own-it-toolkit



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[newsletter and editorial content](#)

Useful links

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[Cantonese / Chinese - Traditional / 繁體中文](#)

[Mandarin / Chinese - Simplified / 简体中文](#)

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It's your Cervical Screening Test. Own It.

For the first time in history, four of Australia's leading health organisations have joined forces with the Australian Government to ensure no one is left behind as we work towards eliminating cervical cancer in Australia.

The Australian Centre for the Prevention of Cervical Cancer (ACPCC), the National Aboriginal Community Controlled Health Organisation (NACCHO), ACON and the Australian Multicultural Health Collaborative have united in a new Australian Government funded campaign to improve cervical screening rates by highlighting Australia's world-leading HPV self-collect test.

Australia is set to be the first country in the world to eliminate cervical cancer in 2035, but some groups in the community are screening at lower rates than others.

Women and people with a cervix from First Nations, multicultural, LGBTQ+ communities and those with a disability are less likely to do their potentially life-saving Cervical Screening Test.

More than 72% of cervical cancers occur in people who have never screened or aren't up to date with their screening. Routine screening every five years is crucial for early detection and prevention for all women and people with a cervix from age 25 to 74.

The self-collect test is helping women overcome previous barriers to screening, such as fear of the speculum or concerns of having a doctor collect a sample, enabling women to screen for the first time. In the first three quarters of 2024 alone, over 30,000 first time screeners opted to self-collect. At the same time, over 57,000 overdue screeners did a self-collected test.

The Own It campaign draws on the expertise of the four organisations to focus on these under screened communities, and the healthcare providers who serve them, to raise awareness of the self-collect option to get more people screening.

The campaign tells the real-life stories and experiences of 16 women and people with a cervix from First Nations, multicultural and LGBTQ+ communities, and those with disability, to encourage others to screen.

Campaign materials have been translated into four languages; Arabic, Cantonese, Mandarin, and Vietnamese.

The Australian Government has provided \$10.2 million to implement the campaign.

The **Own It** national cervical screening campaign was launched on 3 September 2024 by the Hon. Ged Kearney MP, Assistant Minister for Health and Aged Care and Assistant Minister for Indigenous Health.

[Read the Media Release.](#)



Cervical cancer is one of the most preventable cancers.

It really is as simple as that. The Cervical Screening Test can prevent cervical cancer and save lives. Australia is on track to be the first country to eliminate the disease, but only if everyone eligible screens when due. This campaign is designed to reach under screened groups and encourage them to do their screening.

The more women and people with a cervix who screen, the more lives we can save.

Why help.

Spread the word on cervical screening.

Use this toolkit. It contains key messages and provides content and images for social media, websites and newsletters.

Stakeholders are encouraged to share the content through their own platforms and channels to help spread the word about the importance of cervical screening. Content can be tailored to suit your target audience as required.

How you can help.

Own it campaign style guide

Logos

It's important to have credit and branding presence across all assets.

There should be at least 2 logos included:

- NCSP
- ACON
- If applicable, the relevant partner i.e. NACCHO or AMHC

The logos should always appear in that order and vertically aligned.

If the asset you would like to use does not already have a logo on it, email us and we can give you a copy to add to your content.



Font

The campaign font is "Sharp Grotesk". All written content should be set in this font.

Sharpe Grotesk Book

Sharpe Grotesk Medium

Sharpe Grotesk Semi-bold

Sharpe Grotesk Bold

Colours

The campaign colours feature a selection of pastel shades. Black should be used for all written content, and white for the content container.

#de8aa1

#8ccbc4

#c2dbe2

#bcadbd

Hashtags

#OwnIt #CervicalScreening #CervicalScreeningTest #CervicalCancer #PreventativeHealth #WomensHealth

Key messages

You have choices when it comes to cervical screening. It's your Cervical Screening Test. Own it.

Cervical cancer is preventable with early detection.

In 2017, the Cervical Screening Test replaced the Pap test (aka the Pap smear) in Australia.

The Pap smear detected abnormal or cancerous changes in the cervix. The Cervical Screening Test looks for the human papillomavirus (HPV) – a very common infection and the cause of almost all cervical cancers.

By detecting HPV early, the Cervical Screening Test allows for monitoring or treatment to prevent cervical cancer from developing altogether.

Women and people with a cervix aged 25-74 should do a Cervical Screening Test every 5 years.

This is regardless of your HPV vaccination status, number of sexual partners, gender of sexual partners, or whether you're currently sexually active.

Over 70% of cervical cancers occur in people who have never screened or aren't up to date with their screening.

Your doctor can do the test for you, or you can choose to do the test yourself.

Using the self-swab at your healthcare practice or clinic is quick, private, and puts you in control.

A self-swab test is just as accurate and effective at detecting HPV as a healthcare provider-collected sample.

Learn more about the campaign and cervical screening by talking to your doctor or visiting www.ownit.org.au.

Healthcare providers can learn more about offering choice in cervical screening by visiting: www.acpcc.org.au/self-collection-campaign.

Images and videos

- Download social media tiles at www.health.gov.au/own-it-toolkit
- Embed a video from [the campaign YouTube](#)

Facebook

- @ownit.org.au
- @healthgovau
- @ACON
- @amhcollab
- @NacchoAboriginalHealth

Instagram

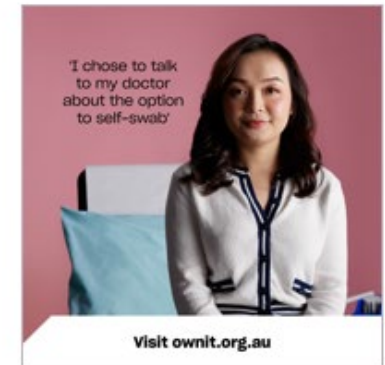
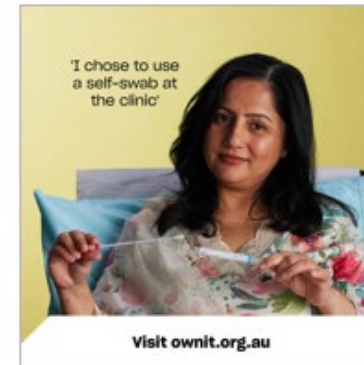
- @ownit.org.au
- @healthgovau
- @ACON
- @amhcollab
- @naccho_au

LinkedIn

- @healthgovau
- @ACON
- @amhcollab
- @naccho-australia

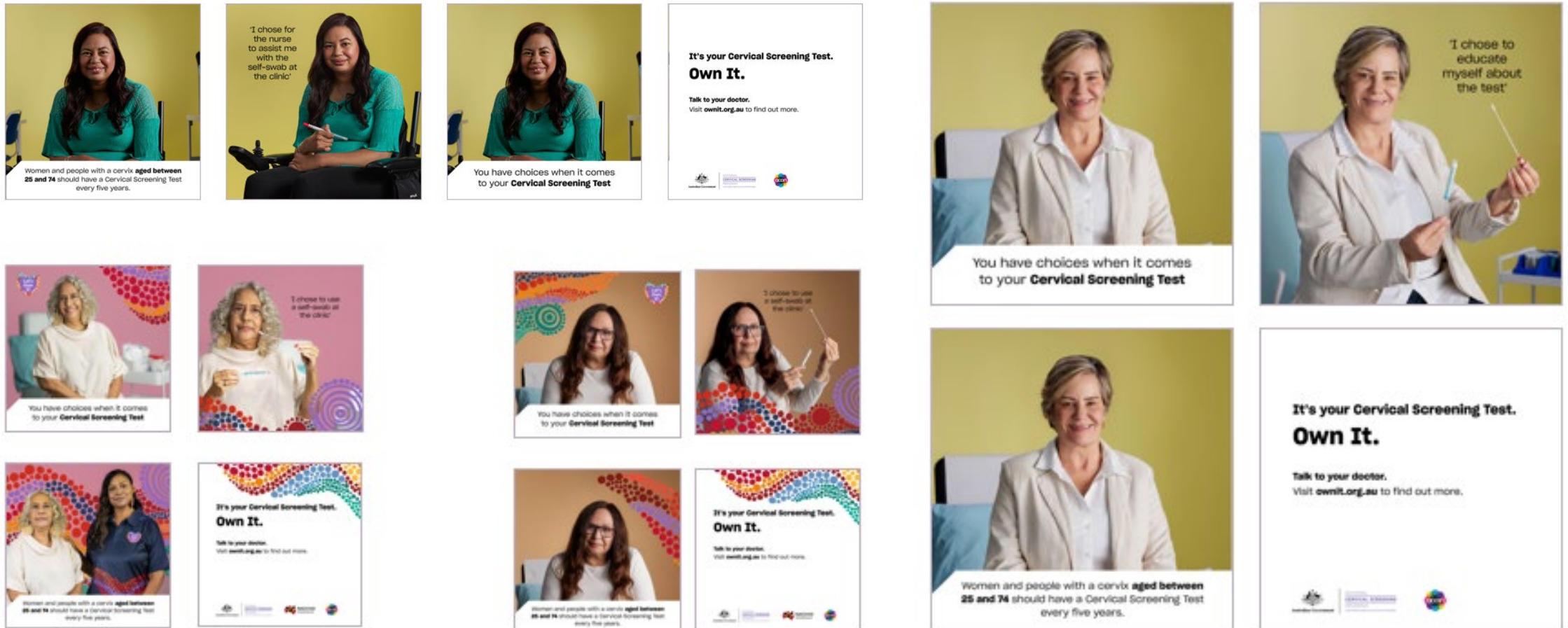
TikTok

- @ownit.org.au
- @healthgovau
- @ACON



Images - carousel tiles

By posting four social media tiles, you can create a 'carousel' on Facebook and Instagram. This allows more information to be shared on the images without cluttering the space. These images are available at www.health.gov.au/own-it-toolkit.



Meet our talent

Stories from people who volunteered to help us raise awareness of cervical screening.

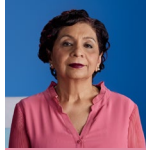
Karen



Karen didn't know she had to keep screening every 5 years until she turns 74. Once she found out that she could still get cervical cancer in her early 70s, she chose to continue screening.

"Now that I know, I'll be talking to my doctor at my next health check."

Nishi



Nishi was worried because her previous cervical screenings were painful. She found out about the option to do her own Cervical Screening Test and chose to ask her doctor how the self-swab test works.

"By doing the test myself, I have greater control over how the process feels for me."

Diala



Diala put off cervical screening because her life is busy, and she didn't prioritise preventative healthcare. After finding out about the option to self-collect a Cervical Screening Test, she chose to screen for her loved ones.

"Self-swab is a convenient and comfortable option, and I can protect my health."

Asha



Asha thought using a self-collection swab seemed more comfortable than a speculum, but she needed help to do the test. She chose for the nurse to assist her with the self-swab at the clinic.

"Getting support with the self-collection option allowed me to have a better experience."

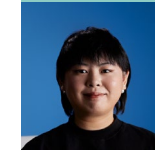
Intisar



Intisar didn't feel comfortable discussing her sexual health with a male doctor. She chose to see a female doctor.

"With my female doctor, I can speak freely and feel comfortable completing the self-swab test."

Riva



Riva's previous cervical screenings were uncomfortable and made her feel vulnerable. She chose to talk to her doctor about the option to self-swab.

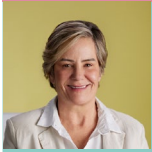
"Self-swab is an option that gives me control over my screening experience."

Women and people with a cervix aged between 25 and 74 should have a Cervical Screening Test every five years. It's your Cervical Screening Test. **Own It.** Talk to your doctor or visit www.ownit.org.au for more info.

Meet our talent

Stories from people who volunteered to help us raise awareness of cervical screening.

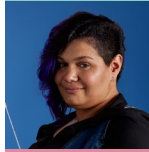
Deborah



Deborah thought she didn't need to do cervical screening because she only has sex with women. She chose to educate herself about the test and about HPV.

"Now I've got the facts, and I can be proactive about my health."

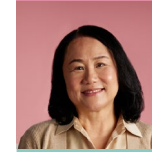
Lowanna



Lowanna worried about paying for the Cervical Screening Test. She chose to do the test at her local Aboriginal health service, where tests are free for Aboriginal and Torres Strait Islander women.

"I chose to screen at my local Aboriginal health service. I was worried about the cost, but there I can test for free."

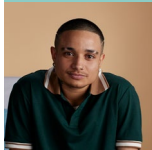
Wendy



Wendy didn't know much about her options for doing the Cervical Screening Test. She chose to talk to her doctor about her choices.

"Understanding all of my options gave me confidence to pick the one that suits me best."

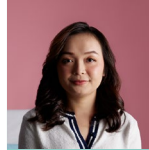
Mathéo



Mathéo avoided getting tested because of trauma from a past examination and was really put off by the speculum. He chose to find a doctor he could trust and did the self-swab at the clinic.

"Screening with someone who understands my experience makes it easier to take care of my health. I feel much better about self-collection, because I'm in control of my own experience."

Vivian



Vivian thought she didn't need to do cervical screening because she's young and feels healthy. After finding out more about the Cervical Screening Test, she chose to be proactive.

"Now I know cervical cancer is preventable if I get ahead of it by testing. Cervical cancer can affect anyone, and prevention is best."

Khwanruethai (Kara)



Khwanruethai found past cervical screenings with a doctor uncomfortable and felt vulnerable. She chose to see a doctor she trusted and do the swab herself at the clinic.

"Self-swab is private and puts me in control. I feel more comfortable."

Women and people with a cervix aged between 25 and 74 should have a Cervical Screening Test every five years. It's your Cervical Screening Test. **Own It.** Talk to your doctor or visit www.ownit.org.au for more info.

Meet our talent

Stories from people who volunteered to help us raise awareness of cervical screening.

Karen



Karen put off the test for a long time because her previous tests were awkward and uncomfortable. She chose to educate herself about the test and ask her doctor for help with the self-swab.

"Now I know I have options. By taking control your experience can be positive."

Natesha



Natesha didn't have a great experience at their previous cervical screenings. They chose to bring a friend with them to learn more about the option to self-swab.

"I chose to use the self-swab option at the clinic. Now I can do it myself in private and take control."

Kirti



Kirti thought having no symptoms of cervical cancer meant she didn't need to get tested. She chose to educate herself on cervical screening.

"Now I know I was misinformed, and I want to educate others on why pro-active screening is important and valuable."

Samm



Samm knows cervical screening isn't an issue First Nations women speak openly about. She knows how important it is to look after herself not just for her, but for her loved ones too.

"[I am] proud that I'm taking ownership over my life."

Narelle



Narelle put off screening because she felt uncomfortable during her last test. When she found out she had choices, she wanted everyone to know they do too.

"Being able to have choices breaks down the reluctance that some people might have. [Having options] is much better for women."

Lowanna



Lowanna didn't know she had choices about how cervical screening can be done. After speaking with her doctor, she chose to do the self-swab option.

"Now, my screenings are quick, private and pain-free."

Women and people with a cervix aged between 25 and 74 should have a Cervical Screening Test every five years. It's your Cervical Screening Test. **Own It.** Talk to your doctor or visit www.ownit.org.au for more info.

Social media content

Short content you can cut and paste or adapt for social media to help us spread the word.

Women and people with a cervix aged 25-74 should have a Cervical Screening Test every 5 years. Early detection could prevent cervical cancer and save your life. To check if you're due or overdue for a Cervical Screening Test, contact your healthcare provider. If you're due, book your test today.

Doing cervical screening is simple. You can choose to have a Cervical Screening Test either by:

- doing your own test using a self-swab
- having a healthcare provider (a doctor or a nurse) do the test using a speculum

Both options are safe and accurate at detecting HPV – a very common virus and the cause of almost all cervical cancer.

Having 5-yearly Cervical Screening Tests is the best way to protect yourself from cervical cancer. More than 70% of Australians diagnosed with cervical cancer have never screened or are overdue for screening. If someone you love is eligible and has never screened or hasn't for some time, encourage them to do their screening.

Did you know cervical cancer is one of the only cancers that is preventable? The Cervical Screening Test can detect HPV - a very common virus and the cause of almost all cervical cancers. Even if you've had the HPV vaccination, you still need to do your cervical screening if you:

- are a woman or person with a cervix
- are aged 25-74
- have ever had sexual contact (of any kind, with anyone).

You have choices when it comes to cervical screening. Your doctor can do the test for you, or you can choose to do the test yourself at the clinic. Using the self-swab at your healthcare practice or clinic is quick, private, and puts you in control. Self-collection may be a more suitable and comfortable screening option for you.

Cervical screening saves lives. The Cervical Screening Test can detect signs of cervical cancer in the earliest stages, so it can be investigated and treated if needed. If you are a woman or person with a cervix aged 25-74 and have ever had any type of sexual contact, you should do your cervical screening every 5 years. It's 1 simple test for 5 years peace of mind.

The Cervical Screening Test is a simple process that looks for signs of the human papillomavirus (HPV), a common infection that causes most cervical cancers.

Talk to your doctor or visit www.ownit.org.au for more info.

Newsletter and eDM content – 100 words

For HCPs

Own the Cervical Screening Test

The Australian Government is undertaking communication activities to empower women and people with a cervix aged 25-74 to 'own it' and take control of their cervical screening choices.

Healthcare providers – are you ready to support the choice? The more word gets out about the barrier-breaking option, the more you may experience an increase in patients enquiring about cervical screening and self-collection.

Find more information about cervical screening and self-collection by visiting: www.acpcc.org.au/self-collection-campaign

For public

It's your Cervical Screening Test – own it

You have choices for doing a Cervical Screening Test (previously known as a Pap Smear). Your doctor can do the test for you, or you can choose to do the test yourself.

Using the self-swab at your health clinic is quick, private and puts you in control.

Women and people with a cervix aged 25-74 should have a Cervical Screening Test every 5 years.

Talk to your doctor or visit www.ownit.org.au.

For both

1 test every 5 years could save your life

More than 70% of Australians diagnosed with invasive cervical cancer are under-screened or have never screened.

The Cervical Screening Test involves a simple procedure to detect HPV - a very common infection and the cause of almost all cervical cancers. By finding HPV early, it can be monitored, and cervical cancer can be prevented.

Find out more at www.ownit.org.au or www.health.gov.au/ncsp

Newsletter and eDM content – 250 words

For both audiences (HCPs or public)

1 test every 5 years – cervical screening saves lives

Did you know more than 70% of Australians diagnosed with invasive cervical cancer have never done cervical screening or are significantly overdue to screen?

In 2017, the Cervical Screening Test replaced the Pap test (also known as the Pap smear) in Australia. The Pap smear looked for abnormal cells in the cervix, but the Cervical Screening Test detects HPV before any cervical abnormalities can even develop. HPV is a very common infection and the cause of almost all cervical cancers.

Even if you've had the HPV vaccination, if you're a woman and people with a cervix aged 25 to 74 years of age who has ever had any type of sexual contact (with anyone) you should have a Cervical Screening Test every 5 years.

The test is organised through your healthcare provider and you can choose to:

- do the test yourself in private using a thin swab to collect a sample from inside your vagina (no need to reach the cervix!)
- have the healthcare provider do the test for you using a speculum and a small brush to take a sample from your cervix.

Australia is on track to be one of the first countries to eliminate cervical cancer, but only if we increase screening rates, and ensure everyone who needs to screen does so when due.

Women and people with a cervix can learn more about cervical screening by talking to their doctor or visiting www.ownit.org.au or www.health.gov.au/ncsp

Healthcare providers can learn more about offering choice in cervical screening by visiting: www.acpcc.org.au/self-collection-campaign.

Useful links

www.ownit.org.au – the campaign website.

www.acpcc.org.au/self-collection-campaign - campaign website for healthcare providers.

www.health.gov.au/ncsp – the Department of Health and Aged Care's webpage for the National Cervical Screening Program.

www.health.gov.au/screen-me - a website on cervical screening for people with disability.

www.healthdirect.gov.au – find a healthcare provider to book a Cervical Screening Test with.

Partner websites:

www.health.gov.au

www.acon.org.au

www.acpcc.org.au

www.naccho.org.au

www.multiculturalhealth.org.au

WHY SCREEN?
Cervical cancer is **preventable**.

The Cervical Screening Test is a simple process that looks for signs of the human papillomavirus (HPV), a common infection that causes most cervical cancers.

Most cases of HPV clear up on their own. However, sometimes it can develop into cancer.

The HPV vaccine does not protect against every type of HPV that can cause cervical cancer. It's important to have Cervical Screening Tests, even if you've had the HPV vaccine.

Over 75% of cervical cancers occur in people who have never screened or haven't kept up to date with their screening.

You should have a **Cervical Screening Test** every 5 years if you:

- Are a woman aged 25-69 with a cervix
- Are between age 16-19 and
- Have ever had sexual contact.

WHAT IS CERVICAL CANCER?

The cervix is the organ that connects the vagina and the uterus (womb). Cervical cancer is the growth of abnormal cells in the lining of the cervix. The growth is usually caused by a virus called HPV that stays in the body for a long time. Most of people with HPV don't get cervical cancer.

Changes that cause cancer can happen slowly, sometimes over 10-15 years. Many women have no symptoms and don't know they have it.

WHERE TO SCREEN?

You can get a **Cervical Screening Test** at many places such as:

- Your local sexual health clinic
- A community health centre
- A women's health centre
- A family planning clinic
- A sexual health clinic
- An Aboriginal Medical Service or Aboriginal Community Controlled Health Service
- A private health service

You can also get a cervical screening test with a gynaecologist or a nurse trained in cervical screening.

THE CERVICAL SCREENING TEST PROCESS

When you have a Cervical Screening Test, you have two options:

- Do the test yourself using a small self-swab to collect a sample from your vagina.
- Have a doctor or a nurse collect a sample for you.

When booking your appointment, you can tell your health practice or clinic if you would like to do the test yourself. They may have to order some swabs.

You can also ask to see a doctor or nurse you feel comfortable with to speak about screening.

1. Appointment
At your appointment, you will be in a private room with your doctor or nurse. You can ask questions and talk to your doctor about your testing options.

2. The test
The Cervical Screening Test collects a sample of cells to be tested for HPV. Both methods of collection (self-swab and doctor-collected) are both accurate at detecting HPV.

3. Test result
Your doctor or nurse will inform you of the results. They will tell you if you need further tests or treatment.

HOW TO DO A SELF-SWAB CERVICAL SCREENING TEST

Follow these steps to do a self-swab cervical screening test.

1. Preparing the swab
Unpack the swab and check the instructions.

2. Inserting the swab & doing the test
Insert the swab into your vagina and turn it around to collect a sample.

3. Storing & sending the test
Put the swab in the container and send it to the lab for testing.

DOCTOR-COLLECTED CERVICAL SCREENING TEST

1. Preparation
Your doctor or nurse will explain the test and ask you some questions.

2. Inserting the device to access your cervix
Your doctor or nurse will use a small device to collect a sample from your cervix.

3. Taking the sample
Your doctor or nurse will use a small device to collect a sample from your cervix. The sample will be sent to the lab for testing.

WHO NEEDS TO SCREEN?

IF YOU ARE A WOMAN OR A PERSON WITH A CERVIX, YOU'RE AT RISK OF CERVICAL CANCER

Cervical cancer is the growth of abnormal cells in the lining of the cervix. It's important to have a cervical screening test to find out if you have any changes that could lead to cervical cancer.

IF I DON'T HAVE A CERVIX, SHOULD I STILL DO CERVICAL SCREENING?

If you don't have a cervix, you don't need a cervical screening test. However, you should still see your doctor or nurse for other health checks.

العربية / In-language content: Arabic

لا ننسى أحدًا في السباق للقضاء على سرطان عنق الرحم

لأول مرة في التاريخ، قامت أربع من المنظمات الصحية الرائدة في أستراليا بضم جهودها إلى جهود الحكومة الأسترالية لضمان عدم نسيان أي شخص خلال عملنا على القضاء على سرطان عنق الرحم في أستراليا.

فقد تآلف "المركز الأسترالي للوقاية من سرطان عنق الرحم" (ACPPCC) والمنظمة الوطنية للصحة المجتمعية الخاضعة لسيطرة السكان الأصليين (NACCHO)، و"التعاونية الصحية الأسترالية متعددة الثقافات" في حملة جديدة تمولها الحكومة الأسترالية لتحسين معدلات الفحص الكشف لعنق الرحم من خلال تسليط الضوء على طريقة فحص HPV الأسترالية الرائدة عالميًا بأخذ العيّنة ذاتيًا.

تتقدم أستراليا لتكون أول بلد في العالم يقضي على سرطان عنق الرحم في سنة 2035، إلا أن معدلات الفحص في بعض مجموعات المجتمع أقل من غيرها لدى المجموعات الأخرى.

يقل احتمال قيام النساء والأشخاص الذين لديهم عنق رحم من السكان الأصليين والمجتمعات متعددة الثقافات ومجتمع الميم ((LGBTQ+) والأشخاص ذوي الإعاقة بإجراء الفحص الكشف لعنق الرحم الذي قد ينقذ الحياة.

أكثر من 70% من حالات سرطان عنق الرحم تحدث لدى أشخاص لم يقوموا بإجراء الفحص على الإطلاق أو لم يلتزموا بإجراء الفحص الكشف دوريًا. إن إجراء الفحص الكشف بشكل روتيني كل خمس سنوات أمر بالغ الأهمية للكشف المبكر والوقاية لجميع النساء والأشخاص الذين لديهم عنق رحم من سن 25 إلى 74 سنة.

يساعد الفحص بأخذ العيّنة ذاتيًا النساء على التغلب على الحواجز التي كانت تعيق إجراء الفحص في الماضي، مثل الخوف من منظار المهبل أو المخاوف المحيطة بقيام طبيب بأخذ العيّنة، مما يتيح للنساء إجراء الفحص لأول مرة. في النصف الأول من سنة 2024 وحده، اختارت ما يقرب من 20 ألف امرأة إجراء الفحص لأول مرة بطريقة أخذ العيّنة ذاتيًا. وفي الوقت نفسه، أجرت امرأة أخرى تأخرت عن إجراء الفحص في موعده إجراء هذا الفحص بطريقة أخذ العيّنة ذاتيًا.

تعتمد حملة تحكّمي به (Own It) على خبرة المنظمات الأربع للتركيز على هذه المجتمعات التي يقل عدد من أجرى الفحص فيها، ومقدمي الرعاية الصحية الذين يقدمون خدماتهم لتلك المجتمعات، وذلك لزيادة الوعي بخيار أخذ العيّنة ذاتيًا لفحص المزيد من الناس.

تحكي الحملة قصصًا وتجارب من واقع حياة 16 امرأة وشخصًا لديهم عنق رحم من الأمم الأولى والمجتمعات متعددة الثقافات ومجتمعات الميم ((LGBTQ+)، وذوي الإعاقة، لتشجيع الآخرين على إجراء الفحص.

وقد تمّت ترجمة مواد الحملة إلى أربع لغات هي العربية والكانتونية والماندرينية والفيتنامية.

وقد قدمت الحكومة الأسترالية 10,2 مليون دولار لتنفيذ الحملة. ثقة، والتثقيف الذاتي لمواجهة المعلومات المضللة.

لمعرفة المزيد عن العناصر المختلفة للحملة وفحص عنق الرحم، قم بزيارة ownit.org.au و www.health.gov.au/ncsp

In-language content: Arabic / العربية

Short content you can cut and paste or adapt for social media to help us spread the word.

In English...	In Arabic...
Stay Ahead of Cervical Cancer	ابقِ على اطلاع بسرطان عنق الرحم لتجنّبه
Protect Yourself From Cancer	احم نفسك من السرطان
Early Detection Saves Lives	الكشف المبكر ينقذ الحياة
Cervical Screening Saves Lives	الفحص الكشفى لعنق الرحم ينقذ الحياة
Cervical Cancer Is Preventable	يمكن الوقاية من سرطان عنق الرحم
Screen For Cervical Cancer	قومي بإجراء الفحص الكشفى لسرطان عنق الرحم
Keep Up With Screening Tests	تابعي إجراء اختبارات الفحص الكشفى في مواعيدها
Don't Miss Your Screening Test	لا تفوّتي إجراء اختبار فحصك الكشفى
Prevent cervical cancer. Get screened every 5 years. Book your test now.	تجنّبي الإصابة بسرطان عنق الرحم. قومي بإجراء الفحص الكشفى كل 5 سنوات. احجزى موعد فحصك الآن.
HPV causes most cervical cancers. Early detection can save lives. Get screened.	يسبب فيروس الورم الحليمي البشري (HPV) معظم سرطانات عنق الرحم. يمكن أن ينقذ الاكتشاف المبكر الحياة. قومي بإجراء الفحص الكشفى.
Cervical screening is quick and simple. Protect your health by scheduling today.	الفحص الكشفى لعنق الرحم سريع وبسيط. احمِ صحتك من خلال تحديد موعد فحصك اليوم.
Regular cervical tests can prevent cancer. Find a clinic and book your screening.	يمكن أن تساعد فحوصات عنق الرحم المنتظمة في الوقاية من السرطان. ابحثي عن عيادة واحجزى موعداً لفحصك الكشفى.

In-language content: Arabic / العربية

Short content you can cut and paste or adapt for social media to help us spread the word.

In English...	In Arabic...
Take Your Own Cervical Test	قومي بإجراء فحصك الكشفي الخاص بعنق الرحم بنفسك
Do Your Own Cervical Test	قومي بإجراء فحصك الخاص بعنق الرحم بنفسك
Self-Swab Cervical Screening	الفحص الكشفي لعنق الرحم بأخذ المسحة ذاتيًا
Simple Self-Swab Test Option	خيار اختبار المسحة ذاتيًا البسيط
Take Control of Your Screening	تحكمي في فحصك الكشفي
Prefer privacy? Do your own cervical test with a simple self-swab. Book today.	هل تفضلين الخصوصية؟ قومي بفحص عنق الرحم بنفسك ببساطة عن طريق أخذ المسحة ذاتيًا. احجزي موعدًا اليوم.
Self-swab cervical tests are easy and convenient. Book your screening now.	فحوصات عنق الرحم بأخذ المسحة ذاتيًا سهلة ومريحة. احجزي موعد فحصك الكشفي الآن.
Choose a self-swab to screen for cervical cancer	اختاري أخذ المسحة ذاتيًا لإجراء الفحص الكشفي لسرطان عنق الرحم
Self-sample for HPV testing—protect yourself with a simple, quick self-swab.	خذي عينة بنفسك لفحص فيروس الورم الحليمي البشري (- HPV) احم نفسك بأخذ المسحة البسيط والسريع ذاتيًا.
Book Your Cervical Test Today	احجزي موعد فحصك الكشفي لعنق الرحم اليوم
Schedule your cervical screening today for peace of mind.	حددي موعد فحصك الكشفي لعنق الرحم اليوم كي تطمئني.
Take the cervical screening test and ensure your well-being.	قومي بإجراء اختبار الفحص الكشفي لعنق الرحم وتأكدي من سلامتك.

In-language content: Cantonese / Chinese – Traditional / 繁體中文

Short content you can cut and paste or adapt for social media to help us spread the word.

實現「零」子宮頸癌，你我都少不了

澳洲四間領先醫療組織首次與政府聯手，致力於在澳洲消除子宮頸癌，並且確保不會忽略任何一個人。

澳洲子宮頸癌預防中心（Australian Centre for the Prevention of Cervical Cancer - ACPCC）、全國原住民社區主管衛生組織（National Aboriginal Community Controlled Health Organisation - NACCHO）、ACON 以及澳洲多元文化健康合作組織（Australian Multicultural Health Collaborative）攜手開展澳洲政府資助的宣傳計畫，推行澳洲領先世界的HPV自我採樣檢測，提高子宮頸篩查率。

澳洲計劃於 2035 年成為世界上第一個消除子宮頸癌的國家，但在社區中，部分社群的篩查參與率仍較其他社群低。

當中原住民、多元文化社群、LGBTQ+ 社群、殘疾人士，女性和有子宮頸人士較少參與這一項能夠及時挽救生命的子宮頸篩查測試。

超過 70% 的子宮頸癌患者從未接受過子宮頸篩查，或者屬於未定期做篩查的人群。25 歲至 74 歲的女性和有子宮頸人士應每五年接受一次子宮頸篩查，對於及早發現和預防子宮頸癌至關重要。

選擇自我採樣檢測，有助對於篩查窺器有恐懼，或對醫生採集樣本表示擔憂的女性克服篩查障礙，確保自行採樣可以順利完成。僅在 2024 年上半年，有近 2 萬名首次接受篩查人士選擇自我採樣。同時，37,500名逾期未做過篩查的人士也完成了自我採樣檢測。

為自己負責 (*Own It*) 宣傳計畫活動，結合四間健康組織的專業知識，專注篩查率較低社群，以及為社區服務的醫療人員和機構，提高人們對自我採樣選項的認識，幫助更多人接受子宮頸篩查。

借助講述來自原住民、多元文化、LGBTQ+ 社群及殘疾人士的16位女性及有子宮頸人士的真實故事與經歷，以鼓勵更多人進行篩查。

宣傳計畫的材料已經翻譯成四種語言；阿拉伯語、廣東話/繁體中文、普通話/簡體中文、越南語。

澳洲政府已為推行宣傳計畫提供 1,020 萬元撥款。

要瞭解為自己負責 (*Own It*) 宣傳計畫的各項資源以及子宮頸篩查的更多信息，請瀏覽：ownit.org.au 和 www.health.gov.au/ncsp。

In-language content: Cantonese / Chinese – Traditional / 繁體中文

Short content you can cut and paste or adapt for social media to help us spread the word.

In English...	In Cantonese...
Learn how to prevent cervical cancer with regular screenings.	瞭解如何透過定期篩查預防子宮頸癌
Know the symptoms of cervical cancer and seek medical advice.	認識子宮頸癌的症狀及尋求醫療建議
Schedule your cervical screening today for peace of mind.	讓你可以安心，今日就安排你的子宮頸篩查
Early detection of cervical cancer can save lives. Get screened.	及早發現可挽救生命。參加篩查。
Prevent cervical cancer with early detection and regular screenings.	及早發現及定期篩查可預防子宮頸癌。
Understand the risk factors of cervical cancer and stay informed.	認識子宮頸癌的風險因素並瞭解最新情況。
Prevent cervical cancer. Get screened every 5 years. Book your test now.	預防子宮頸癌，每5年接受篩查，立即預約測試。
HPV causes most cervical cancers. Early detection can save lives. Get screened.	HPV導致大多數的子宮頸癌，及早發現可挽救生命。參加篩查。
Cervical screening is quick and simple. Protect your health by scheduling today.	子宮頸篩查簡單快速。保障你的健康，今日就安排篩查。
Book A Self-Swab Cervical Test	預約使用拭子自行完成子宮頸測試

In-language content: Cantonese / Chinese – Traditional / 繁體中文

Short content you can cut and paste or adapt for social media to help us spread the word.

In English...	In Cantonese...
Prefer privacy? Do your own cervical test with a simple self-swab. Book today.	保護隱私？使用拭子自行採樣步驟簡單，自己完成子宮頸測試。今日就預約。
Self-swab cervical tests are easy and convenient. Book your screening now.	使用拭子自己完成子宮頸篩查，簡單方便。立即預約篩查。
Choose a self-swab to screen for cervical cancer	選擇使用拭子自己完成子宮頸篩查。
Regular cervical tests can prevent cancer. Find a clinic and book your screening.	定期做子宮頸篩查可預防癌症。搜尋診所並預約篩查。
Self-sample for HPV testing - protect yourself with a simple, quick self-swab.	自行取樣 HPV 測試 – 透過簡單、快速的拭子自行採樣保護自己。
Early Detection Saves Lives	及早檢測可挽救生命
Protect Your Health	保障你的健康
Get Screened Today	今日就接受篩查
Book Your Screening Now	立即預約篩查
It's your Cervical Screening Test	這是你的子宮頸篩查測試

In-language content: Cantonese / Chinese – Traditional / 繁體中文

Stories from people who volunteered to help us raise awareness of cervical screening.

Riva

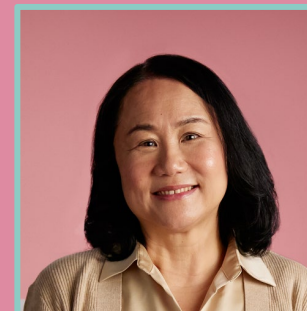
Riva之前做子宮頸篩查時都感到不舒服, 而且感到忐忑不安。她選擇與醫生討論自行採樣這個選項。



“自行採樣是一個讓我可以掌控我的篩查體驗的選項。”

Wendy

Wendy不太瞭解子宮頸篩查測試有些甚麼選擇。她選擇與她的醫生討論不同的檢測方式。



“瞭解我有些甚麼選擇, 讓我有信心揀選最適合我的檢測方式。”

In-language content: Mandarin / Chinese – Simplified / 简体中文

Content you can cut and paste or adapt for social media to help us spread the word.

早日消除宫颈癌，不让任何人掉队

澳大利亚四家全国领先的卫生组织，有史以来首次与联邦政府协作，致力于早日在澳大利亚消除宫颈癌，并确保不让任何人掉队。

澳洲子宫颈癌预防中心（Australian Centre for the Prevention of Cervical Cancer - ACPCC）、全国原住民社区主管卫生组织（National Aboriginal Community Controlled Health Organisation - NACCHO）、ACON，以及澳洲多元文化健康合作组织（Australian Multicultural Health Collaborative）将在澳大利亚政府的资助下，联合大力宣传澳大利亚领先世界的HPV（人类乳头瘤病毒）自我检测法，旨在提高全民宫颈筛查率。

澳大利亚预期在2035年成为世界上第一个消除宫颈癌的国家。但是，部分社区中的某些群体的筛查参与率低于其他群体。

调查显示，虽然宫颈筛查可能挽救生命，但是来自原住民、多元文化社区以及LGBTQ+群体背景的女性和有宫颈的人士参与宫颈癌筛查的意向相对较弱。残障人士群体中也存在同样的问题。

超过70%的宫颈癌病例发生在从未接受过筛查或没有定期做检测的人群中。对于25至74岁的女性或有宫颈的人士来说，每五年进行一次常规筛查对于早期发现和预防宫颈癌至关重要。

自行采样的方式帮助女性克服了以往筛查中带来的种种不适，包括恐惧窥器插入阴道内或对医生采样的顾虑，使女性第一次能掌控筛查的过程。仅在2024年上半年，就有近20,000名首次参与筛查的人士选择自行采样检测。与此同时，有37,500名逾期未做筛查的人士完成了自行采样检测。

Own It（一切由你做主）宣传活动汇集了四个卫生组织的专业知识，着重关注筛查参与率较低的社区以及为其服务的医护人员和机构，旨在提升公众对自行采样检测的认知，从而促使更多人主动参与宫颈筛查。

宣传活动通过来自原住民、多元文化、LGBTQ+社区以及残障人士和有宫颈的人士中的16名女性讲述亲身经历和体验，鼓励所有人参与筛查。

宣传活动资源已经翻译为阿拉伯语、繁体中文/广东话、简体中文/普通话，以及越南语。

澳大利亚政府为推广本宣传活动拨款\$1020万资金。

了解宣传活动的各项资源以及宫颈筛查计划详情，请浏览 ownit.org.au 和 www.health.gov.au/ncsp

In-language content: Mandarin / Chinese – Simplified / 简体中文

Short content you can cut and paste or adapt for social media to help us spread the word.

In English...	In Mandarin...
Learn how to prevent cervical cancer with regular screenings.	定期筛查能够预防癌症
Know the symptoms of cervical cancer and seek medical advice.	了解宫颈癌症状并获取医疗建议。
Schedule your cervical screening today for peace of mind.	为自己带来一份安心，今天就安排做宫颈筛查。
Learn about cervical cancer treatment options and support.	了解宫颈癌治疗方案和支持服务。
Early detection of cervical cancer can save lives. Get screened.	尽早发现宫颈癌可能挽救生命参加筛查检测。
Prevent cervical cancer with early detection and regular screenings.	尽早发现和定期检测能够预防宫颈癌。
Understand the risk factors of cervical cancer and stay informed.	了解宫颈癌风险因素，掌握最新健康情况。
Take the cervical screening test and ensure your well-being.	做宫颈筛查检测，保障你的健康。
Take Control of Your Screening	筛查方式由你掌控
Don't Miss Your Screening Test	不要忘记做筛查检测
Cervical Screening Saves Lives	宫颈筛查可以挽救生命
Have You Had a Cervical Test?	已经做了宫颈筛查检测吗？

In-language content: Mandarin / Chinese – Simplified / 简体中文

Short content you can cut and paste or adapt for social media to help us spread the word.

In English...	In Mandarin...
Prevent cervical cancer. Get screened every 5 years. Book your test now.	预防宫颈癌。每隔5年检测一次马上预约检测。
HPV causes most cervical cancers. Early detection can save lives. Get screened.	HPV导致大部分宫颈癌。尽早发现可能挽救生命。参加筛查检测。
Cervical screening is quick and simple. Protect your health by scheduling today.	宫颈筛查快速简单。保护你的健康，今天就安排做检测。
Regular cervical tests can prevent cancer. Find a clinic and book your screening.	定期宫颈检测可以预防癌症。查找检测诊所并预约。
Prefer privacy? Do your own cervical test with a simple self-swab. Book today.	保护隐私？使用简单的自取样拭子做宫颈检测立即预约。
Self-swab cervical tests are easy and convenient. Book your screening now.	宫颈自取样筛查简单方便。立即预约筛查。
Choose a self-swab to screen for cervical cancer	选择自取样方式做宫颈癌筛查
Self-sample for HPV testing—protect yourself with a simple, quick self-swab.	自取样HPV检测 — 自取样拭子简单易用，保护你的健康。
Early Detection Saves Lives	尽早发现才能挽救生命
Take Control of Your Screening	筛查方式由你掌控
Book Your Screening Now	立即预约筛查

In-language content: Mandarin / Chinese – Simplified / 简体中文

Stories from people who volunteered to help us raise awareness of cervical screening.

Riva

Riva以前每次做宫颈筛查检测时都会感到不适和忐忑不安。她选择与医生聊一聊是否可以自行采样。



“行采样让我在做筛查检测时有自主权。”

Wendy

Wendy对自己可有哪些做宫颈筛查的选择了解不多。她选择与医生聊一聊不同的检测方法。



“了解我可有哪些选择, 让我有信心做出最合适自己需要的决定。”

In-language content: Vietnamese / Tiếng Việt

Content you can cut and paste or adapt for social media to help us spread the word.

Không bỏ ai lại phía sau trong cuộc đua xóa bỏ ung thư cổ tử cung

Lần đầu tiên trong lịch sử, bốn tổ chức y tế hàng đầu của Úc đã hợp tác với Chính phủ Úc để đảm bảo không ai bị bỏ lại phía sau trong nỗ lực xóa bỏ ung thư cổ tử cung ở Úc.

Trung tâm Phòng ngừa Ung thư Cổ Tử cung Úc (Australian Centre for the Prevention of Cervical Cancer-ACPCC), Tổ chức Y tế do Cộng đồng Thổ dân Quốc gia Quản lý (National Aboriginal Community Controlled Health Organisation - NACCHO), ACON và Tổ chức Hợp tác Y tế Đa Văn hóa Úc (Australian Multicultural Health Collaborative) đã cùng đoàn kết trong chiến dịch mới do Chính phủ Úc tài trợ nhằm cải thiện tỷ lệ tầm soát cổ tử cung bằng cách đề cao xét nghiệm HPV qua cách tự lấy mẫu hàng đầu trên thế giới của Úc.

Úc được kỳ vọng sẽ là quốc gia đầu tiên trên thế giới xóa bỏ ung thư cổ tử cung vào năm 2035, nhưng một số nhóm trong cộng đồng có tỷ lệ tầm soát thấp hơn các nhóm khác.

Phụ nữ và những người có cổ tử cung từ các cộng đồng Dân tộc Đầu tiên, cộng đồng đa văn hóa, cộng đồng LGBTQ+ và những người khuyết tật ít có khả năng thực hiện tầm soát cổ tử cung, là việc có khả năng cứu mạng sống.

Phụ nữ và những người có cổ tử cung từ các cộng đồng Thổ dân, cộng đồng đa văn hóa, cộng đồng LGBTQ+ và người khuyết tật ít có khả năng được sàng lọc cổ tử cung để cứu mạng sống.

Hơn 70% ung thư cổ tử cung xảy ra ở những người chưa bao giờ khám tầm soát hoặc không cập nhật việc khám tầm soát cho mình. Việc tầm soát định kỳ mỗi năm năm là rất cần thiết để phát hiện sớm và phòng ngừa cho tất cả phụ nữ và những người có cổ tử cung trong độ tuổi từ 25 tới 74.

Xét nghiệm qua cách tự lấy mẫu đang giúp cho phụ nữ và những người có cổ tử cung vượt qua những rào cản trước đây đối với việc tầm soát, như là sợ cái mỏ vịt hoặc ngại việc để bác sĩ lấy mẫu, đã tạo điều kiện cho phụ nữ đi khám tầm soát lần đầu tiên. Chỉ riêng trong nửa đầu năm 2024, có gần 20,000 người đi khám tầm soát lần đầu tiên đã chọn cách tự lấy mẫu. Cùng thời gian đó, có 37,000 ca tầm soát quá hạn đã thực hiện xét nghiệm bằng cách tự lấy mẫu.

Cuộc vận động *Hãy làm chủ nó (Own It)* tận dụng chuyên môn của bốn tổ chức này để tập trung vào các cộng đồng chưa được tầm soát đủ, và các nhà cung cấp dịch vụ chăm sóc sức khỏe phục vụ họ, để nâng cao nhận thức về lựa chọn tự lấy mẫu để có thể tầm soát nhiều người hơn.

Cuộc vận động kể các câu chuyện và trải nghiệm có thật của 16 phụ nữ và những người có cổ tử cung từ các cộng đồng Dân tộc Đầu tiên, cộng đồng đa văn hóa, cộng đồng LGBTQ+ và những người khuyết tật để khuyến khích những người khác nên tầm soát.

Tài liệu của cuộc vận động đã được dịch sang bốn ngôn ngữ: tiếng Ả Rập, tiếng Quảng, tiếng Trung Phổ thông và tiếng Việt.

Chính phủ Úc đã cung cấp \$10.2 triệu để thực hiện cuộc vận động.

Để tìm hiểu thêm về các yếu tố khác nhau của cuộc vận động và tầm soát ung thư cổ tử cung, truy cập ownit.org.au và www.health.gov.au/ncsp

In-language content: Vietnamese / Tiếng Việt

Short content you can cut and paste or adapt for social media to help us spread the word.

In English...	In Vietnamese...
Regular screening is the best way to protect your health.	Làm xét nghiệm sàng lọc thường xuyên là cách tốt nhất để bảo vệ sức khỏe của quý vị.
Cervical cancer is preventable.	Ung thư cổ tử cung có thể phòng ngừa được.
It's your Cervical Screening Test.	Đây là cuộc xét nghiệm sàng lọc cổ tử cung của quý vị
Learn how to prevent cervical cancer with regular screenings.	Tìm hiểu cách phòng ngừa ung thư cổ tử cung qua kiểm tra sàng lọc thường xuyên.
Know the symptoms of cervical cancer and seek medical advice.	Biết triệu chứng ung thư cổ tử cung và tìm lời khuyên y khoa.
Schedule your cervical screening today for peace of mind.	Lên lịch kiểm tra sàng lọc cổ tử cung hôm nay để được an tâm.
Learn about cervical cancer treatment options and support.	Tìm hiểu về các phương án chữa trị ung thư cổ tử cung và hỗ trợ.
Early detection of cervical cancer can save lives. Get screened.	Phát hiện sớm ung thư cổ tử cung có thể cứu được mạng sống. Hãy làm kiểm tra sàng lọc.
Prevent cervical cancer with early detection and regular screenings.	Phòng ngừa ung thư cổ tử cung bằng cách phát hiện sớm và làm kiểm tra sàng lọc thường xuyên.
Understand the risk factors of cervical cancer and stay informed.	Hiểu các nhân tố nguy cơ của ung thư cổ tử cung và cập nhật thông tin.
Take the cervical screening test and ensure your well-being.	Làm xét nghiệm sàng lọc cổ tử cung và đảm bảo sức khỏe cho quý vị.
Early Detection Saves Lives	Phát hiện Sớm Cứu được mạng sống

In-language content: Vietnamese / Tiếng Việt

Short content you can cut and paste or adapt for social media to help us spread the word.

In English...	In Vietnamese...
Prevent cervical cancer. Get screened every 5 years. Book your test now.	Phòng ngừa Ung thư Cổ Tử cung. Hãy làm Sàng lọc mỗi 5 năm. Hãy đặt hẹn làm xét nghiệm hôm nay
HPV causes most cervical cancers. Early detection can save lives. Get screened.	HPV gây ra hầu hết các ung thư cổ tử cung. Phát hiện sớm có thể cứu được mạng sống. Hãy làm kiểm tra sàng lọc.
Cervical screening is quick and simple. Protect your health by scheduling today.	Làm Sàng lọc cổ tử cung nhanh chóng và đơn giản. Bảo vệ sức khỏe của quý vị bằng cách lên lịch hôm nay.
Regular cervical tests can prevent cancer. Find a clinic and book your screening.	Làm Xét nghiệm cổ tử cung thường xuyên có thể phòng ngừa ung thư. Tìm một phòng khám và đặt hẹn làm kiểm tra sàng lọc.
Prefer privacy? Do your own cervical test with a simple self-swab. Book today.	Muốn được riêng tư? Hãy tự làm xét nghiệm cổ tử cung với cách tự lấy mẫu đơn giản. Đặt hẹn hôm nay.
Self-swab cervical tests are easy and convenient. Book your screening now.	Xét nghiệm cổ tử cung bằng cách tự lấy mẫu bằng tăm bông dễ dàng và thuận tiện. Hãy đặt hẹn kiểm tra sàng lọc hôm nay.
Choose a self-swab to screen for cervical cancer	Chọn cách tự lấy mẫu bằng tăm bông để làm sàng lọc ung thư cổ tử cung
Self-sample for HPV testing—protect yourself with a simple, quick self-swab.	Tự lấy mẫu để xét nghiệm HPV - bảo vệ bản thân bằng cách tự lấy mẫu bằng tăm bông đơn giản, nhanh chóng.
Cervical Cancer Is Preventable	Có thể Phòng ngừa Ung thư Cổ Tử cung
Take Control of Your Screening	Hãy kiểm soát việc Kiểm tra Sàng lọc của quý vị
Self-Swab Cervical Screening	Làm Sàng lọc Cổ tử cung Tự Lấy mẫu

In-language content: Vietnamese / Tiếng Việt

Stories from people who volunteered to help us raise awareness of cervical screening.

Vivian

Vivian nghĩ cô ấy không cần phải khám ung thư cổ tử cung vì cô còn trẻ và cảm thấy khỏe mạnh. Nhưng sau khi tìm hiểu thêm về Xét nghiệm sàng lọc cổ tử cung, cô đã chọn cách chủ động.

“Bây giờ tôi đã biết là ung thư cổ tử cung có thể phòng ngừa được nếu tôi đi trước một bước bằng cách khám kiểm tra. Ung thư cổ tử cung có thể ảnh hưởng tới bất cứ ai, và phòng ngừa là cách tốt nhất.”



Cervical screening glossary

Word/s	Use	Example
Cervical cancer	Noun; the result of untreated cancerous cells in the cervix.	Early detection can stop cervical cancer from developing.
Cervical screening	Verb; The act of being screened for HPV, the main cause of cervical cancer. This is primarily done using a Cervical Screening Test (CST).	You need to do your cervical screening every five years.
Cervical Screening Test (CST)	Noun; The test used to collect a sample (either clinician-collected or self-collected) that is tested for HPV and/or abnormal cancerous cells. <i>Note: Cervical Screening Test should be capitalised.</i>	The Cervical Screening Test looks for HPV, which causes almost all cervical cancers.
Cervical Screening Test self-collect/self-collection option	Verb; The option to and act of collecting your own Cervical Screening Test sample.	Have you heard about the Cervical Screening Test self-collect option? Did you know you now have the option to self-collect your Cervical Screening Test?
Healthcare provider	Noun; A person's doctor, nurse, gynaecologist, healthcare clinic worker or other type of healthcare professional delivering cervical screening.	Speak with your healthcare provider about which cervical screening option is best for you.
Healthcare provider-collected Cervical Screening Test	Noun; For healthcare provider-collected tests, a brush is used by the healthcare provider to collect a sample from the cervical lining (generally using a speculum to open the vagina and access the cervix).	Participants can choose either a healthcare provider-collected Cervical Screening Test or a self-collected Cervical Screening Test.
Human papillomavirus (HPV)	Noun; a common infection that causes almost all cervical cancers. HPV is sexually transferred and can stay dormant in the system for a long time before it affects cells.	The Cervical Screening Test looks for human papillomavirus (HPV) – a common infection and the cause of almost all cervical cancers.
National Cancer Screening Register (NSCR)	Noun; The national register for participant and healthcare provider cancer screening data.	The National Cancer Screening Register can track when participants are due and invite them to screen, and healthcare providers can check their patient's screening history and records.
National Cervical Screening Program (NCSP)	Noun; The national program for cervical screening – recommends women and people with a cervix aged 25-74 have routine screening every five years.	The National Cervical Screening Program aims to reduce illness and death from cervical cancer.
Pap Test (or pap smear) <i>Note: We do not use this term any more except in a past tense.</i>	Noun; The test used in Australia until December 2017, when the Cervical Screening Test was introduced. The Pap Test sample was taken from the cervix lining and tested for cancerous or abnormal cells.	The Cervical Screening Test (formerly the Pap Test or pap smear) ... The Cervical Screening Test (previously known as the Pap Test or pap smear) ...

Cervical screening glossary

Word/s	Use	Example
Participant	Noun; a woman or person with a cervix who is eligible for cervical screening under the NCSP and has done at least one Cervical Screening Test. They will have an NCSR record.	The participant's screening record is stored in the NCSR.
Patient	Noun; anyone visiting a healthcare provider (may not be a participant/screener... yet)	Healthcare providers can recommend screening to their patients.
(CST) Sample	Noun; The collection of cells taken via brush (HCP) or swab (self-collect) that are sent to the pathology lab for testing and results.	Use the self-swab to collect your own test sample...
(Cancer) Screening	Verb; The act of being screened for cancer.	When you do your screening...
Self-collect / self-collection	Verb; The option to and act of self-collecting your Cervical Screening Test sample. This is the preferred terminology for more official resources and documentation.	You can now choose to self-collect your own Cervical Screening Test sample. The self-collection option gives you control over your test.
Self-collected Cervical Screening Test	Noun; For self-collected tests, the participant uses a dry swab to collect a sample from their vagina.	A self-collected Cervical Screening Test sample from the vagina is just as accurate at detecting HPV as a healthcare provider-collected sample from the cervix.
Self-swab	Verb; The option to and act of using a swab to collect your Cervical Screening Test sample. Noun; For self-collected tests, the participant uses a dry swab to collect a sample from their vagina. <i>Note: this term was favoured in concept testing by CALD and FN audiences and should be considered in public facing messaging as it is easier to understand than 'self-collection'.</i>	I chose to self-swab at the clinic. I used the self-swab option to do my cervical screening.
Sexual contact	Noun; Part of eligibility for cervical screening under the NCSP. <i>Note: this terminology is preferred over 'sexually active' as this implies currency (HPV can reactivate later in life, even if it has been a long time since sexual activity. 'Sexual contact' also incorporates non-consensual acts. In easy-read and resources for people with disability we may also use 'sexual touching'.</i>	Women and people with a cervix aged 25 to 74, who have ever had sexual contact, should have a Cervical Screening Test every 5 years.
Women and people with a cervix	Noun; Part of eligibility for cervical screening under the NCSP. <i>Note: this terminology includes gender-diverse people with a cervix and women who have not had a hysterectomy.</i>	Women and people with a cervix aged 25 to 74, who have ever had sexual contact, should have a Cervical Screening Test every 5 years.

You have choices when it comes to cervical screening.



It's your Cervical Screening Test. **Own It.**



Talk to your doctor or visit **www.ownit.org.au**

