

Being healthy is about feeling good physically, mentally and emotionally.

Being sexually healthy means avoiding infections and illnesses.



Being sexually healthy is also about taking responsibility to protect ourselves and others, both emotionally and physically.



Good sexual Health is an important. It can make sex enjoyable and safe



Keeping healthy starts with keeping clean.



Bacteria can grow and cause sores and infections if your private areas are not kept clean.

Infections

Information for men



Penis



To wash your penis, gently pull back foreskin and wash with warm water. This is a very sensitive area so don't use strong soap or shower gel.



Testicles



Anus

Don't forget to wash your testicles and anus as they will start smelling otherwise.

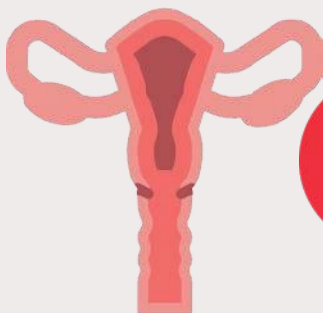
Information for women



Vagina



To wash your privates use plain, unperfumed soaps to wash the area around the vagina gently every day.



There is no need to wash inside the vagina as it will clean itself inside your body.



Vaginal Secretion

Healthy secretion doesn't have a strong smell or colour. You may feel an uncomfortable wetness, but you shouldn't have any itching or soreness around your vagina.



Unhealthy Secretion

If there are any changes to your discharge that aren't normal for you, such as a change in colour or it starts to smell or itch, see your GP as you might have an infection.

What is sex?



Sex is an intimate act involving more than one person. It can be between a man and woman, man and man or woman and woman.



Mouth



Vagina



Anus

Sex can be either oral, vaginal or anal.



Mouth



Genitals

Oral is one person using their mouth on the genitals of the other person.



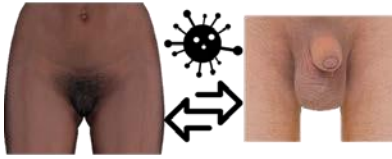
Vagina

Vaginal is when one person puts either their penis or sex toy in the other person's vagina.



Anus

Anal is when one person puts either their penis or sex toy in the other person's anus.

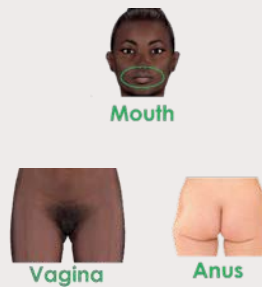


Sexually Transmitted Infection

A Sexually Transmitted Infection, or STI, is any disease, infection or illness passed on from having sex.



Sexually Transmitted Infection



A STI can be passed from one person to another through sexual contact, including vaginal, anal and oral sex.



STIs can pass between men to women, from men to men, and from women to women.



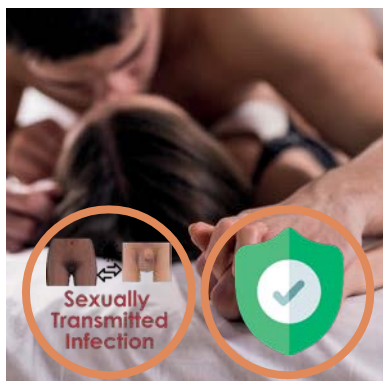
No Symptoms



Some STIs have no symptoms, meaning you will not know you have them.



This is bad for your health as if left untreated can cause serious problems.



Safe sex means protecting yourself and others from sexually transmitted infections, or STI's.



Sexually Transmitted Infection

Using a condom will help prevent getting a STI.



If you are having sex without a condom then you have a higher risk of getting a STI.



If you are worried about your sexual health, you can get yourself checked at a sexual health clinic.



Find out more about Sexual Health Clinics at www.nhs.uk/live-well/sexual-health/visiting-an-sti-clinic/



Contraception, also known as birth control and fertility control, is a method or device used to prevent pregnancy.



There are many different types of contraception to choose from.



www.nhs.uk/conditions/contraception

Look at NHS website to read through your options.



You can talk through your options with your doctor if you are unsure which contraception type is right for you.

100%

Not Completely Effective

Please be aware that no form of conception can be 100% effective in preventing pregnancy. There is always a small chance of getting pregnant when using contraceptive.





Popular types of contraception includes condoms and the contraceptive pill.



Both condoms and contraceptive pill can be brought without seeing a doctor.



Use a new condom everytime you have sex.



When taking the contraceptive pill read instructions carefully.



Condoms are the only type of contraception that can both prevent pregnancy and protect against sexually transmitted infections (STIs).



It is important to talk to your partner about sex to find out whether you are both ready.



Talking about sex is nothing to be embarrassed about, it's natural to want to have sex.



Before you do have sex you both must consent to it. This means you both agree to it.



Never feel pressured into having sex and never pressure anyone into having sex.



If you or your partner are not ready then that is OK. Respect each others decisions and wait until you are both ready.



Rape



Being forced to have sex or to do other sexual acts is called rape.



Rape is illegal. It is a serious crime to force someone to have sex or do other sexual acts.



Rape can be physically forcing someone to have sex or having sex with someone without consent.



If you think you have been raped report it to the police.



If you have been raped you don't need to go through it alone. Speak to Norfolk & Suffolk
Care for support: www.nsvictimcare.org

Victim

Primary Care Accessible Resources Resource 15

Suffolk Learning
Disability Partnership



This booklet was co-produced by Ace Anglia and members of the ‘Staying Healthy, Safe & Well’ Workstream of the Joint Suffolk Learning Disability Strategy 2015-20.



The resources were originally funded by clinical commissioning groups in Suffolk. They have been amended for use across Norfolk and Waveney with the permission from Suffolk clinical commissioning groups.



This booklet forms part of a number of information packs on LD health checks that help to explain things about primary care. Other information leaflets that you may find useful are available at your local GP practice



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Made using:

