

# What is sex?

## Easy read guide

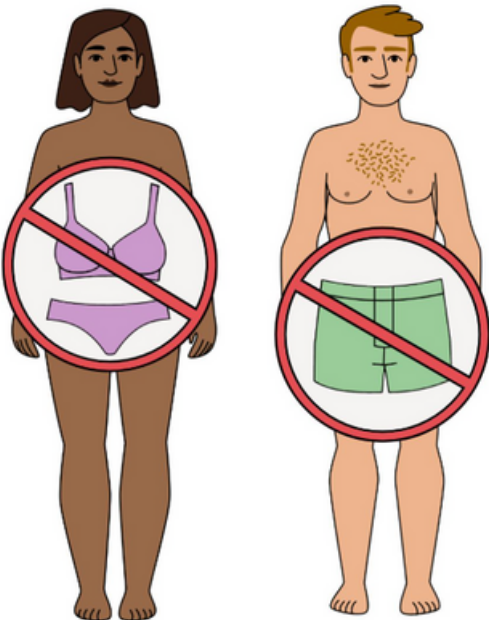
For people age 16 or older



# About this booklet



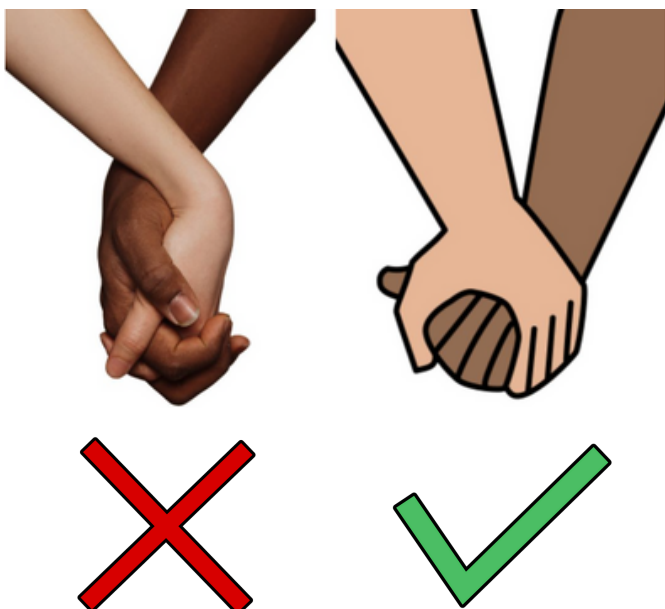
Learning about sex and relationships is an important part of growing up.



In this guide there are drawings of:

- private body parts
- people with no clothes on
- sexual activity

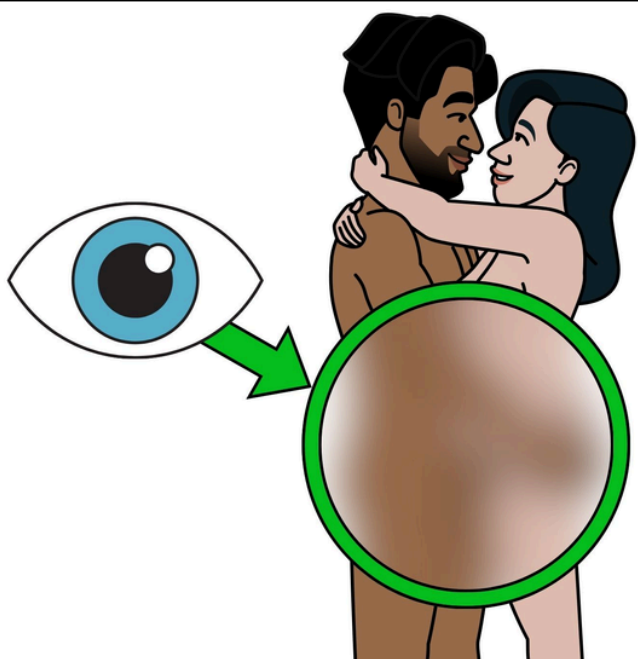
The drawings are used to help you understand.



There are no photos of real people's private body parts in this guide.



It is ok to see these drawings because you are learning about sex.



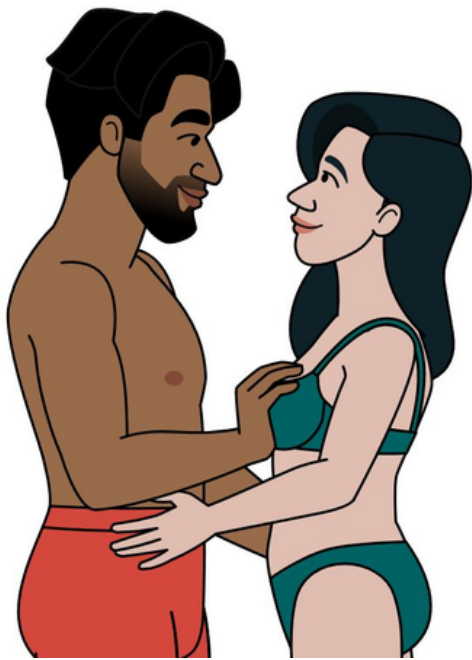
This guide has drawings of people having different kinds of sex.

If you do not want to see these drawings, you can read what is sex? aged 13 or older.

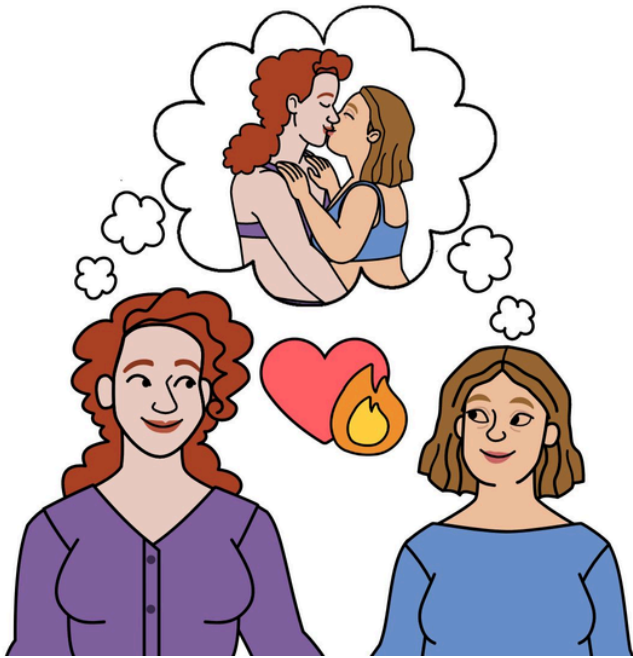


If you have any questions or are upset about anything you read, it is good to speak to an adult you trust.

# The basics



Sex is when people touch private body parts to feel sexual pleasure with another person.



People might decide to have sex because they feel romantically and sexually attracted to each other.



Sex is a thing people do together when they feel aroused (sexy and excited).



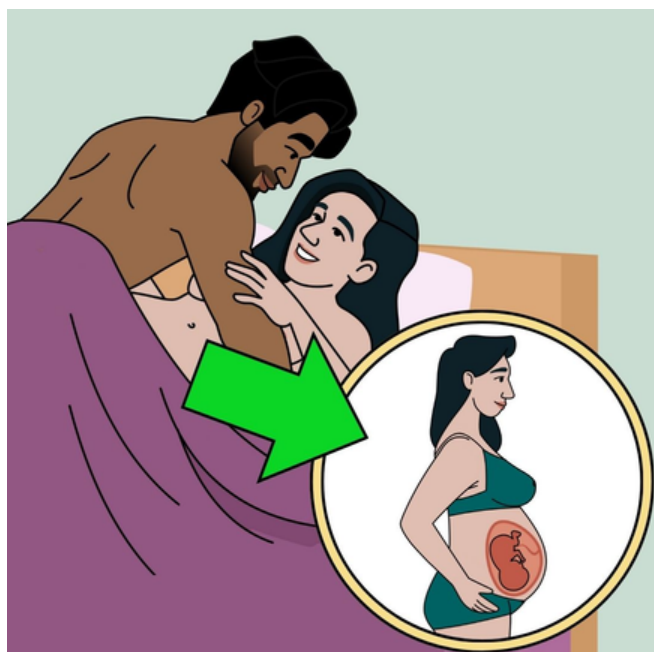


Sex is a thing people do together when they both agree they want to have sex.

This is called consent.



Sexual touching that happens when one person does not want it to happen is called sexual abuse.



Some types of sex can make a woman, or person with a uterus, pregnant.

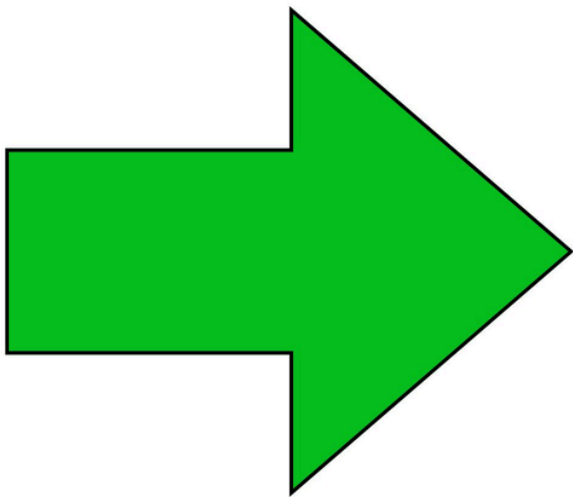
Pregnant means a baby is growing in a person's uterus.

Condoms or contraception can stop this from happening.



You can get sexual infections from having sex. These can also be called sexually transmitted infections (STIs)

Condoms and dams can stop you from getting or passing on sexual infections.



Move to the next page to find out more about what sex is.

# What is sex?



Sex can be lots of different things.



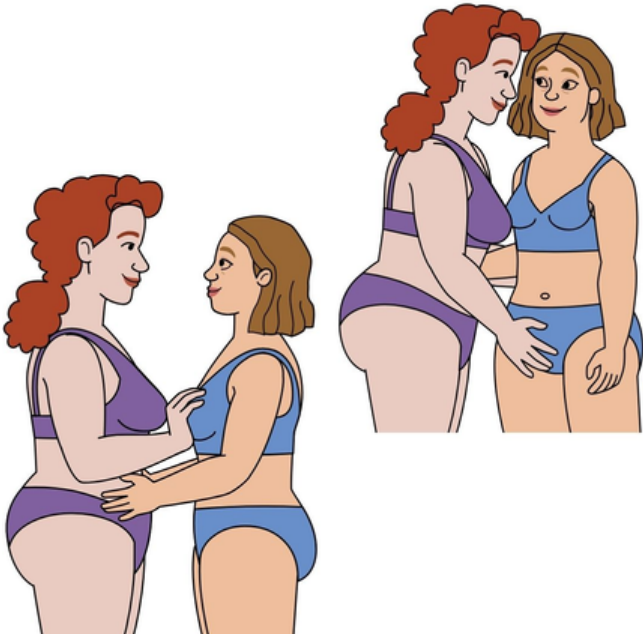
Sex is a thing people do together when they both agree they want to have sex.

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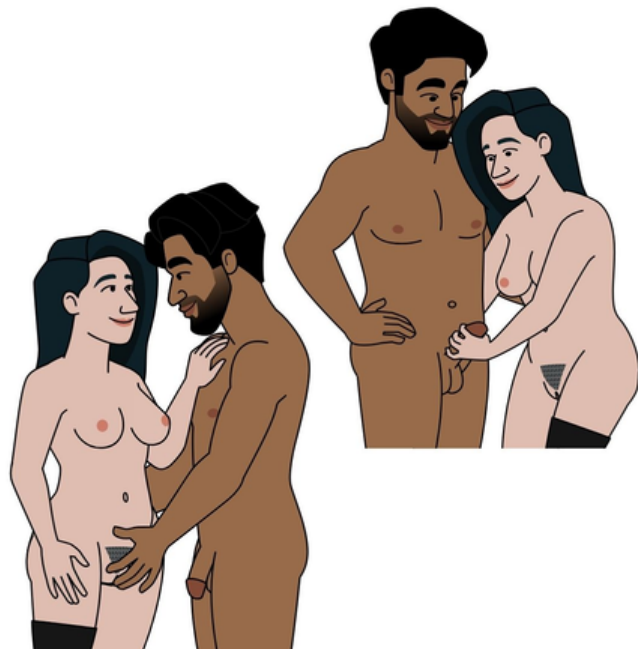
When people have sex they might kiss each other's lips and bodies.

You need to get and give consent for kissing.



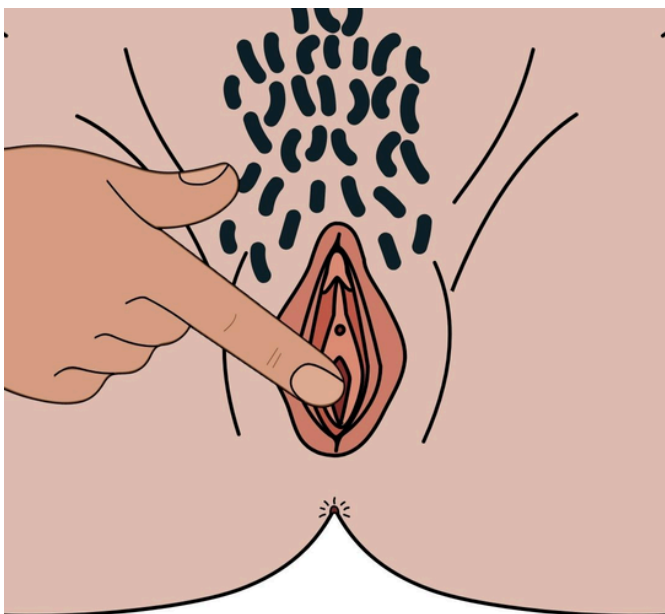
Partners might touch each other's bodies.

You need to get and give consent for every kind of touching.



Partners might touch their own and each other's private body parts. This is called mutual masturbation.

You need to get and give consent for mutual masturbation.



Some people enjoy having the inside of their vagina touched. The person or their partner might gently slide their finger, or fingers, in and out of the vagina.

You need to get and give consent for every kind of touching.





Some people like having oral sex.

Oral sex is when partners use their lips or tongues to touch each other's penis or vulva.

You need to get and give consent for oral sex.



Oral sex on a vulva is when a partner uses their mouth and tongue to kiss, lick or gently suck the vulva.

They might do this to the clitoris, vagina or labia.

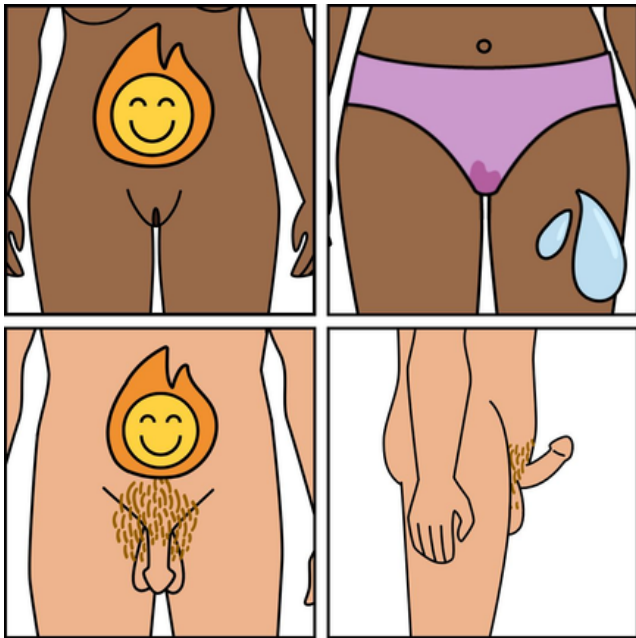
Only have oral sex if you and your partner both want to and both enjoy it.



Oral sex on a penis is when a one partner puts the penis inside their mouth.

They might kiss, lick or gently suck the penis.

Only have oral sex if you and your partner both want to and both enjoy it.



If partners get very aroused (the penis gets hard/erect and the vulva gets slippery and wet), they might want to have penetrative sex.



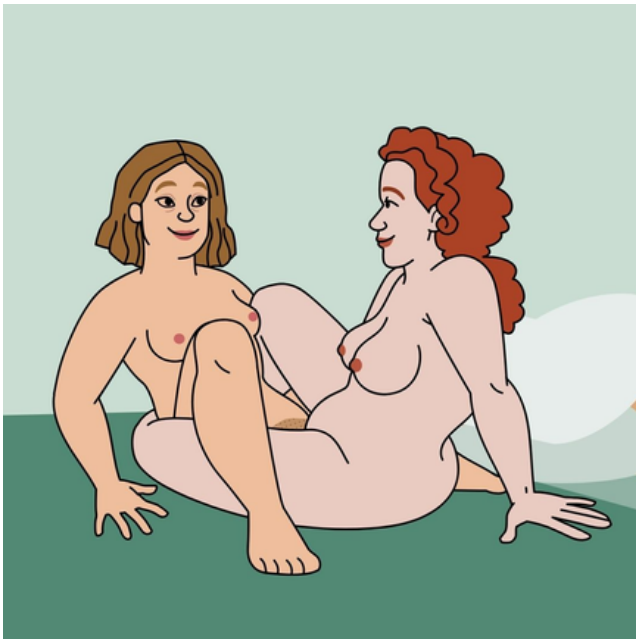
One way to have penetrative sex is to put the penis into the vagina.

You need to get and give consent for penis in vagina sex. Only have sex if you and your partner both want to and both enjoy it.



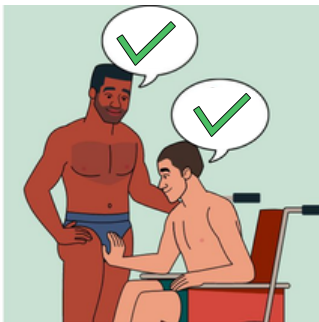
Some people have anal sex. Anal sex is when a person puts their penis into their partner's anus (bottom).

You need to get and give consent for anal sex. Only have anal sex if you and your partner both want to and both enjoy it.



Vulva on vulva sex is when two people rub their vulvas together. They might also rub their vulva against their partner's leg.

Only have vulva on vulva sex if you and your partner both want to and both enjoy it.



Not everyone has sex in the same way.

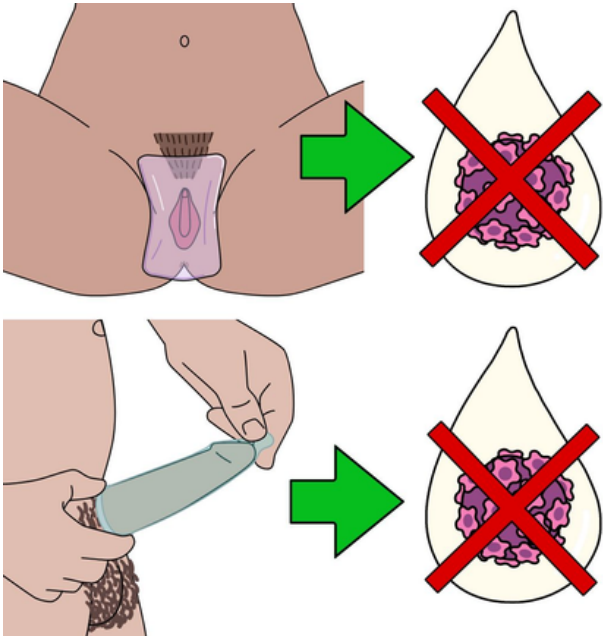
Only have sex if you and your partner both want to and both enjoy it.

You need to get and give consent for every kind of sex.

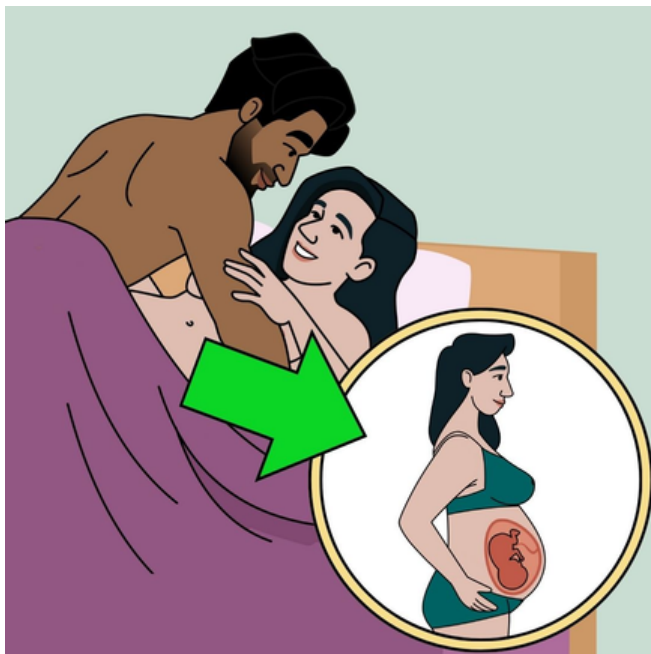


You can get sexual infections from having sex.

These are also called sexually transmitted infections or STIs.

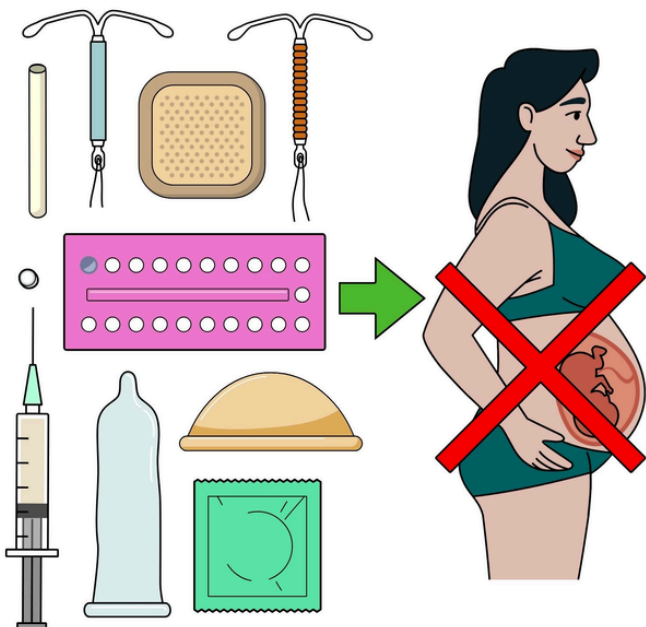


Condoms and dams can stop you from getting or passing on sexual infections.



Penis in vagina sex can make a woman, or a person with a uterus, pregnant.

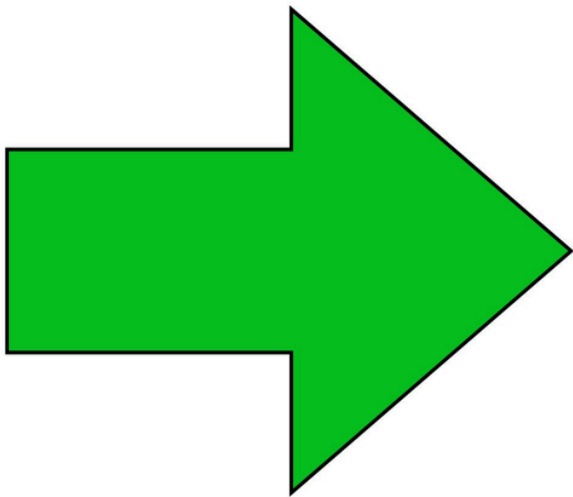
Being pregnant means having a baby grow in the uterus.



If you do not want to get pregnant you need to use condoms or contraception.

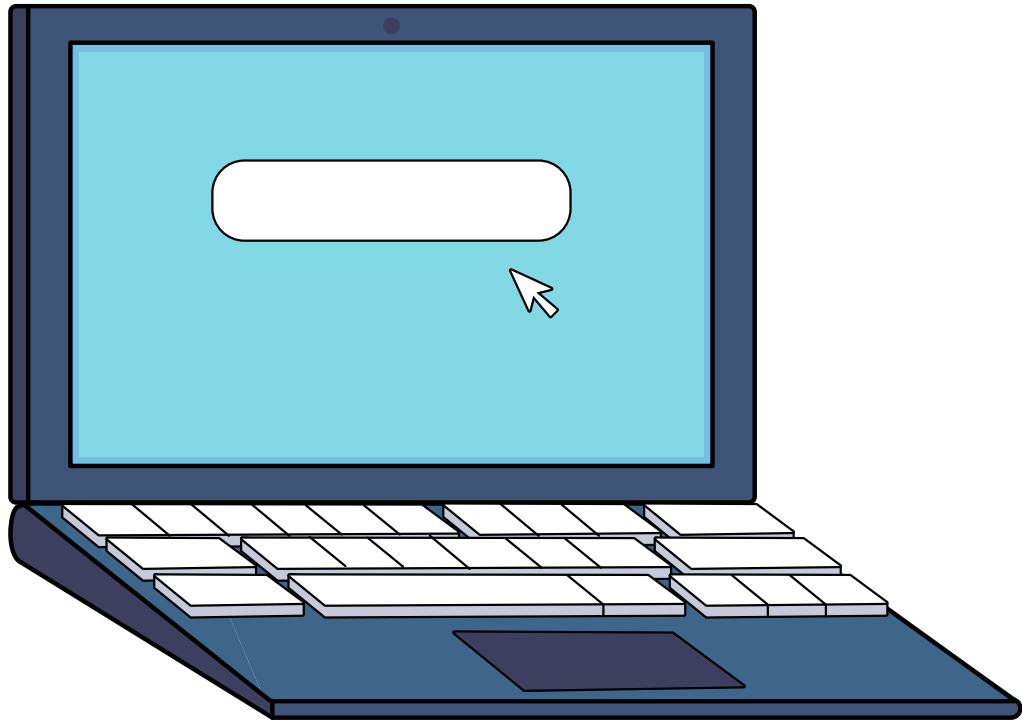


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Move to the next page to find out how to read this information and more easy to understand information on our website.





To view the web page version of this guide and more easy read information about relationships, sex, bodies, and more visit <https://www.healthyrespect.co.uk/etu/>  
You can also scan this QR code to visit the page:

