

CLOSE RELATIONSHIPS AND SEX

Close relationships make people feel happy. They share, they talk to each other and they do fun things together. They might go out on a date, they may hold hands, and they may kiss.

Sometimes a person might have 'sexy feelings' about someone and want them to be their boyfriend or girlfriend. Sometimes they might want to have sex or do other sexy things together.

Everyone has sexy feelings. It is normal. Sexy feelings include feeling dizzy, heart beats fast, blushing, tingling in vagina, vagina feels a bit wet.

Many people like to hug and kiss. The law says people can have sex if they are over 16 years old and both people want to. You should only have sex in a private place. Your bedroom with the door closed is a private place.

Some women like to have sex with men.
Some women like to have sex with women.



Some women don't want to have sex but when they have 'sexy feelings' they might want to masturbate in their private room. Some words for masturbation are 'playing with yourself' or 'touching your private parts'.

CLOSE RELATIONSHIPS AND SEX



Good sex

Good sex is in private.

Good sex is when both people want to have sex or sexy touching and say “yes”.

Good sex is caring, it is fun and it is safe.

It's ok to feel nervous when you choose to have sex for the first time. Your boyfriend or girlfriend should listen to you. They should not push you to have sex. Good sex can mean taking things slowly.

CLOSE RELATIONSHIPS AND SEX



Bad sex

Bad sex is when someone forces you to have sex, or to do sexy touching. Forcing means they make you do something you don't want to do.

No-one should force you to have sex. No-one should touch you on your private parts if you don't want them to.

Bad sex can make you feel very upset and confused.

Bad sex can also be when someone has sex with you but the law says they are not allowed. For example, no-one in your family should have sex with you or do sexy touching on your private parts.

It is against the law for anyone in your family to have sex with you or touch you on your private parts.

It is against the law for your carer or support person to have sex with you or touch you on your private parts.

CLOSE RELATIONSHIPS AND SEX

Bad sex is not fun. Bad sex is not safe. Bad sex is wrong. It is against the law.

Say 'no' to bad sex.

If bad sex is happening to you then you need to tell someone you trust so that they can help you.

Learn about sex

It's important to learn about sex. You can read special books, talk to people you trust or go to special classes.

Where can you find out more

Family Planning NSW Healthline You can speak to a nurse about puberty and periods. There are lots of fact sheets available on the web site. There is a library where you can borrow books. They will post them to you.	 	1300 658 886 www.fpnsw.org.au
NSW Rape Crisis Centre A 24 hour telephone and online service for anyone who needs to talk about bad sex or rape.	 	1800 424 017 www.nswwapecrisis.com.au

Other fact sheets in this series you may want to read

SAFE SEX

HAVING A PAP TEST

DECIDING TO BECOME A PARENT