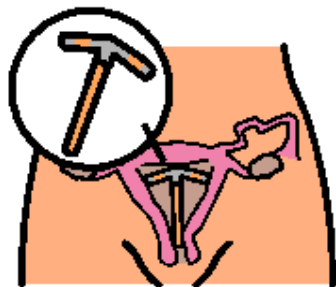


EASY ENGLISH

Safer sex



**Sexual
Health
Victoria**

Care
Education
Advocacy



The things in this factsheet are for lots of different people.



For information just about



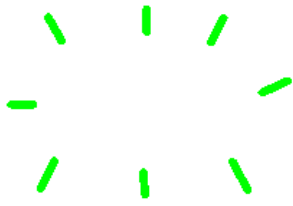
- you
- your needs



talk to a



- Doctor or Nurse



New words

There may be words in this factsheet

- that are new to you and
- you may **not** know what they mean

or

- you may be unsure what they mean.

We will make them **blue** the first time we use them.



Read about them in the

Family Planning Victoria Fact Sheet

New Words to Know.

Safer Sex

Safer sex is sometimes called **Safe Sex**.

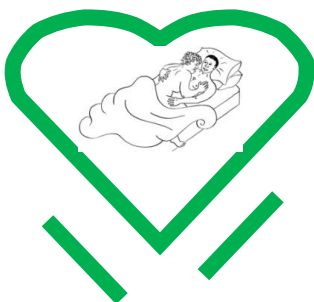


This is about your health when you have sex.



Like

- use a condom
- only get pregnant when you want to
- only have sex when it feels right for **you**.



Like

- you feel safe
- you feel the other person listens to you
- you feel the other person respects you.



How to Stay Safer - Condoms

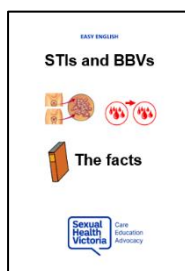


Condoms stop sperm and egg meeting.

We call this a **barrier**.



They can lower the risk of you getting
an STI.



Read about STIs in the Family Planning
Victoria Fact Sheet **STIs and BBVs. The
Facts.**



Use condoms



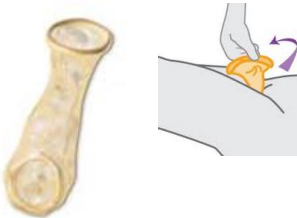
- when the penis is stiff

It is ready for sex.

It is called an erection.



- on a sex toy



- in a vagina.



Use a condom **1 time only**.



Put the used condom in the bin.



Use a **new** condom **every** time you have sex.



Sometimes condoms can

- break
- or
- be used the wrong way.



This can mean that the sex is **not** safe.



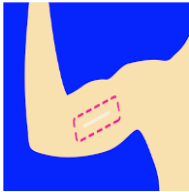
How to stay safer - Contraception

You can use other contraception to stop sperm and egg meeting.



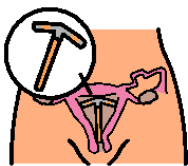
Like

- a pill



- an implant

or



- an IUD.



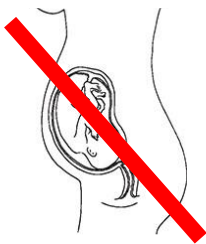
Read about these in the Family Planning Victoria Fact Sheet **Contraception. What can I Choose?**



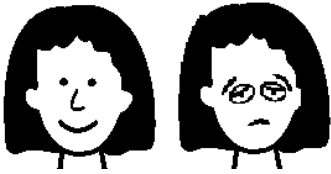
But



Use a condom too.

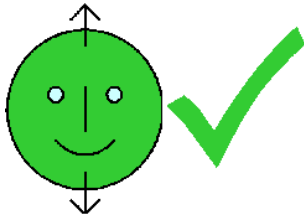


It helps to lower the risk of pregnancy
and STIs.



How to stay safe

Feelings



Safer Sex also means

- you have sex when you are ready to have sex
 - you have the sex you want
 - you have sex you enjoy
- and**
- the other person respects you.



It also means you have sex

- at a time you are happy with
 - in a place you are happy about
-
- that you feel good about after.





Sex that is not safe

Some people say

- **unsafe sex**
- **unprotected sex.**

This can mean you



- do **not** use a condom

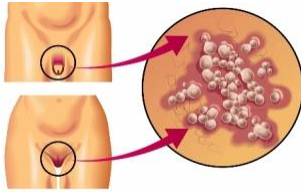


- do **not** use other contraception



- do **not** feel safe
- **and**
- do **not** think the other person respects you.

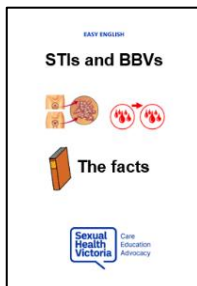
There are risks when you have sex that is **not** safe. Like



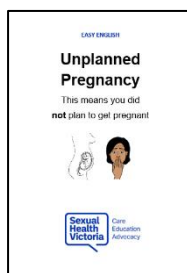
- you can get an STI

- you can get pregnant

This is called an unplanned pregnancy.



Read about **sex germs (STIs)** in the Sexual Health Victoria Fact Sheet **STIs and BBVs. The Facts.**



Read about **unplanned pregnancy** in the Sexual Health Victoria Fact Sheet **Unplanned Pregnancy.**



Want more information?



Talk to your doctor or nurse.



Call Sexual Health Victoria.



Phone 03 9257 0100

Freecall 1800 013 952



Email clinic@fpv.org.au



Call Melbourne Sexual Health centre

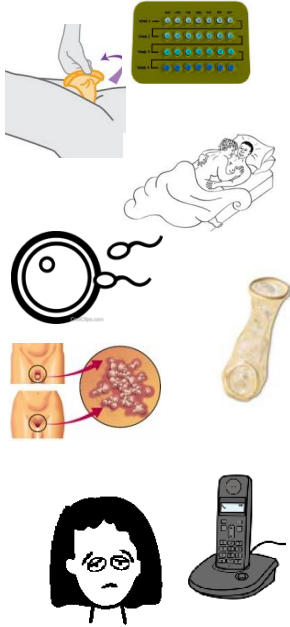


Phone 9341 6200



Images

We have used images from



- canstockphoto
- cdcgov
- Change People
- CoolClips
- Dreamstime
- Enwikipedia
- Mayer-Johnson
- Picto-Selector.



Reviewed by Sexual Health Victoria. March 2023.

Original Easy English written by Access Easy English. May 2018.