

It's OK to wank

Masturbation is natural and healthy. It exercises the prostate and you can also use masturbation to train yourself to delay orgasm. It's a good way of knowing your body and understanding what turns you on. It's OK to have fantasies when masturbating. It's a positive way to express your sexuality in private.

Why do I need to check my balls?

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 see a doctor for a check up. Most lumps are not cancers, but it's best to be sure. Testicular cancer is one of the easiest to treat.

What if I'm thinking about guys?

It's not uncommon to be curious about sex with other men. Being attracted to other guys is not sick, criminal or unnatural! It's a part of human diversity. Being attracted to the same sex isn't the problem – fear, lack of understanding and discrimination is! There's support available if you want it – see contact details.

What is homophobia?

It's an intolerance or fear of gay, lesbian, bisexual and queer people, and can include prejudice, discrimination, harassment and acts of violence brought on by fear or ignorance. Homophobia affects everyone, as intolerance can limit the freedom to express ourselves. Guys, regardless of sexual orientation, may feel forced to limit their behaviour to avoid harassment and violence.

Can guys be raped or sexually assaulted?

Sexual assault is any unwanted penetration, touching, fondling, masturbation or any actions of a sexual kind that makes a person feel unsafe. And yes, it happens to guys too. No person has the right to make you do sexual stuff that you don't want to do. It's against the law. Ideas about what it means to be a man can make it hard for guys to talk about abuse. Most survivors feel guilt, shame or fear how others will react. But sexual assault is about power and not sex. And getting a hard-on does not mean you wanted or enjoyed the abuse. Remember it's not your fault, and finding a safe person to tell may help you. There's support available – see contact details.

SHine SA clinics

East/West: 8300 5301
North: 8256 0700
South: 8186 8600

SHine SA's Sexual Healthline

Call between 9 am – 1 pm, Mon – Fri 1300 883 793
Toll free (country callers) 1800 188 171
Email sexualhealthhotline@health.sa.gov.au

Website www.shinesa.org.au

Other useful contacts

Adult Childhood Sexual Abuse Helpline 8419 2000
Country callers 1800 176 900
Bfriend 8202 5805
Child Abuse Report Line 13 1478
Clinic 275 (STI Clinic) 8222 5075
Gay and Lesbian Counselling Service 8422 8400
Gay Men's Health 8334 1611
The Second Story Adelaide 8232 0233
North 8255 3477
South 8326 6053
Shopfront Youth Health Service (Salisbury) 8281 1775
Street Level West (Kilkenny) 8408 1313
Streetlink 8231 4844
Yarrow Place (rape and sexual assault) 8226 8787

Community health centres

Look under *Community Health* in the phone book for your local service.

Phone lines

Kids Help Line: 1800 551 800
Lifeline: 13 11 14
Youth Healthline: 1300 13 17 19

Other sexual health websites

www.cyh.com Child and Youth Health
www.likeitis.org.au Marie Stopes' website for young people
www.reachout.com.au Reach Out
www.stdservices.on.net Info on STIs from Clinic 275
www.xyonline.net A men's issues magazine
www.yoursexhealth.org Relationships and sexual health site

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Guys' sex stuff



Guys' sex stuff has been created to answer all those questions about sexual health that you may find too embarrassing to talk about with your family or friends.

What is sex?

Some people think of sex as penetrative intercourse (sticking it in). Other people see any kind of physical intimacy that is consensual as sex.

Some people talk about the brain being the biggest sexual organ as it makes sense of all the physical messages that are sent to it. How we see sex has a lot to do with our experiences, culture, values and beliefs.

This can cause a bit of stress if you and your partner have different expectations about what sex is. That's why it's important to talk about it.

How can I talk to my partner about sex?

There's no way a pamphlet can answer this question completely. What we can do is offer some suggestions...

- Communication is an important way of getting your needs met and finding out about your partner's needs.
- Talking honestly and exploring together can help build safety and trust in a relationship.
- The only way to know if your partner wants to have sex is to ask.
- You and your partner can make your own sex rules together.
- Sometimes a sense of humour can ease the tension in stressful or embarrassing situations.
- Healthy sexual relationships are free from harassment, fear, guilt, or shame.
- It's never OK to pressure someone to do something they don't want to do. Sex without consent is a crime.
No always means NO!

What is safer sex?

Safer sex means choosing sexual behaviours that make you feel safe, comfortable and protect you and your partner from:

- sexually transmitted infections (STIs)
- unplanned pregnancy
- violence, harm and exploitation

When can I have sex?

If you're 17 or over, you can legally have sex as long as your partner is also 17 or over and agrees to have sex with you. This is the same for homosexual and heterosexual sex.

But what if I don't want to do it?

It's a myth that guys always want sex. It's important to take your time and make sure that you're making the right decision for you. It's your body and your choice. Respect your boundaries and discuss these with your partner. There are plenty of ways to be close to someone without having sexual intercourse.

Is oral sex safe?

A girl can't get pregnant from oral sex, but you can still get herpes/cold sores, genital warts, hepatitis A and B, syphilis and gonorrhoea. Using condoms or dams can make it safer.

What is a sexually transmitted infection (STI)?

STIs can be passed from one person to another by having unprotected vaginal, anal or oral sex, through the exchange of bodily fluids or skin-to-skin contact. Not all STIs have symptoms. You could have an STI and not even know it! Left untreated some STIs can lead to serious health complications.

So if you're sexually active, it's a good idea to see your doctor or health clinic to have regular STI checks. It's not that scary. Often all you need to do is give a sample of your urine. And most STIs are easily treated.

Why should I use condoms?

Your health is your responsibility! Condoms reduce the risk of STIs and pregnancy. They're readily available in supermarkets, chemists and free in some health clinics. They won't protect against STIs if an infection has contact with a part of the body that's not covered by a condom.

It's important that you know how to use them correctly and they fit, otherwise they don't work. Try different brands and practise putting them on before you use them for real. To stop the condom slipping off hold the condom at the base when withdrawing and withdraw before the penis becomes soft. Remember rubber is perishable, so store your condoms in a cool place.

What happens if the condom breaks?

To help stop breakage use a quality condom that hasn't passed its expiry date with lots of water-based lube. But sometimes accidents happen, so what should you do? Consider seeing a doctor for an STI check. If you have a female partner who's not using any other method of contraception, pregnancy might also be a concern. She can take the emergency contraception (EC) up to 5 days after having unprotected sex to reduce the risk of pregnancy, so discuss this option with her. Remember the EC's more effective the earlier it's taken.

I don't want to get her pregnant

If you are having intercourse wear a condom! It's the easiest way guys can take responsibility for preventing pregnancy. You can also talk with your partner about other methods of female contraception. Some methods are more reliable than others. It's important for guys to find out how female contraception works so you can support your partner and understand the risks involved.

Size doesn't matter

There's often pressure on guys to have a large penis. But it's not how big it is – it's how you use it! Penises come in all shapes and sizes. A soft penis usually shrinks when it's cold or a guy's anxious. And generally the larger a penis is when it's soft, the less it grows when it's hard. So look after your penis, keep it clean and enjoy it. It really doesn't matter how big you are.

I'm having trouble controlling my hard-on

Sometimes it might seem like you have little control over your penis. They can happen at a moment's notice, then disappear. Sometimes you might even wake up with an erection or you might have a wet dream. It can be embarrassing, but it's completely normal. Most guys will experience premature ejaculation (when you cum before you want to). Other times you might find it hard to get it up. Being very excited, worried about sex, alcohol and drug use, and depression can cause you to have difficulties with your erection. Relax and enjoy what is happening – don't try to force it. If you don't feel like sex, just let your partner know. Open communication with your partner can help you overcome some of these difficulties. If you're concerned see a sexual health counsellor at SHine SA.