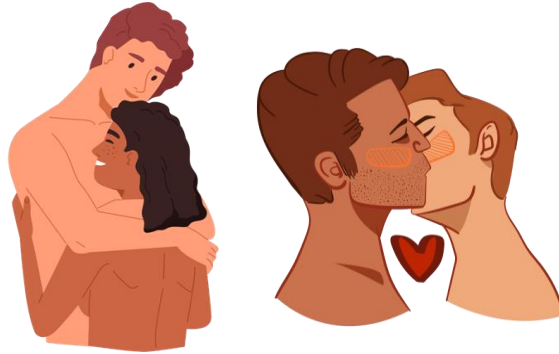


Easy read definition of sexual health

Sexual health is being healthy and safe when you have sexual relationships.



It means having a healthy body and feeling good emotionally and mentally.



How we feel mentally affects the decisions we make and whether they are healthy and safe for us.



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This means understanding:

- There are different ways to feel about and express who you are.



- What feels good for you.



- What a safe, respectful relationship is.



- Your rights and responsibilities when having sexual relationships.



- Consent means agreeing to do something happily, freely and with understanding of what is going to happen.



- When other people's views, opinions and beliefs are stopping us from making decisions that are right for us.



It means being able to:

- Have opportunities to meet people and make friends or date



- To express yourself safely



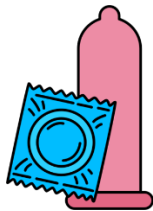
- Tell others what you need and want



- Say yes or no to things without pressure or threat from others



- Protect yourself from getting illnesses spread through having sex



- Prevent pregnancy when that's not what you or your partner want



Choose what to do if you do get pregnant



It means being able to get help if you need it. For example:

- Getting medical help



- Talking to someone about difficulties in relationships.



- Getting help deciding what contraception might be right for you.



You have a right to good sexual health.



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