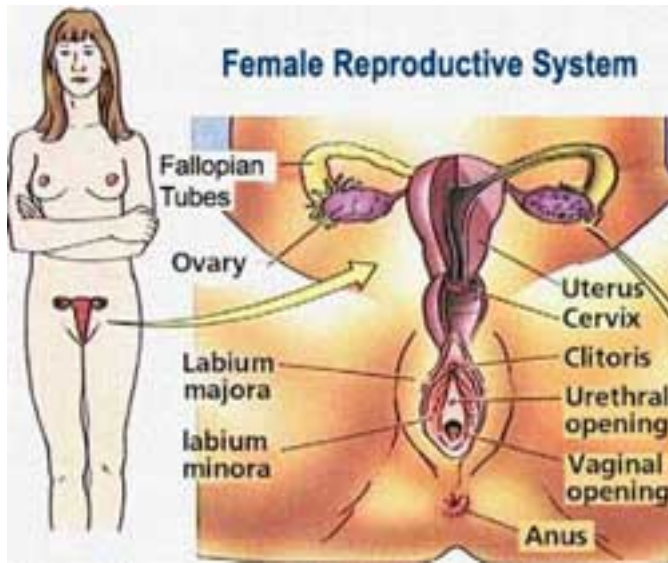
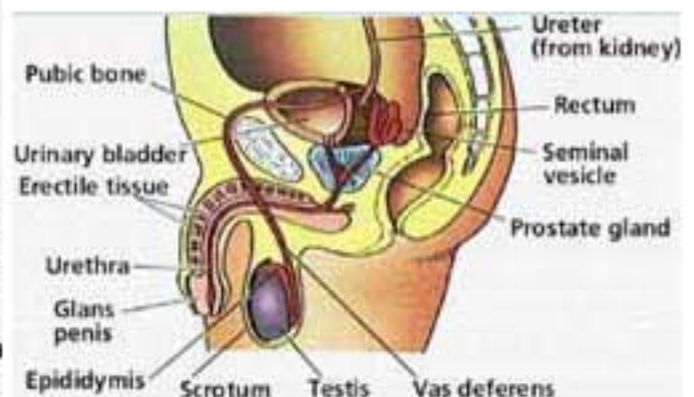
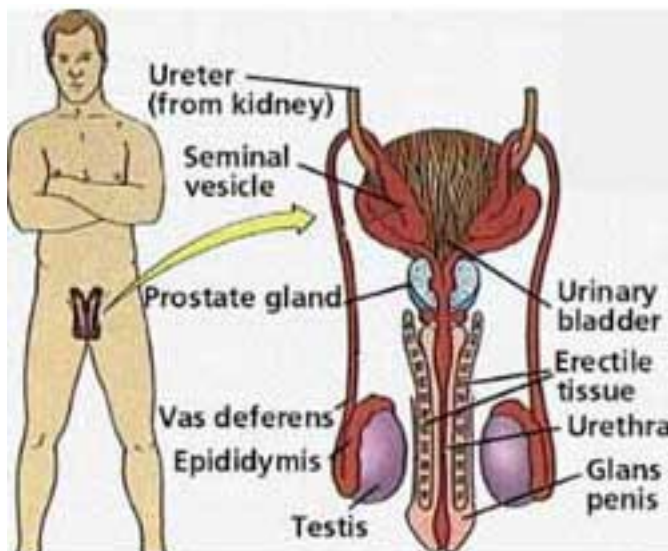


- If you are thinking about having sex it is important to know the facts.
- Knowing the facts will
- Empower you to make informed decisions.
- Enable you to protect yourself and your partner.

Know your Body



Female Reproductive System

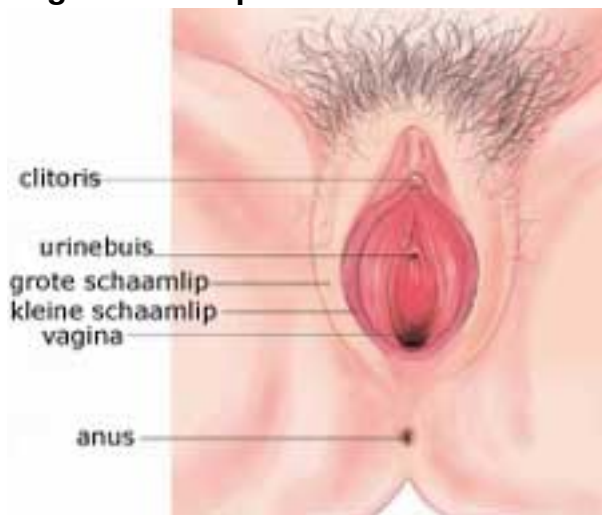


Male Reproductive system

Lets Talk about Sex
Sex can include...

- Vaginal Penetrative Sex
- Anal Penetrative sex
- Oral Sex
- Masturbation
- Rimming
- Kissing

Vaginal Sex Explained



This is where the penis enters the vagina The Risk Factor

All penetrative sex is risky without a condom and many sexually transmitted infections (STI) can be transmitted by unprotected penetrative vaginal sex.

If a man with HIV has vaginal intercourse without a condom, infected fluid can pass into the woman's blood stream through a tiny cut or sore inside her vagina. If a woman with HIV has sexual intercourse without a condom, the virus could get into the man's blood through the penis. Any contact with blood during sex increases the risk of infection.



Unprotected vaginal sex can also put you at risk of infections such as gonorrhoea, chlamydia, genital herpes, genital warts, hepatitis B and C, non-specific urethritis, syphilis and trichomonas vaginalis. Using a condom can help to protect against all these.

Any kind of vaginal sex, unprotected or otherwise, may set off bacterial vaginosis and thrush.

Protect yourself

Always wear a condom to protect yourself from STIs and unwanted pregnancy.

Anal Sex Explained



This is when the penis enters the anus.



Although many people think it's something only gay men do, the statistics actually show that about the same number of heterosexual people have anal sex as gay people.

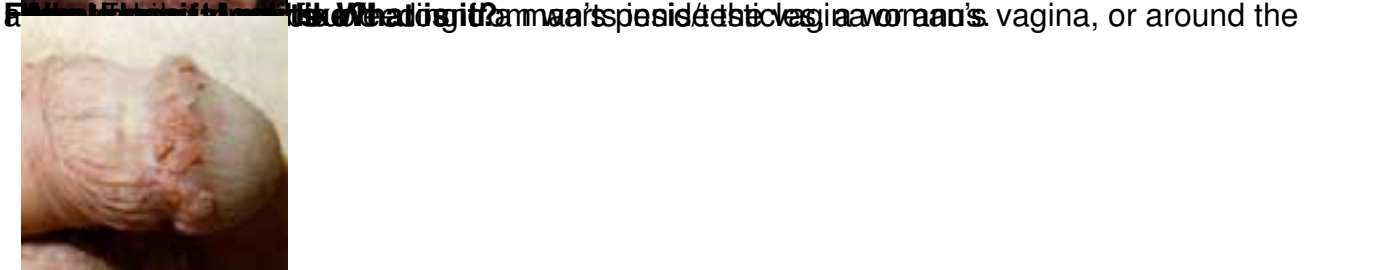
The Risk Factor

Due to that fact that the lining of the anus is thin and can easily be damaged, anal sex has a higher risk of spreading sexually transmitted infections (STI) than many other types of sexual activity. In particular, it carries a higher than average risk of HIV transmission as well as genital warts, hepatitis A and hepatitis C.

Protect yourself

Using condoms and water-based lubricants, such as KY Jelly, will help protect you against STI during anal sex. However, other lubricants, especially oil-based ones, may cause condoms to split, as can over-energetic thrusting. Specially toughened condoms designed for anal intercourse are available and may offer more protection.

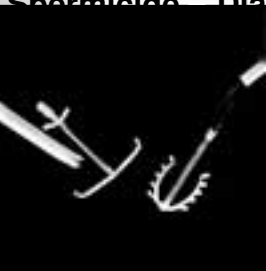
Oral Sex Explained



Sexual Health and Well-being: A Comprehensive Guide to Understanding and Managing STIs

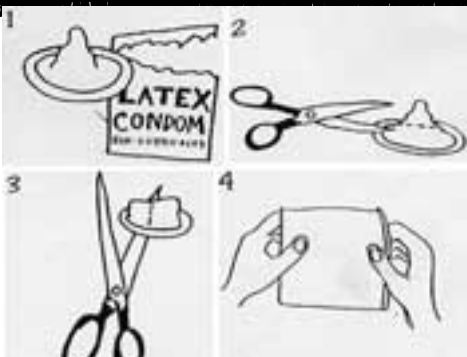


~~Spermicide~~ ~~Diaphragm~~ ~~Cervical Cap~~ ~~Female Condom~~





Intrauterine Contraceptives, Condoms, Tubal Ligation, Vasectomy



How to make a Dental Dam Used as a barrier between the mouth and the vagina when



Web site: www.wakeuppune.org