Safer sex
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

- 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
- 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

Call Melbourne Sexual Health centre

Phone 9341 6200
Images

We have used images from

- canstockphoto
- cdcgov
- Change People
- CoolClips
- Dreamstime
- Enwikipedia
- Mayer-Johnson
- Picto-Selector.

This information is based on the Family Planning Victoria Fact Sheet Safe Sex

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