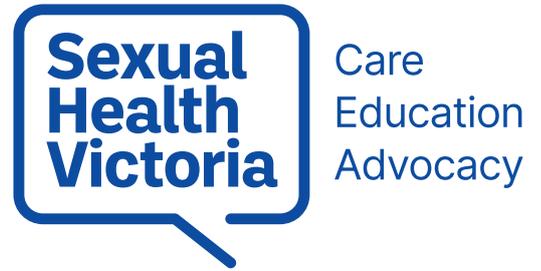


SEXUAL HEALTH IN PLAIN ENGLISH



SEX

'Sex' can mean different things to different people. It could be touching, rubbing or kissing private body parts, or having sexual intercourse.

Some healthy reasons for having sex include:

- to express loving feelings
- because you're feeling sexy
- you feel ready
- because you want to have a baby (and are ready for this responsibility)
- because it is in line with your own personal values

There are lots of different ways people might have sex. Sex can be something done alone or with others.

- Masturbation
 - Sexual touch with themselves or others is called masturbation. It is touching with hands that feels nice on a penis or vulva, or in a vagina or anus. If someone is doing this by themselves, it is called masturbation. When someone does this with, or to, other people, it is called mutual masturbation.
 - Like all sexual contact, this should be done with consent and in a private place.
- Oral sex
 - This is where someone uses their mouth on someone else's penis, vulva or anus.
- Vaginal and/or anal sex
 - This involves putting a penis in a vagina (this is called vaginal sex or intercourse) or anus (this is called anal sex). If someone didn't want to use a penis, they could use a sex toy. Sex toys are mostly penis shaped and are used in the vagina or anus instead of a 'real' penis. These are available from adult stores (special stores only for people over the age of 18, selling sexy stuff).

Sex should be a positive experience. Sex is only **O.K.** if everyone says yes, which is called giving consent. It is **NOT O.K.** to pressure, threaten or force someone to do something sexual. Sometimes people are pressured into having sex before they are ready or are forced to have sex when they don't want to. If sex without consent happens, it is **Not O.K.** – and it's against the law. People in sexual relationships need to give their consent, every time (see [Consent and The Law factsheet](#)).