

EASY ENGLISH

What is 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

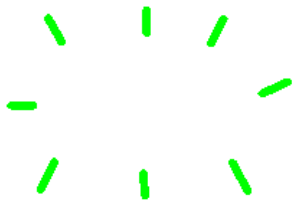


- Doctor or Nurse

or



- Lawyer

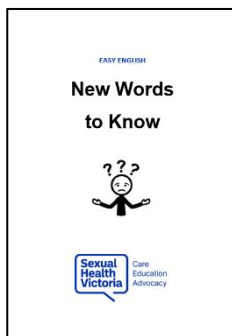


New words

There may be words in this factsheet

- that are new to you
- 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

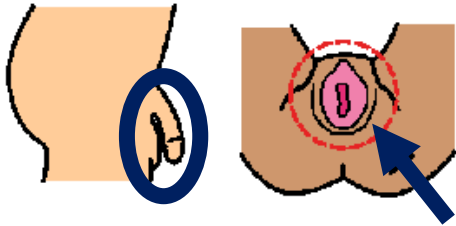
Sexual Health Victoria Fact Sheet

New Words to Know.



What is Sex?

There are lots of different ways to have sex.



Sex can be touch

- on a **penis**
- on a **vulva**
- in a **vagina**
- in an **anus**

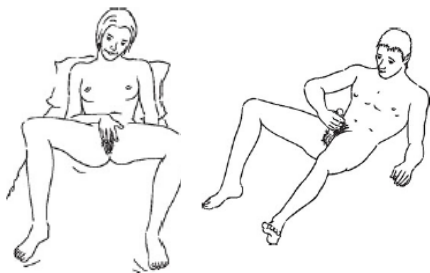


in a sexy way.

It can be

- on your own.

This is called **masturbation**.

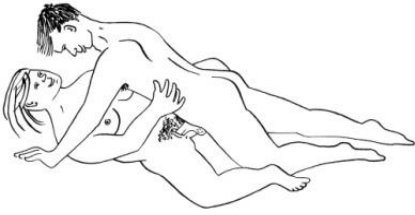


or

- with someone else.

This is called **mutual masturbation**.





Sex can also be

- a penis in a vagina.

It may also be called

- **intercourse**

or

- **vaginal sex**

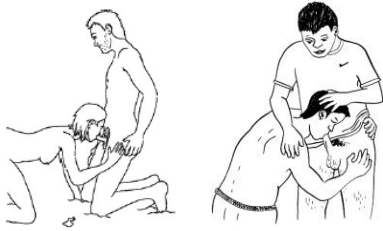
or



- a penis in a bottom.

It is also called your anus.

Sex in your anus is called **anal sex**.



Sex can also be

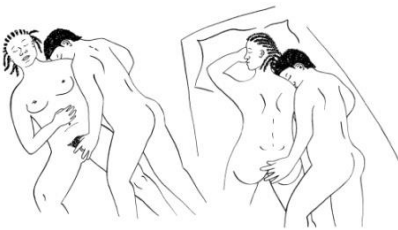
- a penis in a mouth

or



- a mouth on a vulva

This is also called **oral sex**.

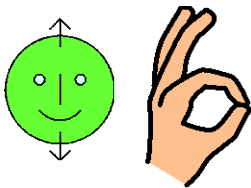


Sex can also be

- part of their body, like a finger, in your
- vagina

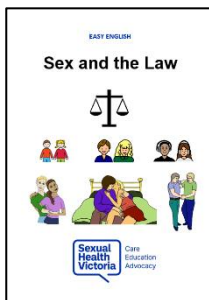
or

- bottom.



Sex is only okay if everyone says yes

This is called giving consent.



Read about **consent** in the Sexual Health

Victoria factsheet **Sex and the Law**.



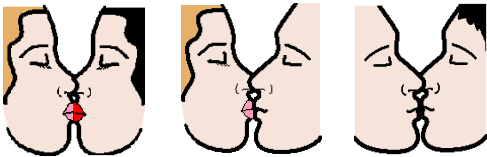
Sex is not



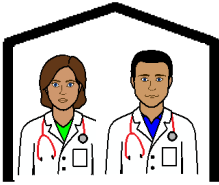
- when you hold hands



- when you hug



- when you kiss.



- something at the doctors.



Like,

- a check of your **breasts** for lumps

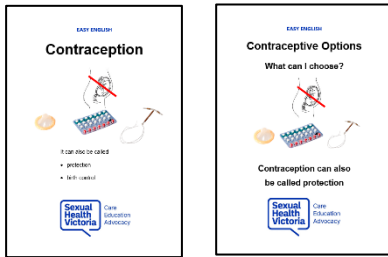


- a **cervical screen**



- when the doctor or nurse puts in your **contraception**.

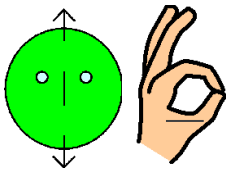
Read about contraception in the
Sexual Health Victoria Fact Sheets



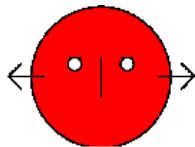
- **Contraception**
- **Contraceptive Options. What can I choose?**



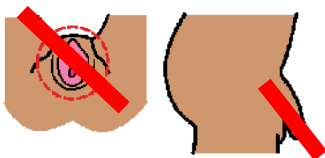
The doctor or nurse needs to do these things
to help you stay well.



You must say this is ok to do.



If you say **no**



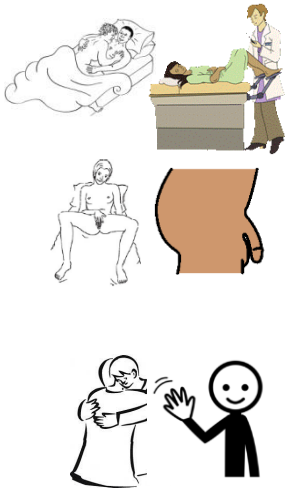
The doctor or nurse can **not** touch

- **you**
- **your** private parts.

Images

We have used images from

- Compic
- Change People
- Inspired Services
- Sexual Health Victoria
- Boardmaker - Mayer-Johnson
- MicroSoft ClipArt
- Picto-Selector.



Reviewed by Sexual Health Victoria. March 2023.

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