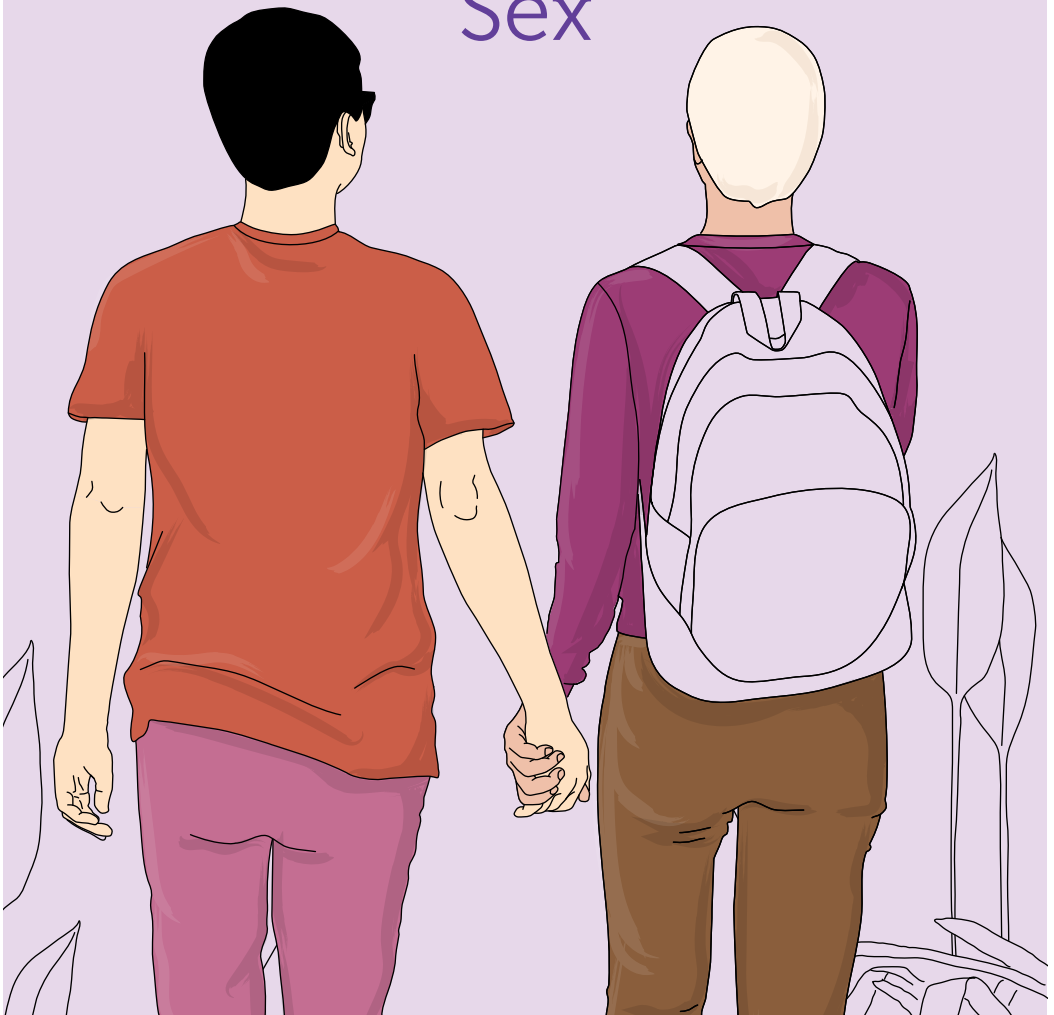


Safe Relationships **Safer** Sex



Healthy relationships

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

Some of us have or want a sexual relationship.

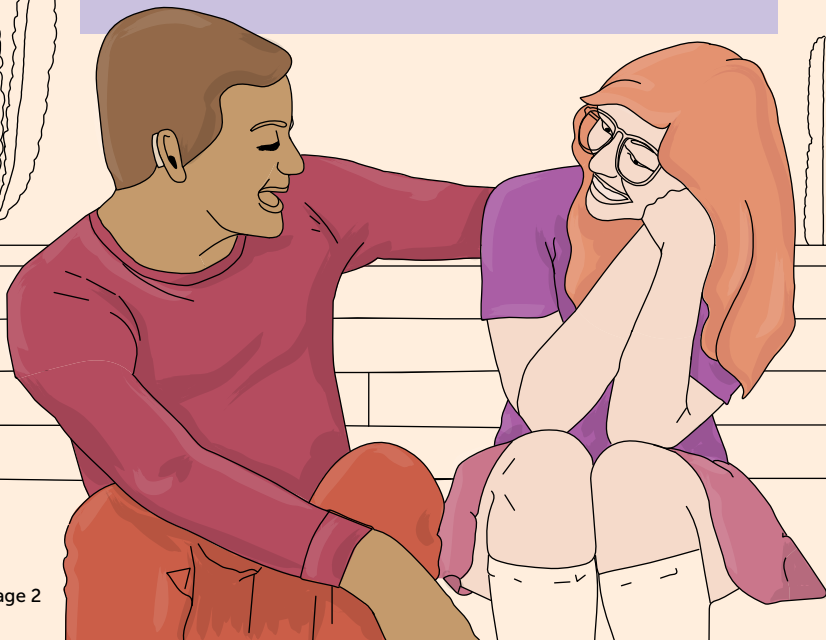
You can keep safe and happy in a sexual relationship.

You can look after your health.

You can look after each other's health.

Being sexy and having sex should make you feel good.

If being sexy or having sex makes you feel worried or sad, you can talk to an adult that you trust.



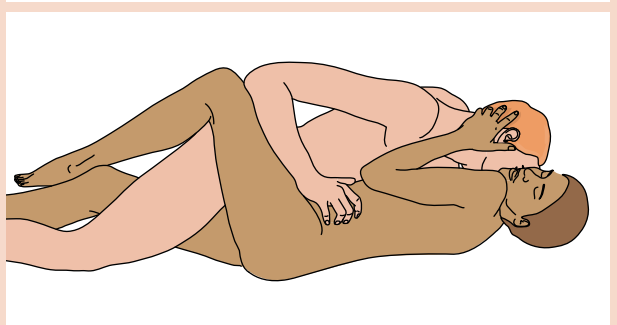
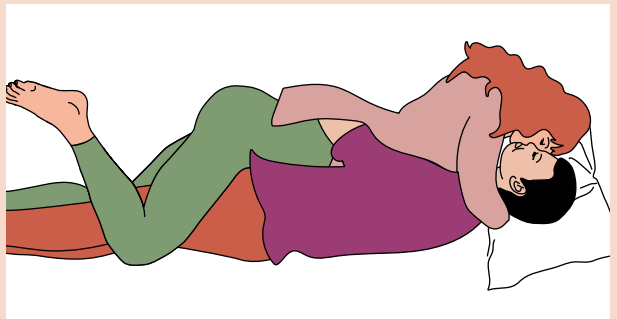
There are lots of things people might do together in a sexual relationship.

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 people feel happy and safe doing.

Being sexy should feel good.
Talking together can help.



Keep yourself safe

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...



People want to and say YES



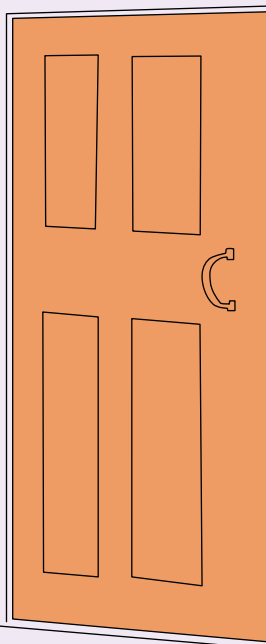
People are old enough



Sex and sexy touch is private



People are **NOT** from the same family



Safer sex

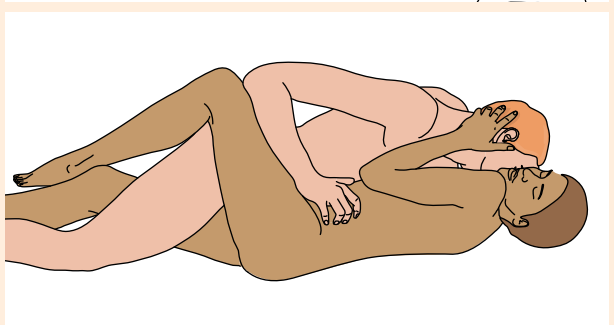
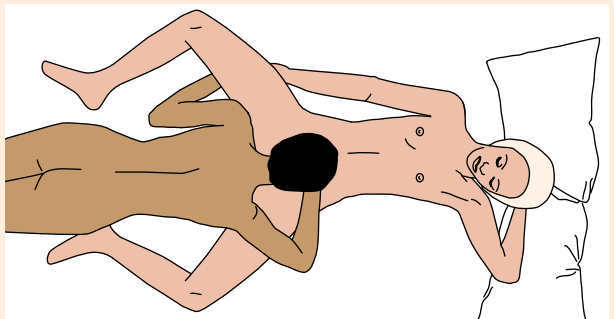
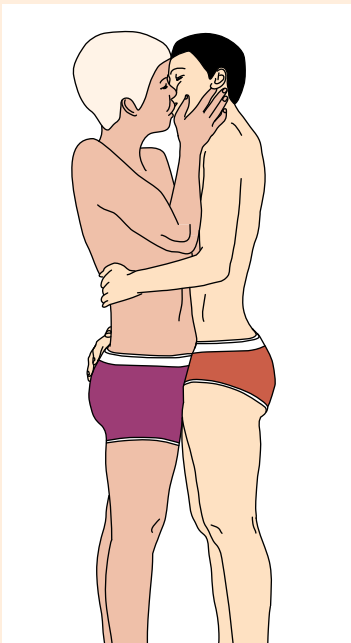
Being happy and safe in a sexual relationship includes having safer sex.

Sexual intercourse happens when an erect penis goes into a vagina, or anus (bottom).

Sex can also involve oral sex and sexy touch.

If people are having safer sex it means:

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



You are important

You can say **YES** to sex and sexy touch.

You can say **NO** to sex and sexy touch.

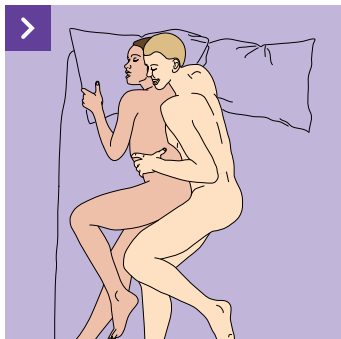
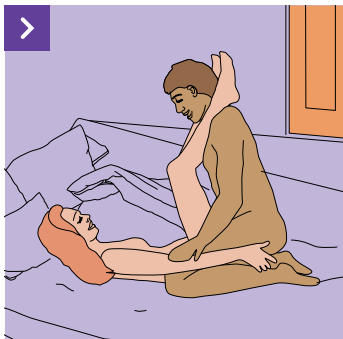
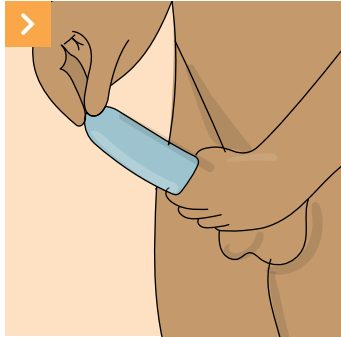
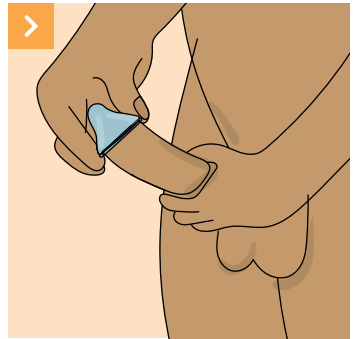
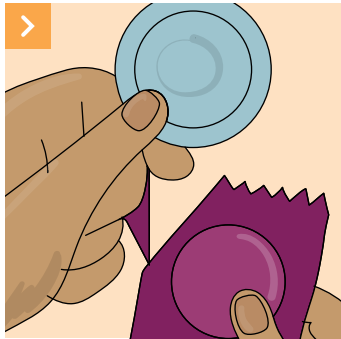
You can decide who **YOU** want to be sexy with.

**If you say yes, remember the rules
and always use a condom.**



Safer sex means using condoms

These pictures show how to use a condom. Condoms stop fluid (and sperm) going into another person's body. This prevents pregnancy, and infections (STI's).



**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 contact**

True Relationships & Reproductive Health

Brisbane 3250 0240

Rockhampton 4927 3999

Cairns 4051 3788

Sunshine Coast 5479 0755

Gold Coast 5531 2636

Toowoomba 4632 8166



To learn more about True visit:
true.org.au

Disclaimer: True Relationships & Reproductive Health (True) has taken every care to ensure that the information contained in this publication is accurate and up-to-date at the time of being published. As information and knowledge is constantly changing, readers are strongly advised to confirm that the information complies with present research, legislation and policy guidelines. True accepts no responsibility for difficulties that may arise as a result of an individual acting on this information and any recommendations it contains.

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