



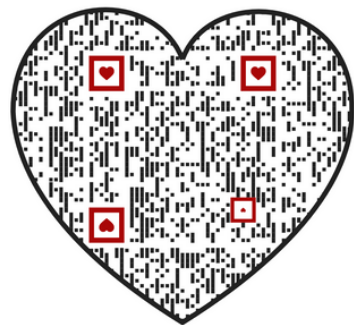
Rainbow Families Australia

We support LGBTQ+ parents, carers, and families through community connection, education, and advocacy. Join our network, meet other families, and find trusted resources for your parenting journey. We've got you covered!

Website: www.rainbowfamilies.com.au

Email: info@rainbowfamilies.com.au

Facebook: Rainbow Families Australia



Scan this QR Code to access more detailed information on the many ways you can start planning your own family!

Rainbow Families Australia

E: info@rainbowfamilies.com.au



**LOVE
MAKES A
FAMILY.**

rainbow families



Making Rainbow Families



Ways to start your family

There's no one way to grow a family - and every path is special and unique. Whether your journey includes fertility treatments, surrogacy, adoption, or fostering, what matters most is finding the option that feels right for you.

Here are some of the ways people in Australia start or build their families.

Home Insemination

Ideal for people with a uterus, regular cycles, and access to a known donor. Simple and low-cost, but legal advice and STI checks are recommended.

Intrauterine Insemination (IUI)

A fertility clinic places sperm directly into the uterus around ovulation. Less invasive than IVF and often a first step for many families.

In Vitro Fertilisation (IVF)

Used when IUI is not successful or when early intervention is preferred. Involves medication, egg collection, fertilisation in a lab, and embryo transfer.

Surrogacy

Used when carrying a pregnancy is not possible. Legal in Australia only if altruistic. Embryos are created via IVF and transferred to the surrogate.

To understand how surrogacy works in Australia, view the **Australian Surrogacy Process Chart** via the QR code above.

Fostering and Adoption

Both are legal for LGBTQ+ families in Australia, but can involve discrimination or complex processes. International adoptions have strict criteria.



Choosing a Donor



Anonymous Donor

Donors accessed through clinics. Safe, with minimal legal complications. Donor details are limited and children can usually access more info when older.

Known Donor

Can be a friend or someone met online. Lower cost and potential for ongoing relationship, but needs careful planning. Agreements are not legally binding.

Becoming a Donor

You can donate to someone you know. Understand the health risks and emotional responsibilities involved.

How to do home insemination

- Track your cycle for three months. Use a fertility app, and monitor temperature and cervical mucus.
- At ovulation, use a sterilised container and a needleless syringe or menstrual cup.
- Keep semen warm and inseminate within 30 minutes.
- Lie with hips raised for 15 minutes afterward.
- Discuss expectations with your donor and get STI tests. Consider a written agreement.

Legal Considerations

Family law around donor conception and surrogacy varies across Australian states and territories.

- In most states and territories, known donors do not have legal rights or responsibilities for the child.
- De facto and LGBTQ+ couples may both be recognised as legal parents depending on their state or territory laws.
- Solo parents and those exploring surrogacy are encouraged to seek independent legal advice early in their journey.

For more information go to our website Resources page

- It is illegal in Australia to pay someone for their sperm, eggs, or to be a surrogate.
- However, you can reimburse reasonable out-of-pocket expenses such as medical costs, travel, accommodation, counselling, and legal fees related to the process.

Resources and Support

Rainbow Families collaborates with a number of trusted organisations to support LGBTQ+ parents and carers:

- **Genea Fertility** – Fertility support and treatment
- **Surrogacy Australia** – Surrogacy education and support
- **Barnardos Australia** – Fostering and adoption services
- **Growing Families** – Global family-building guidance and connection

Making Rainbow Families Seminar

Our annual seminar helps LGBTQ+ people explore their options to become parents. Meet experts, ask questions, and connect with others on a similar path.

Ashley Scott, Executive Officer of Rainbow Families, said:

"We know that starting a family as an LGBTQ+ person or couple can be confusing and overwhelming. There's a lot to navigate - from legalities to logistics to emotions. This seminar brings together experts from across the country to help make sense of it all, and to show our community that yes - your dream of having a family is absolutely possible!"