

# Sexual Health



Sex is any **touching of a person's genitals** (penis or vagina) or anus **by another person** with their hands, mouth or genitals.



**Consensual sex** is when **both people want to have sex**. You must be **over 16** to have consensual sex.



**Non-consensual** sex is when **one person does not want to have sex** or is **too young** to have sex. This is called **sexual assault**.



It is **illegal** to make someone have sex when they don't want to. If you feel uncomfortable when someone touches you, you should **say no** and **tell someone you trust**.



People usually have sex to **feel good**. Sometimes people have sex because they want to get pregnant and **have a baby**.



If you **don't want** to get pregnant, you can use **contraception** like condoms or the contraceptive pill ("The Pill"). Condoms can protect you from STIs (sexually transmitted diseases) that can make you sick.



If you need more information about sex or contraception, ask your **doctor** for help.



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