

LOVE Hoa rangatira

When two people love each other, they feel good about themselves and each other.

- They can spend time apart.
- They talk about things and make decisions together.
- They feel safe with the other person.

Violence, controlling or aggressive behaviour are not OK. If you are worried – get help. Talk to someone/an organisation you trust.

SEX? Mahimahi

It is your choice to be intimate or have sex with someone.

- It is OK not to have sex.
- Not everyone is having sex.
- You or your partner have the right to say no to sex.

Someone who cares about you will never push you to do anything you don't want or more than you're ready for.

CONSENT Whakaae

Consent means saying and showing yes. **Sex without consent is never OK.** If you're not sure your partner is into sex, stop and check.

You can change your mind about sex and expect your partner to respect your decision. Saying 'yes' once to a partner, doesn't mean it has to be 'yes' every time.

IF IT'S YES...

Good sex means:

- being ready
- feeling good about your decision
- be safe and protected EVERY TIME from infections and/or pregnancy.

You deserve to have only positive, pleasurable sexual experiences. That's the kind you are OK with, not one you are embarrassed about or regret.

KEEPING YOURSELF HEALTHY Tō hauora

The HPV vaccine protects you against the virus that is linked to cervical cancer and to some throat, neck and rectal cancers. The vaccine is free if you are 26 and under - talk with your school nurse, Sexual Wellbeing Aotearoa or health provider about the HPV vaccine.

YOUR RIGHTS Ō mōtika

In New Zealand, the legal age to consent to sex is 16.

You can get contraception, talk to Sexual Wellbeing Aotearoa or your health provider about contraception or sex at any age. These visits are confidential. They won't tell anyone (unless you are being hurt, could hurt yourself or are hurting someone else.)



(formerly Family Planning)

www.sexualwellbeing.org.nz

Phone: (07) 810 6610

Instagram: @sexualwellbeingaotearoa

TikTok: @sexualwellbeingaotearoa

YouTube: @sexualwellbeingaotearoa

RELATIONSHIPS Tūhonotanga

Everyone has the right to choose to have a relationship – or not – and to decide who they are in a relationship with.

PREGNANCY Te hapūtanga

Pregnancy can happen when semen (cum) gets near or in the vagina, even if you have sex during your period.

You can take a pregnancy test when you've missed your period.

You can get a test at Sexual Wellbeing Aotearoa, a youth health nurse, your school nurse or your health provider.

If you are pregnant, you can:

- continue the pregnancy and keep the baby
- continue the pregnancy and adopt or whāngai the baby
- end the pregnancy by having an abortion.

Whatever you choose to do, getting good health care as soon as possible is really important.

just about...

Your Rights

Contraception

Condoms + Lube

Sexually transmissible infections: STIs

Drugs and Alcohol

Pregnancy

Consent

Emergency Contraception

Sex?

Keeping yourself healthy

CONDOMS + LUBE Pukoro ure + pani

Condoms are the only contraception that protect against STIs AND pregnancy. Used correctly, every time, they are 98% effective against pregnancy.

An **external** condom covers the penis to collect precum and semen.

Use a new condom with lube every time. Lube makes them more effective and less likely to slip off or tear.

The cheapest way to get condoms is with a prescription from Sexual Wellbeing Aotearoa or your health provider.

The **internal** condom goes inside the vagina to collect pre-cum and semen.

WHERE TO BUY:

External condoms: Sexual Wellbeing Aotearoa website, pharmacies, service stations and supermarkets.

Lube: Sexual Wellbeing Aotearoa website, pharmacies and supermarket.

Internal condoms: Sexual Wellbeing Aotearoa website and some pharmacies.

Emergency Contraceptive Pill (ECP): Sexual Wellbeing Aotearoa or sexual health clinics, your health provider, or pharmacies.

Pregnancy test: Free from Sexual Wellbeing Aotearoa Clinics, Pharmacies and supermarkets.

About Sexual Wellbeing Aotearoa

Sexual Wellbeing Aotearoa clinics are:

- free if you are under 22 and a New Zealand Resident or eligible for health care here
- confidential
- friendly
- non-judgemental – we've seen it all before
- welcoming places for everyone to get help with their sexual and reproductive health.

SEXUALLY TRANSMISSIBLE INFECTIONS: STIs Ngā Mate Paipai

Sexually transmissible infections (STIs) are spread through sexual contact. Some STIs have no symptoms. Often you can't tell if someone has one.

WHEN TO TEST FOR AN STI...

- if you had unprotected sex (vaginal, anal, or oral)
- before a new relationship
- as part of a general health check up
- if you have symptoms or feel something is not right.
- if a condom broke
- if you are pregnant

STI tests are easy and shouldn't hurt. **No symptoms?** You might be able to self test at Sexual Wellbeing Aotearoa. Most STIs are easily treated.

DRUGS AND ALCOHOL

Ngā rongoa kino te waipiro

Alcohol and drugs can alter your judgement and cause you to do things you otherwise wouldn't, such as having unprotected sex with someone. **If someone is really out of it, on drugs or alcohol, they can not consent to sex.**

EMERGENCY CONTRACEPTION

Te arai hapū ohotata

You will need emergency contraception if you had unprotected penis in vagina sex. This means if:

- you didn't use a condom
- the condom slipped off or tore
- you forgot to take your contraceptive pill
- you are late for your Depo injection
- you were forced not to use contraception.

There are **TWO TYPES** of emergency contraception.

Take the **EMERGENCY CONTRACEPTIVE PILL (ECP)** within **72 hours of unprotected sex**. The sooner you take it the better.

THE COPPER IUD can be used as emergency contraception up to **five days after unprotected sex**. You can keep using the copper IUD it as your regular contraception so you don't need to have it taken out.

CONTRACEPTION

Te Arai Hapu

Contraception is a way to prevent a pregnancy. If you are having penis in vagina sex and don't want to be pregnant, you need to use contraception.

Some contraception you need to use every day You need to take the pill every day.

Some contraception you need to have a clinic visit every three months. Depo Provera – the jab - works for three months.

Some contraception will last for years without you needing to do anything.

- Implant – one or two small rods put in your upper arm. They work for 3 or 5 years.
- IUD or IUS – a small device is put inside the uterus (womb). It works for 3 to 10 years - depending on the type of device inserted.

Ask how to use your contraception properly. Check you understand.

There's no such thing as a dumb question!

