

SAFER SEX

Keep safe from an unwanted pregnancy

Once you get your periods, if you have sex with a man you might get pregnant. Being pregnant means you are going to have a baby.

If you want to have sex and you don't want to have a baby you need to take charge of your body. This means talking to your doctor and asking about some ways to stop getting pregnant.

You can ask about taking medicine (the pill) or having a needle (this might be called depo provera) or an implant in your arm (this is called Implanon). This is called contraception.

Your husband or boyfriend should wear a condom and use lube. Lube is a gel that is put on the condom. It makes it easier to have sex. It may stop the condom breaking. You can buy condoms and lube from a chemist or the supermarket.



There are operations that a doctor can do to stop you having babies. You have to be very sure about this decision. These operations mean you can never have a baby.

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Sometimes people try to make women with intellectual disability have this operation. When women cannot make their own decisions, the Guardianship Tribunal are the only people who can say yes to this operation for them.

To make a good decision about not having a baby you need to get information and talk to people you trust.

Keep safe from sex diseases

When you have sex you may get a sex disease. These are called STIs or sexually transmissible infections.

You may not know that you have a STI. There may be no symptoms. Sometimes you might get redness, itchiness, pain or a smelly fluid from your vagina.

STIs can be treated with medicine. If you are worried then you need to speak to your doctor.

Wearing a condom and using lube every time you have sex helps to stop you getting a sex disease. It can also stop you passing on a sex disease.



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Keep safe from being hurt



Both people have to agree to have sex. If you or the other person does not want to then you should not have sex. Say no if you do not want to have sex.

If someone makes you have sex and you don't want to, you should tell someone you trust. Making someone having sex if they do not want to is against the law.

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Where can you find out more

<p>Family Planning NSW Healthline</p> <p>You can speak to a nurse about puberty and periods.</p> <p>There are lots of fact sheets available on the web site.</p> <p>There is a library where you can borrow books. They will post them to you.</p>	 	<p>1300 658 886</p> <p>www.fpnsw.org.au</p>
<p>Guardianship Tribunal</p> <p>The Tribunal works to make sure that good decisions are made for people who cannot make their own decisions.</p> <p>This includes decisions about medical treatments.</p>	 	<p>1800 463 928, or (02) 9556 7600</p> <p>www.gt.nsw.gov.au</p>
<p>NSW Rape Crisis Centre</p> <p>A 24 hour telephone and online service for anyone who needs to talk about bad sex or rape.</p>	 	<p>1800 424 017</p> <p>www.nswrapecrisis.com.au</p>

Other fact sheets in this series you may want to read

CLOSE RELATIONSHIPS AND SEX

HAVING A PAP TEST

DECIDING TO BECOME A PARENT