

About sex.

You are a young adult.



You are a young adult. Like you are

- 18
- 20
- 25.



You may have different friends now.



You may meet a new person.

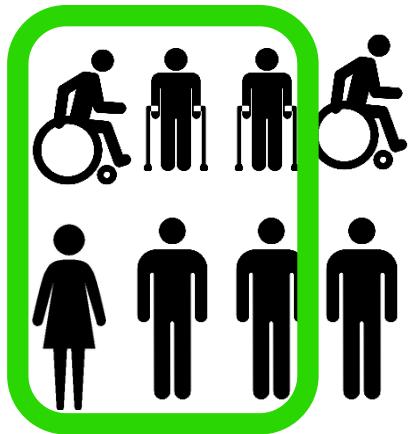
You like them. They like you.



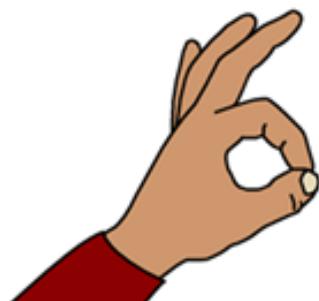
You may have a special friend.



You may start a family.



Lots of adults think about sex.

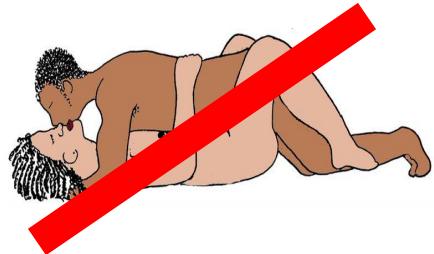


That is OK.



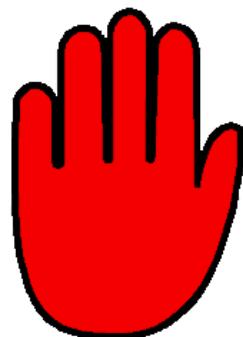
You have the right to sex that

- makes you feel happy
- makes you feel good
- is safe.



You may **not** want to have sex.

That is OK.

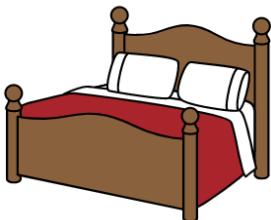


You have the right to say **no** to sex.

You can say **stop**.



It can be hard to talk about sex.



It may be hard to get ready to have sex.
You may need help to lie down.
You may need help to
take your clothes off.



You have sex.
You need to talk to your partner.
You need to use your device.
This can be hard.



You lie down.
It may be hard to breathe.



You may feel bad about yourself.
You worry what the other person thinks.
That is OK. Lots of people feel like this.



You want to meet a special person.
You may worry how to do this.
That is OK. Lots of people feel like this.



It may be hard to

- talk with new people
- find a person who understands you.



Your pills can make it hard to have sex.



For men it may be

- your penis stays soft
- only stays hard for a little time.

This is your erection.

Sex may **not** feel good.



For women it may be

you do **not** have good sex.

It does not feel good.



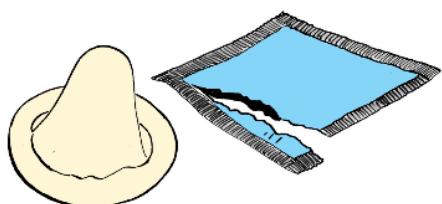
What can you do?



You want help with sex.

You can talk to your health team.

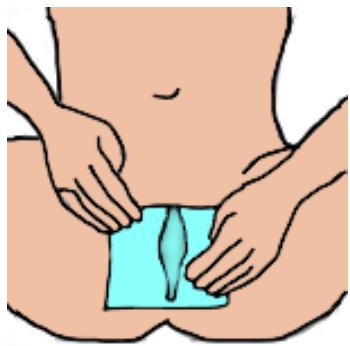
Like your doctor.



The doctor can tell men about safe sex.

Like men need to use a condom.

It is a condom for men.



Some women have sex
with other women.
They can use a condom.
It is a condom for women.

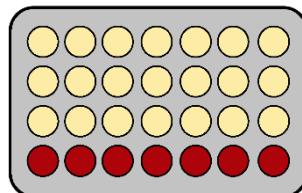


Condoms keep you well.
You do **not** get sick from sex.
Like

- it hurts to pee
- you need to itch. It is all the time.

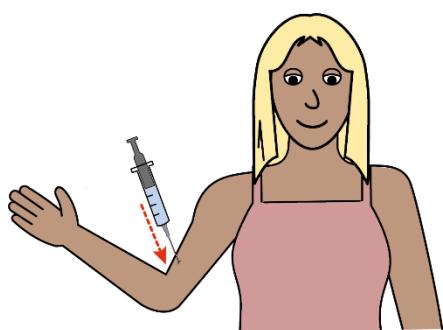


The doctor talks to women about
safe sex. You do **not** want a baby.



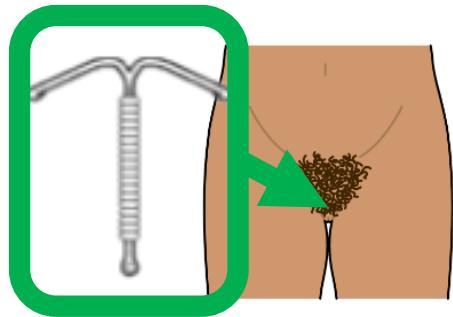
Like you can
• take the pill

or



• have a needle under your skin.
It is in the arm.

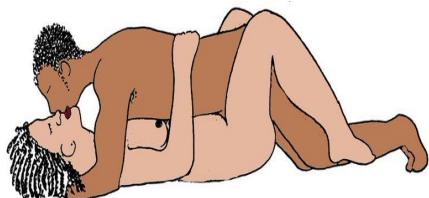
or



You have a small thing put in you.

It is called an IUD.

A doctor puts it in your private part.



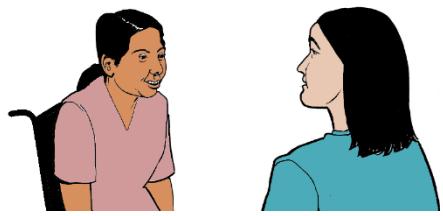
You can talk about

- sex
- how to make sex choices.



You can talk to a

- social worker
- or**
- therapist.



It is hard for you to move. Talk to

- an OT
- physio.



They may help you with

- things you can use to help with sex.
Like sex toys.
- how to be together. It is to have sex.



You need ideas to talk in bed.

Your speechie can help.



You want to have a family



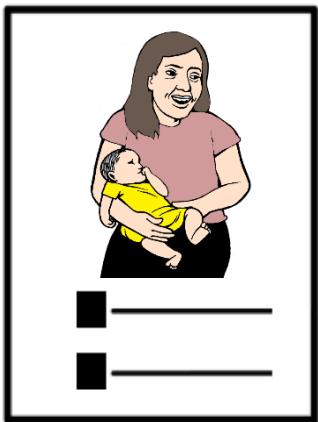
Doctors can

- help you get pregnant

and



- help you have your baby.



You think about what will change. Like

- your needs
- how to look after your child.

Write a list of new help you may need.



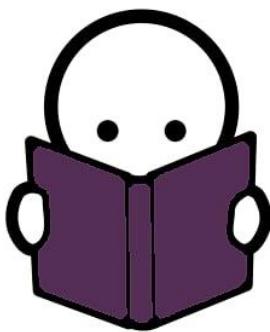
Talk to other people with disability

- who have a child
- who want to have a child.



Talk to them about your plans.

All new parents need help.

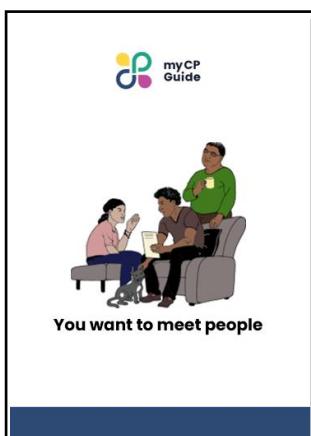


You want to know more



Read

You want to talk to people.



Read

You want to meet people.



Read

You do things for fun.