




Love,

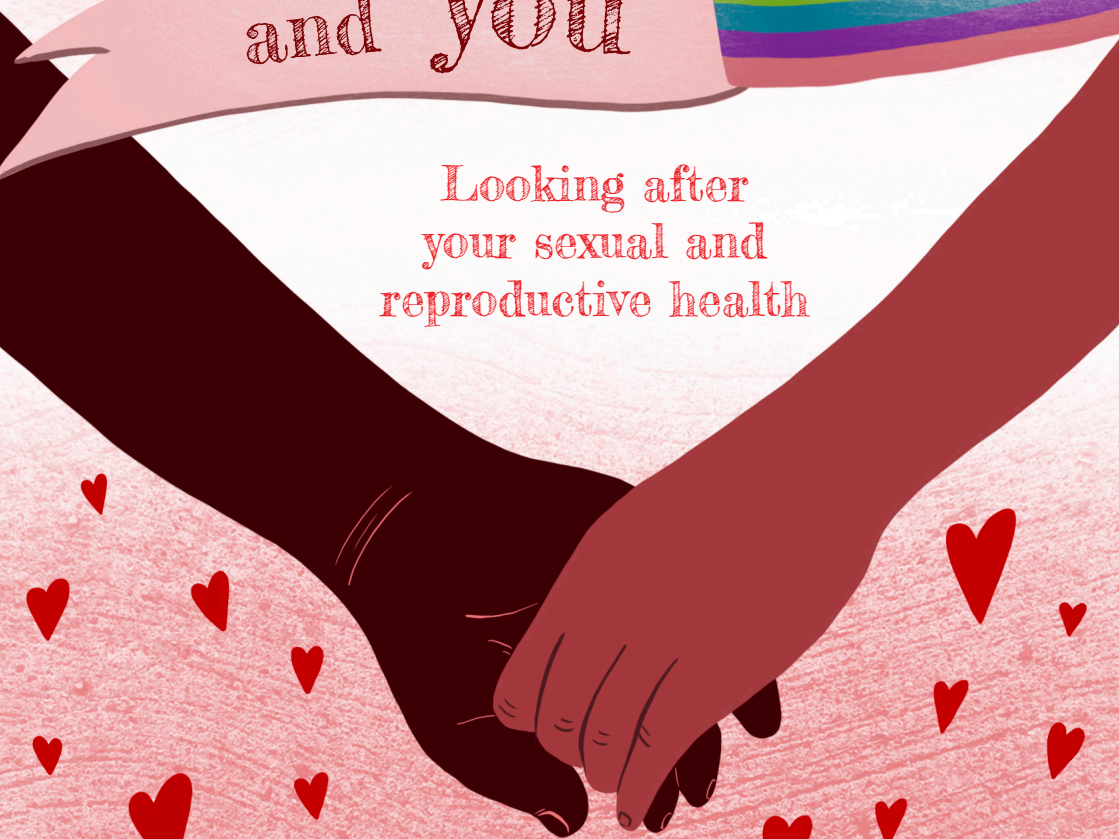
SEX



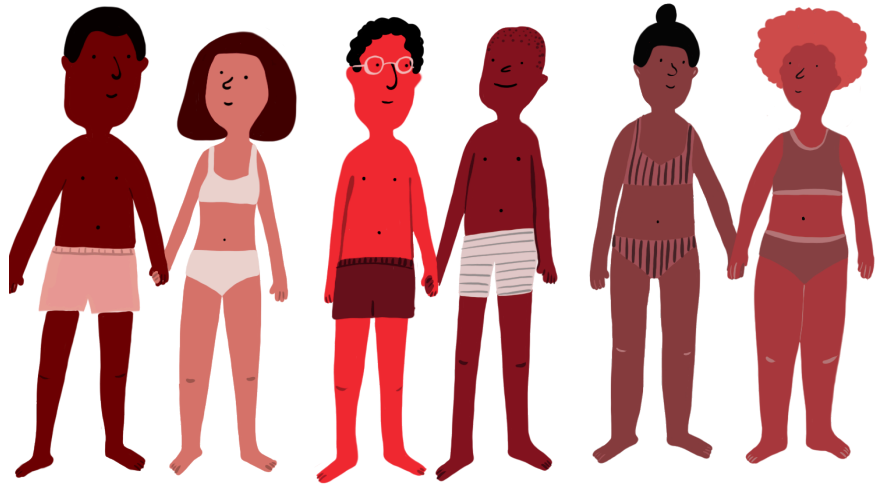
and you



Looking after  
your sexual and  
reproductive health



**Sexuality and sexual experiences are a part of everyone's life.**



**In the UK it is okay to have a different sexuality. Sexual intercourse is the physical activity of sex between two people.**

**Always wear a condom when having sex**

**It will protect you against sexually transmitted infections and pregnancy.**



**It takes time to discover and understand your body – that is normal.**

**It helps to talk about sex with your partner to make sure you are both having fun.**



**You and your sexual partner should both agree to have sex. This is called consent.**



**You should never be forced to have sex or pressure anyone to have sex with you.**

**Anyone can change their mind, at any time. That's OK.**



For more information visit

[www.sexwise.fpa.org.uk/](http://www.sexwise.fpa.org.uk/)

[www.zanzu.be/en](http://www.zanzu.be/en)

[www.nhs.uk/conditions/sexually-transmitted-infections-stis/](http://www.nhs.uk/conditions/sexually-transmitted-infections-stis/)

[www.doctorsoftheworld.org.uk/](http://www.doctorsoftheworld.org.uk/)



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