

# Love, Sex and Me



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## Love, Sex and Me

**This booklet will teach you about:**

- Friendship
- Relationships, weddings, and marriage
- Sex
- Contraception
- Abortion

## Friend

A friend is someone who loves you.

You love your friend as well.

You and your friend have something in common.

For example you go to art or theatre classes together.

You and your friend talk about things that are interesting to you.

You talk about your problems.

You and your friend like to do things together.

For example you can go:

- swimming,
- for ice cream,
- for a walk.

Your friend wants to know what you are doing and how are you feeling.

You too want to know what your friend does and how they feel.

Friends help each other.

For example a friend needs help moving to another apartment.

Sometimes a friend may be sad and needs to talk.



## How do you find a friend

To find a friend, go somewhere where there are many people.

You can, for example:

- take swimming lessons,
- take drawing lessons,
- join a singing class.

Sometimes it is hard to approach a person that you would like to get to know.

Try this way:

- Say: **Hello!**
- Ask: **How are you?**
- Be nice.
- Smile.
- Ask the person if you two can do something together.

Friendship is always voluntary.

This means

that you must never make somebody be your friend.

Nobody can make you be their friend either.



## Partner

Sometimes two people love each other very much.  
They love each other more than friends love each other.  
They are in love and wish to spend a lot of time together.  
We call this a **relationship**.  
Some say that they have a friend.  
Some say that they are dating.  
They love each other.

You and your partner can:

- talk,
- hold hands,
- kiss,
- have sex.

Some people want to live with their partner.

Nobody can make you fall in love.  
You can't make somebody fall in love with you either.

It is always voluntary  
that two people date and love each other very much.  
They are together because they want to be together.





## Who can be your partner?

Your partner can be an adult person that you fall in love with and they fall in love with you.

Your partner can be a man or a woman.

A man can fall in love with a woman, or a woman can fall in love with a man.

Sometimes, a man can fall in love with a man, or a woman can fall in love with a woman.

A person who falls in love with a person of the same sex is called gay or lesbian.

This is normal.

We call this **homosexuality**.

Homosexuality is not an illness.

Some people like men and women.

A person who likes men and women is called a **bisexual**.

You can have a partner from another country.

Your partner may have a different colour of skin.



## Marriage

Sometimes two partners decide to get **married**.

They will have a wedding.

When a woman marries a man, she becomes his wife.

When a man marries a woman, he becomes her husband.

### What do you need to know about marriage

To get married,  
it is an important life decision.

Marriage is like an agreement between two people who are in love.

Husband and wife have obligations towards each other.

They also have rights.

Husband and wife have common money.

Think carefully about who will you get married to.

Think about

whether you and this person know each other enough.

Think about your future with this person.



## Wedding

If two people want to become husband and wife, they must get married.

Sometimes, your guardian must agree that you will get married.

The wedding includes a wedding ceremony.

During this ceremony,

they will ask you if you decided to get married voluntarily.

Future husband and wife usually exchange rings.

Future husband and wife kiss.

Then they sign an agreement.

Every person has the right

to have the kind of wedding that they wish for.

Some people want a big wedding.

They invite all their friends and family.

Some people want a small wedding.





## Arguments and divorce

Sometimes even two people that are in love don't agree with each other.

They have different opinions about certain things.

Sometimes they argue because of that.

Arguments are normal.

Arguments are a part of life.

It is important how a person acts during an argument.

Nobody should humiliate or hit you.

You mustn't humiliate or hit the other person either.

Sometimes two people who are in love don't get along any more.

They start thinking about splitting up.

Splitting up means that they will not be partners any more.

This is usually a hard decision.

Talk to a person that you trust.

But you must decide yourself if you will split up with your partner.  
If you live together, you can move out.



## Sex

We also call sex:

- **sexual relations,**
- **sexual intercourse.**

Usually two people have sex. It is our decision to have sex.

Nobody should force us to have sex.

We mustn't force anyone to have sex either.

Sex is, for example:

- caressing someone between their legs, on their breasts, arms, legs,
- kissing someone between their legs, on their breasts, and elsewhere,
- touching, caressing and kissing a penis,
- caressing and kissing a vagina,
- putting a penis into a vagina,
- putting a penis into a mouth.

Two people usually have sex because they like it and they love each other.



### **What is oral sex**

Oral sex means having sex with your mouth.

Oral sex is kissing between the legs.

With women, oral sex means kissing the vagina.

With men, oral sex means putting the penis into another person's mouth.

### **What is anal sex**

With anal sex, the man inserts his penis into another person's anus.

With anal sex, it is very important to be clean.

Some people go to the toilet before anal sex.

They go to the toilet to poo.

**Oral sex**



**Oral sex**



**Anal sex**



## I want to touch a person

You may like a person even if you're not in love.

You like how this person looks like and how they talk.

You wish that this person would touch you.

Or you wish to touch them.

We call these feelings **attraction**.

You can be attracted by a person who you are in love with.

You can be attracted by a person who you aren't in love with.

It is normal to feel attracted to people.

It is very important to know whether the person who attracts you, feels the same for you.

This means that you know whether you attract this person as well.

You can only touch each other if you both agree to do this.

Touching each other should feel nice for both.



## Orgasm

People often have an orgasm during sex.

People also have an orgasm while touching themselves.

Touching yourself is also called **masturbation**.

Orgasm is a very nice feeling.

We also say that a person comes.

When the man has an orgasm, sperm comes out of his penis.

When the woman has an orgasm, her muscles contract.

Some people don't feel orgasms.

Or they only feel orgasms sometimes.

Sex with a person that you love can be wonderful even without an orgasm.



## What is masturbation?

We masturbate to fulfil the desire and need for sex.

To fulfil a desire means to satisfy a need.

We don't need another person to masturbate.

With masturbation we satisfy ourselves.

Sometimes we also say that a person:

- masturbates,
- onanates,
- jerks off, pleases himself/herself, touches himself/herself.

During masturbation you can:

- touch yourself anywhere on the body, for example between your legs or on the breasts,
- please yourself with your hand,
- put your fingers in your vagina or caress your penis with your hand,
- watch films in which people mostly have sex - we call such films pornographic films.





## Sex assistant

Sex assistant is a person who can teach you a lot about sex.

**Assistant means a person who helps.**

A sex assistant may be a man or a woman.

A sex assistant can teach you what to do with your body to satisfy yourself sexually.

They can also help to satisfy you.

They can teach you

what to do during sex with your partner.

You tell the sexual assistant what you need help with.

You must pay a sexual assistant.

**A sex assistant is NOT your personal assistant** who helps you go to work or school.

## Sexually transmitted infections

Sexually transmitted infections are infections that you can get with sex.

These are, for example:

- HIV,
- gonorrhoea,
- syphilis,
- different rashes.

Each sexually transmitted infection is different.

You can, for example, have a fever.

Or your vagina or penis may itch.

If you have problems, see your doctor right away.

Women go to the gynaecologist.

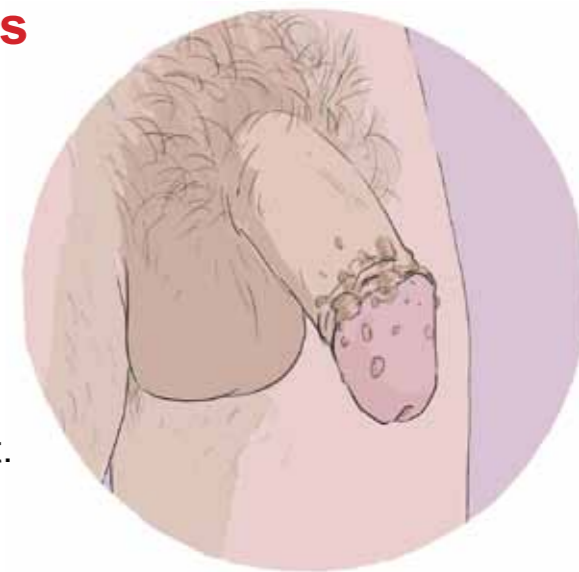
Men go to the urologist.

It is important that you use protection during sex to protect yourself from sexually transmitted infections.

You can protect yourself with condoms.

You must use a condom correctly.

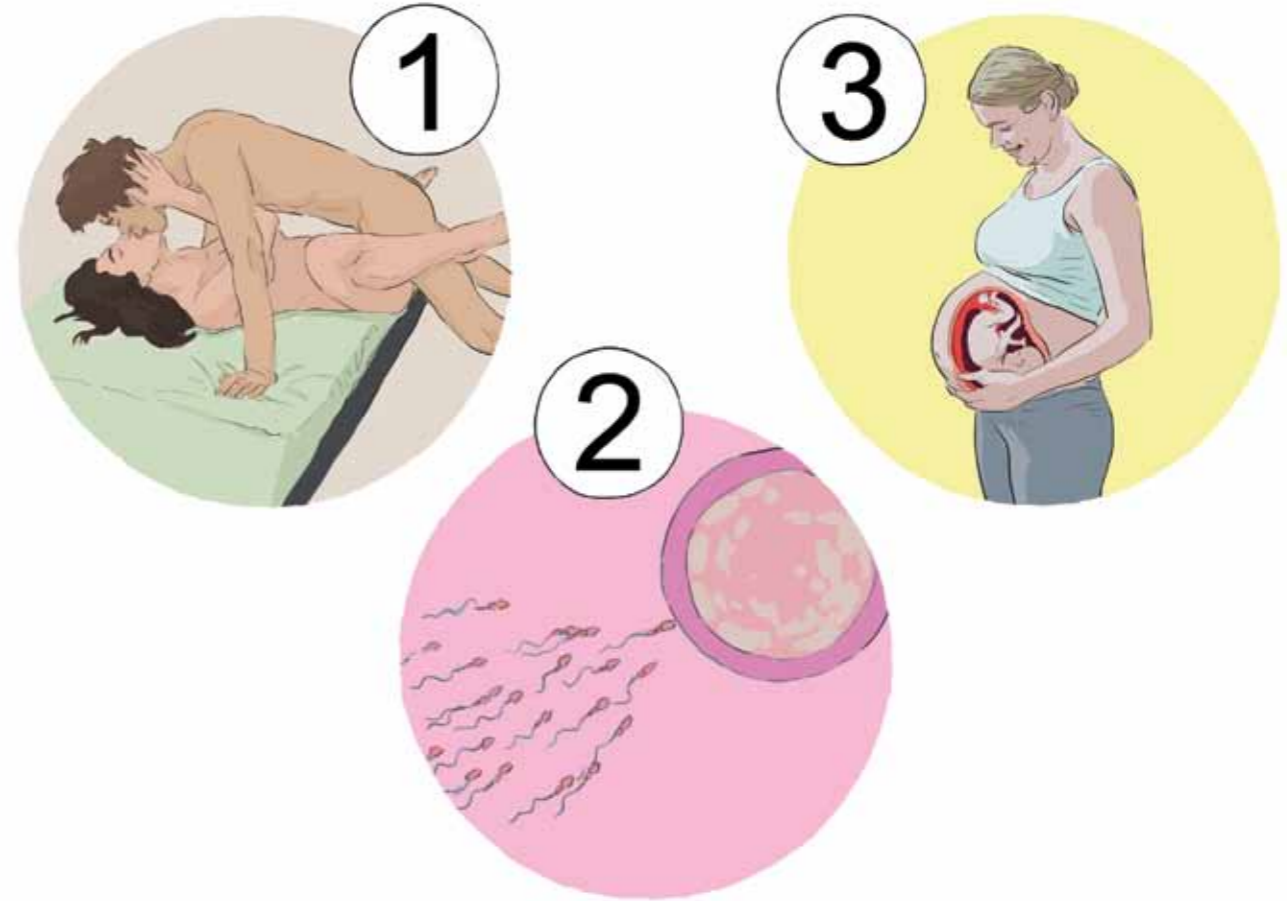
Read **more about condoms** on pages **30 and 32**.



## Conception

When a man and a woman have sexual intercourse, the man's sperm may enter the woman's vagina. The man's sperm inseminates the woman's egg. This way, the woman can get pregnant. To **conceive** means to make a baby.

To have a baby is an important decision. Not everybody is ready to have a baby. You may have sexual intercourse and not get pregnant. If you don't want to get pregnant you must use **contraception** during sex. You can read more about contraception **on pages 28 to 40**.



## Contraception

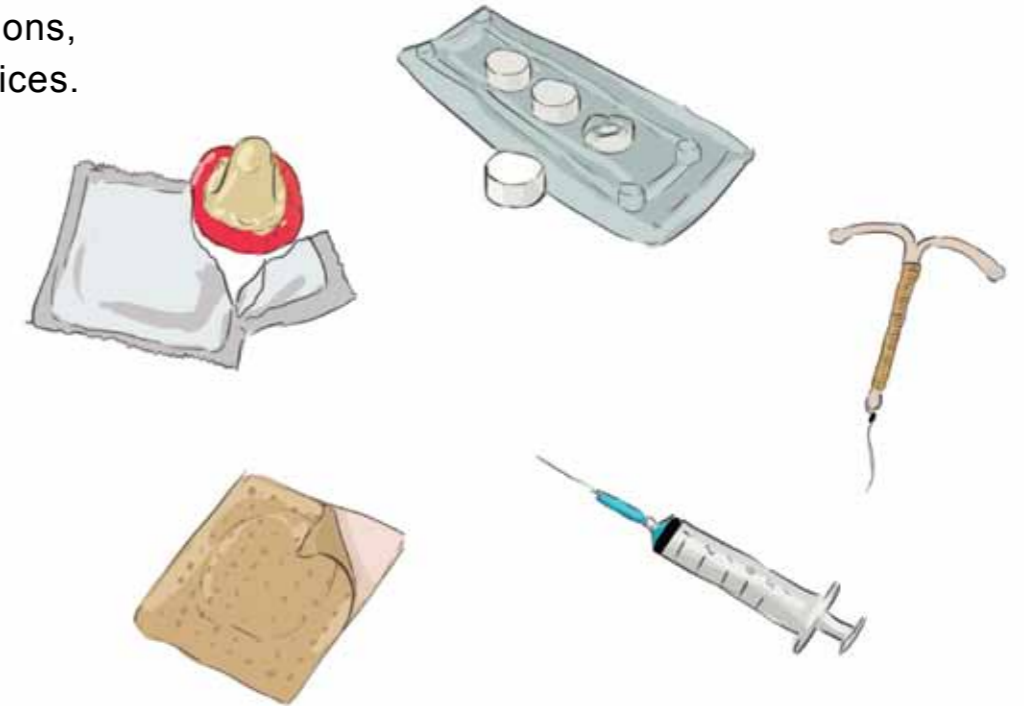
Contraception protects a woman from getting pregnant. If you are having sex with your partner and you don't want to get pregnant, you have to use contraception.

There are many types of contraception available. Talk to your gynaecologist to choose the best for you. The gynaecologist will first examine you and then recommend a contraception method. You and your partner should choose a contraception method that is the most appropriate for you. This means that it suits you the best. Not every type of contraception protects you from sexually transmitted infections.

## Types of contraception

People usually use the following types of contraception:

- condoms,
- hormonal or contraception pills,
- hormonal injections,
- intrauterine devices.



## Condoms

A condom is made of thin rubber.

The man puts a condom on his aroused penis.

The penis is aroused when it is hard and standing up.

The condom stops the sperm.

This way, the semen from the sperm  
doesn't reach the female sexual organs.

The semen doesn't reach the egg.

The woman cannot get pregnant.

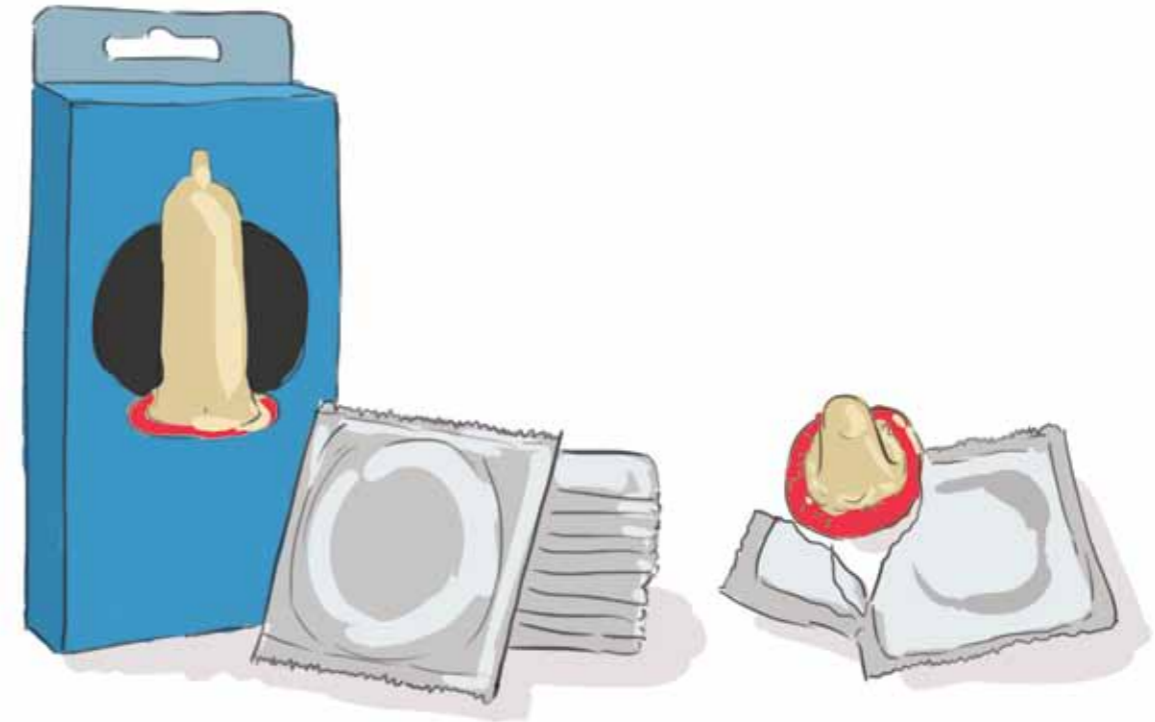
You can only use a condom once.

You should throw a used condom in the rubbish.

Next time you have sex, you must use a new condom.

You can buy condoms:

- in almost every convenience store,
- in chemists,
- in pharmacies,
- online.



### Advantages of using condoms:

Condoms protect you from sexually transmitted infections.

### Disadvantages of using condoms:

Some women and men don't like the feeling during sex when using a condom.

For some people, it may be difficult to put on a condom.

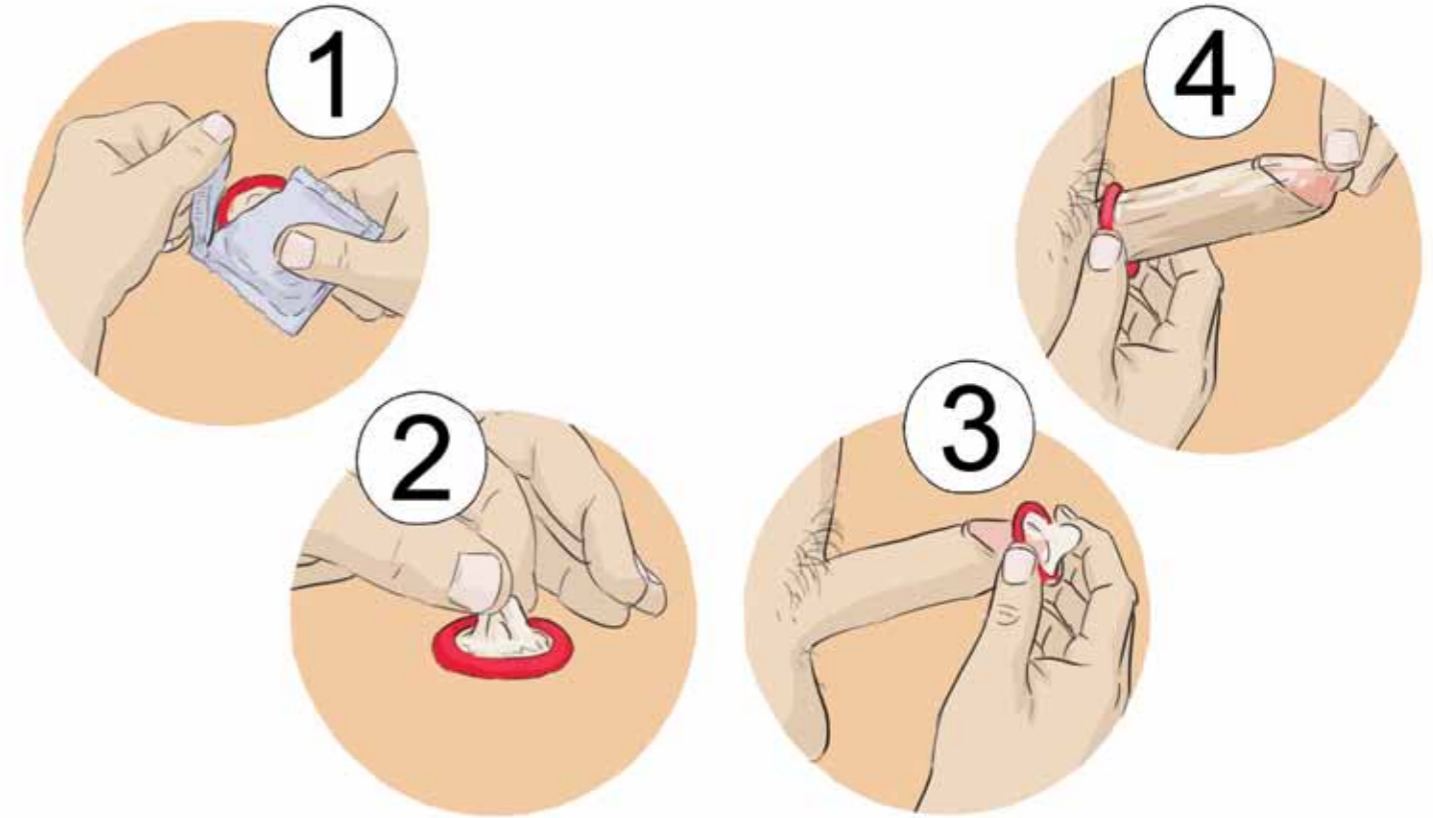
Ask somebody close to you to show you how to correctly use a condom.

If the man doesn't put the condom on correctly, the woman can get pregnant.

They can both get infected with sexually transmitted infections.

A condom has its advantages and disadvantages.

This is how you put on a condom.





## Hormonal contraception

Hormonal contraception protects a woman from getting pregnant. It contains hormones.

**Hormones** are substances that affect our body. Hormonal contraception includes, for example:

- pills,
- injections,
- patches.

The gynaecologist prescribes hormonal contraception.

Before that, the gynaecologist examines the woman.

### Pills

You take the pills through your mouth. You take a pill every day at the same time. This is very important.

Usually you get a prescription for pills. The gynaecologist writes the prescription.



### Injections

The gynaecologist gives a woman an injection in her bottom. The woman gets the injection once every three months.



### Patches

You stick the contraceptive patch on your body. You can stick it, for example:

- on your shoulder,
- on your bottom.

You must use a new patch every week.



### Advantages of hormonal contraception:

Hormonal pills, injections, and patches are very reliable.  
Women who use them usually have shorter and less painful periods.  
Some women get better skin.

### Disadvantages of hormonal contraception:

Some women get worse skin.  
Some women gain weight.  
Some women have headaches.  
Some women are often in a bad mood.

If you aren't satisfied with your contraception talk to your gynaecologist.  
The gynaecologist will recommend a different type of contraception.

Hormonal contraception has its advantages and disadvantages.

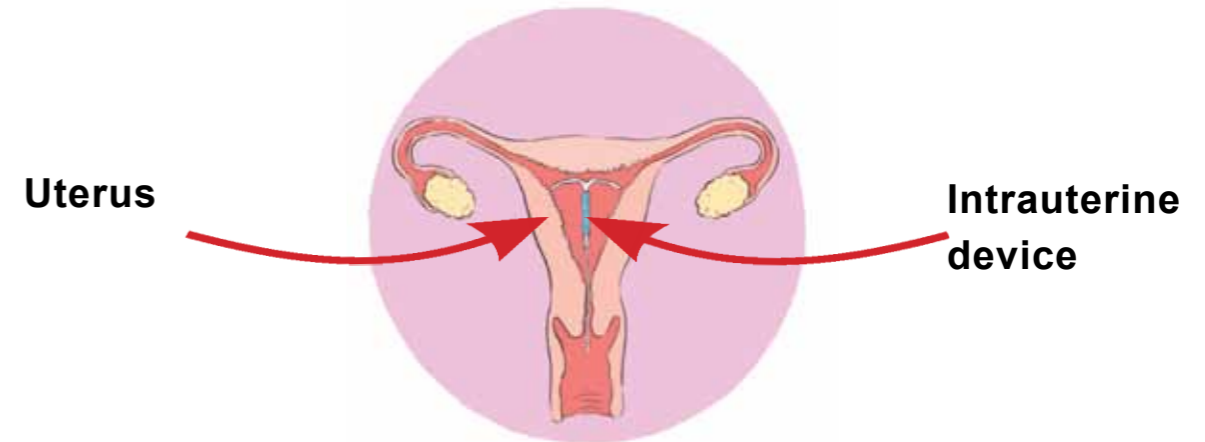


### Intrauterine device

Intrauterine devices come in different forms.  
The gynaecologist inserts the intrauterine device into the woman's uterus.  
Women who use intrauterine devices must see the gynaecologist regularly.

There are two types of intrauterine devices:

- hormonal intrauterine devices,
- intrauterine devices without hormones.



## Hormonal intrauterine devices

The device works for 3 to 5 years.

An intrauterine device

protects the woman for a long time.

After the gynaecologist has inserted the intrauterine device,

some women have irregular periods.

This means that sometimes they don't get the period or that they get it more than once a month.

Irregular periods last for about six months.

After that,

most women have shorter and less painful periods.

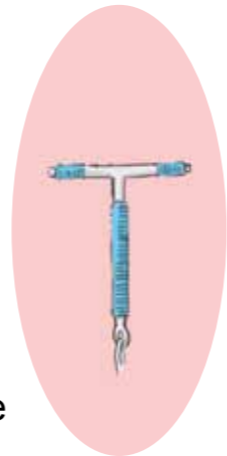
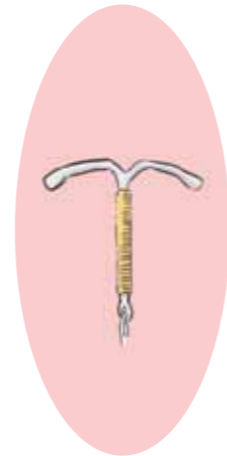
## Intrauterine devices without hormones

The device works for 3 to 5 years.

An intrauterine device

protects the woman for a long time.

After the gynaecologist has inserted the intrauterine device women usually have longer and heavier periods.



## The morning-after pill

The morning-after pill is also called:

- emergency contraception.

If she forgot to use contraception during sexual intercourse the woman can take the morning-after pill afterwards.

The woman must take the pill no more than three days after sexual intercourse.

It is best

that she takes the pill as soon as possible.

You can buy the morning-after pill at the pharmacy

without prescription.

The morning-after pill is bad for the female body.

You shouldn't use it too often.

Talk about the morning-after pill with a person that you trust.



## Sterilisation

Sterilisation is an operation of the sexual organs.

Men and women can be operated.

After the operation,  
you cannot get pregnant naturally any more.

### Advantages:

Sterilisation is a reliable form of contraception.

A woman cannot get pregnant after sterilisation.

The couple doesn't need other forms of contraception.

### Disadvantages:

After sterilisation,  
the couple can't have children naturally.

They can only have children with the help of artificial insemination.

You must think carefully about sterilisation.

Sterilisation has its advantages and disadvantages.

## Contraception – other information

Contraception is also:

- interrupted sexual intercourse,
- calculating fertile and infertile days.

These two types of contraception are very **unreliable**.

This means

that it is still very possible to get pregnant.

Many women got pregnant this way  
even if they didn't want to become pregnant.

There are many types of contraception.

We didn't describe all of them in this booklet.

Ask your gynaecologist for advice.

The gynaecologist will tell you  
which method is the most suitable for you.

## Abortion

Many women are happy when they get pregnant.  
But some women are surprised by pregnancy.  
Maybe they can't afford to be pregnant.  
Maybe they're sick  
and the pregnancy would make the sickness worse.  
Maybe they feel alone.  
Maybe their partner doesn't want a child.

Sometimes women are not ready to be pregnant.  
This is why some women decide to have an **abortion**.  
An abortion means to terminate pregnancy.  
If you have an abortion,  
the child will not be born.  
We also call abortion:

- termination,
- artificial termination of pregnancy.





The woman should know what her partner thinks about her pregnancy. A woman should take time to think about this very carefully.

It is important that the woman speaks about this with people that she trusts.

She can talk about this, for example, with friends, her mother, father or assistant.

She can look for professional help.

An abortion must be performed by a gynaecologist.





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**Easy-to-read booklet**



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## Further reading:

### Being a Woman



### Being a Man



### A Visit to the Gynaecologist



### Pregnancy



### Childbirth



### Sexual Violence



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