



Nuts & bolts of it all

Having great sex... Then you'll need these...

Condoms and lube are typically 85% effective at preventing unplanned pregnancies but can be as good as 98% when used correctly every time - they also help to protect against sexually transmissible infections.

You can get up to 144 condoms, with a prescription from Family Planning or your doctor, for \$5!

STIs are infections that are spread through sexual contact. Many STIs have no symptoms, so get checked out at Family Planning, your doctor or local STI clinic, if you've had unprotected sex (vaginal, oral, anal). familyplanning.org.nz



The long arm of the LAW

LAW 16



The legal age to consent to have sex. Consent means that both people saying and showing yes. Sex without consent is assault, it's never ok. Not sure they are into sex. ASK!

LAW 0



There is no set age to get contraception - talk to Family Planning or your doctor to find out more.

LAW 18



If you do become a parent, you will be legally and financially responsible for that child until they're 19 years old. If you're a minor when you become a parent, your parents take that responsibility until you're an adult.

Need more info?
Check these out...

- Police 111
- Family Planning 0800 Info Line familyplanning.org.nz
- [facebook.com/familyplanningnz](https://www.facebook.com/familyplanningnz)
- Youthline 0800 37 66 33 Free txt: 234
- AIDS Foundation 0800 802 437
- www.nzaf.org.nz
- YouthLaw 0800 UTHLAW
- www.youthlaw.co.nz
- Rainbow Youth www.ry.org.nz
- CADS (Auckland only) www.cads.org.nz

Penises come in all shapes and sizes - that's normal - but when erect they do the same job.



Be proud of yourself and look after it!!

Men also come in all shapes and sizes. Think of the men you most admire in your life - It's not all about muscles and sporting ability.

Being a man means you can be who you are.

Love stuff

In a healthy relationship no one person holds the power.

CHOOSING to be with someone is your decision not someone else's. Both people have to agree for it to be cool.

Remember everyone is attracted to different things and everyone has the right to choose who they are in a relationship with... being single can be fun too.

Love is...trust, respect, talking, caring, listening.

Things Guys need to know-

Contraception it's not just for the girls. The most common form of contraception used by young women is the contraceptive pill. The IUD, implant and Depo Provera (the jab) are also popular. The pill has to be taken every day and the injection every 3 months. The IUD and implant last several years. If they are not used properly they don't work.

Check out familyplanning.org.nz

Condom Broke? Forgot the pill?

The Emergency Contraceptive Pill (ECP) can be taken up to 72 hours after unprotected sex to prevent pregnancy.

The sooner the better

It's available from Family Planning, your Doctor, After Hours Clinic, and Chemist.

Take care of business and know there won't be any surprises by using condoms.

Family Planning and sexual health services are **CONFIDENTIAL** and non judgemental.



NEW ZEALAND

Family Planning