

Safe Relationships Safer Sex



fpq
Family Planning Queensland

ADVOCATING
FOR INCLUSIVE
SEXUALITY EDUCATION



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.

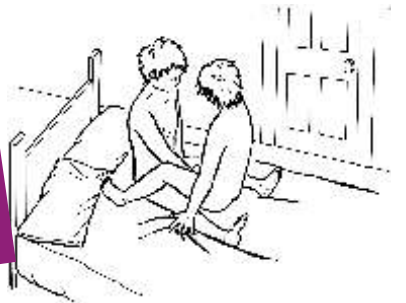
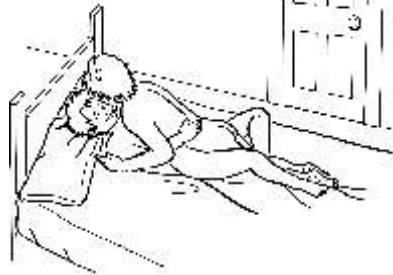
There is a lot to think about before you have a sexual relationship.

Being sexy and having sex should make you feel good.

Being sexy or having sex is not something to feel bad 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.

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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.**



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

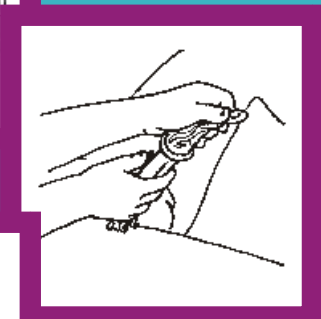
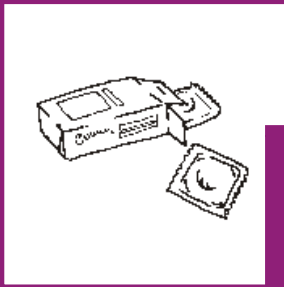
If two people are having safer sex or sexual intercourse it means not having an unplanned pregnancy.

If two people are having safer sex or sexual intercourse it means not getting a sexual disease or sexually transmitted infection (STI).

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

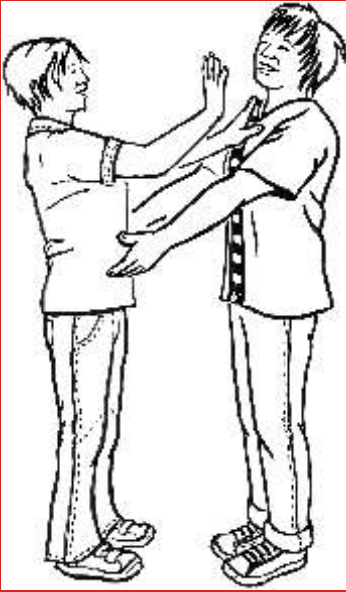
Safer sex means using condoms.

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

Rockhampton
07 4921 3655

Gold Coast
07 5531 2636

Cairns
07 4031 2232

Bundaberg
07 4151 1556

Ipswich
07 3281 4088

Townsville
07 4723 6597

Sunshine Coast
07 5479 0755

Toowoomba
07 4632 8166

www.fpq.com.au



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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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