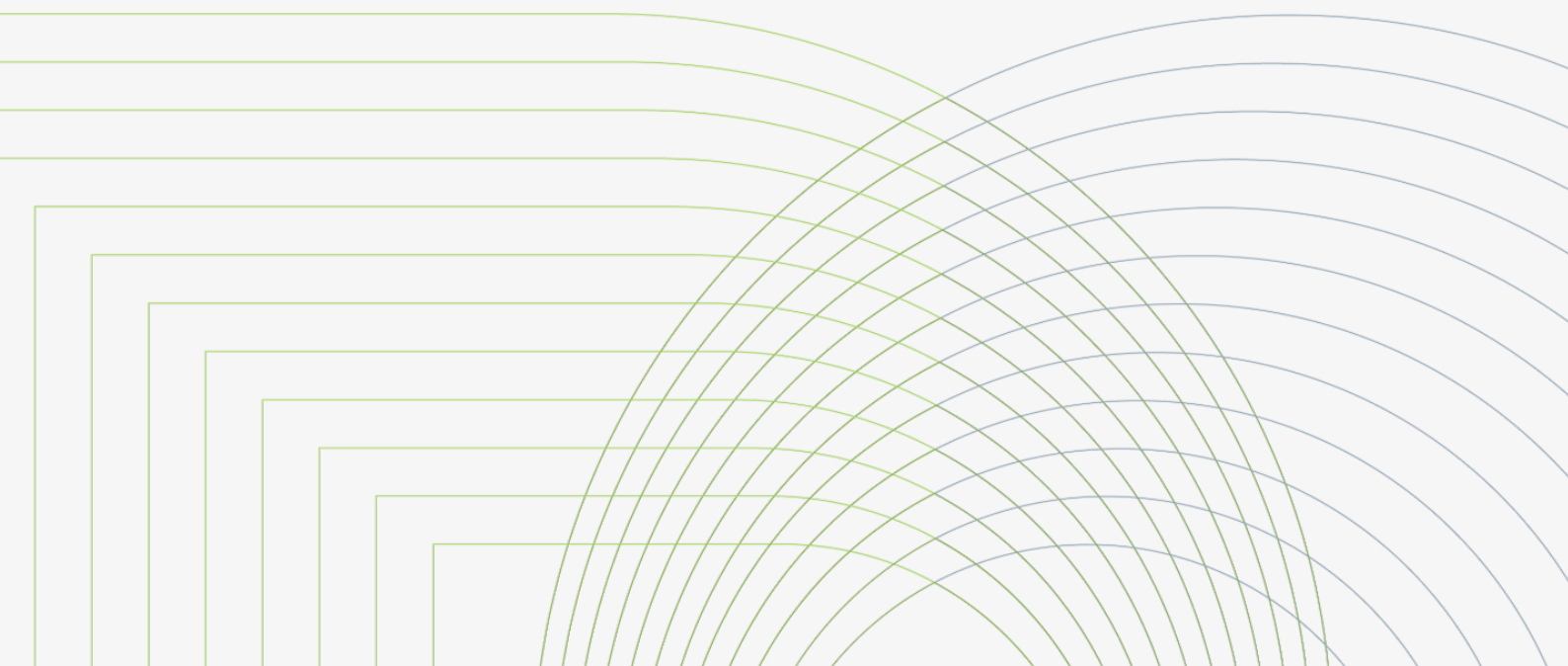


# Module 5.3

## General Health: Sexual Health

Keeping the Body in Mind – Resources

Consumer Learning Module



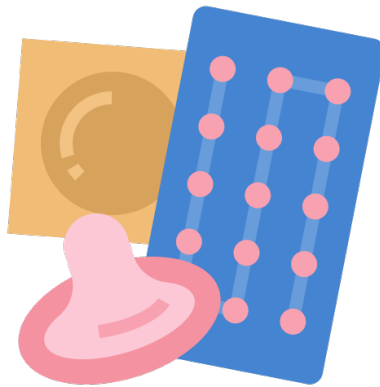
# Module 5.3: Sexual Health

## Content:

Introduction to Sexual Health .....	3
Safe Sex Practices.....	3
Pregnancy.....	6
Consent and Boundaries .....	7
Communication.....	8
Healthy Relationships.....	9
Know Your Body.....	10
Available Supports.....	11

## Introduction to Sexual Health

Sexual health is an essential aspect of overall well-being. It involves understanding and taking care of your body, practising safe sex, having open communication, and maintaining healthy relationships. In this module, we will delve deeper into different aspects of sexual health, providing more information and simple activities to help you improve your understanding and practice.



## Safe Sex Practices

Safe sex means protecting yourself and your partner from sexually transmitted infections (STIs) and unplanned pregnancies. To practise safe sex, you should:

**Use condoms:** Condoms can protect you from STIs and prevent pregnancies. Always use a new condom for each sexual activity, and make sure to store them in a cool, dry place away from direct sunlight.

**Use other forms of contraception:** Besides condoms, there are various other birth control methods available, such as birth control pills, intrauterine devices (IUDs), and hormonal implants. Talk to your healthcare provider about which method is best for you.



**Activity: Research different types of contraception that you would use and make a list of the pros and cons of each for your situation.**

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## Pregnancy

**Unprotected sex, or sex without contraception, can lead to an unplanned pregnancy. If you suspect you are pregnant, you should:**

- Pick up a pregnancy testing kit from your chemist.
- See your GP: They will give you a referral for a blood test.



If your pregnancy test is positive, you should see your GP, a sexual health clinic, or family planning clinic. A health professional can talk with you about your choices. If you decide you don't want the pregnancy to continue, your GP or health nurse can provide you with information about clinics you can attend to have a pregnancy termination.

If you decide you want to go ahead with the pregnancy, it is important to talk about lifestyle factors you will need to consider for the safety and wellbeing of you and your growing baby.

It is very important to make conscious choices about whether you're ready to meet all the emotional and physical needs of a child. Talking to a counsellor may be helpful to really think about the ways in which your life, mental health, work or study, finances, independence, sleep, and social life would be impacted if you had a child now, so that you can make a more informed decision.

## Consent and Boundaries

Consent is when both people agree to engage in sexual activity. Consent should be clear, enthusiastic, and ongoing. It's important to make sure that you and your partner are comfortable and willing participants. Remember that consent can be withdrawn at any time, and it's essential to respect your partner's boundaries.



**Activity: Write down ways in which you would ask consent in different scenarios. For example, "Can I hug you?" or "Do you want to hold hands?"**

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Setting boundaries is crucial for a healthy sexual relationship. Communicate your limits and listen to your partner's boundaries, too.



**Activity: Reflect to yourself about how you would communicate your boundaries to a partner.**

## Communication

Talking openly with your partner about your feelings, desires, and boundaries is important for a healthy sexual relationship. Be honest and listen to each other's needs. Good communication also involves non-verbal cues, such as body language and facial expressions.



**Activity: Spend some time reflecting on your own values, boundaries, and desires related to sexual health and relationships.**

Write a list of these values and boundaries and consider how you can effectively communicate them to your partner(s). Practising this self-reflection can make it easier to articulate your needs and preferences when the time comes.

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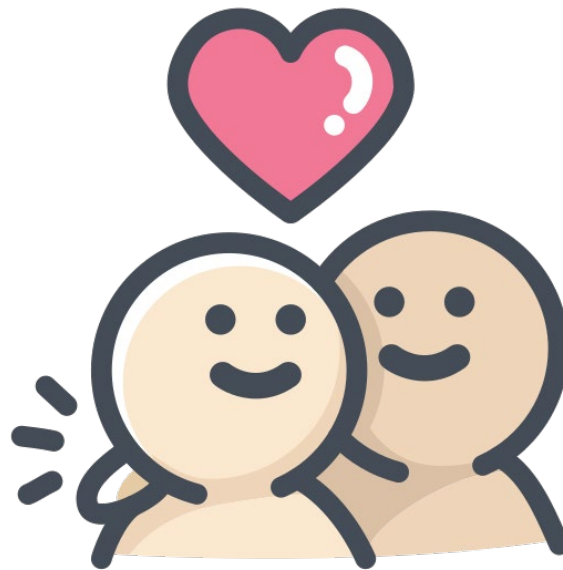
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## Healthy Relationships



A healthy relationship involves trust, respect, and open communication. Both partners should feel safe and supported. Here are some signs of a healthy relationship:

- Mutual respect
- Trust
- Honesty
- Equality
- Good communication
- Emotional support
- Shared interests and values

## Know Your Body

Understanding your own body can help you feel more comfortable and confident. Get to know your sexual anatomy and learn about the changes that occur during puberty and adulthood. This knowledge can help you better communicate your needs and desires to your partner.



**Activity: Research the different parts of the male and female reproductive systems and write down three new facts you've learned.**

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## Available Supports

- **Sexual Health Infolink (SHIL)** is a general information and advice service for STIs and sexual health. It can be reached at 1800 451 624 or found at [www.shil.nsw.gov.au/](http://www.shil.nsw.gov.au/)
- **Family Planning NSW Talkline** is a telephone and email information and referral service staffed by experts in reproductive and sexual health. It is open from 8:30 am to 5:00 pm on weekdays. The number to call is 1300 658 886. Or look at their website at [www.fpnsw.org.au/](http://www.fpnsw.org.au/)
- **Sexual health clinics** have been set up across NSW to provide a free and confidential service. These clinics offer testing and treatment of STIs. They can also talk to you about contraception, other sexual health concerns, and vaccination for hepatitis A and hepatitis B for people at high risk. You can find a sexual health clinic near you on the NSW Sexual Health Clinic Website [www.health.nsw.gov.au/sexualhealth/pages/sexual-health-clinics](http://www.health.nsw.gov.au/sexualhealth/pages/sexual-health-clinics)
- **The NSW Health Playsafe website** provides information and answers questions on sexual health for young people aged 15-29. There are also organizational tools available for workers that provide sexual health services to young people. The website can be found here [playsafe.health.nsw.gov.au/](http://playsafe.health.nsw.gov.au/)



**Activity: Research one or more of these resources and write down three new pieces of information you learned.**

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**2**

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**3**

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Remember, maintaining good sexual health involves staying informed, practising safe sex, communicating openly with your partner, and nurturing healthy relationships.

Keep learning and growing, and don't be afraid to ask questions or seek help from trusted sources when needed.



**Activity: Plan for your sexual health check**

If you have not had a health check recently, make a plan to have your check.

**Write down:**

**Where you will have your check** (e.g., a community health centre)

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**Which checks you would like to request.** Your health professional will mostly likely also add some other checks or tests to this list

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Any questions you would like to ask about things that you feel during sex, about consent, contraception, or sexual health

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**Congratulations! You've now completed module 5.3 General Health – Sexual Health**



**Scan the QR code or visit the link for online access to all of the modules and a complete list of references or visit the link below:**  
[mindgardens.org.au/KBIMResources](https://mindgardens.org.au/KBIMResources)



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