

What is sex?

Easy read guide

For people age 13 or older



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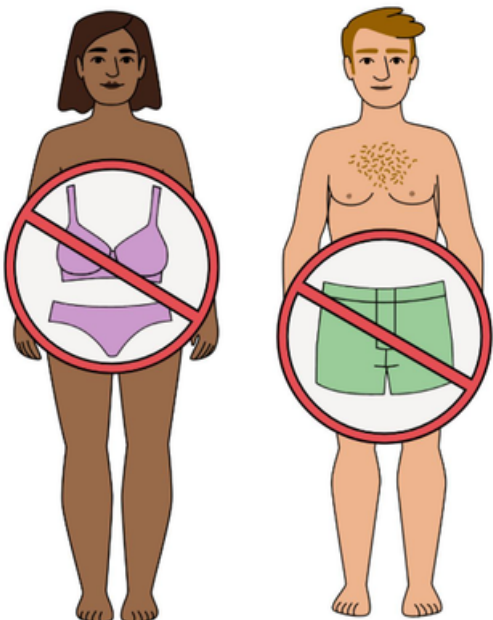
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About this booklet



In this booklet you will learning about sex and relationships.

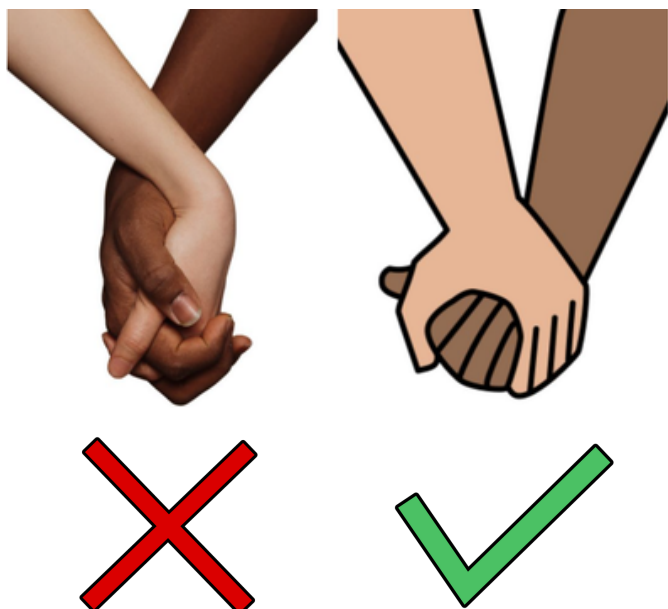
This is an important part of growing up.



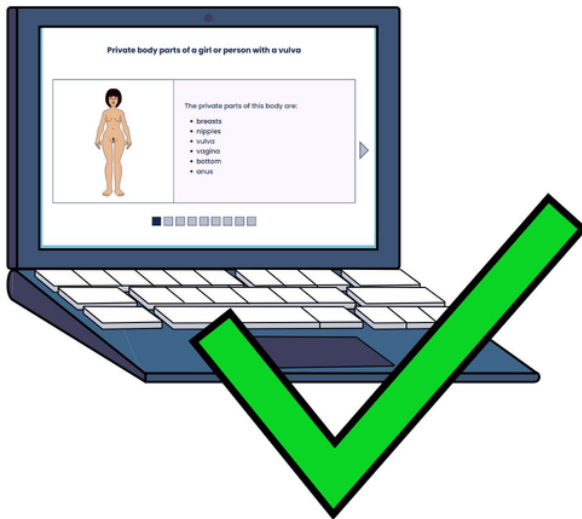
In this booklet there are drawings of:

- private body parts
- people with no clothes on
- sexual activity

The drawings are used to help you understand.



There are no photos of real people's private body parts in this booklet.



It is ok to see these drawings because you are learning about sex.

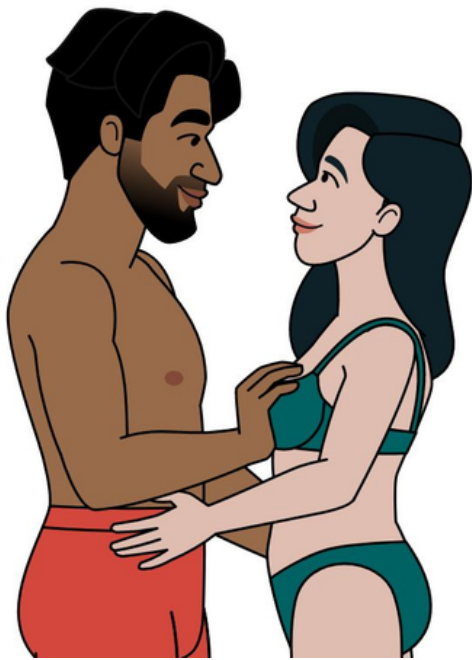


Everyone in Scotland has the right to learn about their body, sex, relationships, and sexual health.



If you have any questions or are upset about anything you read, it is good to speak to an adult you trust.

What is sex?

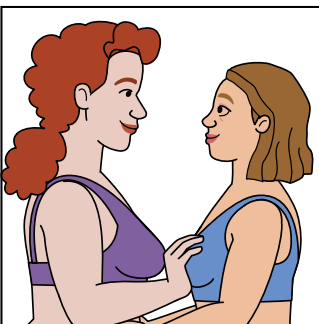


Sex is when people touch private body parts to feel sexual pleasure with another person.



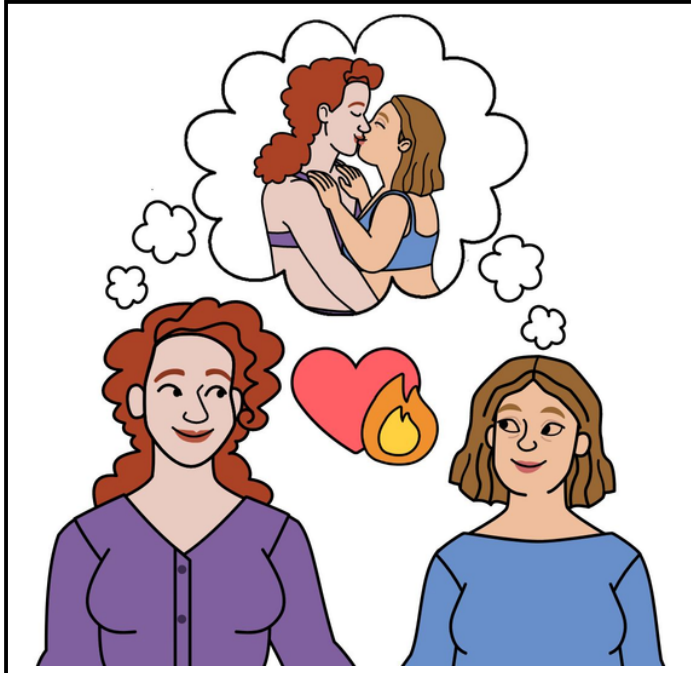
You can only have sex with someone who consents to having sex.

Consenting to sex means both people agreeing or saying yes to having sex.



In Scotland people can have sex with someone of the same gender or different gender.

Why do people have sex?



People might decide to have sex because they feel romantically and sexually attracted to each other.

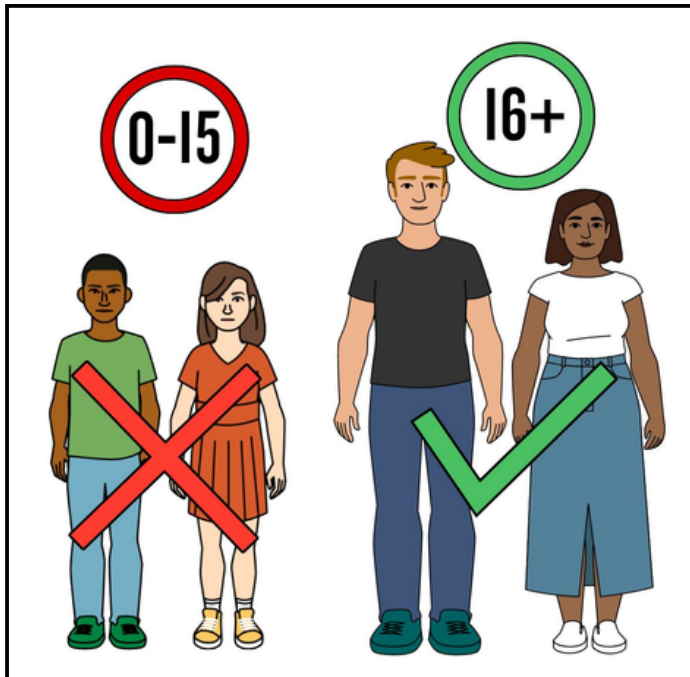


Sex is a thing people do together when they feel aroused (sexy and excited).

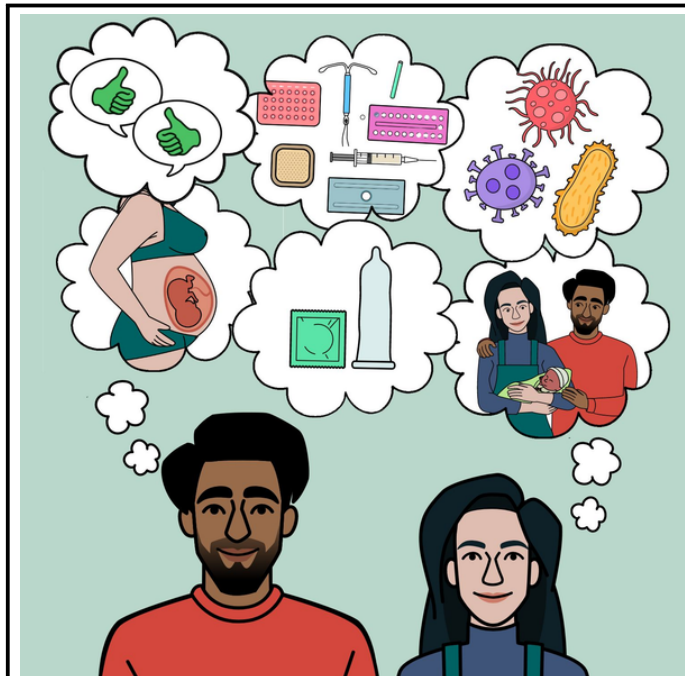


Sometimes people have sex because they want to have a baby and be a parent.

Sex and the law



The law says people should be 16 or older before they have sex. The law is there to protect young people.



There are risks to think about, for example:

- unplanned pregnancy
- sexual infections
- having sex before being ready

It is important to know how to keep ourselves safe.



Young people aged 13 and older have the right to free, confidential sexual health advice.

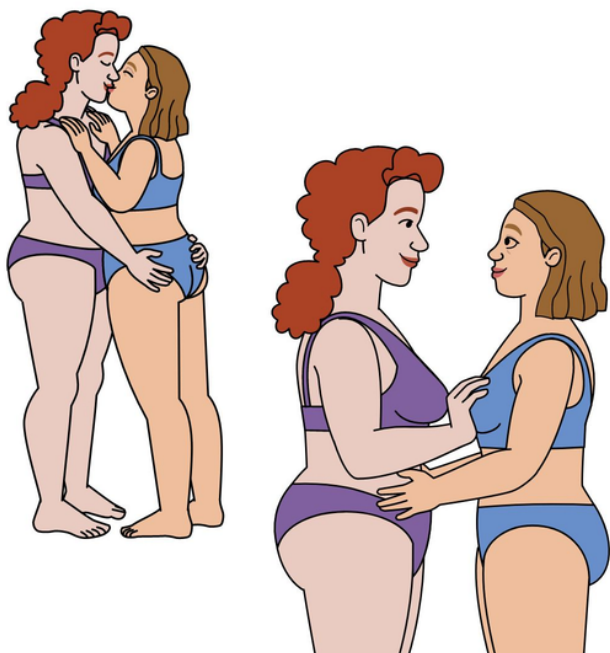
Find sexual health services at www.healthyrespect.co.uk/et-u/find-sexual-health-services-near-me

Consent



When people have sex they might kiss each other's lips and bodies.

You need to get and give consent for kissing.



Partners might touch each other's bodies.

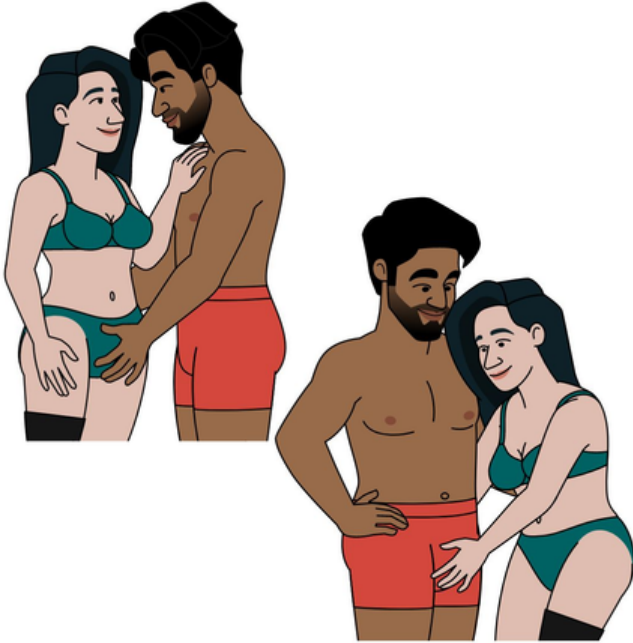
You need to get and give consent for every kind of touching.



Any touching or sexual activity that happens without consent is against the law in Scotland.

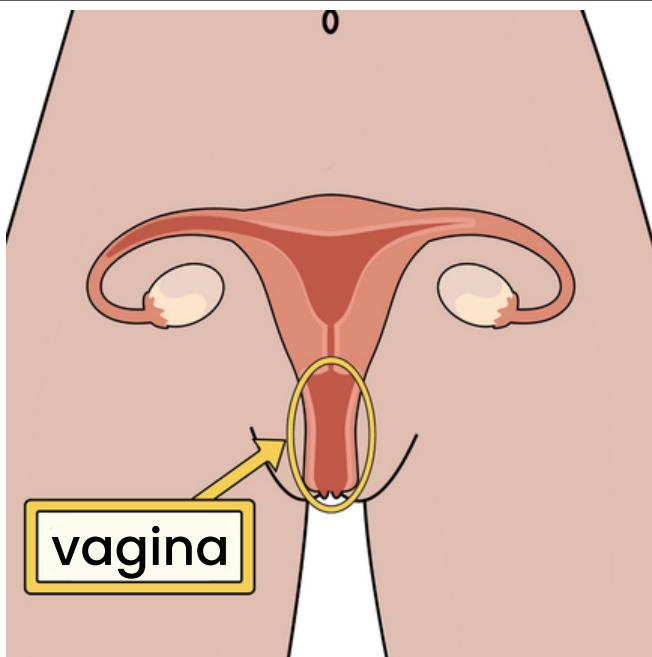
This is called sexual abuse.

More about sex



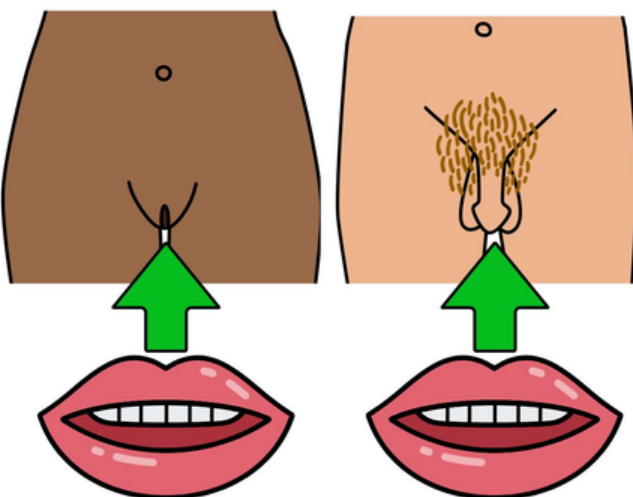
Partners might touch their own and each other's private body parts. This is called mutual masturbation.

You need to get and give consent for mutual masturbation.



Some people enjoy having the inside of their vagina touched.

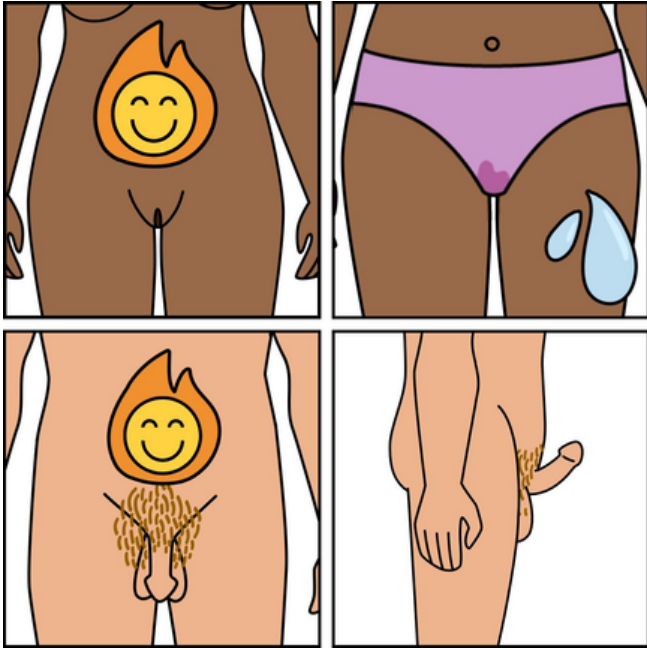
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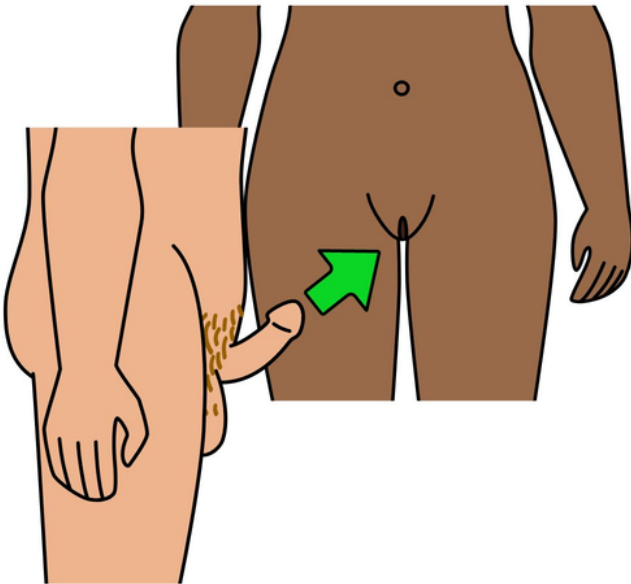
Oral sex is when partners use their mouths, lips or tongues to touch each other's penis or vulva.

You need to get and give consent for oral sex. Only have oral sex if you and your partner both want to and both enjoy it.

More about sex

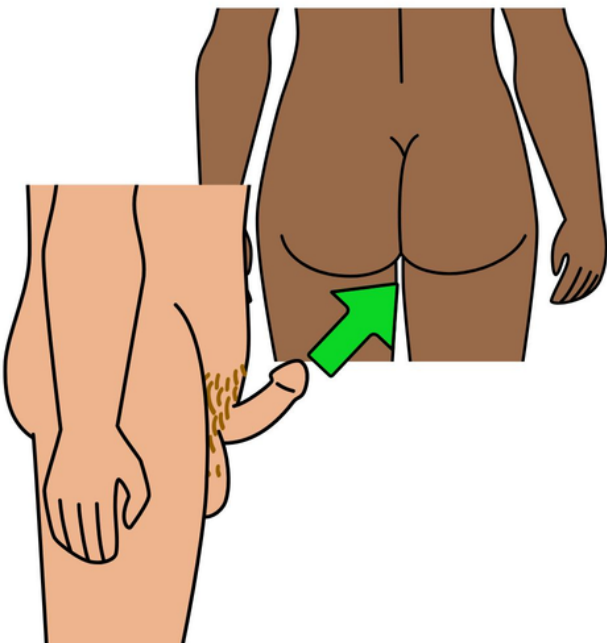


If partners get very aroused (the penis gets hard/erect and the vulva gets slippery and wet), they might want to have penetrative sex.



One way to have penetrative sex is to put the penis into the vagina.

You need to get and give consent for penis in vagina sex. Only have sex if you and your partner both want to and both enjoy it.



Anal sex is when a person puts their penis into their partner's anus (bottom).

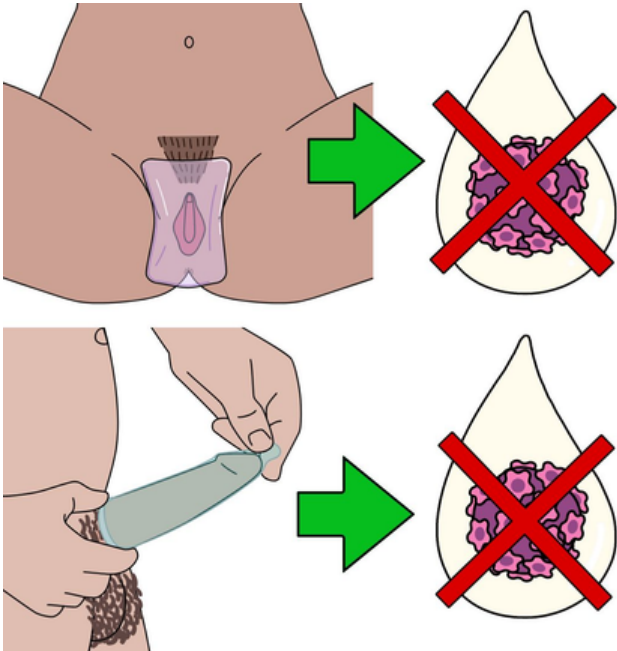
You need to get and give consent for anal sex. Only have anal sex if you and your partner both want to and both enjoy it.

More about sex



You can get sexual infections from having sex.

These are also called sexually transmitted infections or STIs.



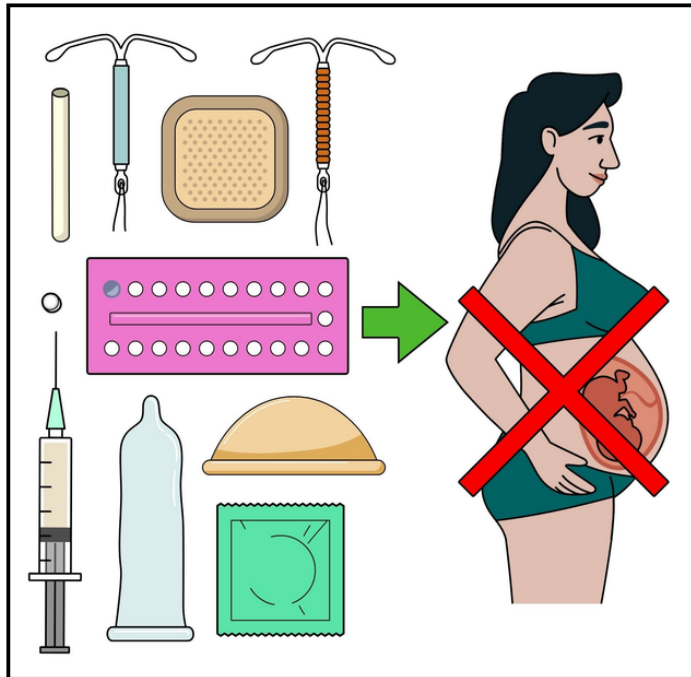
Condoms and dams can stop you from getting or passing on sexual infections.



Penis in vagina sex can make a woman, or a person with a uterus, pregnant.

Being pregnant means having a baby grow in the uterus.

More about sex



If you do not want to get pregnant you need to use condoms or contraception.



If you need contraception or condoms you can ask:

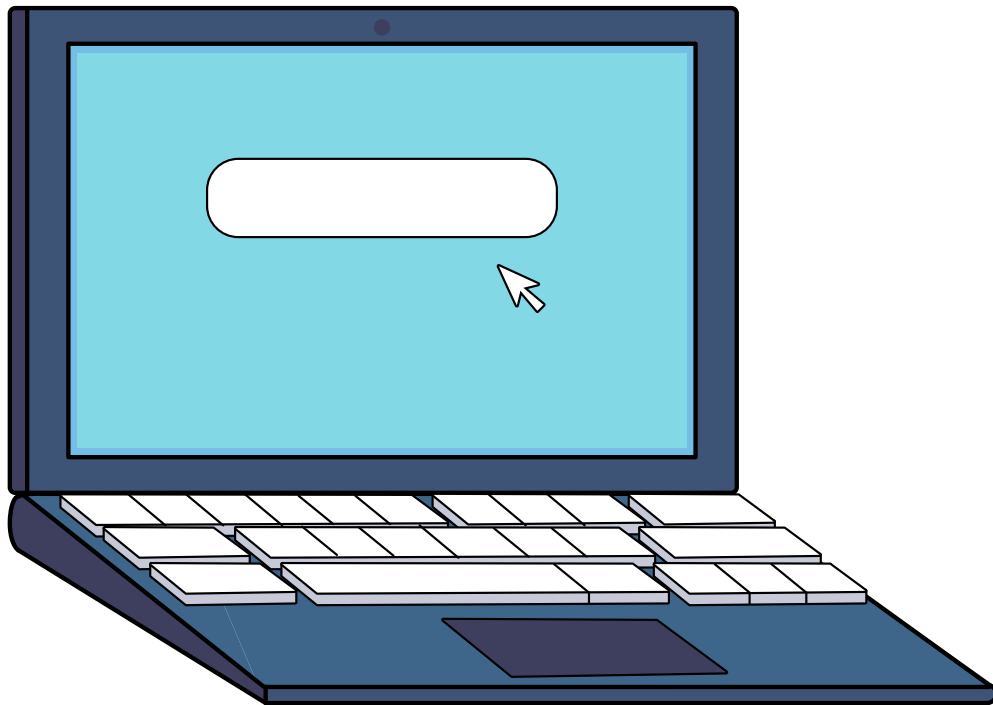
- a nurse
- your support worker
- a doctor

They can help you get contraception or condoms.



Need to speak to someone?

Find sexual health services at www.healthyrespect.co.uk/et-u/find-sexual-health-services-near-me



To view the web page version of this guide and more easy read information about consent, relationships, sex, bodies, and more, visit:

www.healthyrespect.co.uk/etu

You can also scan this QR code to visit the page:

