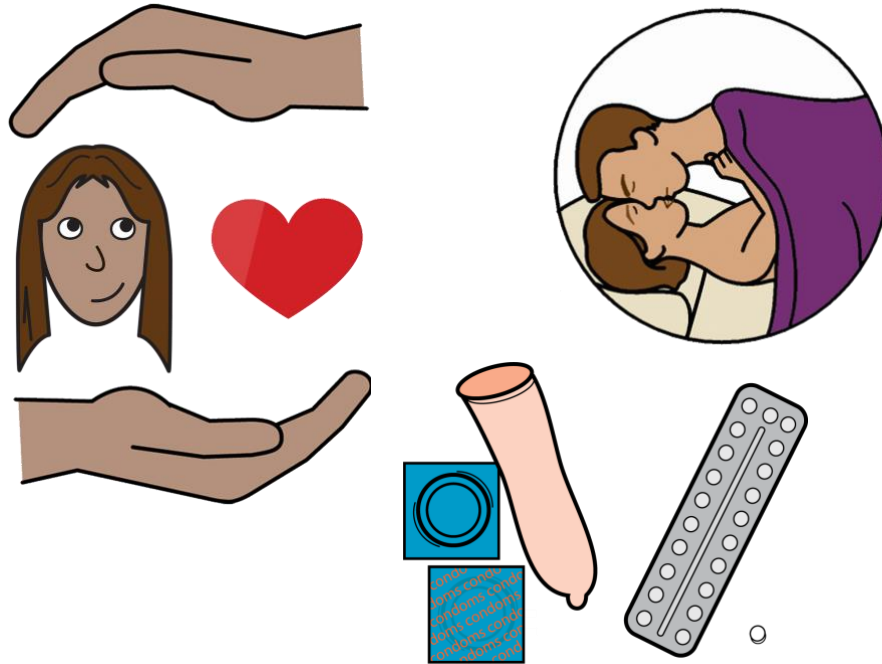


Women with Disabilities Australia



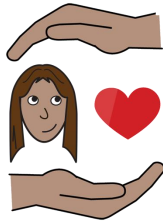
Safer sex and contraception



Women
With
Disabilities
Australia
(WWDA)



This book is about **safer sex** and **contraception**.



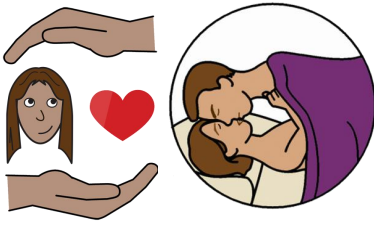
We wrote this book for women and girls with **disability**.



Read more about **disability** in our book **New Words**.



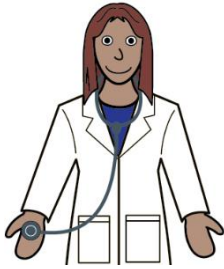
We are Women with Disabilities Australia.



Safer Sex

Safer sex is sometimes called **safe sex**.

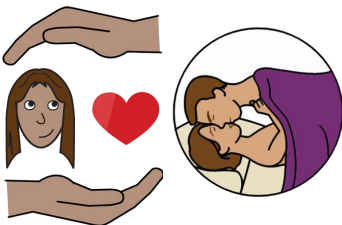
Safer sex is things you do to:



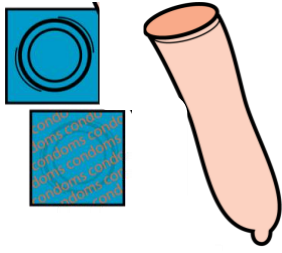
- stay well when you have sex



- only get pregnant when you want to



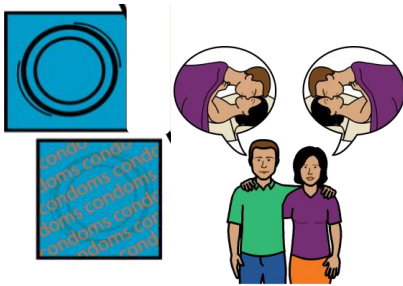
- feel safe when you have sex
- and**
- feel happy when you have sex.



Condoms

Condoms help you have safer sex.

They are called contraception.



There are condoms for men **and** women.

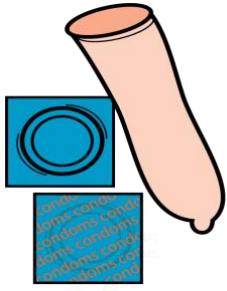
Condoms can help to **stop** you:



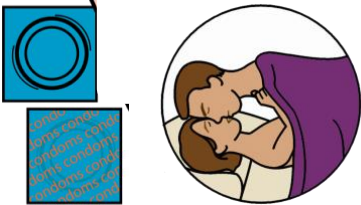
- getting pregnant.



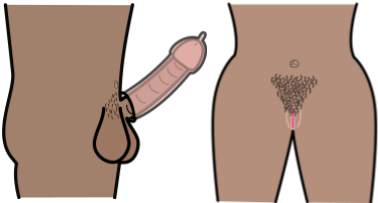
- getting sick.



How to use condoms



Put a condom on **before** you have sex.



It means **before** you put:

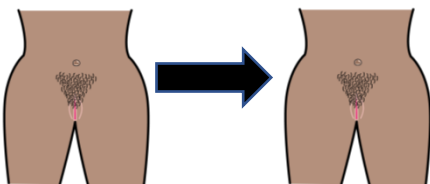
- a penis in a vagina

or

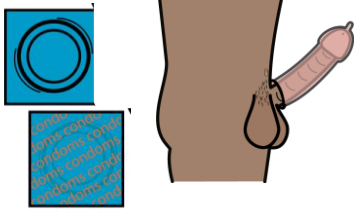


- a penis in a poo hole

or



- your vagina touches another vagina.

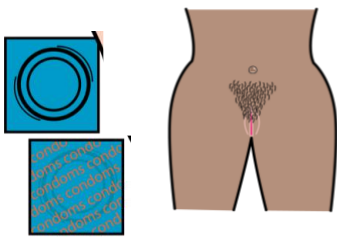


Put a condom on a **penis** when it is hard.

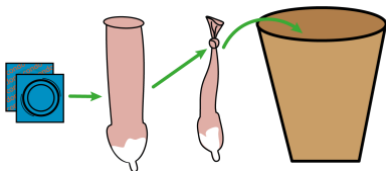
You unroll the condom on to a penis.

The packet of condoms may have pictures to show you how.

or



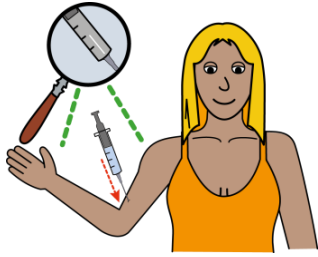
Put a condom in to a **vagina**.



You must use a condom 1 time only.

You need a new condom every time you have sex.

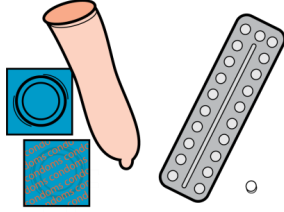
Put the used condom in the bin.



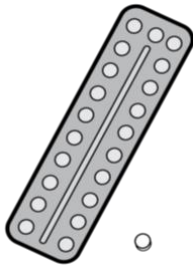
Other things to have Safer Sex.

You can use other things to have safer sex.

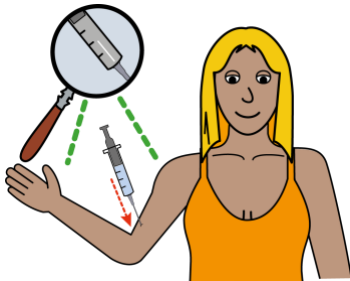
These things are also **contraception**.



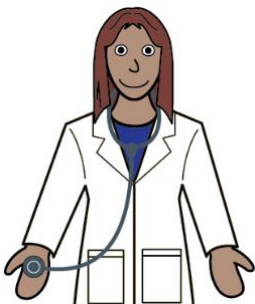
You can use a condom **and** these things at the same time. Some things you can use are:



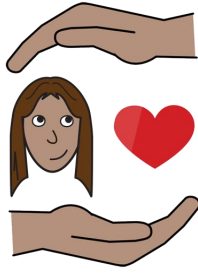
- a pill



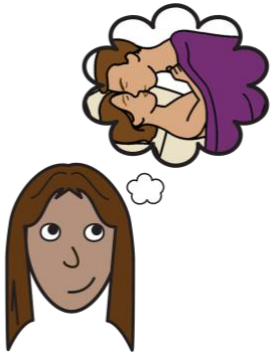
- a small rod in your arm



Talk to your doctor about what is best for you.

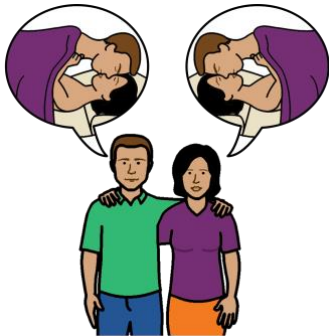


How to feel safe

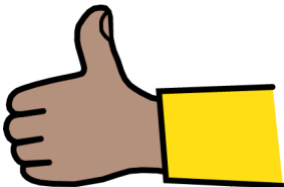


Safer Sex also means:

- you have sex when you want to



- the other person respects you



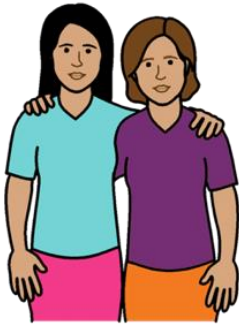
- you feel good about the sex.



To find out more

Talk to someone you trust.

Like:



- a friend
- a family member



- your doctor



- your local Family Planning Service.

Go to:

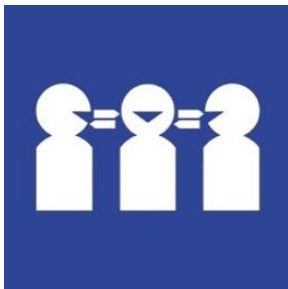
www.familyplanningallianceaustralia.org.au/services



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Need a translator

Call 131 450



Thank you

Who wrote this book?

Women with Disabilities Australia wrote this book in 2019-2020.

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