

Easy Read

Consent for sex



About this book

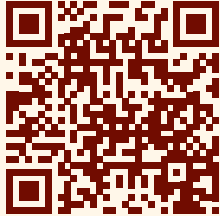


This book has pictures of sex.
It talks about sex.

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Online resources



Sexual Wellbeing Aotearoa **video**:
For tāngata whaikaha who are
intellectually disabled:
Let's talk about consent



Sexual Wellbeing Aotearoa **website** (link):
Mō ngā tāngata whaikaha
For disabled people



Bodies, Boundaries and Being Me:
exploring sexual wellbeing Ngā Tīnana,
Ngā Pātanga, Ko Au: te Tūhura i te Oranga Ai
(Website link) **An online resource** –
available to kaimahi supporting people
with an intellectual disability.

About sex



Sex means different things to different people, and there are many ways to have sex.



Usually, sex involves touching another person's genitals (private parts) or other parts of their body in a way that makes them feel good.



What feels good to one person might not feel good to someone else.



Some people have lots of sex,
and some people never have
sex.



The amount of sex someone
has, how many people they
have had sex with, and the
types of sex they like are
different for everyone.



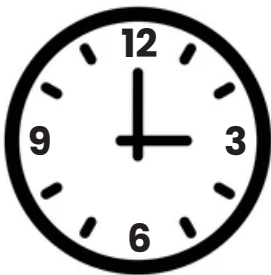
It's never OK to expect
someone else to have sex with
you if they do not want to.



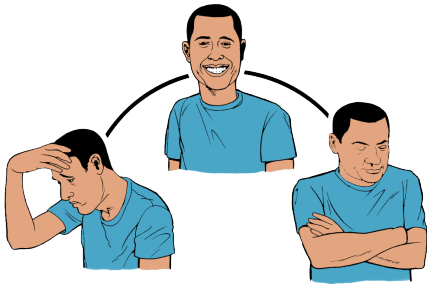
Deciding to have sex can be a big choice for some people. Other people might not feel like it is a big choice.



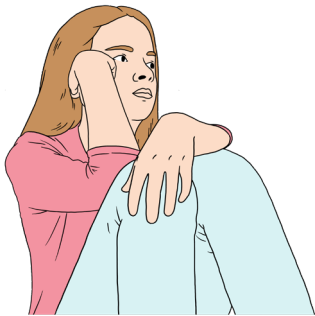
It can be hard to know if you are ready to have sex.



Take your time.



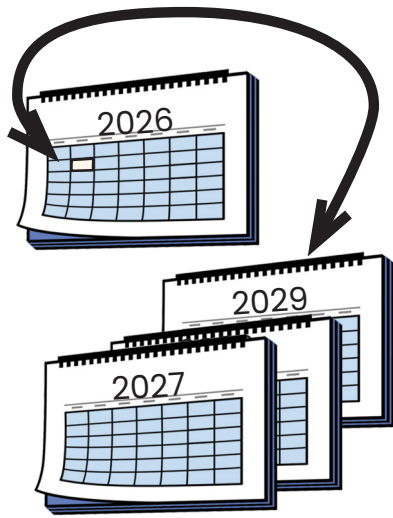
Think about how you feel.



It is okay to wait.



It is okay to talk about it with someone you trust.



Sometimes people have sex once and then decide to wait a while until they have sex again.



It is important to make sure you are ready and comfortable before having sex.



When and how you have sex is your decision.

Consent



Consent means having:

- Clear
- Willing
- Ongoing “yes”

To take part in any kind of sex.



People cannot consent to sex if they are:

- Too drunk to make decisions
- Have taken drugs that make it hard to make decisions
- Sleeping or **unconscious**
- Scared
- Younger than 16 years old.



Unconscious means a person is not awake and not aware of what is happening around them.



It is important to talk with the person you want to have sex with to make sure you both know what is happening and want the same things.

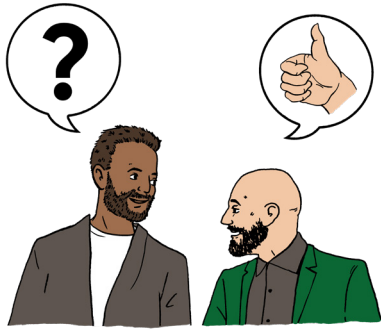


It can be helpful to talk about:

- What you like and what you do not like.



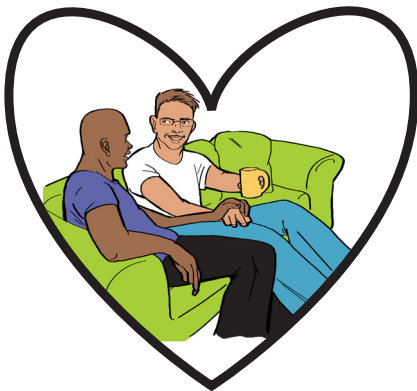
- Anything you want to try or do not want to do.



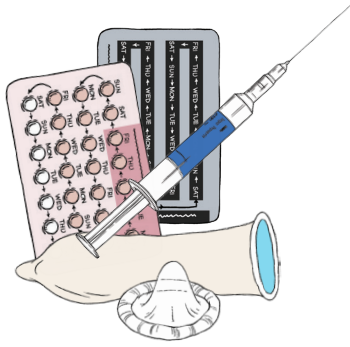
- How you both feel.



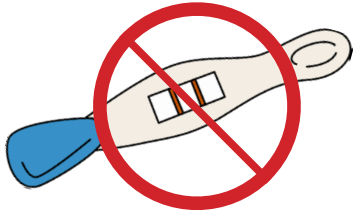
- Anything you are worried about or want to say.



- What you think is going to happen in your relationship if you have sex.



- What type of **contraception** you want to use.



Contraception helps stop pregnancy.



- How you are going to stay safe from **Sexually Transmitted Infections** (STI's).

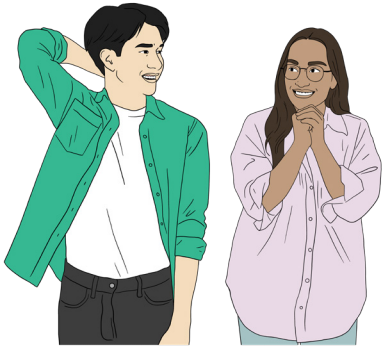


An STI is an infection you can get from having sex.



There are different types of STI's, for example:

- Gonorrhoea
- Chlamydia
- HIV.



Being open and honest with each other can make having sex more fun.



You may be able to relax and enjoy it more by knowing you have talked about it first.



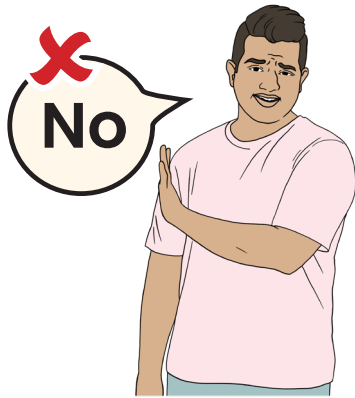
A good rule to remember is:

Only yes means yes

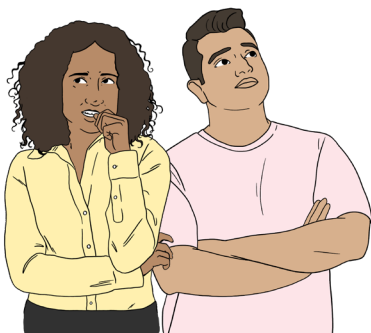
If it is not a big “yes”, then it is a “no”.



If one person does not want to have sex now it is not okay to have sex.

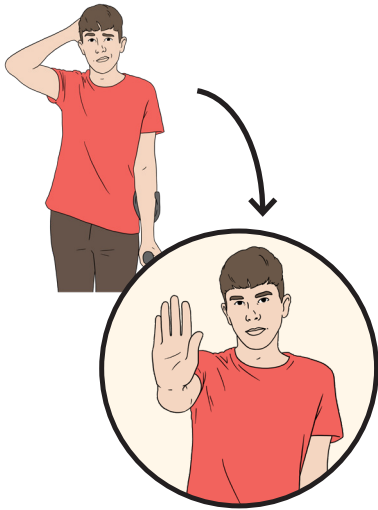


You can also look out for signs the other person might not want to have sex or might not want to keep having sex.



These can be things like:

- Pulling away
- Putting clothes back on
- Not kissing you back
- If they seem like they are thinking about something else
- If they seem worried.



Anyone can change their mind at any time and then sex stops.



This includes sex workers or anyone you have paid for sex.

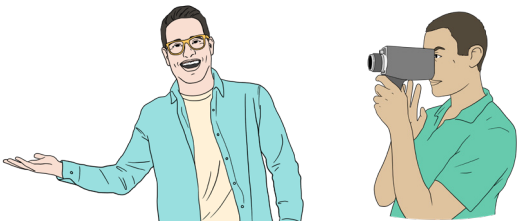
Pornography



Lots of people look at porn.



Porn is pictures, videos, or stories that show people having sex.



People in porn are acting.



They may act as if they enjoy things.

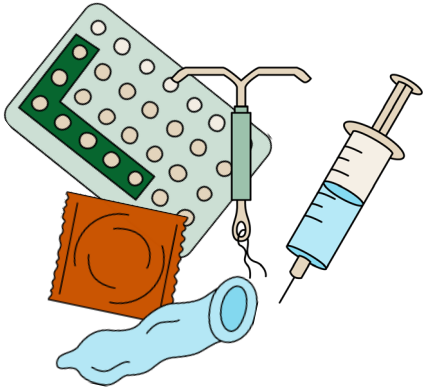


Some people in porn **do not** show consent.



People in real life must **always** use consent.

Contraception



It is important to use **contraception** when having sex where a penis goes inside a vagina if you do not want to have a baby right now.



Someone could get pregnant any time a penis goes inside a vagina.



Condoms are the only type of contraception that also helps stop STI's.



Talk about the ways you want to stay safe together from STI's and getting pregnant.



You can get advice from:

- A doctor
- A nurse
- Sexual Wellbeing Aotearoa.

When you have sex



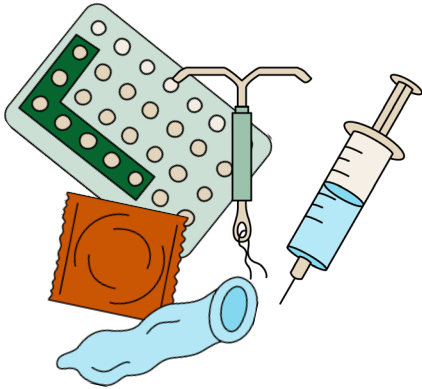
Always check with the person you are having sex with before and during sex to make sure that they really want to do it.



Find a private place.



Let them know it is okay if they do not want to have sex, and that they can stop if they change their mind.



Remember what you have agreed about contraception.



You can ask questions like:

- Is this okay?
- Do you like this?
- Shall we try this?
- Does this feel good?
- Shall we take a break?

To make sure the person still really wants to have sex.

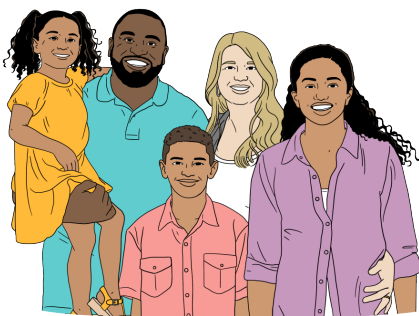
Times when it is not okay to have sex



There are people it is not okay to have sex with even if they want to do it or you want to do it.



Both people need to be 16 years old or older.



It is not okay to have sex with your family.



It is not okay to have sex with your support worker or anyone who works for your health or disability services.



Tell someone you trust as soon as possible if your support worker or anyone who works for your health or disability service asks you to have sex.



Sex is never a secret.
Talk to someone you trust if someone asks you to keep sex a secret.

Getting support



Some people may need support to talk about sex and learn how to stay safe.



If you need help, talk to someone you trust.

You can also talk to:

- A nurse or doctor
- Your health or disability service
- Sexual Wellbeing Aotearoa.



If you do not feel safe right now and need help right away call the Police on 111.

**We're here
for you**

**Nau mai
haere mai**

Sexual Harm Helpline.
24/7. Confidential. Free.



Safe to talk
Kōrero mai ka ora

0800 044 334
Free text 4334
www.safetotalk.nz

You can call the Sexual Harm Helpline for advice and support. You can call any time, day or night.

It is free and you do not have to say your name.

Call: 0800 044 334

Text: 4334



**Sexual
Wellbeing
Aotearoa**



This resource has been created in partnership between Sexual Wellbeing Aotearoa and IHC (Nicolina Newcombe and Dianne Pelvin).

Text adapted from **Sexual Wellbeing Aotearoa website, *About sex.*** (<https://sexualwellbeing.org.nz/adv/about-sex/>)

We're here for you poster (<https://www.msd.govt.nz/documents/about-msd-and-our-work/work-programmes/initiatives/family-and-sexual-violence/specialist-services/safe-to-talk-poster-we-re-here-for-you.pdf>)

Image of Police officer used with permission New Zealand Police.

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This resource maybe viewed, downloaded and printed.

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