

# REAL TALK

About Sex n' Stuff

# It's Time for Some Real Talk

This is a sex-positive, inclusive resource about sexuality and relationships. It includes illustrations of sex and nudity and is recommended for people aged 16 and above. It was co-designed with young people to make sure it is relevant, engaging, and accessible.

Statistics show that young people contribute significantly to sexually transmissible infection (STI) cases in Australia.<sup>1</sup> 39% of young people also report having unwanted sexual experiences before they turn 18.<sup>2</sup> Moreover, young people are exposed to sexual imagery in advertising, movies, and online, with 33% actively seeking out such content in pornography and elsewhere.<sup>3</sup> It is crucial that young people have access to comprehensive relationships and sexuality education.

This resource offers shame-free, evidence-based information, which is essential for promoting healthy relationship behaviours and safer sex practices.<sup>4</sup> It includes illustrations of diverse bodies and genders as representation is a key protective factor for trans and gender-diverse young people who are 15 times more likely to attempt suicide than the general population.<sup>5</sup>

We would like to thank the young people who contributed to this resource, as well as the following individuals and organisations:

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## REFERENCES

1. *HIV, viral hepatitis and sexually transmissible infections in Australia: Annual surveillance report* (2022). The Kirby Institute.
2. *The 7th National Survey of Australian Secondary Students and Sexual Health* (2021). The Australian Research Centre in Sex, Health and Society, La Trobe University.
3. *Growing Up in Australia: The Longitudinal Study of Australian Children - Annual Statistical Report* (2018). Australian Institute of Family Studies.
4. *International technical guidance on sexuality education: An evidence-informed approach (Revised edition)* (2018). UNESCO
5. *Factsheet: Understanding Suicide Among Trans and Gender Diverse People* (2022). LGBTIQ+ Health Australia.

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\*These pages have illustrations of nudity and sex. We know that not all of you want to/feel ready to have sex or look at sexual images. Feel free to skip any pages you want.



# Gender and Sexual Diversity

Everyone is different! Everyone deserves respect, no matter their gender, sexuality, or relationship style. What you feel your identity is, who you love, and how you love is up to you.

*I am many genders.*



*I like emotional intimacy, conversations, and cuddles, but I'm not into physically having sex.*



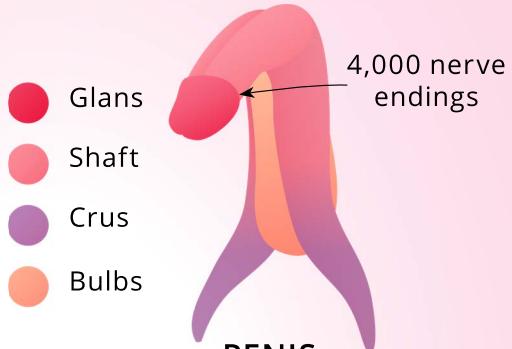
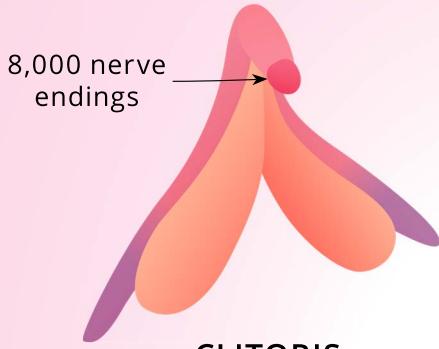
*I was assigned female at birth, but I'm a boy.*



# pleasure Anatomy

## Same Same

Both can get hard when aroused.



CLITORIS

Peak arousal in 10-20 minutes

PENIS

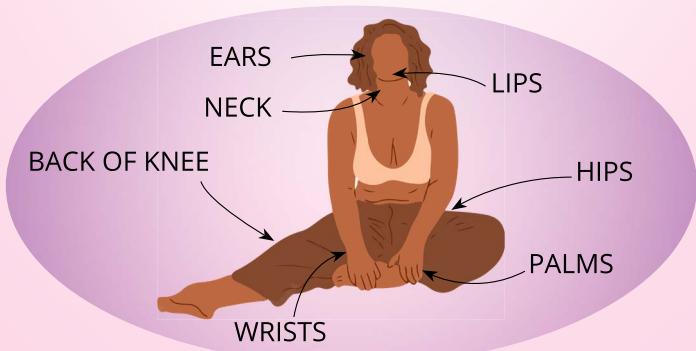
Peak arousal in 10 minutes

But...

Pleasure isn't just about genitals. The **BRAIN** is the biggest sex organ and pleasure can be felt anywhere!

## Sex Touch: Erogenous Zones

Erogenous zones are sensitive areas on the body that stimulate pleasure when touched. Pleasure can lead to orgasms, which vary in duration, intensity, and emotional/physical experience. But orgasms aren't always the ultimate goal. By removing the focus on an endpoint, you can explore and have more fun.



# Healthy Relationship Behaviours

I've loved our time together, but I've realised it's not what I want at the moment. I value you and want you to be happy.



Breaking up is hard! Doing it respectfully can show kindness and consideration for the other person's feelings. It also helps to reduce emotional pain and maintain healthy communication in the future.

Checking in verbally during a hook up means you can set boundaries and change things if needed. It leads to more satisfying and pleasurable experiences for everyone involved.



HEY, WHAT ARE YOU UP FOR TONIGHT? I'M FEELING THIRSTY...

I JUST WANT CUDDLES

BUT MY MOOD MIGHT CHANGE LATER. I'D ONLY BE DOWN IF YOU BUY CONDOMS THO



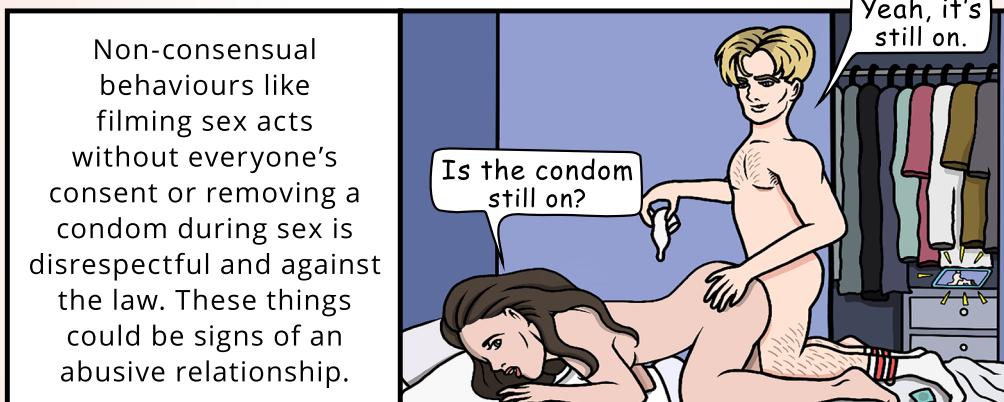
Being open and honest when talking about what you want and what you are okay with before hooking up can make sure everyone feels comfortable, respected, and can have a good time.

**Green Flags**, like communication, trust, and respect, are positive signs that your relationship is healthy and happy.

# Unhealthy Relationship Behaviours



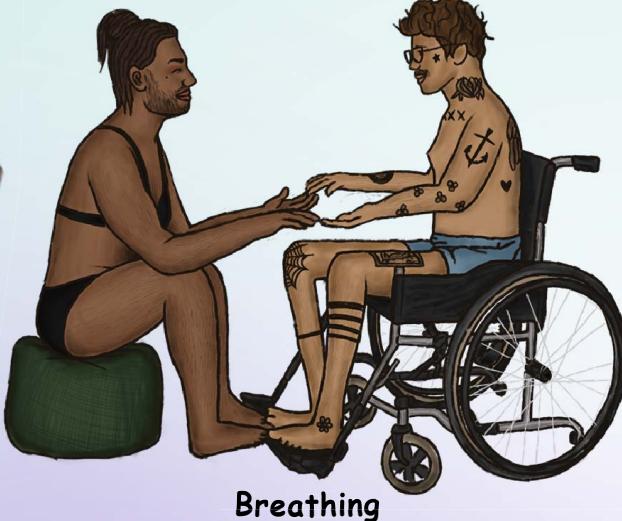
If your partner controls who you talk to, it might mean they are emotionally abusing you. This can make you feel all alone and like you have to depend on them. Healthy relationships are based on trust, respect, and support.



Pressuring someone to have sex is coercive and non-consensual. Pressuring someone to do something they don't want to can hurt them physically and emotionally.

**Red Flags**, like jealousy, control, and disrespect, can be warning signs that your relationship is unhealthy or even abusive and can have lasting negative effects beyond your relationship.

# Everybody's Unique



Sex looks and  
feels different  
for different  
people.





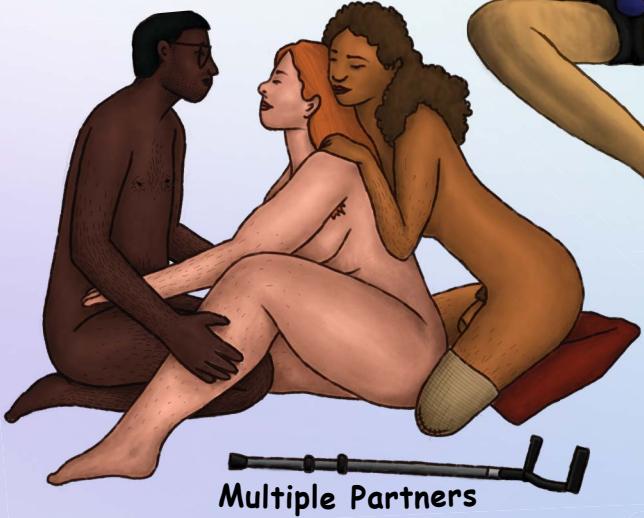
Massage



Anal Sex

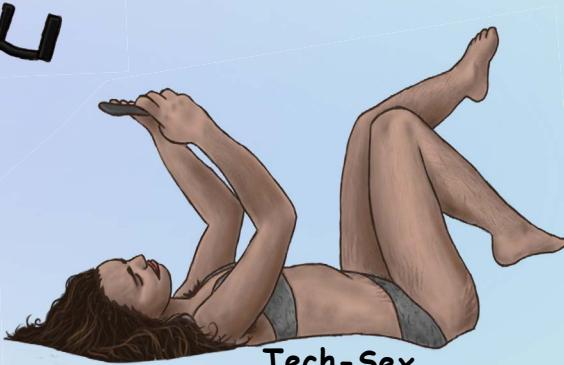


Oral Sex



Multiple Partners

It's only limited by  
your imagination  
and your ability to  
communicate your  
wants, needs, and  
desires.



Tech-Sex

# Porn is not real sex

[HOME](#)[PORN VIDEOS](#)[CATEGORIES](#)[LIVE CAMS](#)

Porn is made by actors, directors, and camera crews. It's unrealistic and doesn't reflect real-life intimacy or pleasure. In real life, sexual pleasure is mutual and for everybody.

Thinking this is how  
you have sex...



Is like thinking this is  
how you drive a car.

Mainstream porn is often free but rarely shows consent, conversation, or safe sex. Excessive use can mess with your brain and make it hard to get off in real life.

But porn can be part of a healthy sexuality if you're not watching it too much. There's also ethical porn that's more realistic and diverse. You might have to pay for it, but that's because the actors and crews are well treated.

# Pleasure Checklist

## Figure Out What you Like

1. Take time to understand what you like. You could explore your body through masturbation and touch to discover what feels good. Notice your thoughts, too—think about what turns you on or off.

## Consent and Conversation

2. Communication is key for great sex. Share what feels good, discuss your boundaries and preferences. Check in before, during, and after to make sure everyone is comfortable.

## Warming Up

3. Connect with your partner/s. Flirt, touch, breathe, drop in. Bodies and minds often need time to get excited. People with vulvas/estrogen systems take 30 minutes on average to become fully aroused.

## Checking In

4. Regularly check in with yourself and your partner. Check that everyone is enjoying themselves and pay attention to non-verbal cues. If you're not into it, speak up and communicate boundaries respectfully.

## Breathing

5. Breathing deeply and consciously during intimacy brings more air to your body and can help you relax and feel closer to your partner. Plus, it can make orgasms feel stronger and last longer.

## Barriers and Protection

6. Use condoms, dental dams, and gloves for safer sex. Condoms vary in size and material for comfort and are meant to be used with water-based lube. Condoms are especially important for casual hook ups.

## Sexual Health Checks

7. If you're hooking up with multiple people, getting a sexual health check **every three months** is recommended, even if you don't have any symptoms.

# HOW TO USE\* A CONDOM

ALWAYS

Check the  
Expiry date!

The little hat  
always goes up.

\*External condom.  
Used for sex toys  
and penises.



No shame in lube!  
Condoms are  
designed for it.

1. Carefully open package—don't use your teeth or sharp objects that could damage the condom.



2. Pinch the tip of the condom, place it on the penis, and roll it down the shaft.



3. Squeeze a small amount of lubricant onto your fingers, warm it up then place on genitals or toy. Water-based lube makes sex more comfortable and condoms more effective. It is essential for anal penetration as the anus doesn't lubricate.



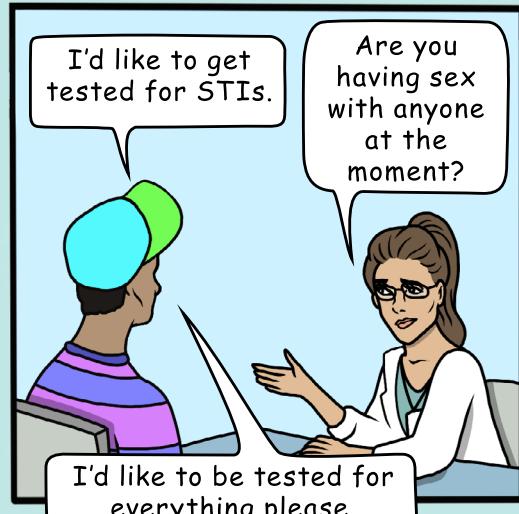
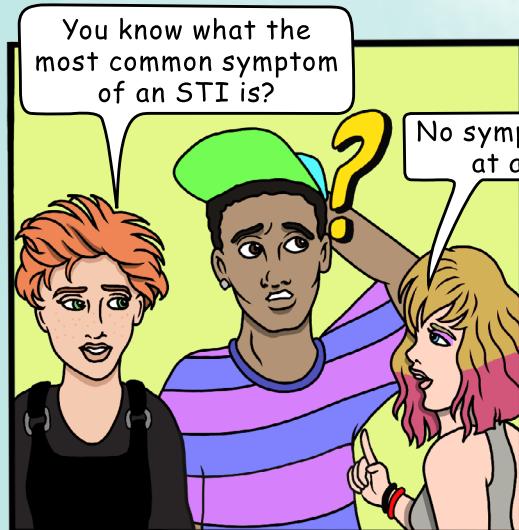
4. Once you're finished, hold the base and carefully remove the condom without spilling any semen. Throw it in the bin. Use a new condom for a different sex act.



# Sexual Health

Infections and bacteria can pass through sexual fluids and blood during sex. Some Sexually Transmissible Infections (STIs) can cause bad health problems, but they can all be treated or managed.

Barrier protection, like condoms, gloves or dental dams, can protect against STIs. Keep it safe and respectful: get regular sexual health checks to help prevent the spread of STIs.



Doctors may ask personal questions to work out what to test for. If you don't want to answer, just ask to be tested for everything.

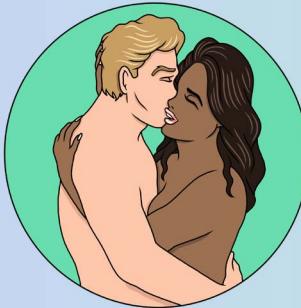
# Sex and the Law

Queensland law says consent must always be...



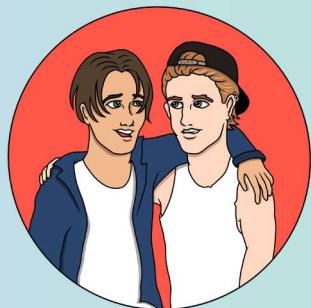
## Clear

It should always be clear that someone is into what is happening. Consent involves a clear 'yes', not just the absence of a 'no'.



## Continual

It's OK for people to change their minds at any time during sex. If body language changes, check in to see if they've changed their mind.



## Equal Power

It is not consent if someone misuses their power, authority, or position of trust. You can only legally consent to sex at 16 years old in Queensland.



## Conscious

A person cannot consent if they're passed out or asleep.



## Given Freely

You cannot consent through coercion, force, intimidation, and threats, or by being tricked or misled.



## Sober

A person cannot consent if they're too drunk or too high.

# GLOSSARY

In case you're unsure about some of the words used in this resource, we've included a glossary with some important definitions:

**BOUNDARIES** Limits around what feels good and safe for us. Boundaries should always be respected.

**CHECK IN/CHECKING IN** Making sure everyone's comfortable and okay during a sexual encounter by communicating, continuously confirming consent/ pleasure and respecting boundaries.

**COERCION** Pressuring someone into doing something they don't want to do, usually through threats or manipulation.

**CONSENT/CONSENSUAL** Everyone agreeing to do something, especially in regards to sex, freely and willingly. For more information about consent and boundaries, including examples of what consent can look and feel like, check out [this](#) resource.

**CONTRACEPTION** Methods or devices used to prevent pregnancy. For more information about contraception click [here](#)

**EMOTIONAL ABUSE** When someone manipulates or hurts your feelings to control you or make you feel bad.

**EMOTIONAL INTIMACY** The closeness and connection between people who trust each other. It involves being vulnerable with each other and sharing thoughts and feelings.

**ETHICAL PORNOGRAPHY** Porn that's produced and consumed in a respectful and consensual manner.

**GENDER ROLES** The social and cultural roles and behaviours that a society expects of people based on their sex - these can be limiting and harmful.

**GENDER** Gender is not just about being male or female but also about how someone identifies themselves.

**HOOK UP/HOOKING UP** Engaging in sexual activity with other people.

**MANIPULATION** Someone using influence and power over someone else to get what they want.

**MASTURBATION** Someone pleasuring themselves by touching their own body.

**SEX-POSITIVE** A mindset that views consensual sexual activity as healthy and normal, without shame or judgment.

# Additional Resources and Support

We hope you've gained some knowledge and tools to make your relationships safer and more enjoyable. We know these topics might bring up feelings of discomfort, shame, or trauma. Here's a list of services if you need extra support or if you have experienced/are experiencing any form of violence, coercion, or sexual assault. You can also talk with a trusted adult like a parent/carer, a teacher, or a school counsellor.

## National Helplines

### Queensland Sexual Assault Helpline

Ph: 1800 010 120  
[www.dvconnect.org](http://www.dvconnect.org)

### Kids Helpline

Ph: 1800 55 1800  
[www.kidshelpline.com.au](http://www.kidshelpline.com.au)

## National Services

### 1800RESPECT

National domestic, family and sexual violence counselling, information and support service

Ph: 1800 737732  
[www.1800respect.org.au](http://www.1800respect.org.au)

### Headspace

National Youth Mental Health Foundation

Ph: (03) 9027 0100  
[www.headspace.org.au](http://www.headspace.org.au)

## Local Services

### Brisbane Youth Service

Support for homeless and vulnerable young people.

Ph: (07) 3620 2400  
[www.brisyouth.org](http://www.brisyouth.org)

### Open Doors Youth Service

Specialised support for LGBTQA+ young people.

Ph: (07) 3257 7660  
[www.opendooors.net.au](http://www.opendooors.net.au)  
E: [opendoors@opendoors.net.au](mailto:opendoors@opendoors.net.au)

### Zig Zag

Counselling for women and gender diverse young people aged 12-25 years.

Ph: (07) 3843 1823  
[www.zigzag.org.au](http://www.zigzag.org.au)

### Reach Out

A safe place online for young people to chat anonymously and get support.

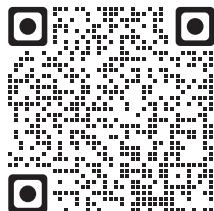
[www.reachout.com](http://www.reachout.com)

Check out our website  
for more information  
and resources.

[www.true.org.au](http://www.true.org.au)

### Or Find a True Clinic

Our clinical services include  
contraception, sexual  
health screenings, complex  
gynecology, and female health  
(including early termination of  
pregnancy).



We'd love to hear what you think of this  
resource. Share your feedback with us by  
completing a quick online survey.

Click [here](#) to get started!

Recommended for:

16+



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