



Let's talk about sex!

An Easy Read Guide



Contents



What is sex?	2-4
Common questions about sex	5-10
Keeping yourself and others safe	11-12
STD and STIs	13-16
Pregnancy	17
Which contraception is right for me?	18-20
Contraception types	21-27

What is sex?



Sex means different things to different people.



Sex is natural and a healthy part of being human.



But not everyone wants to have sex and that is ok.



People have sex for pleasure and to be close to their partner.



People have sex to make babies.



Sex can be between a man and a woman and it can be between two women or two men.



Sexual activities can be things you do with another person like kissing, sexual intercourse, hugging or touching another person.



Sexual activities can also be things you do by yourself, like masturbating or watching porn.



Sexual activities are a private thing so you must do them in a private place.



Anyone under 16 years old cannot have sex.



If you have questions about sex, ask someone you trust.



This could be a family member, friend, teacher or a doctor.



On the next few pages, we've answered some common questions about sex.

Common questions about sex



How do I know my partner is up for having sex?

Your partner must give a willing 'yes', before you engage in any sort of sexual activity with them. A willing 'yes' depends on...



1. What they say
If they say 'yes,' they are likely giving consent.



2. How they speak
If they sound happy, they are likely giving consent.



3. How they move their face and body.
If they smile or nod, they are likely giving consent.



You or your sexual partner can decide at any time that you don't want to keep going, even if you have already started having sex.

If this happens, both people should stop.



Even if you have had sex once or twice, you still need to make sure you and your partner are still up for it.



Being in a relationship doesn't mean you have to have sex with that person.



How do I know I am ready to have sex?

Only you and your partner can decide when the two of you are ready for sex.



It's important that you and your partner talk before having sex.

Here are some things you should talk about with your partner:



1. How do we feel about one another? Do we love and trust one another?



2. How do we feel about having sex? Are we both up for it?



3. Which contraception will we use?



4. Where will we have sex? Is this a private place?



5. Do we both feel ok with saying 'no' at any point during sex and will we both be ok to stop?



Is sex painful?

Sex shouldn't be painful but it can be for some, especially if it is your first time.



You can use lube or do foreplay to make sex less painful.



If you get pain during or after sex often, your body might be trying to tell you something is wrong, so don't ignore it.



See your GP or go to a sexual health clinic if you feel pain during or after sex.



How much sex is normal?

Everyone is different so there is no normal amount of sex one can have.



As long as you and your partner are happy with how much sex you're having then it is ok.

How long does sex last for?



Usually sex lasts until the man or woman orgasms.

Sex should last for as long as you and your partner want it to.

Keeping yourself and others safe



Contraception stops people from becoming pregnant. Some also stop you getting diseases or infections.



There are lots of types of contraceptives.



Each type work differently.

Some are taken by swallowing pills and some are injections.

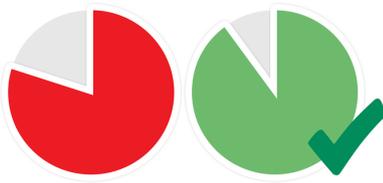


Some are taken daily and some you take every few years.



Some contraceptives are more effective than others.

Effectiveness is about how likely it is for you or your partner to get pregnant.



A contraceptive that is 99% effective is more effective at stopping pregnancy than a contraceptive with 90% effectiveness.



Contraception is the most effective when it is taken correctly.

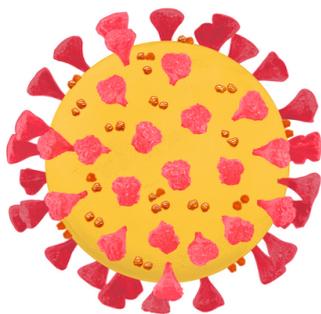


It's important to use a contraceptive that suits you and your lifestyle.

STDs and STIs

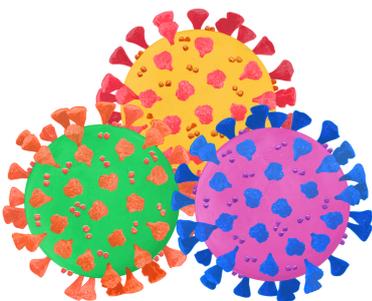


When you have sex without contraception you are putting yourself and others at risk.

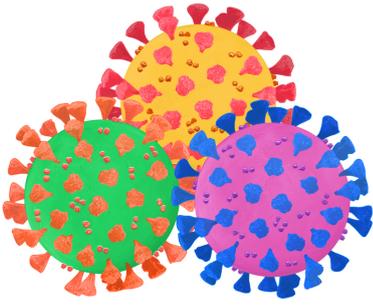


STD and STI

The risk is that you or others could get a sexually transmitted disease (STD) or a sexually transmitted infection (STI).



Chlamydia, gonorrhea and syphilis are examples of STIs.



There are different types of STIs and STDs but they have similar symptoms.



The symptoms can be:

1. A strange fluid from the vagina, penis or anus



2. Pain when peeing



3. Lumps around the penis, vagina or anus



4. A rash



5. Bleeding from your vagina that is different to your period.



6. Itchy vagina, penis or anus



7. Blisters and sores around vagina, penis or anus



It can be dangerous if you do not treat an STD or STI.



It is important that you go to your GP or a sexual health clinic for treatment if you have any of these symptoms.



If you have an STD or STI, you must tell your partner and not have sex until it is treated.

Pregnancy



When you have sex without contraception you are putting yourself or your partner at risk of becoming pregnant.



If you think you may be pregnant, go to your GP or a sexual health clinic to have a test.



They will support you to make a decision that is right for you.

Which contraception is best for me?



When you are choosing a contraceptive, you should think about the following things:



1. How effective is it?

99% effective is better than 90% effective.



2. How is it taken?

Am I ok with swallowing pills or having injections?



3. How often is it taken?

Am I happy to take it every day or every few years?



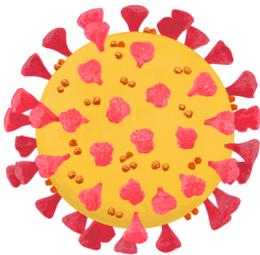
Use these pages to write notes about what you want in your contraception.

Tick as many options as you like.



I want my contraception to be:

- 95% or more effective
- 90-94% effective
- Below 89% effective
- I don't mind



STD and STI

I want my contraception to protect me from STDs and STIs:

- Yes
- No



I am happy to take my contraceptive by:

- Condom
- Pill
- Injection
- Implant
- A device that is placed inside my vagina

I am happy to take my contraceptive:



- Every day
- Every time I have sex
- Every few months
- Every few years
- Every 10 years or so

I am thinking about getting the following contraceptive(s):



- Female or male condom
- The pill
- The IUS or IUD
- Diaphragm or cap
- The implant
- The injection

On the next pages is information about the types of contraceptives that are available.



Contraception types

Male and female condoms



Condoms are put onto the penis or in the vagina. Semen is caught by the condom that stops the semen from reaching the egg.



A condom needs to be used each time you have sex. You cannot reuse condoms.



Men and women can use these.

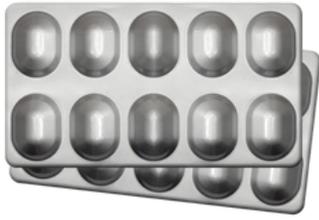


It protects you from STI, STDs and pregnancy.



When used correctly, it is over 98% effective at preventing pregnancy.

The Pill



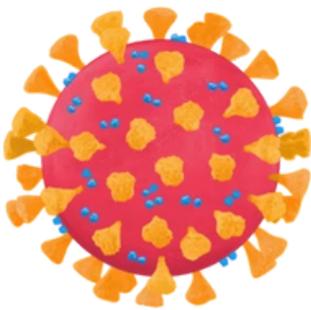
The pill stops the egg from leaving the ovary. This means there is nothing for a sperm to fertilise.



You take this pill every day at the same time.



Only women can use this.



It does not protect you from STDs or STIs.



When taken correctly, it is over 99% effective at preventing pregnancy.

The IUS and IUD



The IUS and IUD are made of materials that stop sperm surviving in the womb.



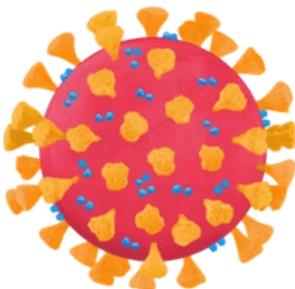
It is placed inside the vagina by a trained nurse or doctor.



It is replaced between 3 and 10 years depending on the type. It can be removed early.



Only women can use this.



It does not protect you from STDs or STIs.



When taken correctly, it is over 99% effective at preventing pregnancy.

Diaphragm or cap



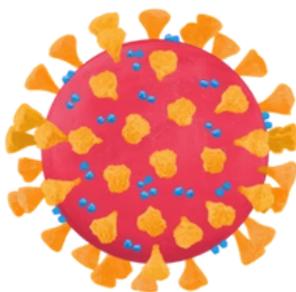
Diaphragms and caps are placed into the vagina. Semen is caught and stops it from reaching the egg.



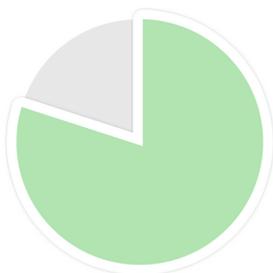
A diaphragm or cap needs to be used each time you have sex. It can be reused but needs to be cleaned between each use.



Only women can use this.



It does not protect you from STDs or STIs.



When used correctly with spermicide, it is between 92 and 96% effective at preventing pregnancy.

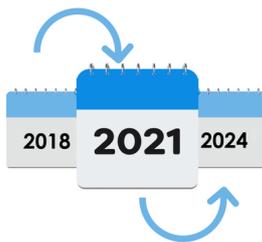
The Implant



The implant releases a hormone that stops the egg from leaving the ovary. This means there is nothing for a sperm to fertilise.



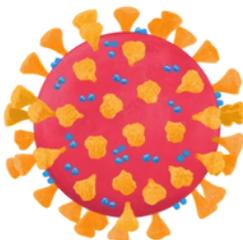
The implant is a small plastic rod that's placed under the skin of your upper arm by a trained nurse or doctor.



It is replaced every 3 years. It can be removed early.



Only women can use this.



It does not protect you from STDs or STIs.



When taken correctly, it is 99% effective at preventing pregnancy.

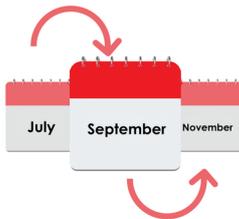
The Injection



The injection releases a hormone that stops the egg from leaving the ovary. This means there is nothing for a sperm to fertilise.



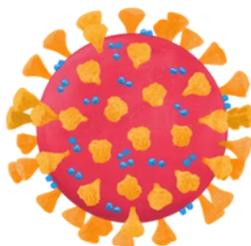
It is injected into you by a trained doctor or nurse.



It lasts for between 8 and 13 weeks depending on the type.



Only women can use this



It does not protect you from STDs or STIs.



When taken correctly, it is 99% effective at preventing pregnancy.



Contraception services are free and confidential.



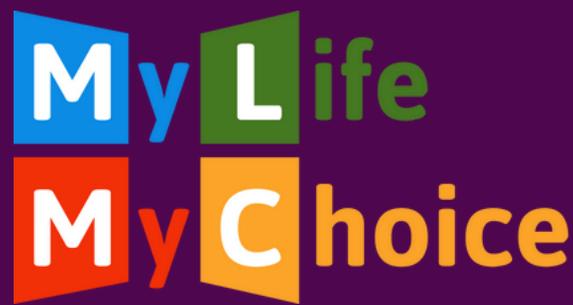
This means that if you want contraception, the doctor, nurse, or pharmacist won't tell your parents or carer unless you want them to.



If you have questions about contraception, talk to a doctor, nurse, pharmacist, friends, family or carers.



If you need contraception, talk to your GP or a sexual health clinic.



**This easy read guide was made
by My Life My Choice
and co-produced with young
people with learning disabilities.**

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