

# Guys' sex stuff



Family Planning Tasmania  
sexuality education & clinical services

## SEX IS...

Many people think of sex as penetrative intercourse (putting a penis into another person's body), while others see sex as any kind of consensual physical intimacy. "Sex" means different things to different people depending on their experiences, culture, values and beliefs. Because people's ideas on sex can differ, it is really important to be able to talk about it with your partner. What do you both think? What do both of you want? What don't both of you want?

When you have both decided what you can both be happy and comfortable with, the next step is talk about how you will keep each other SAFE.

### Remember - respect goes both ways!

- **You have the right** to make choices about your body and expect those choices to be respected.
- **You have a responsibility** to listen to and respect your partner's choices.

## SAFER SEX:

Safer sex is all about:

- looking after yourself and your partner emotionally and physically;
- preventing Sexually Transmissible Infections (STIs);
- avoiding unplanned pregnancy;
- knowing the law in your state and territory, and staying on the right side of it.

**In Tasmania**, the legal age for sex is 17 which means:

- If you are under 17, no-one is legally allowed to have sex with you.
- If you are over 17, you can have sex with another person who is over 17, just as long as you both agree.

Forcing anyone to have sex is a crime, and so is taking advantage of someone if they have been drinking or taking drugs.

## ATTRACTION:

We are all attracted to different people. While some

people find themselves attracted to the opposite sex only, it is OK to be attracted to the same sex or to both sexes.

It's OK to be curious about other guys - curiosity doesn't make you gay. Still, there's nothing unnatural, illegal or wrong about same-sex attraction. In fact, it is against the law in Australia to discriminate against people because of their sexual preference.

## PLEASURE:

There is a lot of unhelpful stuff going round about guys and sex. Let's just get a few things straight:

**Guys don't always want sex** - Sex should be pleasurable for both partners. It's OK to go slow - rushing things usually leads to regret. Any situation in which you feel forced to have sex when you don't want to is unhealthy!

**Penises come in all shapes and sizes.** Many guys worry about the size and shape of their penis but most penises are about the same size when erect.

· **Most guys experience some kind of sexual dysfunction at some point in their lives** - Sometimes guys find it difficult to 'get it up' (erectile dysfunction), or they 'cum too soon' during sex (premature ejaculation), or they can't have an orgasm at all! **Don't stress!** Talk it through with your partner. If a problem continues, talk to your doctor.

· **Masturbation is a natural and healthy** way to get to know your body. Exactly what you do - and how often you do it - is entirely up to you. **Just do it in private!**

## CHOICE:

Some people choose to save sex for a long-term relationship or for marriage - others don't. What you choose will be based on your beliefs and values.

Think about what **you** are comfortable doing - and don't forget to tell you partner!

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## CONDOMS:

### Did you know?

- **ONLY** condoms provide protection against unplanned pregnancy **AND** STIs.
- Condoms and lube (lubricant) are available everywhere, they're cheap and anyone can buy them.

## STIs (Sexually Transmissible Infections):

STIs can be caused by bacteria, viruses, parasites and fungi passing from one person to another during sexual contact.

They can be passed on during:

- vaginal, anal or oral sex.
- close sexual contact, skin to skin touching

Most STIs have no early symptoms - some STIs *never* have symptoms - so it's easy to have one and not know it. Symptoms can include:

- discharge
- itchy genitals
- pain during intercourse or when peeing
- rash, sores or small lumps on or around the penis or anus
- bleeding from the penis or anus

Many STIs are easily treated but can have serious consequences if left untreated, from chronic pain to not being able to ever have children. If you have ever had unprotected sex or have noticed any symptoms, why not get a check up to make sure everything is ok? It's quick and painless and will give you peace of mind.

**Remember:** Many people carrying STIs don't even know it! If you **choose** to have sex, then **choose** to use condoms, dams and water-based lubricant (lube) to reduce the risk of catching STIs. Condoms and dams stop the exchange of semen, blood and vaginal fluids, but only prevent skin to skin contact on the area they cover.

## READY FOR BABIES?

Unplanned pregnancy is a risk any time a guy and girl

have vaginal intercourse. Again, there are some extremely unhelpful myths going around. Let's set the record straight again:

- Girls can get pregnant the first time they have penetrative intercourse.
- There is no 100% safe time to have sex without protection.
- 'Pulling out' before you cum (ejaculate) **does not** protect against pregnancy.
- Guys **are** affected by an unplanned pregnancy - not just girls!

There are plenty of things guys can do to prevent an unplanned pregnancy:

- Work together! Talk to your partner about what each of you can do.
- Support your partner if she chooses to try hormonal contraception - like the Pill, or an implant.
- Use condoms & lube every time and make sure you use them properly - ask FPT if you're not sure how!
- Have a backup plan if your condom breaks - ask FPT about Emergency Contraception and how you might help your partner access it.

## SEXUAL HEALTH:

It's a good idea to check your testes each month for lumps or changes in size or shape. Also note if they're aching or feeling heavy. If you feel any changes **don't** panic—see a doctor for a check up. Most lumps are not cancers, but it's best to be sure.

As guys get older, their sexual health needs change. It is really important to get used to talking to doctors or nurses about anything that might be bothering you or affecting your health as soon as you can!

FPT has doctors and nurses who are specially trained in sexual health.

Disclaimer.

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