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"Hi Babe how r u?"

About this booklet

This booklet is about love, sex, sexuality and relationships – the highs and lows and the ins and outs. Feelings and ideas about sex and sexuality are influenced by everyone and everything, including friends, family, culture, TV, adverts, magazines – this can sometimes be helpful, sometimes confusing. This booklet gives you clear information to help you enjoy love, sex, relationships and life – safely.

Who it's for

Young adults – men, women, bisexual, gay, lesbian, straight, those who don't want to do it and those who have done it a lot/a little/not at all ... you!

04 What turns you on?

Loving your body

There's pressure everywhere to look and be a certain way, but the reality is that everyone is unique and different. There's no such thing as normal.

Learning to love yourself inside and out will make you much more attractive to others, so:

- Keep a sense of perspective – we're all different and different people fancy different things.
- Remember, being attractive isn't all about how you look.
- Look after yourself – get good advice about how to eat healthily and before starting a new exercise programme.

"I'm fine, what about u?"

Enjoying your body

Before even thinking about having sex with another person it can help to have a good understanding of how your own body works, what feels good and what turns you on. This brings us to masturbation (wanking) which is **completely normal and OK for ANYONE to do** – despite what some people might tell you.

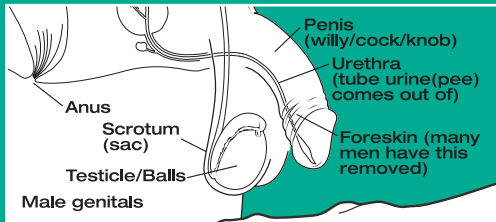
People masturbate for lots of different reasons – when they're in a relationship, on their own and with their partner – even when the sex they are having is totally satisfying. Masturbating together (mutual masturbation) can help you teach each other what turns you both on.

06 Welcome to the pleasure zone

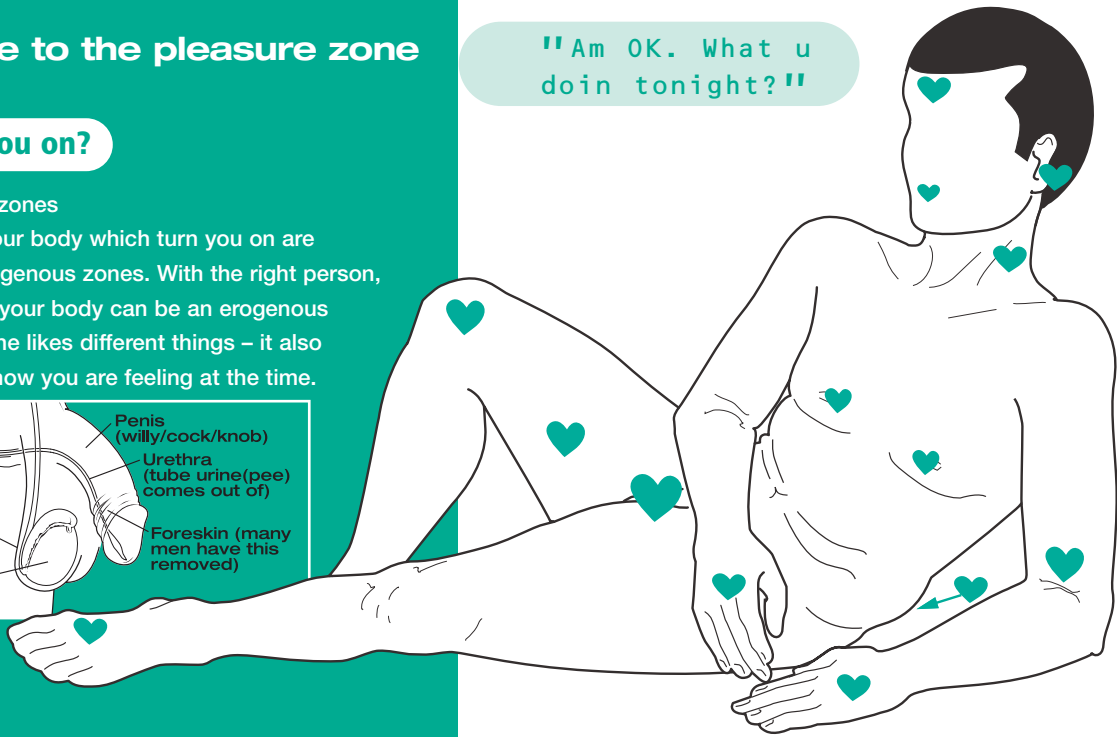
What turns you on?

♥ = erogenous zones

The bits of your body which turn you on are known as erogenous zones. With the right person, every part of your body can be an erogenous zone. Everyone likes different things – it also depends on how you are feeling at the time.

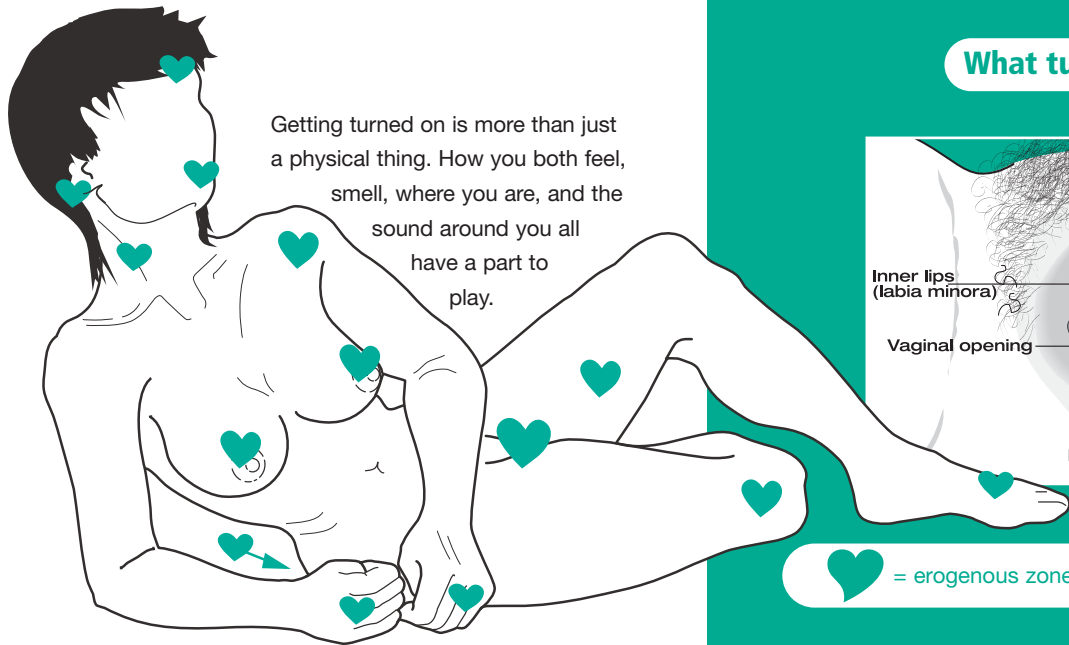


"Am OK. What u doin tonight?"



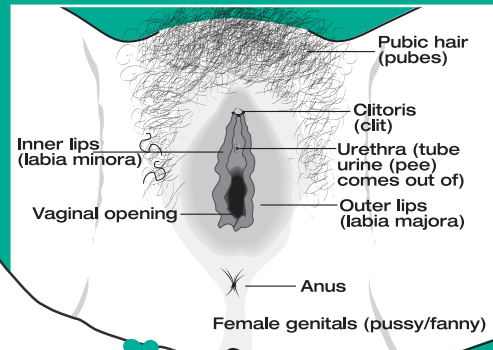
08 Welcome to the pleasure zone

Getting turned on is more than just a physical thing. How you both feel, smell, where you are, and the sound around you all have a part to play.



"Nothing much"

What turns you on?



= erogenous zones

What is sex?

Sex is not just about genitals and penetration. Turning each other on might include:

- talking and flirting
- kissing
- looking
- touching and stroking each other
- removing clothes
- touching each other's genitals
- using a condom.

Whether you're gay, lesbian, straight or bisexual, you can have sex in all sorts of ways. Sex can be fun, amazing, confusing and sometimes complicated. There's no magic formula but it should **turn you both on.**

"Do u wanna go out 2night?"

Not having sex

It's OK NOT to have sex, at any time in your life. It doesn't mean you're weird. Lots of people are happy not having sex and loads say they regret having sex when it wasn't really what they wanted. If you're unsure, then chances are you're not really up for it.

If you start having sex and want to stop you have the right to change your mind – you're definitely not a tease. If your partner cares for you they should be happy to talk about why you don't want sex. Try out different things until you find what you **both** enjoy. Listening to each other is an important part of sex.

12 Kissing Sensuality Foreplay Sex

Who am I?

Coming to terms with all the changes going on in your life right now can be confusing and exciting. Maybe you fancy guys, or girls, or both, or you're not interested in love and sex at all, or you're not sure who you fancy.

Your sexuality is part of your personality. It's how you feel about yourself as a sexual being and how others see you. Your emotions, feelings, behaviour and culture all help to define your sexuality. It may take time to work out who you are and what you want, but that's all part of the process. Take your time, there's no rush.

If you want to talk about your sexuality try contacting one of the organisations on pages 48–51.



"I don't mind 😊 what will we be doing after?"

Sex and the law

It is against the law for anyone to have sex with a young person under the age of 16. This is the same for young men and women and for heterosexual (straight) and homosexual (gay/lesbian) sex. This is known as the age of consent.

Foreplay

Kissing can help you to have good sex – it can be a real turn on. While you're kissing you can also tell your partner how much you fancy them and how great they make you feel.

Do whatever feels good for you both. Explore each other's bodies with your hands, lips and tongue – and also don't forget the less obvious bits, like the arms, back and legs. In other words – foreplay.

Some people think they should get straight to the penetration part of sex, but this is missing the point – **foreplay is part of sex.**

"We can watch a DVD"

Getting it on

There are loads of sexual activities and positions. It's up to you what you fancy trying. **But don't pressure someone to have sex in a way they're not comfortable with and don't do anything you don't enjoy.**

Talk about what turns you on and try things out that you both **consent** (agree) to and are **both** into.

Safer sex means taking steps to reduce the risks of getting pregnant and getting or passing on sexually transmitted infections (STIs). Using contraception will protect you from pregnancy. Using a condom every time you have sex will help protect you from an STI and pregnancy (see page 40 for info on condoms).

Positions are for pleasure, not just performance:

- **Sexual intercourse:** any sex that involves penetration.
- **Oral sex:** licking, kissing and sucking each other's genitals. Often called a 'blowjob' when done to a man and 'going down' when done to a woman.
- **69:** both partners giving and receiving oral sex at the same time.
- **Vaginal sex:** penetration of the vagina by the penis. Often known as 'shagging', 'fucking', 'making love', 'screwing' or 'doing it'.
- **Masturbation:** touching, rubbing or stroking your own or your partner's genitals for pleasure. Often known as 'wanking'.

- **Doggy:** man penetrating his partner from behind.
- **Anal sex:** penetration of the anus by the penis.
- **Woman on top:** woman sitting or lying on top of her partner.
- **Missionary:** both partners lying down, facing each other with the man on top of the woman.
- **Spoons:** both partners lying down on their sides, with one facing away from the other.

Bigger is not better – most of us have an average size penis/breasts. Humans have had good sex for millions of years, long before breast/penis implants were invented.

How can I tell my partner what I want?

Sex is everywhere – in the media, selling cars and bras – but it isn't always easy to talk about things like contraception or where you like to be touched. A lot of people don't tell their partner what they like because they're shy, embarrassed or a bit ashamed and struggle to find the right words to use.

“I'm glad we talk a lot, cause I didn't really feel like having sex.”

“Do I say I want him to touch my penis, or my cock? My willy?”

“...u tell me sexy”

I don't know how to put it into words

“I feel embarrassed saying touch my vagina. But pussy sounds rude!”

Learning the right words to use – and when – takes time and depends on what you and your partner like.

But it always helps to talk particularly when discussing the practical stuff such as whether you're both ready for sex, using condoms or getting an STI check-up. If you're uncomfortable talking face to face, try it when you're on the phone, emailing, instant messaging or texting. The more you talk about what you like and dislike, the easier and more fun it gets.

You had a dream about what ?!?!?!?

Some people have sexual fantasies – some don't. They are images or desires that may pop up in your imagination. They can involve real people or characters from films or books. People sometimes use fantasies when they're masturbating, or with their partners. Having fantasies is normal. But if you're worried about yours, speak to someone about it – see pages 48–51 for details of organisations you can call.

Wet dreams

Both men and women can have sexual fantasies while they're asleep and can wake up sexually aroused – you can have an orgasm/come in your sleep. This is called a wet dream. You can have wet dreams when you're an adult and they're perfectly natural.



Porn (short for pornography) is sometimes used by people who want to get turned on by themselves or as a couple. There's porn for men and women – disabled, straight, gay, lesbian, bisexual, older – in magazines, films, and on the internet.

Porn can give a very distorted view of sex and ideal bodies. It's not a guide and it's not always the best way to learn about sex. Some women feel threatened by it or worry that they should copy porn actors and get breast implants or shave their pubic hair. It can make some men worry about the size of their penis or not being able to have sex for as long as men do in porn films.

If you do decide you like porn – and not everybody

does – remember, it's just about the mechanics of sex, not emotions.

Never:

- feel pressured to look at porn
- make someone else look at porn
- let anyone film or photograph you if you don't want them to.

Porn films – if it's got an 18 certificate you'll have to be 18 to buy or rent it.

Porn mags – if you're under 18 the newsagent may decide not to sell them to you.

Some types of porn are illegal whatever your age – such as porn involving young people under 18.

Being in a loving relationship can be the most fantastic thing in the world. You'll feel safe, comfortable, dizzyingly happy, on top of the world, unable to stop smiling.

And you'll also feel like you've hit rock bottom sometimes, because love can drive you crazy like nothing else. Love is about giving, taking, compromising, communicating, enjoying the good times and working through the bad times. In other words, loving.

Handle with care

Never tell someone you love them just to sleep with them.

When it comes to relationships there is no place for violence, abuse or taking advantage of your partner.

You don't **have** to be in love to enjoy sex, but many people prefer it if they are. They find that being in love can make sex more intense and satisfying.

Some people have one night stands or more than one partner. But just as many don't and wait until they love and respect someone before having sex with them. And remember, you don't need to sleep with a lot of people to get an STI but if you have lots of partners you're definitely increasing the risk. See page 40 for more info on how **not** to get an STI.



If love is the greatest feeling in the world, breaking up can be the worst – feeling sick in the pit of your stomach, like you'll never get out of bed again. You might feel like you don't know what's going to happen next or whether you'll ever be happy or find someone again. Or maybe the relationship wasn't great, and you're ecstatic.

If you are finding breaking up difficult, the thing to remember is you'll get through it. Cry, scream, hug your friends, talk to someone you're close to, do whatever to get over it. If you want to talk about it try contacting one of the organisations on pages 48–51.

If you're having sex and want to avoid pregnancy, use contraception. Long-acting methods do not depend on you remembering to use them. These are:

- the contraceptive injection
- the contraceptive implant
- the IUS (intrauterine system)
- the IUD (intrauterine device).

You need to think about other methods regularly or each time you have sex. These are:

- condoms (male and female) (see page 40 for more info)
- the combined pill and progestogen-only pill
- the contraceptive patch/the contraceptive vaginal ring
- diaphragms/caps
- natural family planning.

Sterilisation is a non-reversible method but is rarely offered to young people.

Where can I get contraception?

Contraception is free for women and men of all ages from your general practice, contraception or sexual health clinic, a young people's service and some genitourinary medicine (GUM) clinics. You can find out about **all** clinics from **fpa's** helpline on 0845 122 8690 or www.fpa.org.uk. You can phone Brook on 0808 802 1234 or Sexwise on 0800 28 29 30 for details of the nearest young people's service.

Emergency contraception

If you have had sex without using contraception or think your method might have failed there are two emergency methods you can use.



- **The emergency hormonal pill** – must be taken up to 72 hours/three days after sex. **It works better the earlier it is taken after sex.** You can get it **free** from:
 - a general practice
 - a contraception or sexual health clinic
 - any young people's service
 - some GUM clinics and most NHS walk-in centres (England) and minor injuries units
 - some pharmacies (or you can buy it if you're over 16 from most pharmacies)
 - some hospital accident and emergency departments.
- **An emergency IUD** – must be fitted up to five days after unprotected sex, or up to five days after the earliest time you could have released an egg (ovulation). You'll need to see a doctor or nurse to get one fitted.

32 Pregnant and don't know what to do?

Help, I think I'm pregnant

Don't panic. The first thing you need to do is a pregnancy test – this can be carried out from the first day of a missed period:

- you can buy a test from a pharmacy, or
- get a free test at your general practice, a contraception or sexual health clinic, most NHS walk-in centres (England only) and some GUM clinics.

Not sure if you want to be pregnant

If the test is positive, this means you are pregnant. You need to think about what you want. You can choose to:

- continue with the pregnancy and keep the baby
- end the pregnancy by having an abortion

- continue with the pregnancy and have the baby adopted.

Your general practice, contraception clinic, young people's service and **fpa** can talk to you about how you feel about the pregnancy and the choices you have (see page 48).

What should I do if I decide to have the baby?

- Make an appointment to see a doctor so that you can get the antenatal care you need.
- If you think you want to have the baby adopted make sure you get the right information and support.

Contact the **British Association for Adoption and Fostering**. Tel: 020 7421 2600. www.baaf.org.uk.

34 Pregnant and don't know what to do?

What should I do if I want an abortion?

There are many reasons why women choose to have an abortion. Ultimately the decision about what to do is yours. Talking to people you trust and having accurate information can help. You may wish to talk to family and friends or it might be easier to talk to someone who is not so close to you.

Who can have an abortion?

- Abortion is legal in the UK regardless of your age. How easy it is to arrange an abortion can vary throughout the UK, and it can be very difficult to get an abortion in Northern Ireland.
- Legal abortion is safer and easier the earlier it is done in pregnancy. Get advice as soon as possible.

- You can get information on what happens when you have an abortion, from **fpa**, www.rcog.org.uk, or the organisations listed on pages 48–51.

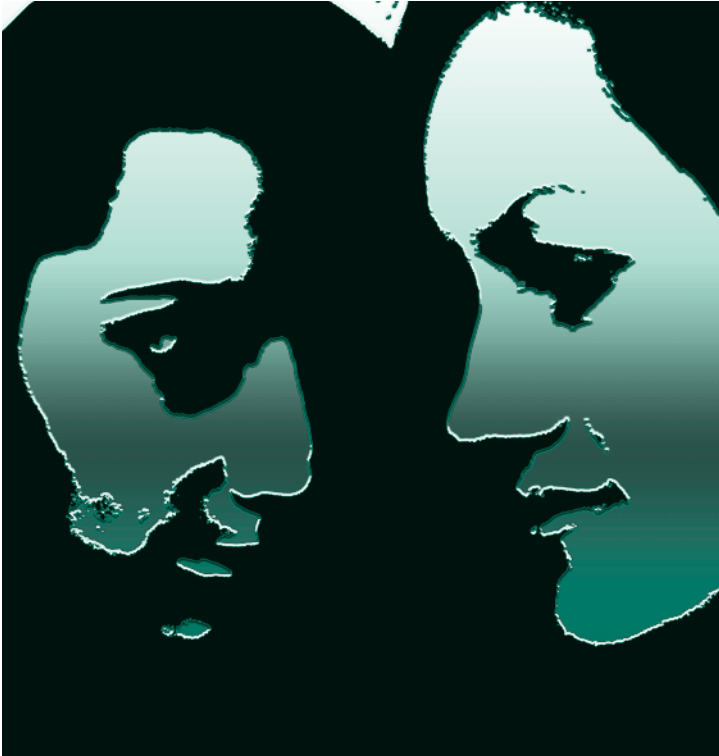
Where can I go if I want an abortion?

- Abortion care is available free through the NHS, or through other clinics and hospitals for a fee. You can go to your general practice, contraception or sexual health clinic, or young people's service.
- In Northern Ireland the situation is different. Contact **fpa** for info (see page 48).
- You can also contact organisations directly that provide abortions for a fee – these include **bpas** and **Marie Stopes** (see pages 50–51).

Having a baby is a serious decision

Talk to your partner/friends/family. Both you and your partner need to be as healthy as possible before trying for a baby. Visit your general practice for more information and advice about:

- healthy eating and exercise
- taking folic acid
- smoking, alcohol and recreational drug use
- whether any medicines you are taking are unsafe during pregnancy
- getting a test to see whether you are immune to rubella (German measles)
- getting tested for STIs
- stopping your contraception.



38 Sexually transmitted infections (STIs)

What are the symptoms?

Infections such as chlamydia, gonorrhoea, syphilis, genital warts, genital herpes and HIV can be transmitted through sexual contact with someone who's already got them – from vaginal, anal and oral sex, and sharing sex toys. Common symptoms are:

- an unusual discharge from the vagina or discharge from the penis
- pain or burning when you urinate (pee)
- itches, rashes, lumps or blisters around the vagina, penis or anus
- pain and/or bleeding during sex
- lower abdominal pain or pain in the testicles
- bleeding after sex and/or between periods.

Symptoms, however, can vary from infection to infection and many people show no symptoms at all.

Get a check-up

- If you're worried, get yourself to a sexual health/GUM clinic **ASAP** for a check up. All clinics are confidential.
- Most STIs can be treated. However, if left untreated STIs can be painful, uncomfortable and passed on to your partner. At worse, they can permanently damage your health and make it difficult for you to have a baby in the future. Some STIs, such as HIV and genital herpes, never leave the body although there are drugs that can help.
- For more info on STIs and check-ups contact **fpa** or one of the organisations listed on pages 48–51.

Male and female condoms

Male and female condoms can help protect you and your partner from STIs and unplanned pregnancy. They work by stopping sperm and most infections from getting into places where they can cause trouble. There are instructions in every packet but always:

- make sure the packaging isn't damaged
- check the use by date
- be careful not to rip the condom when you take it out (beware of rings, fingernails, teeth!)
- only use one condom at a time – using more makes them more likely to break – and don't reuse them.

And guys – most condoms split because they're the wrong size – it should be comfortable but not slip off.

See page 29 to find out where to get **free** condoms.

"Did you go all the way last night?"

Lube (short for lubricant)

Lube is a liquid/gel that you can use during sex to increase pleasure and make sex more comfortable. You can get it from the pharmacy, supermarket or contraception/young people's clinic.

- Most condoms come already lubricated. If you can, avoid using spermicidally lubricated condoms. The spermicide commonly contains Nonoxinol 9, which does not protect against HIV and may even increase the risk of infection.
- Most male condoms are made of latex. **ONLY** use water-based lube with a latex condom. Don't use oil-based lube, body oil or lipsalve as they'll damage it and it may break.
- Any lube can be used with polyurethane condoms.

"No I changed my mind at the last minute. What bout u?"

Unwanted attention

It can be flattering when someone pays you compliments, but sometimes things can go too far. This can happen to both men and women. If you feel uncomfortable with someone's behaviour you do not have to put up with it:

- Be polite but assertive and tell them that you are not interested.
- Get the help of friends – if you're going out agree a signal with them in advance.
- If you need to, get help from someone in authority, for example, a club manager, security person, college/work supervisor or union rep.
- If things get too much get yourself out of the situation fast.

Sexual assault – how to protect yourself

Both men and women can be victims of sexual assault and rape, so do what you can to keep yourself safe:

- Tell someone where you're going and when you think you'll be back.
- Make sure you've got credit on your phone and it's charged.
- Work out how you're going to get home and keep aside enough money.
- Only use a licensed taxi firm and have the number with you.
- Be careful what you drink – drugs used to spike drinks can be colourless, odourless and tasteless.
- Avoid drinking too much alcohol, don't accept drinks from strangers and keep your drink in sight.

If you feel odd, dizzy or wasted after a couple of drinks when normally you'd be OK:

- go somewhere you feel safe
- if you are with friends get them to help you home
- if you are alone or with a stranger get help from someone you can trust or phone for help.

Date rape is unwanted sex on a date, at a party or in any situation.

If you have been sexually assaulted by someone you know, or a stranger **you are not to blame**. Report it to the police and get support from friends, family or Rape Crisis (see page 51).

46 Top tips to being a good lover

Do

- Prioritise pleasure – sex should be pleasurable and feel good for **both** of you.
- Talk to your partner about what turns you **both** on and about how you feel.
- Tell your partner how much you love them/find them sexy/think they're great.
- Listen to yourself and your partner and be honest with each other.
- Take care of yourself – inside and out.
- Keep yourself safe and healthy.
- Protect yourself and your partner from pregnancy and STIs.

"We didn't use anything last night.
Do u think I should worry?"

and don't

- Do anything you're not comfortable with.
- Pressure someone to have sex.
- Have sex if you're not into it.
- Compare yourself to everyone else.
- Try to rush things.
- Put up with stuff you are unhappy with.
- Have sex without sorting out your contraception or protecting yourself against STIs.
- Put off getting a check-up if you're worried you have an STI.
- Get so out of it you have sex with someone you don't fancy.
- Have sex with someone who is so out of it they don't know what they're doing.

fpa helplines

For confidential information and advice on contraception, common sexually transmitted infections, pregnancy choices, abortion and planning a pregnancy.

England

helpline 0845 122 8690

9am to 6pm Monday to Friday

Northern Ireland

helpline 0845 122 8687

9am to 5pm Monday to Thursday, 9am to 4.30pm Friday

fpa in Northern Ireland also provides an unplanned pregnancy counselling service.



"Better safe than sorry. Let's go down the clinic 2gether"

www.fpa.org.uk

www.avert.org

Information for young people about HIV.

www.bpas.org.uk Tel: 0845 730 40 30

Provides abortion services, information and advice.

www.brook.org.uk Tel: 0808 802 1234

Free and confidential advice and contraception to young people up to the age of 25.

www.childline.org.uk Tel: 0800 1111

A 24-hour helpline for children and young people.

www.likeitis.org.uk

Information on sex education and teenage life.

www.ilgs.org.uk Tel: 020 7837 7324

Services for lesbians, gay men and bisexuals.

www.mariestopes.org.uk Tel: 0845 300 80 90

Abortion services and sexual health information.

www.need2know.co.uk

Information for young people on a range of issues including sexual health and relationships.

www.rapecrisis.org.uk

Information for people who have been sexually assaulted.

www.tht.org.uk Tel: 0845 12 21 200

Information, support and advice on HIV and sexual health.

This booklet can only give you basic information about sexual health. The information is based on the evidence and medical opinion available at the time this booklet was printed. Different people may give you different advice on certain points.

Remember – contact your doctor, practice nurse or a contraception clinic if you are worried or unsure about anything.

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