



About sex

An Easy Read guide



About sex



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

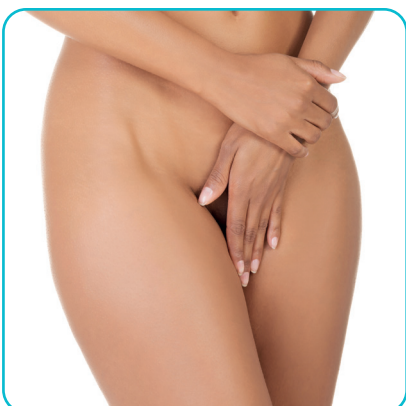
There are different types of sex. Here are some examples:



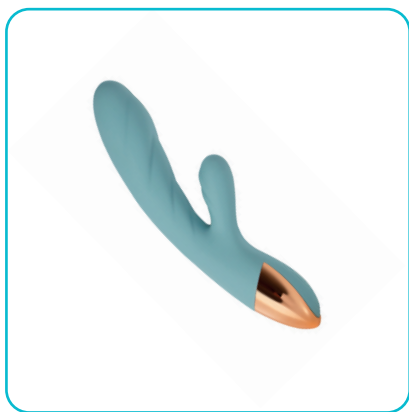
Dry humping or genital rubbing is when people rub their private parts together with clothes on.



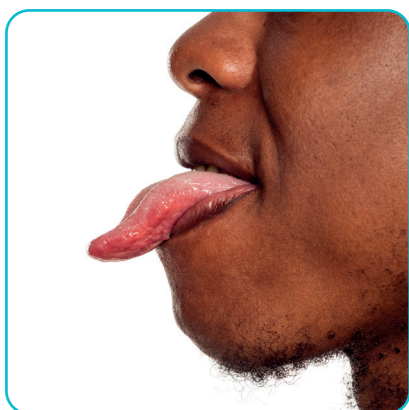
Fingering or hand jobs are when someone uses their hand on another person's private parts.



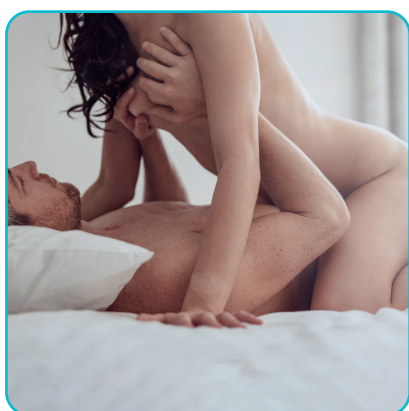
Masturbation is when you touch yourself on your private parts. This is something people do alone or with a partner.



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.

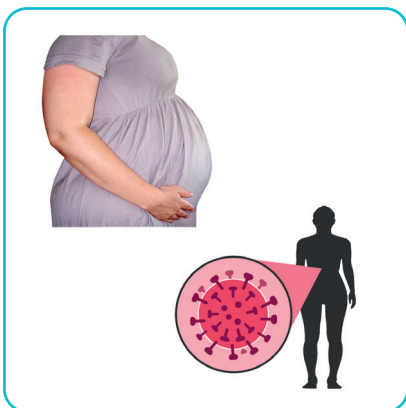
What to think about before you have sex



You need to think about what you feel happy doing.

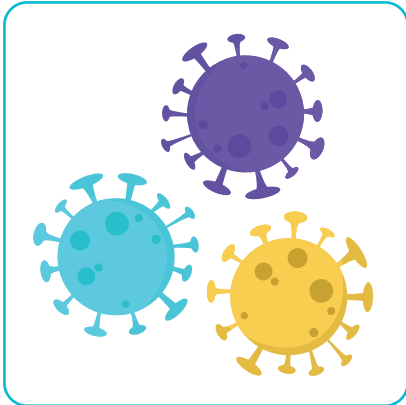


Talk to the other person about what they feel okay doing too.

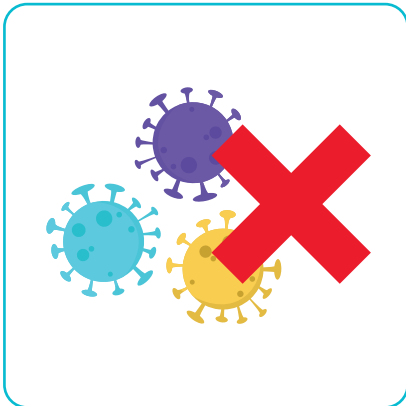


When you have sex there is a chance you can get pregnant or pass on an infection.

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.

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



made with
PHOTO  SYMBOLS[®]

19183B-ES-02