

Think about ...



Relationships and Sex

Having sex
doesn't mean
you're in love

BEING IN
LOVE DOESN'T
MEAN YOU
HAVE TO
HAVE SEX

I thought
everybody
was doing it
- so I did

I didn't know
that what I was
doing was against
the law

**Your body
Your decision**

Relationships can be fun, exciting, puzzling and painful. Everyone is different and relationships develop overtime. It's also okay not to be in a relationship.

It's normal to be curious, excited or even put off about the possibilities of sex. It is important that you take your time and don't do anything that you are uncomfortable with, that is against

the law, or the wishes of another person.

You are breaking the law if you have sex before the age of 16.

If you don't feel ready - **Always say NO!** Don't be put under pressure.

If you have unprotected sex you risk getting pregnant or getting a sexually transmitted infection (STI). Using a condom can protect you from an unwanted pregnancy and STI's such as Chlamydia, genital herpes, genital warts, gonorrhoea, HIV and syphilis. Some STI's have no symptoms and if

you don't know you are infected and don't get treatment you could develop serious long-term health problems

If you are over 16 and haven't had sex, chances are most of your friends haven't either - whatever they say. Only you will know when you are ready.

If you're thinking about having sex or think you might be at risk from infections you should speak to someone you trust, your doctor or contact a specialist agency to get tested. **There are also a number of agencies that provide free information and confidential advice.**

Helplines:

Childline 0800 1111

Samaritans 0845 790 9090

Lifeline 0808 808 8000

Brook Helpline 0808 802 1234

FPA Helpline 0845 122 8687

Useful Websites:

www.thinkitthrough.org.uk - tells you about healthy relationships and also has links to other organisations in Northern Ireland that can help you

www.nidirect.gov.uk/index/information-and-services/young-people/health-and-relationships/concerned-about/sexual-health-and-preventing-pregnancy.htm - gives advice about sexual health and pregnancy

www.bbc.co.uk/radio1/advice/sex_relationships/relationships_all - gives advice on relationships and possible problems you may have

www.brook.org.uk - information on sexual health

www.glyni.org.uk/lgbt-life-i-might-be-lgbt/staying-safe-and-healthy - information on sexual health