



About sex and pregnancy

An Easy Read guide

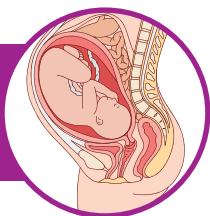


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About sex



Sex is when two people touch each other in a special way. This includes touching each other's private parts.

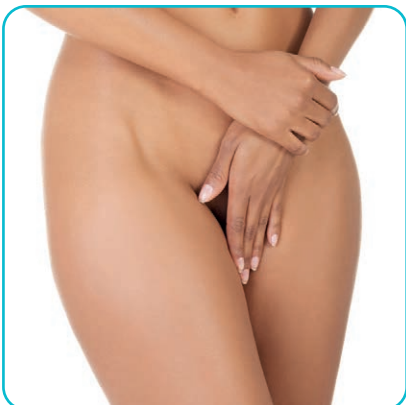
There are different types of sex. Here are some examples:



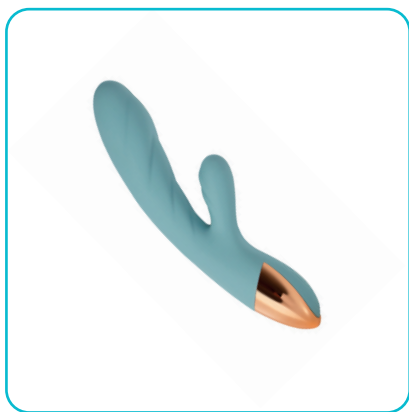
Dry humping or genital rubbing is when people rub their private parts together with clothes on.



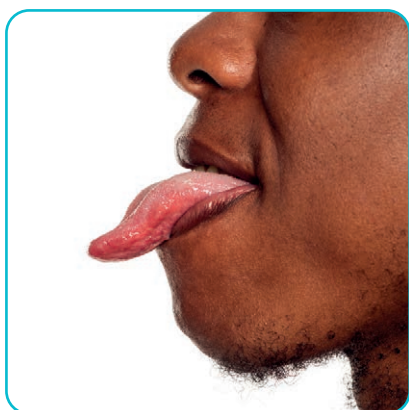
Fingering or hand jobs are when someone uses their hand on another person's private parts.



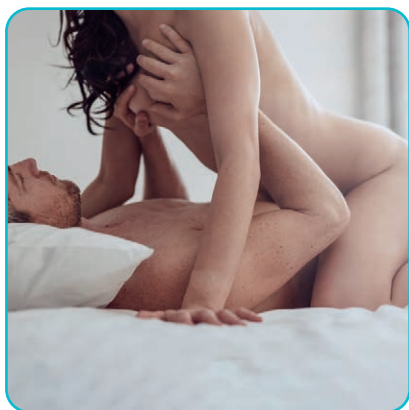
Masturbation is when you touch yourself on your private parts. This is something people do alone or with a partner.



Sex toys can be used on your private parts. This is something people do alone or with a partner.



Oral sex is when someone uses their mouth on another person's private parts.



Vaginal sex is when a penis goes into a vagina.



Anal sex is when a penis goes into someone's bottom.



People can have sex for pleasure.



People can have vaginal sex to make a baby.

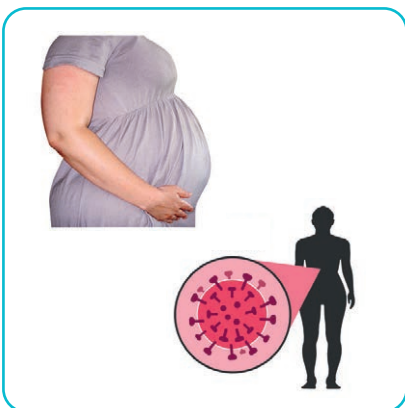
What to think about before you have sex



You need to think about what you feel happy doing.

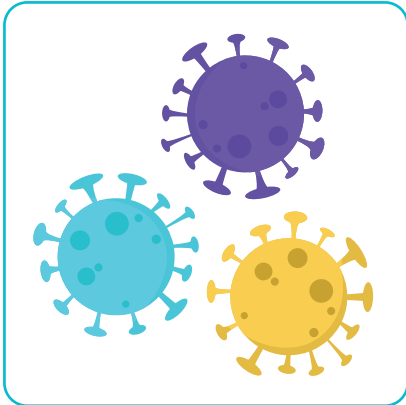


Talk to the other person about what they feel okay doing too.

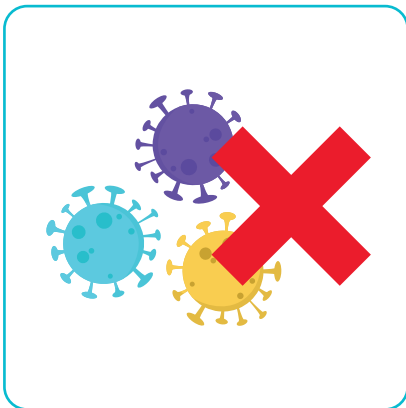


When you have sex there is a chance you can get pregnant or pass on an infection.

It is important to know:



- Which infections you can catch



- How to stop yourself from catching them or passing them on.



People can have sex with each other if they both agree, feel happy and it is safe.

Consent



Consent means you agree to something.

If you agree to have sex then you are giving your consent.



The law says you have to be 16 years old to be able to consent to have sex.



You should never feel like you are being forced into having sex.

You can say no if you do not want to.



You can change your mind whilst you are having sex. You can ask someone to stop.

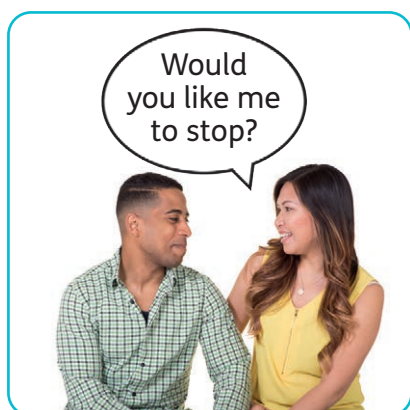


To check if the person you are with wants to have sex you could ask:

Would you like to?

or

Is it ok to touch you here?



If you are not sure, you can say:

Would you like me to stop?



Body language is how our bodies show feelings.

Body language signs that might show someone gives consent are:



- Smiling



- Nodding



- Starting the action first

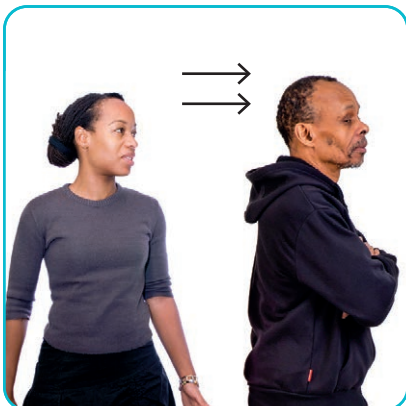
Body language can also show if someone does not give their consent. This might be:



- Being silent



- Pushing you away



- Moving away



Remember, if someone does not consent and you continue anyway, this is illegal.

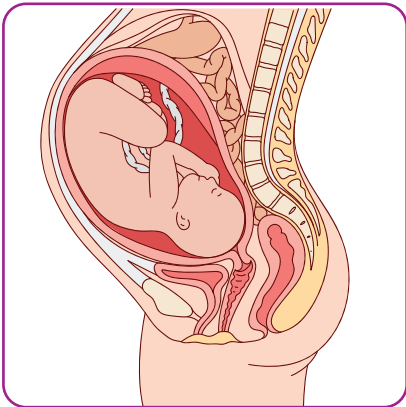


You could get in trouble with the police.

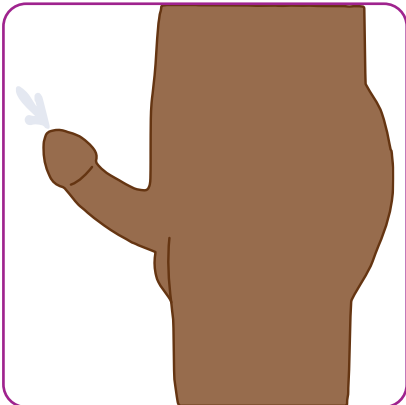
About pregnancy



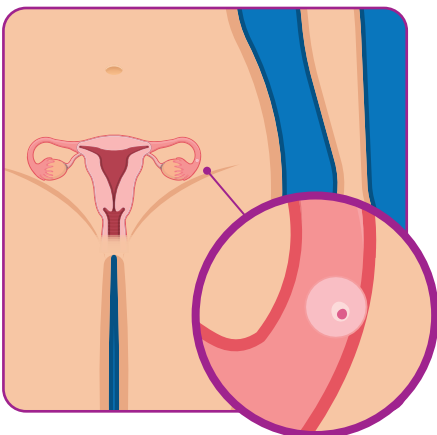
When a person with a penis has sex with a person with a vagina, they can make a baby. This is called pregnancy.



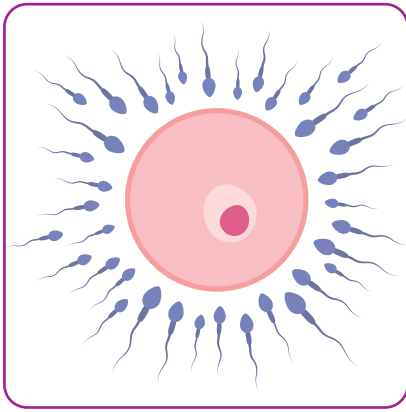
Pregnancy is when a baby starts to grow inside someone's womb.



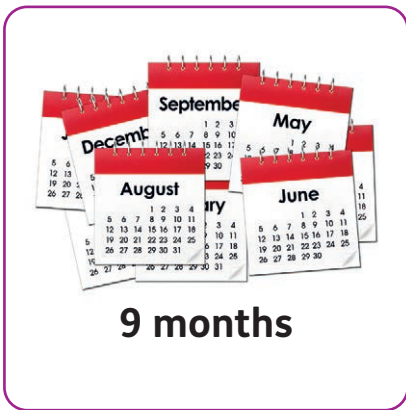
When a hard penis goes into a vagina, the penis lets out a liquid called semen.



Inside the body, at the top of a person's vagina, is something called a womb. This has a tiny egg inside.



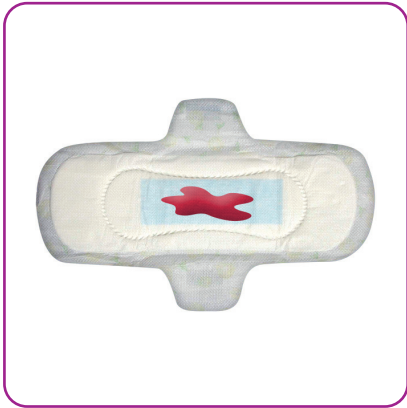
If the sperm gets to the egg then this is what makes a baby.



A baby takes 9 months to grow inside the body before being born.

Signs of pregnancy

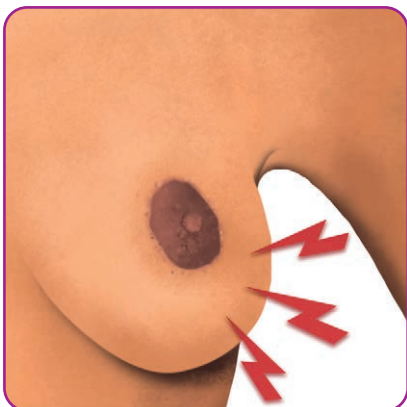
Some signs that you might be pregnant are:



- You have missed your period.
A period is when blood comes out of a vagina. This usually happens every month.



- You feel sick.



- Your breasts hurt.



If you think you might be pregnant, you can take a pregnancy test. This test is a special stick which you wee on.



You can buy a test from a pharmacy or supermarket or you can get one for free from a doctor.



Or you can get one for free from Essex Sexual Health Service.



You cannot tell if you are pregnant straight after having sex.

You need to wait 3 weeks before you take a test.

Choices



If you find out you are pregnant, you do not have to have the baby if you don't want to. It is your choice.



It is important to speak to someone as soon as you can. Talk to someone you trust, your doctor, or Essex Sexual Health Service for help.



They will be able to help you with any next steps that you need to take.

About contraception



Contraception helps stop pregnancy if you are having sex with a penis in a vagina.



There are different types of contraception.



It is a good idea to speak to your doctor or sexual health clinic if you want to use contraception.

Types of contraception are:

Contraceptive pill



The contraceptive pill is a small pill that you take every day to stop you from getting pregnant.



It should be taken at the same time every day.

Contraceptive injection



The contraceptive injection stops you from getting pregnant.

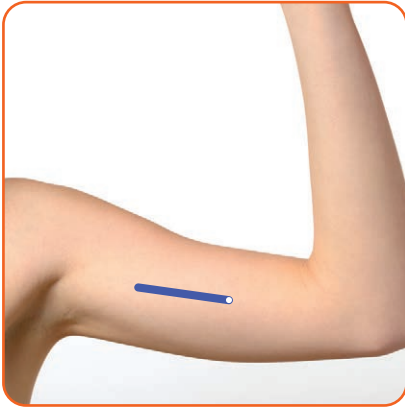


A nurse or doctor gives you the injection in your bottom or thigh.



You have the injection every 8 to 13 weeks.

Contraceptive implant



The contraceptive implant is a small plastic rod which goes in your arm.



A doctor or nurse puts it in for you.

If you don't want it anymore you can ask for it to be removed early.



The implant stops you getting pregnant for up to 3 years.

Talk to your doctor or nurse about this.



After 3 years, a nurse or doctor must take it out for you.

They can give you a new one if you want it.

Contraceptive patch

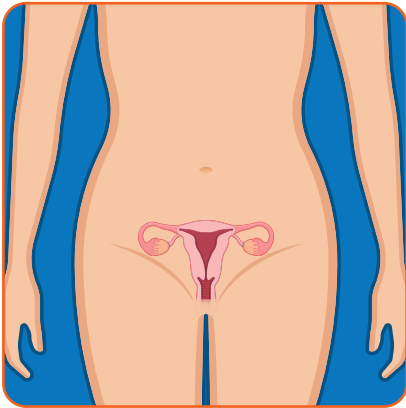
The contraceptive patch is a plaster that you wear:

- On your arm.
- Or above your bottom.
- Or on your thigh.

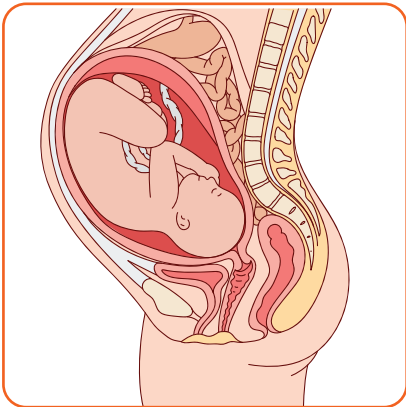
You must change it for a new one once a week.



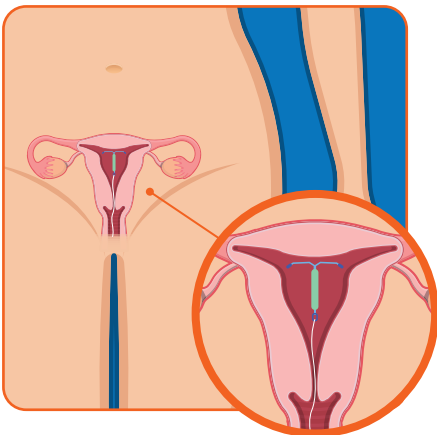
Contraceptive coil



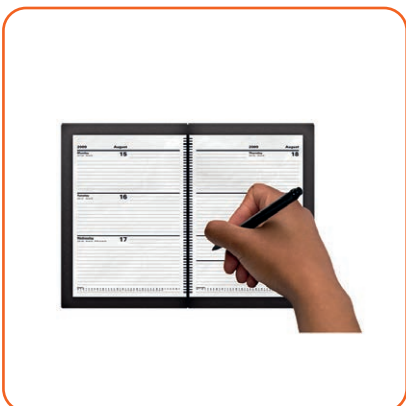
At the top of a person's vagina is something called a womb.



This is the part of the body where a baby grows.

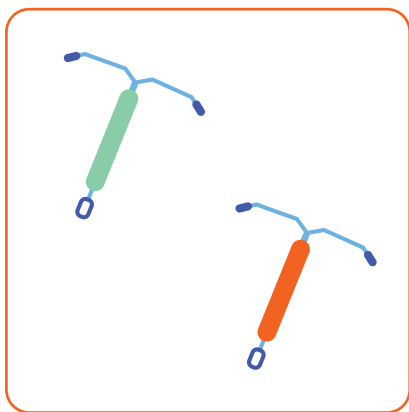


A doctor or nurse can put a small object called a coil into your womb.



A coil stops you getting pregnant for 5 to 10 years. Some coils last longer than others.

Talk to your doctor or nurse about this.



There are different types of coil called IUD and IUS.



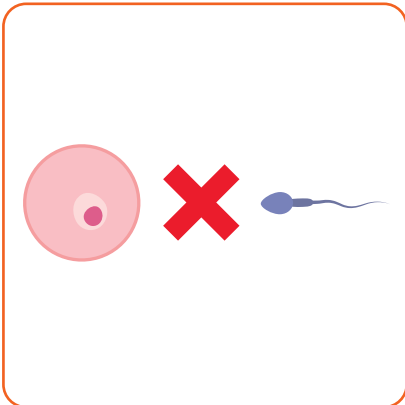
You can ask your doctor or nurse which coil is best for you.

If you don't want it anymore you can ask for it to be removed early.

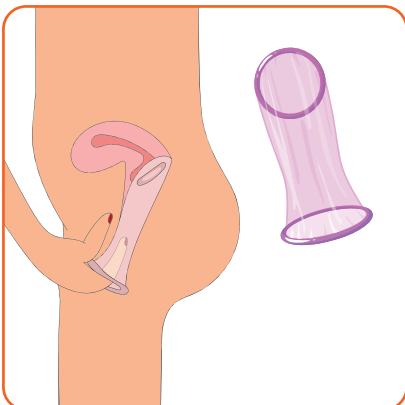
Condoms



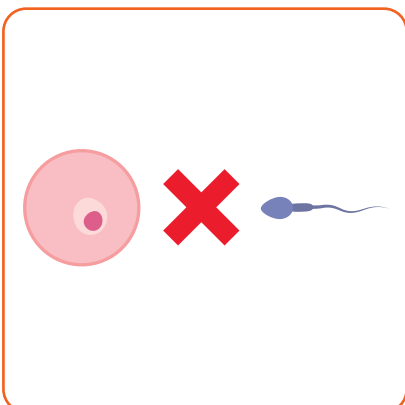
A condom covers the penis.



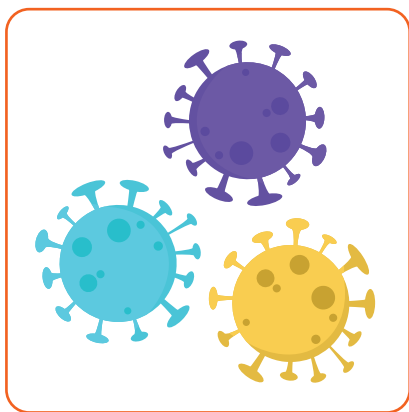
It stops sperm from getting into the vagina and getting to the egg.
This is how condoms stop pregnancy.



An internal condom goes inside the vagina.



It stops sperm from getting to the egg.
This is how condoms stop pregnancy.



If a condom has not been used or it breaks during sex, there is a chance of getting an infection.

These are called sexually transmitted infections or STIs



If a condom has not been used or it breaks during vaginal sex, there is a chance of pregnancy.



You can take some pills that can help to reduce chance of pregnancy happening. This is called Emergency Hormone Contraception or EHC.



You can get EHC pills from a pharmacy, a doctor or Essex Sexual Health Service.

There are some things that stop contraception from working:



- Being ill



- Some medicines



Your doctor or sexual health clinic can tell you more about it.



Both people who want to have sex must think about contraception.



Talk to your partner before having sex.

Vaginal ring



A vaginal ring is a small, soft ring that goes into the vagina to stop you getting pregnant.



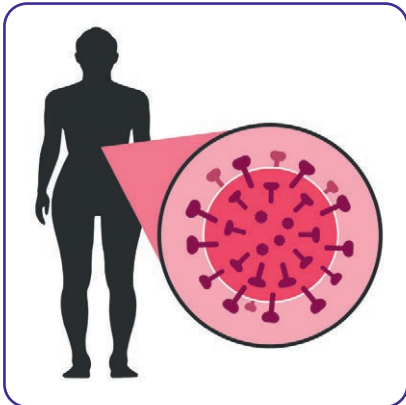
The ring should be used for 21 days before a break of 4 to 7 days.

A new ring would then be used for the next 21 days.

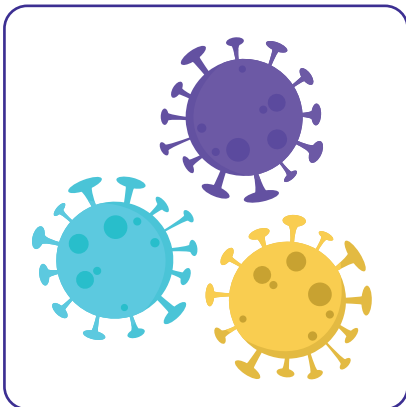


Talk to your doctor or nurse about this.

About infections



When you have unprotected sex you can catch an infection or pass one on.



Infections you can get when you have sex are called sexually transmitted infections or STIs.



An STI can make you very poorly.

Symptoms of STIs

Symptoms are things you might feel when you are poorly.

Things you might feel if you have an STI are:



- Thick green or yellow liquid coming out of your vagina, penis or bottom.



- Pain when you go for a wee.



- Lumps of skin growing around your vulva, penis or bottom.



- A rash.



- Blood coming out of your vagina when it is not your **period**.

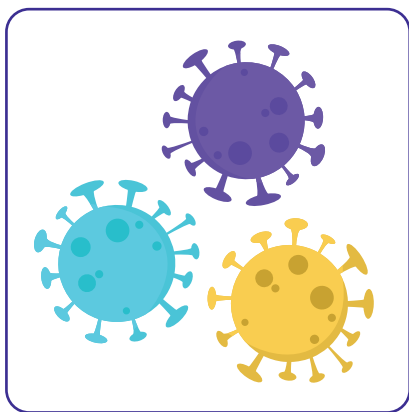
A **period** is when a person bleeds every month from their vagina.



- Itchy around your vulva, penis or bottom.



The vulva is the area around the vagina.



Some people may not get any symptoms at all.



Using a condom is the only way to help keep both people safe from infections.



Talk to your doctor or sexual health clinic if a condom has not been used or it breaks during sex.



Talk to your doctor or sexual health clinic if you think you have an STI.

Where to get advice about sex, contraception and pregnancy



Talk to a doctor, nurse, or go to a local sexual health clinic if you have questions.



Talk to Essex Sexual Health Service
0300 003 1212, or visit the website
www.eshs.org.uk



The website has a list of clinics on it.
This website is not in Easy Read format.

asking for a friend ;)

Visit the Asking for a Friend website
www.askingforafriend.org.uk



The website has help and information.
This website is not in Easy Read format.



If you are 16-24 years old, visit the
eC-Card website **www.ec-card.org.uk**



The website helps you get free condoms.
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The logo for COMPASS, featuring the word "COMPASS" in a dark blue, sans-serif font. The letter "O" is replaced by a small icon of a compass needle pointing upwards.

If you are feeling unsafe in a relationship contact Compass Essex Domestic Abuse Helpline **0330 333 7 444**

The logo for synergy ESSEX. The word "synergy" is in a purple, lowercase, sans-serif font. Below it, the word "ESSEX" is in a smaller, purple, uppercase, sans-serif font. A green horizontal line with a small gap in the middle is positioned between the two words.

If someone has had sex with you without your consent contact Synergy Essex **0300 003 7777**

This Easy Read guide was made by
Provide Community for people with
learning disabilities and/or autism.

For more information, please contact
our Customer Service Team:



0300 303 9952



provide.customerservices@nhs.net



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