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 3250 0240
  - Bundaberg 4151 1556
  - Cairns 4051 3788
  - Gold Coast 5531 2636
  - Ipswich 3281 4088
  - Rockhampton 4927 3999
  - Sunshine Coast 5479 0755
  - Townsville 4723 8154
  - Toowoomba 4632 8166
  - Queensland 4151 1556
  - Sunshine Coast 5479 0755
  - Townsville 4723 8154
  - Toowoomba 4632 8166

www.fpq.com.au

Advocating for inclusive sexuality and relationships education

Note: This brochure has been developed for people with learning difficulties. Publications are most effective when used as part of a sexuality and relationships education program. Produced with financial assistance from:

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Disclaimer

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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 worried or sad about.

You can talk to someone you trust.

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

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