

Fact Sheet

Having Sex



Sometimes people who are in a close relationship and like each other a lot, or love each other, like to kiss and cuddle. Sometimes they show how much they like or love each other by having sex. It is only OK for people to have sex in these ways if they both want to.

People use many different words for having sex. The most polite words are 'making love' or 'having sex'. The other words are slang. It is best to use the slang words only with a close friend, boyfriend or girlfriend (if the slang words do not embarrass them).

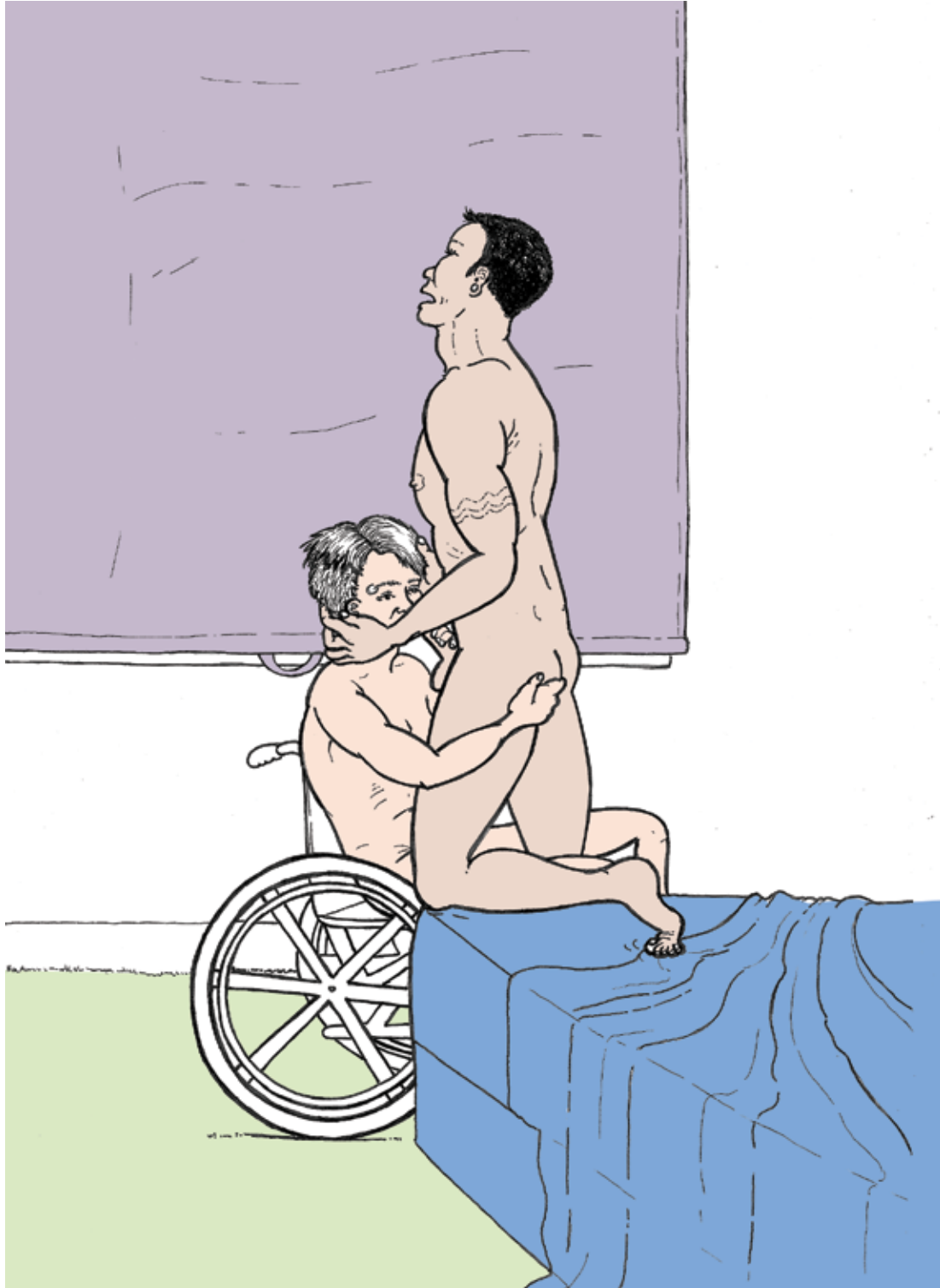
Some people are heterosexual

Some women like to have sex with men. Some men like to have sex with women. These people are called heterosexuals. Some heterosexual people live together in a close relationship such as a boyfriend or girlfriend, husband or wife, or partner.



Some men are gay

Some men like to have sex with other men. They are called gay or they are also called homosexuals. Some gay men live together in a close relationship such as a boyfriend or partner.



Some women are lesbians

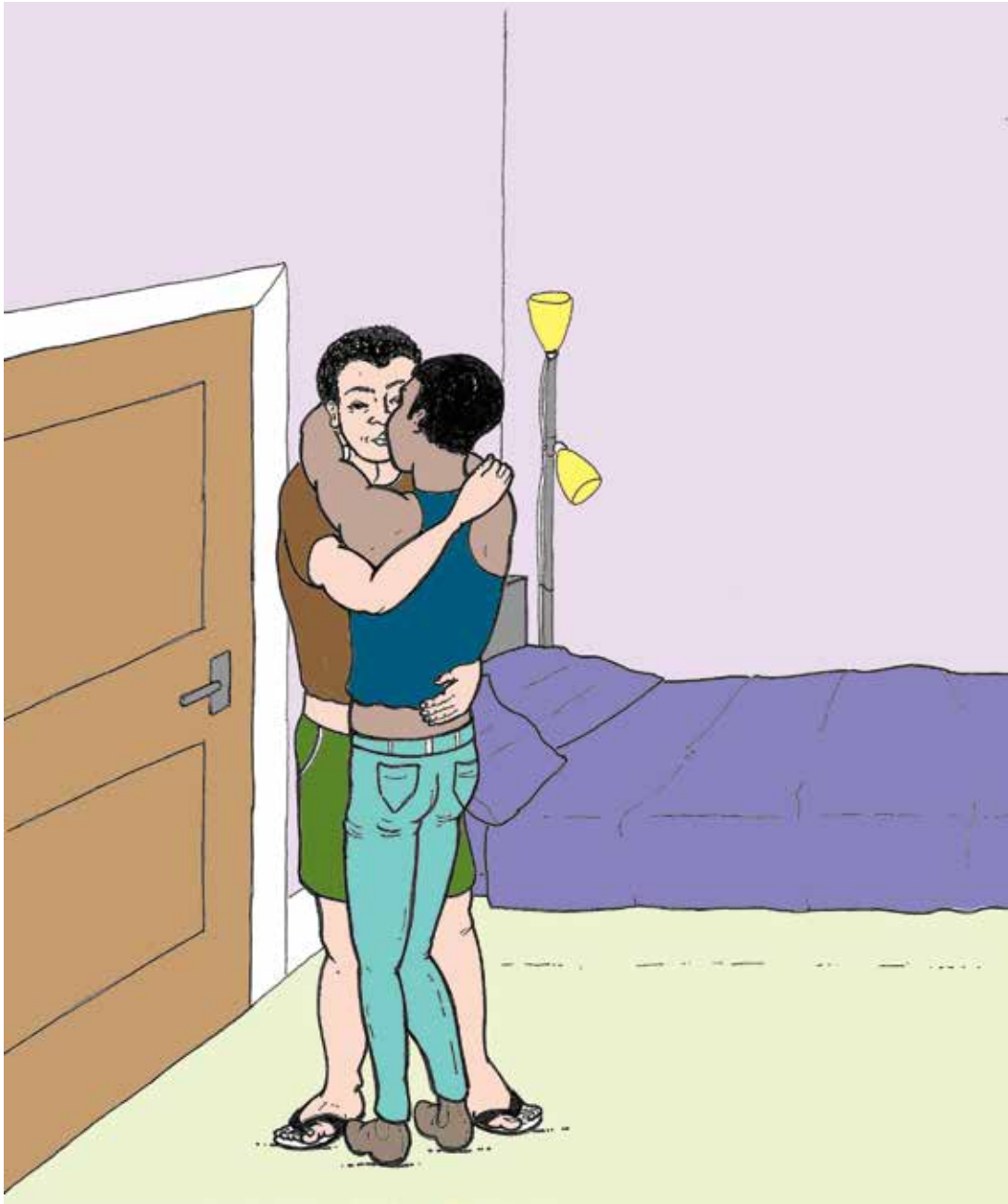
Some women like to have sex with other women. They are called lesbians or they are also called homosexuals. Some lesbians live together in a close relationship such as a girlfriend or partner.



Kissing, touching and sex are OK in a close relationship

It is OK for people in a close relationship to hold hands, hug, kiss and touch each other's bodies if both people want to.

It is OK to have sex in a close relationship like a boyfriend, girlfriend, husband or wife if both people want to and the law says that both people are old enough.



What the law says about having sex

In different parts of Australia, there are different laws about how old a person can be before they can agree to have sex. In New South Wales it is against the law to have sex with someone who is under 16 years.

Some people are bisexual

Some people like to have sex with men sometimes and at other times with women. They are called bisexuals. Some bisexual people live together in a close relationship such as a boyfriend or girlfriend, husband or wife, or partner.

Some people do not like it or do not understand when someone wants to have sex with another person who is the same sex. But being gay or lesbian or bisexual is OK and normal for some people. People can decide for themselves who they want to have sex with.

What happens when people have sex?

People have different kinds of sexy feelings in their body

Often before people have sex they have good feelings in their body, we call these sexy feelings. Some sexy feelings are:

- A person's skin can tingle
- A person's nipples can tingle and get bigger and harder
- A person can feel hotter in their body
- A person might start to breathe faster
- A person might need to breathe slower and deeper
- A person might feel a little bit dizzy
- A woman can feel wet and slippery in her vagina
- A man's penis can get hard and stiff

Making each other feel good before sex is called foreplay

People can spend lots of time making each other feel good by touching each other before having sex. People enjoy being touched in different parts of their body. This can include stroking each other's skin, cuddling and kissing and touching each other's private body parts. This can help people to have sexy feelings and want to have sex. It is important to tell the other person where it feels good to be touched and how to be touched. When people do this before they have sex it is called foreplay.

Foreplay can also include using sexy words to talk to each other and looking at sexy pictures together. There are many other ways that people can have foreplay and be sexy with each other before they have sex.

There are many different ways to have sex

There are lots of ways people can have sex with each other. Some of these ways are:

- When a man puts his hard penis into the woman's vagina. This is called sexual intercourse
- When a man puts his hard penis into the other person's anus. This is called anal sex
- When a person kisses and licks the woman's vulva, vagina or clitoris. This is called oral sex
- When a person kisses and sucks the man's penis. This is called oral sex
- When a person kisses and licks the other person's anus
- When a person kisses and sucks the other person's nipples
- When a person masturbates with another person. For more information go to the fact sheet called 'Masturbation'

It is only OK for people to have sex in these ways if they both want to. Sometimes a person may like to have sex one way but not another. A person should only have sex the way that they want to.

People's bodies change when they have sex

When people have sex, some changes happen in their body. These sexy feelings are good and feel very nice. They stop soon after having sex.

Sometimes when people have sex together, they have an orgasm. This is when a person's sexy feelings get bigger and bigger. Then something happens in a person's whole body that feels different and exciting. Some people make noises when they have an orgasm because it is such an exciting feeling.

A woman can get pregnant from having sexual intercourse

Sometimes when a man and a woman are having sex together, the man puts his hard penis into the woman's vagina, then he moves it gently in and out. This should feel good for both of them. After a while, semen might come out of the man's penis and go into the woman's vagina.

If the man and woman do not use contraception, the woman could get pregnant. Contraception is something that stops a woman from getting pregnant. People should always remember to use contraception if the woman does not want to have a baby. For more information go to the fact sheet called 'Contraception'.

Remember not to hurt the other person

Remember that sex is a very caring thing, so do not hurt the other person. Some people like to have sex standing up or sitting down, as well as lying down. Some people don't mind having sex when the woman has her periods. Other people don't like it at all. As long as both people like it, and it feels good, it is OK.

A woman may have a small piece of skin called the hymen across part of the opening to her vagina. Sometimes this makes it a bit hard for the man's penis to go into her vagina. The first time a woman ever has sex with a man she might find it tight. If he is very gentle, it will be easier.

Having sex is very private and personal

Young people are often told to wait until they get married before they have sex, or they are told that they should not have sex with someone who is the same sex as them. It is up to people to decide for themselves. Each person should do what they want to do as long as the other person agrees. Having sex is a very private and personal thing.

Private places for private behaviours

The place to have sex is somewhere private, like in a bedroom with the door and the curtains closed. Only the people who are having sex should be in the bedroom at this time.

Using a condom protects both people against sexually transmissible infections (STIs)

When two people have sex, it is also important that they protect themselves from catching a sexually transmissible infection (STI). Using a condom with lubricant (lube) is a good way to help protect both people from catching STIs. For more information go to the fact sheet called 'Safe sex and sexually transmissible infections'.

What the law says about having sex

People must 'give their consent'

People should only have sex together if both people want to. It is only OK to touch someone in a sexy way if they have said that they would like to be touched in this way. When someone says it is OK for another person to touch them in this way the person has 'given their consent'. It is only OK to touch someone in a sexy way if they have given their consent.

Having sex with a person who does not give their consent is called sexual assault. For more information go to the fact sheet called 'Sexual assault'.

In different parts of Australia, there are different laws about how old a person can be before they can agree to have sex. In New South Wales it is against the law to have sex with someone who is under 16 years.

Sex with family or support workers is against the law

It is against the law for a person to have sex with someone else in their family like their brother or sister or their parent or grandparent.

It is against the law for a support worker, helper or staff person to have sex with a person they are helping.

If a person is unsure about whether they should have sex with another person they should talk to someone they trust. For more information about services that can advise about sex and the law go to the fact sheet called 'Where to go for help or advice'.

Medication and having sex

Medication (pills or tablets) affects people differently. Sometimes medication affects some people in a way that they do not like. Some medication can affect the way a person might feel about having sex. The medication might make it difficult to get sexy feelings or have an orgasm. Sometimes a man's penis may not get hard when he is feeling sexy because of his medication.

Medication can also affect how a person's body feels, such as having tickly skin or a dry mouth. Some women who take medication may notice they have a dry vagina when having sex. These are just some of the ways that medication can affect people.

It is important to talk to a doctor before stopping medication

It is very important that a person does not stop taking medication because they do not like how the medication is affecting their sex life or their relationships. If a person is worried about how medication is affecting them they should talk to someone they trust or go to see a doctor. The doctor might be able to change the medication to suit the person better.



What you need to know:

- It is only OK to touch someone in a sexy way if they want you to and say it is OK
- Having sex with someone is only something you should do if you want to
- If a person wants to have sex with you and you do not want to you can say "No"
- If you want to have sex with someone and they say "No" you must not have sex with them
- It is important to always protect yourself and the person you are having sex with from STIs by using a condom and lubricant (lube)
- Always remember to use contraception if you do not want to have a baby. Condoms are also used for contraception
- You must not have sex with a child under 16 years. It is against the law
- You must not have sex with a close family member. It is against the law
- It is against the law for a support worker, helper or staff person to have sex with a person they are helping
- If you want to know more about having sex, you can go to your doctor, a Family Planning clinic or sexual health clinic

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