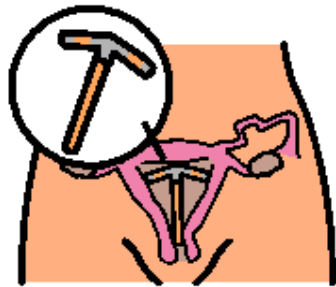


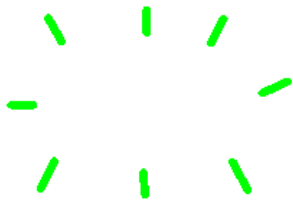
EASY ENGLISH

# Safer sex



**family  
planning  
victoria**

Reproductive & Sexual Health  
Care. Education. Advocacy.

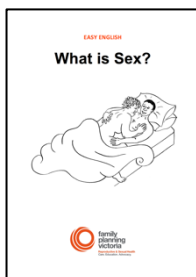


## New words

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.



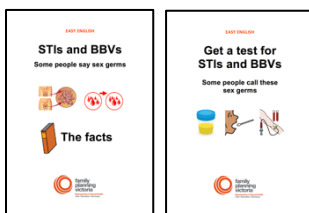
## How to Stay Safe Condoms



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



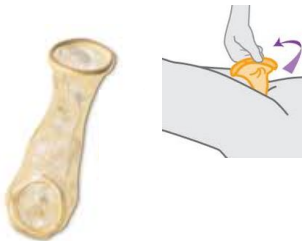
- when the penis is stiff

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.

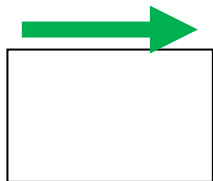


Sometimes condoms can

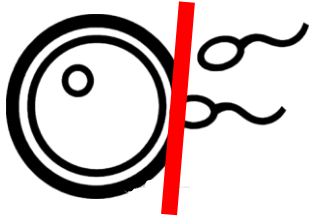
- break
- or
- be used the wrong way.



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



Go to page 12 for more information.



# How to stay safe - Contraception

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



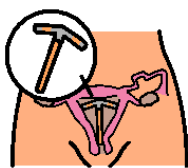
Like

- a pill



- an implant

or



- an IUD.



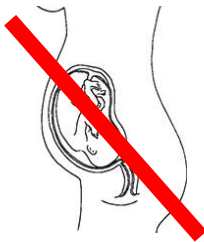
Read about these in the Family Planning Victoria Fact Sheet **Contraception. What can I Choose?**



**But**

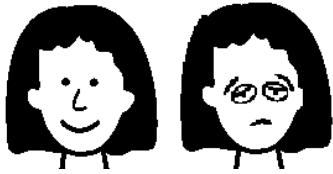


Use a condom too.



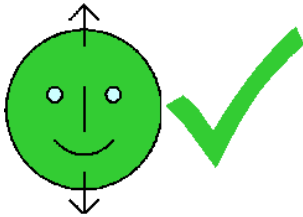
It helps to lower the risk of pregnancy  
and STIs.





# 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

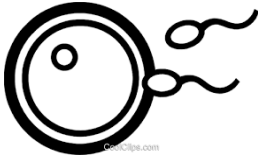
Some people say

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

This can mean you



- do **not** use a condom



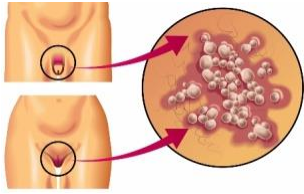
- do **not** use other contraception

,



- 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



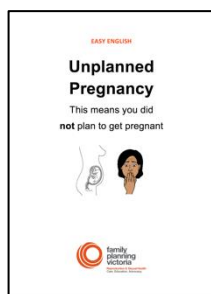
- you can get an STI

- you can get pregnant

This is called an unplanned pregnancy.



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



Read about **unplanned pregnancy** in the  
Family Planning Victoria Fact Sheet  
**Unplanned Pregnancy.**



## Any Questions?



Talk to your doctor or nurse.



Call Family Planning Victoria.



Phone 03 9257 0100

Freecall 1800 013 952



Email [clinic@fpv.org.au](mailto:clinic@fpv.org.au)



Call Melbourne Sexual Health centre



Phone 9341 6200

