

Being happy and safe in a sexual relationship includes having safer sex.

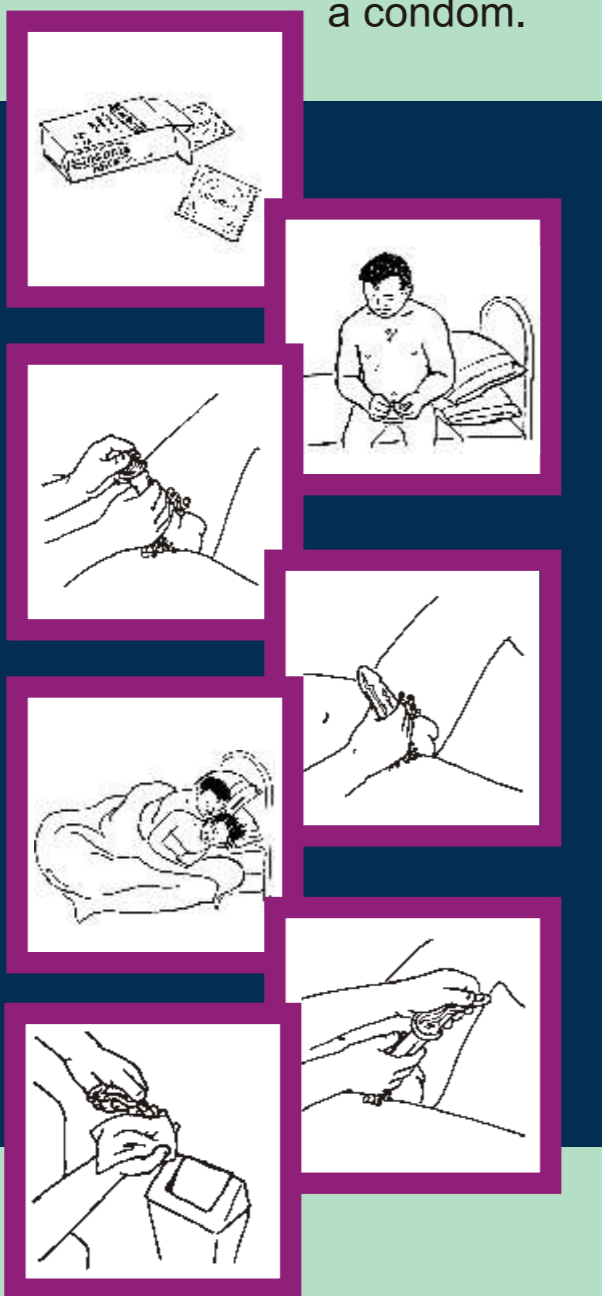
Sex or sexual intercourse happens when a penis goes into a vagina or a woman's or a man's anus (bottom).

If two people are having safer sex it means:

- ➡ not having an unplanned pregnancy
- ➡ not getting a Sexually Transmitted Infection (STI)

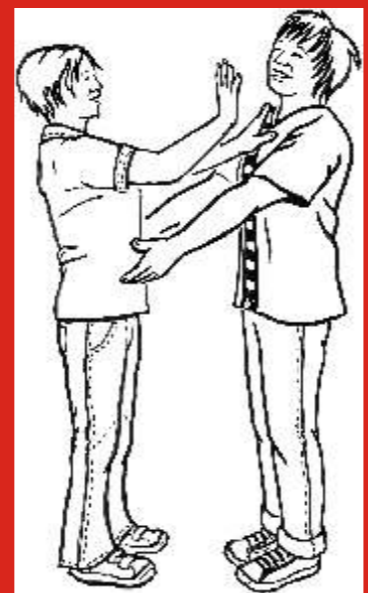
Safer sex means using condoms.

These pictures show how to use a condom.



You are important.

You can say no to sex and sexy touch.



You are important.

You can say yes to sex and sexy touch. If you say yes, remember the rules and always use a condom.



There are places you can phone if you need information or help.

Kids Help Line 1800 55 1800

Lifeline 13 11 14



If you want more information about your relationships and safer sex phone:

Family Planning Queensland

Brisbane
07 3250 0240

Sunshine Coast
07 5479 0755

Cairns
07 4051 3788

Gold Coast
07 5531 2636

Townsville
07 4723 8184

Ipswich
07 3281 4088

Rockhampton
07 4927 3999

Toowoomba
07 4632 8166

Bundaberg
07 4151 1556

fpq
Family Planning Queensland

www.fpq.com.au

ADVOCATING FOR INCLUSIVE
SEXUALITY EDUCATION

Note: This booklet has been developed for people with learning difficulties. Publications are most effective when used as part of a comprehensive sexuality education program.



Disclaimer

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Safe Relationships Safer Sex



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There is a lot to think about before you have a sexual relationship.

Some of us have or want a partner, a girlfriend or a boyfriend.

Some of us have or want a sexual relationship.

You can keep safe and happy in a sexual relationship.

You can look after your health.

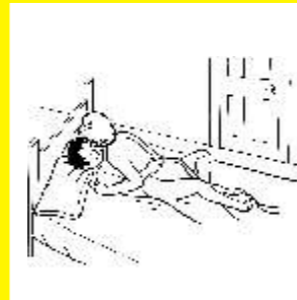
You can look after each other's health.

Being sexy and having sex should make you feel good.

Being sexy or having sex is not something to feel worried or sad about.

You can talk to someone you trust.

There are lots of things people might do together in a sexual relationship.



Some people like to do all or some of these sexy things.

Some people do not want to do any.

It is important to do only the sexy things that both people feel happy and safe doing.

Being sexy should feel good for both people. Talking together can help.



It is good to know what you like.

It is good to know who you like being sexy with.

No one should make you do things that you do not want to do.

To have a happy and safe sexual relationship it is important to follow the rules about being sexy together.

Sexy touch is OK if...

➤ both people want to and say yes

➤ both people are old enough

➤ sex and sexy touch is private

➤ people are NOT from the same family

