

SEXUAL HEALTH IN PLAIN ENGLISH

SEXUAL BEHAVIOUR – WHERE AND WHEN

Private body parts

Private body parts are the parts of our body that have to do with: going to the toilet, having sexual contact and making and feeding babies.

It is important to remember that some parts of the body are considered private. That is, we don't show them in a public place (somewhere there can be lots of people).

The outside private parts are breasts, vulva, penis, scrotum and bottom.

These are the parts of the body that belong to each person. No-one has permission to see, touch or try to do anything to these body parts without that person's permission. They are the parts of our bodies that remain under our underwear or bathing suits.

When and where it would be **O.K.** to not cover private body parts:

- in the bath/shower
- when changing in a private place, like a bedroom
- at a public swimming pool, in the changeroom
- at the doctor, if they need to check your body for medical reasons
- with a sexual partner if both people agree, and it is a private place

When and where it would be **NOT O.K.** to show private body parts (Public Places). Private body parts should be covered when:

- at school in the classroom or playground
- at work or programs
- at a public swimming pool, next to or in the pool, spa or sauna
- at an oval or playground
- at the supermarket
- with a partner, if they say they don't want to see private body parts
- and all other public places

Sexual behaviour

Sexual behaviour can be different things to different people. It is common, as people grow up, to be interested in some type of sexual activity. This could be flirting, hugging, kissing, touching, rubbing or kissing private body parts, or having sex.

These things always need to be talked about with the person you want to do sexy things with and agreed on. This is called consent. Sexual behaviours should make people feel good about themselves. There are laws about when and where people can do sexy things, including age restrictions. ([see Consent and The Law factsheet](#))

A person might do sexual things on their own, like touching their own penis or vulva. This is called masturbation.

When and where it would be **O.K.** for a person to masturbate:

- in a private place, like their bedroom with the door shut and the curtains closed
- in a private bathroom, with the door shut

When and where it would **NOT** be **O.K.** to masturbate:

- in class
- at work or programs
- at an oval or playground
- at the supermarket
- in any other public place
- at the doctor's
- in front of a partner, if there is not consent (agreement together)

Sexual behaviour with another person can only happen if there is consent. That means both people agree/say 'yes' to doing those sexual things. Those people also get to change their mind if they want. If they say 'No, I've changed my mind', then sexual behaviour must stop.

When and where it is **O.K.** to do sexual things with another person:

- with consent
- if the law says it's okay for your age
- in a private place, like a bedroom

When and where it is **NOT O.K.** to do sexual things with another person:

- when there is no consent
- when the people don't understand what they are consenting to
- if the people are too young ('age of consent' varies across Australia)
- if the people are in the same family
- if the other person is drunk or drug affected
- if the other person is asleep
- if one person is meant to be in charge of the other, like a teacher/coach/carer/babysitter/support worker/therapist
- in a public place e.g.: swimming pool, work, shops, school, park

Sexual talking

Sometimes, people want to find out information about sex or talk about a sexual behaviour and experience. Sometimes, talking about sexual things makes people feel uncomfortable. However, it is important to speak to a trusted adult if you have questions about sexy stuff. It's good to think about when and where these conversations could happen.

When and where it would be **O.K.** to talk about sexy stuff:

- in private with a trusted adult
- at school, work or programs as part of a health class
- with friends in a private place (if they agree)
- at the doctor's

When and where it would **NOT** be **O.K.** to talk about sexy stuff:

- if it's making fun of someone
- if it makes someone feel uncomfortable
- if someone asks you to stop
- with children around
- in workplaces
- in businesses
- in public places like the shops, supermarket or dentist