

REAL TALK

About Sex n' Stuff

NON-NUDITY VERSION

It's Time for Some Real Talk

This is a sex-positive, inclusive resource about sexuality and relationships. It is recommended for people aged 16 and above. It was co-designed with young people to make sure it is relevant, engaging, and accessible.

Statistics show that young people contribute significantly to sexually transmissible infection (STI) cases in Australia.¹ 39% of young people also report having unwanted sexual experiences before they turn 18.² Moreover, young people are exposed to sexual imagery in advertising, movies, and online, with 33% actively seeking out such content in pornography and elsewhere.³ It is crucial that young people have access to comprehensive relationships and sexuality education.

This resource offers shame-free, evidence-based information, which is essential for promoting healthy relationship behaviours and safer sex practices.⁴ It includes illustrations of diverse bodies and genders as representation is a key protective factor for trans and gender-diverse young people who are 15 times more likely to attempt suicide than the general population.⁵

We would like to thank the young people who contributed to this resource, as well as the following individuals and organisations:

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REFERENCES

1. *HIV, viral hepatitis and sexually transmissible infections in Australia: Annual surveillance report* (2022). The Kirby Institute.
2. *The 7th National Survey of Australian Secondary Students and Sexual Health* (2021). The Australian Research Centre in Sex, Health and Society, La Trobe University.
3. *Growing Up in Australia: The Longitudinal Study of Australian Children - Annual Statistical Report* (2018). Australian Institute of Family Studies.
4. *International technical guidance on sexuality education: An evidence-informed approach (Revised edition)* (2018). UNESCO
5. *Factsheet: Understanding Suicide Among Trans and Gender Diverse People* (2022). LGBTIQ+ Health Australia.

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This resource has information about sex and sexuality. We know that not all of you want to/feel ready to have sex. Feel free to skip any pages you want.



Gender and Sexual Diversity

Everyone is different! Everyone deserves respect, no matter their gender, sexuality, or relationship style. What you feel your identity is, who you love, and how you love is up to you.

I am many genders.



I like emotional intimacy, conversations, and cuddles, but I'm not into physically having sex.



I have multiple partners. They all know about each other and are comfortable with the situation.



I was assigned female at birth, but I'm a boy.

pleasure Anatomy

Same Same

Both can get hard when aroused.



But...

Pleasure isn't just about genitals. The **BRAIN** is the biggest sex organ and pleasure can be felt anywhere!

Sex Touch: Erogenous Zones

Erogenous zones are sensitive areas on the body that stimulate pleasure when touched. Pleasure can lead to orgasms, which vary in duration, intensity, and emotional/physical experience. But orgasms aren't always the ultimate goal. By removing the focus on an endpoint, you can explore and have more fun.



Healthy Relationship Behaviours



I've loved our time together, but I've realised it's not what I want at the moment. I value you and want you to be happy.

That's hard to hear but I understand. Thanks for being honest.

Breaking up is hard! Doing it respectfully can show kindness and consideration for the other person's feelings. It also helps to reduce emotional pain and maintain healthy communication in the future.



Checking in verbally during a hook up means you can set boundaries and change things if needed. It leads to more satisfying and pleasurable experiences for everyone involved.

Does this feel ok? Can I kiss you?

Yeah, definitely.



HEY, WHAT ARE YOU UP FOR TONIGHT? I'M FEELING THIRSTY...

I JUST WANT CUDDLES

BUT MY MOOD MIGHT CHANGE LATER. I'D ONLY BE DOWN IF YOU BUY CONDOMS THO



Being open and honest when talking about what you want and what you are okay with before hooking up can make sure everyone feels comfortable, respected, and can have a good time.

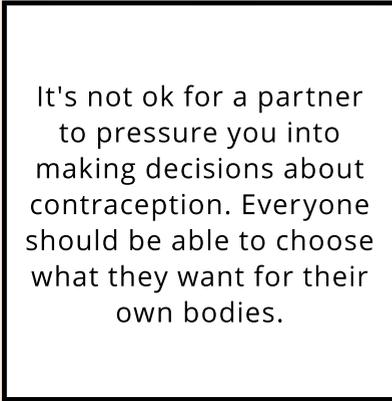
Green Flags, like communication, trust, and respect, are positive signs that your relationship is healthy and happy.

Unhealthy Relationship Behaviours



If your partner controls who you talk to, it might mean they are emotionally abusing you. This can make you feel all alone and like you have to depend on them. Healthy relationships are based on trust, respect, and support.

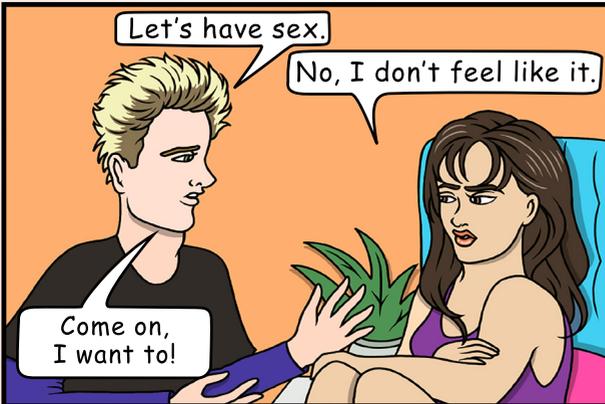
Who are you talking to? Let me see your phone!



It's not ok for a partner to pressure you into making decisions about contraception. Everyone should be able to choose what they want for their own bodies.

I want to take the pill but my boyfriend wont let me.

I know you don't want to upset him, but that's not ok. Your body, your choice.



Let's have sex.

No, I don't feel like it.

Come on, I want to!

Pressuring someone to have sex is coercive and non-consensual. Pressuring someone to do something they don't want to can hurt them physically and emotionally.

Red Flags, like jealousy, control, and disrespect, can be warning signs that your relationship is unhealthy or even abusive and can have lasting negative effects beyond your relationship.

Porn is not real sex

HOME

PORN VIDEOS ▾

CATEGORIES ▾

LIVE CAMS ▾

Porn is made by actors, directors, and camera crews. It's unrealistic and doesn't reflect real-life intimacy or pleasure. In real life, sexual pleasure is mutual and for everybody.

Thinking this is how you have sex...



Is like thinking this is how you drive a car.



Mainstream porn is often free but rarely shows consent, conversation, or safe sex. Excessive use can mess with your brain and make it hard to get off in real life. But porn can be part of a healthy sexuality if you're not watching it too much. There's also ethical porn that's more realistic and diverse. You might have to pay for it, but that's because the actors and crews are well treated.

Pleasure Checklist

Figure Out What you Like

1. Take time to understand what you like. You could explore your body through masturbation and touch to discover what feels good. Notice your thoughts, too—think about what turns you on or off.

Consent and Conversation

2. Communication is key for great sex. Share what feels good, discuss your boundaries and preferences. Check in before, during, and after to make sure everyone is comfortable.

Warming Up

3. Connect with your partner/s. Flirt, touch, breathe, drop in. Bodies and minds often need time to get excited. People with vulvas/estrogen systems take 30 minutes on average to become fully aroused.

Checking In

4. Regularly check in with yourself and your partner. Check that everyone is enjoying themselves and pay attention to non-verbal cues. If you're not into it, speak up and communicate boundaries respectfully.

Breathing

5. Breathing deeply and consciously during intimacy brings more air to your body and can help you relax and feel closer to your partner. Plus, it can make orgasms feel stronger and last longer.

Barriers and Protection

6. Use condoms, dental dams, and gloves for safer sex. Condoms vary in size and material for comfort and are meant to be used with water-based lube. Condoms are especially important for casual hook ups.

Sexual Health Checks

7. If you're hooking up with multiple people, getting a sexual health check **every three months** is recommended, even if you don't have any symptoms.

HOW TO USE* A CONDOM

*External condom.
Used for sex toys
and penises.

ALWAYS
Check the
Expiry date!


The little hat
always goes up.


No shame in lube!
Condoms are
designed for it.

1. Carefully open
package—don't use
your teeth or sharp
objects that could
damage the condom.



2. Pinch the tip of the
condom, place it
the penis, and roll
it down the shaft.



3. Squeeze a small
amount of lubricant
onto your fingers,
warm it up then
place on genitals or
toy. Water-based
lube makes sex more
comfortable and
condoms more
effective. It is
essential for anal
penetration as
the anus doesn't
lubricate.



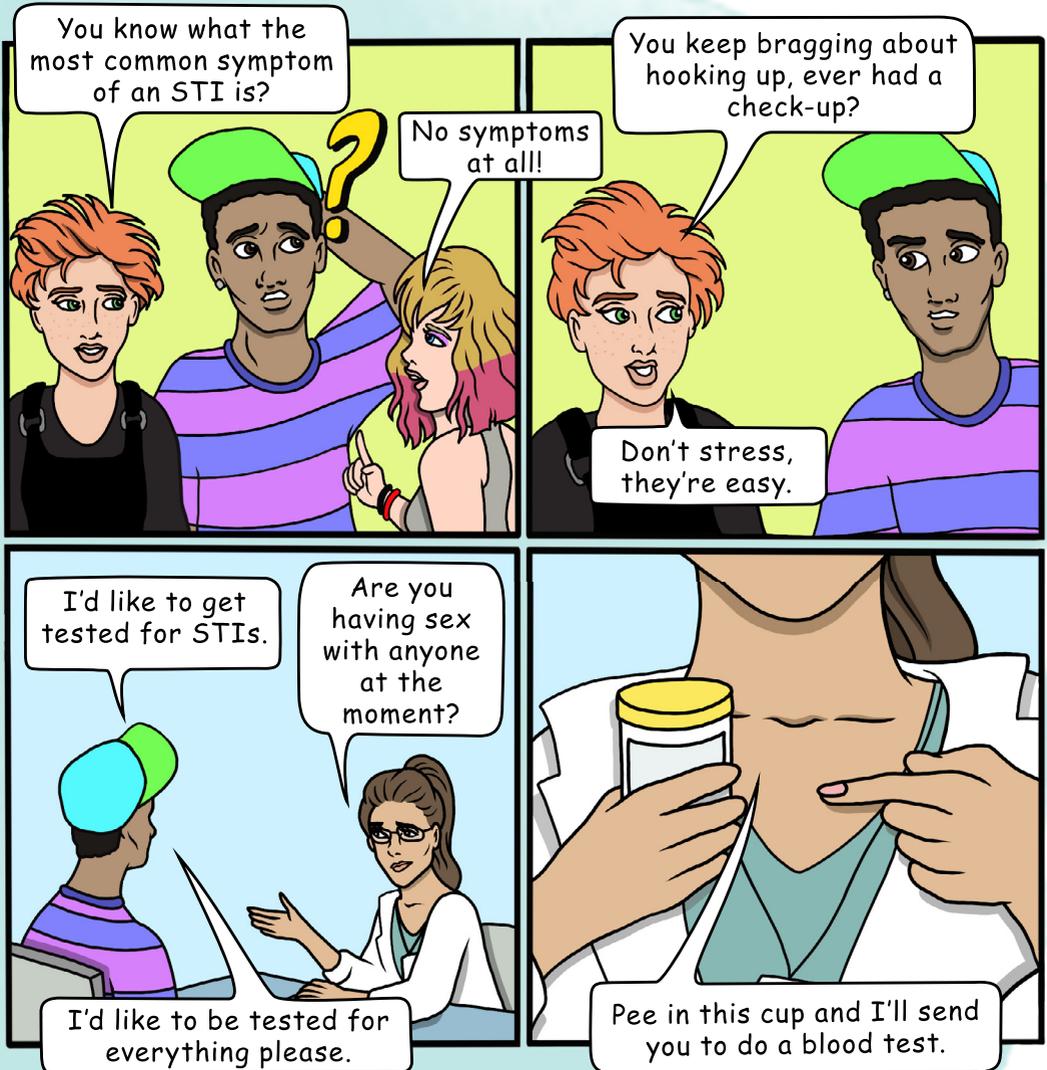
4. Once you're
finished, hold
the base and
carefully remove
the condom
without spilling
any semen.
Throw it in the
bin. Use a new
condom for a
different sex act.



Sexual Health

Infections and bacteria can pass through sexual fluids and blood during sex. Some Sexually Transmissible Infections (STIs) can cause bad health problems, but they can all be treated or managed.

Barrier protection, like condoms, gloves or dental dams, can protect against STIs. Keep it safe and respectful: get regular sexual health checks to help prevent the spread of STIs.



Doctors may ask personal questions to work out what to test for. If you don't want to answer, just ask to be tested for everything.

Sex and the Law

Queensland law says consent must always be...



Clear

It should always be clear that someone is into what is happening. Consent involves a clear 'yes', not just the absence of a 'no'.



Continual

It's OK for people to change their minds at any time during sex. If body language changes, check in to see if they've changed their mind.



Equal Power

It is not consent if someone misuses their power, authority, or position of trust. You can only legally consent to sex at 16 years old in Queensland.



Conscious

A person cannot consent if they're passed out or asleep.



Given Freely

You cannot consent through coercion, force, intimidation, and threats, or by being tricked or misled.



Sober

A person cannot consent if they're too drunk or too high.

GLOSSARY

In case you're unsure about some of the words used in this resource, we've included a glossary with some important definitions:

BOUNDARIES Limits around what feels good and safe for us. Boundaries should always be respected.

CHECK IN/CHECKING IN Making sure everyone's comfortable and okay during a sexual encounter by communicating, continuously confirming consent/pleasure and respecting boundaries.

COERCION Pressuring someone into doing something they don't want to do, usually through threats or manipulation.

CONSENT/CONSENSUAL Everyone agreeing to do something, especially in regards to sex, freely and willingly. For more information about consent and boundaries, including examples of what consent can look and feel like, check out [this](#) resource.

CONTRACEPTION Methods or devices used to prevent pregnancy. For more information about contraception click [here](#)

EMOTIONAL ABUSE When someone manipulates or hurts your feelings to control you or make you feel bad.

EMOTIONAL INTIMACY The closeness and connection between people who trust each other. It involves being vulnerable with each other and sharing thoughts and feelings.

ETHICAL PORNOGRAPHY Porn that's produced and consumed in a respectful and consensual manner.

GENDER ROLES The social and cultural roles and behaviours that a society expects of people based on their sex - these can be limiting and harmful.

GENDER Gender is not just about being male or female but also about how someone identifies themselves.

HOOK UP/HOOKING UP Engaging in sexual activity with other people.

MANIPULATION Someone using influence and power over someone else to get what they want.

MASTURBATION Someone pleasuring themselves by touching their own body.

SEX-POSITIVE A mindset that views consensual sexual activity as healthy and normal, without shame or judgment.

Additional Resources and Support

We hope you've gained some knowledge and tools to make your relationships safer and more enjoyable. We know these topics might bring up feelings of discomfort, shame, or trauma. Here's a list of services if you need extra support or if you have experienced/are experiencing any form of violence, coercion, or sexual assault. You can also talk with a trusted adult like a parent/carer, a teacher, or a school counsellor.

National Helplines

Queensland Sexual Assault Helpline

Ph: 1800 010 120
www.dvconnect.org

Kids Helpline

Ph: 1800 55 1800
www.kidshelpline.com.au

National Services

1800RESPECT

National domestic, family and sexual violence counselling, information and support service

Ph: 1800 737732
www.1800respect.org.au

Headspace

National Youth Mental Health Foundation

Ph: (03) 9027 0100
www.headspace.org.au

Local Services

Brisbane Youth Service

Support for homeless and vulnerable young people.

Ph: (07) 3620 2400
www.brisyouth.org

Zig Zag

Counselling for women and gender diverse young people aged 12-25 years.

Ph: (07) 3843 1823
www.zigzag.org.au

Open Doors Youth Service

Specialised support for LGBTQA+ young people.

Ph: (07) 3257 7660
www.opendoors.net.au
E: opendoors@opendoors.net.au

Reach Out

A safe place online for young people to chat anonymously and get support.

www.reachout.com

Check out our website for more information and resources.

www.true.org.au

Or Find a True Clinic

Our clinical services include contraception, sexual health screenings, complex gynecology, and female health (including early termination of pregnancy).



We'd love to hear what you think of this resource. Share your feedback with us by completing a quick online survey.

Click [here](#) to get started!

Recommended for:

16+



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