

27 May 2016

Ms Abigail Groves  
Committee Manager  
Committee on Children and Young People  
Parliament of New South Wales  
childrenyoungpeople@parliament.nsw.gov.au

Dear Ms Groves

Please find attached responses from Family Planning NSW to additional Supplementary Questions requested by the Committee regarding the "Inquiry into Sexualisation of children and young people".

For further information, please contact:

Ann-Maree Ashburn  
Director Communications Government and Community Affairs  
Family Planning NSW  
[REDACTED]  
[REDACTED]

Yours sincerely,



Adj. Prof Ann Brassil

Chief Executive Officer  
Family Planning NSW



## Supplementary Questions

- 1 Can you provide a copy of the training programs and resources that have been developed with the NSW Department of Education to assist teachers address the impacts of pornography and sexting with the health and physical education curriculum?**

In recognition of the need in this area, Family Planning NSW is currently developing resources to address the issues of sexting and pornography however this project is still in development and no materials are yet finalised.

- 2 Can you provide a copy of the sexuality education courses and resources for parents that have been developed and are planned to be trialed in the Nepean Blue Mountains area over the next 12 months?**

This course is to be piloted on Saturday 4 June at Kingswood School and will then be evaluated and updated based on evaluation. Attached is a copy of a PowerPoint and flyer developed for the course.

Resources used in this course include:

- Family Planning NSW *Me, Myself and I – Puberty information for everyone*
- Family Planning NSW *What Suits Me*
- Planned Parenthood YouTube video  
[https://www.youtube.com/watch?v=LiH0\\_2Xwzzg](https://www.youtube.com/watch?v=LiH0_2Xwzzg)
- Nepean Blue Mountains LHD *Talk Soon Talk Often* (Family Planning NSW does not have a soft copy of this LHD resource but a similar version from WA Health can be found at [http://healthywa.wa.gov.au/~media/Files/HealthyWA/Original/Sexual-health/TSTO\\_V2.ashx](http://healthywa.wa.gov.au/~media/Files/HealthyWA/Original/Sexual-health/TSTO_V2.ashx))

- 3 Do staff employed with funding from the Safe Schools Coalition Australia program contact and/or visit Public schools, currently not in the program, requesting the opportunity to meet and discuss with principals, teachers and parent bodies the value and benefits of joining the program?**

No. We meet with principals and staff at their request.

- 4 Do staff employed with funding from the Safe Schools Coalition Australia program contact and/or visit Catholic and/or independent schools, currently not in the program, requesting the opportunity to meet and discuss with principals, teachers and parent bodies the value and benefits of joining the program?**

No

- 5 With respect to the evidence of professor Brassil to “ordinary Commonwealth resources” (page 40 of evidence presented at 7th April 2016 hearing), are the resources referred to just the official “Safe Schools Coalition AUS” website or are there others? If there are others, please detail what they are?**

The reference was to the Official Resources. Safe Schools Coalition Australia resources are now housed on the Commonwealth Government “Safe Schools Hub” website.

<http://www.safeschoolshub.edu.au/safe-schools-coalition-australia-resources>

- 6 Can you provide the current Fact Sheet produced by Family Planning NSW relating to the Safe Schools Coalition Australia program?**

Family Planning NSW produced a briefing paper for government stakeholders outlining implementation of the Safe Schools Program in NSW. This paper was not for wider dissemination. The paper is attached.

- 7 Does Family Planning NSW partner with the organization Twenty10 incorporating Gay & Lesbian Counselling Service of NSW in any activities related or associated with the Safe Schools Coalition Australia program? If so, please detail?**

Family Planning NSW has no formal relationship or partnership with Twenty10.

- 8 Does Family Planning NSW partner with Aids Council of NSW (ACON) in any activities related or associated with the Safe Schools Coalition Australia program? If so, please detail?**

ACON is a partner with Family Planning NSW in the Safe Schools NSW Coalition and is a member of the steering committee that oversees implementation of the program in NSW. Family Planning NSW also works with ACON services at regional level where ACON facilitates connections with appropriate support services like *Parents, Families and Friends of Lesbians and Gays* and contact details for ACON are provided to school councillors, principals, deputy principals and student services officers as a referral, case management and counselling support service. ACON also provide access to office facilities for our staff when visiting regional areas.

- 9 Have or are staff employed with funding from the Safe Schools Coalition Australia program undertaking any activities in Public, Catholic or independent primary schools in New South Wales? If so, please specify which primary schools.**

Primary schools are assisted on a case by case basis at their request usually to support individual students. We do not recommend resources developed for secondary schools are used for primary schools.

We have provided support on request to 18 primary schools and 13 combined schools (K-12)

School name	Coalition member	Sector	Level
Alexandria Park Community School	Yes	Government	Combined
Bishop Druitt College	Yes	Other faith based - Anglican	Combined
Bulahdelah Central School	Yes	Government	Combined
Emanuel School	Yes	Other faith based- Jewish	Combined
Evans River Community School	Yes	Government	Combined
Hunter School of The Performing Arts	Yes	Government	Combined
International Grammar School	Yes	Independent	Combined
Lucas Heights Community School	Yes	Government	Combined
Masada College	Yes	Other faith based - Jewish	Combined
Merriwa Central School	Yes	Government	Combined
Pittwater House	Yes	Independent	Combined
The Scots School Albury	Yes	Other faith based - Uniting	Combined
Wadalba Community School	Yes	Government	Combined
Bellingen Public School	Yes	Government	Primary
Berkeley Vale Public	Yes	Government	Primary
Blackalls Park Public	No	Government	Primary
Bligh Park Public School	Yes	Government	Primary
Callala Public School	Yes	Government	Primary
Cambewarra Public School	Yes	Government	Primary
Canterbury Public School	Yes	Government	Primary
Centaur Primary School	Yes	Government	Primary
Glen Innes Public School	Yes	Government	Primary
Lake Munmorah Public School	No	Government	Primary
Lismore Public School	Yes	Government	Primary
Marrickville West Primary School	Yes	Government	Primary
Middleton Public School	Yes	Government	Primary
Parkes Public School	Yes	Government	Primary
Tomerong Public School	Yes	Government	Primary
Wahroonga Public School	Yes	Government	Primary
Wattle Grove Public School	Yes	Government	Primary
Windsor Park Public School	Yes	Government	Primary

## SAFE SCHOOLS COALITION NSW PROGRAM

The *Safe Schools* program is federally funded by the Australian Government Department of Education and Training. It aims to create safe and inclusive schools and learning environments for all students.

It is entirely voluntary and schools choose what professional development and resources they believe are appropriate for their school.

Safe Schools Coalition NSW (SSCNSW) primarily provide professional development to teachers and education staff to help them create safe, supportive learning environments, particularly for same sex attracted, transgender and intersex students.

### Progress

- SSCNSW has been working with schools in NSW since July 2014.
- 113 member schools in NSW (490 across Australia).
- We have assisted 123 schools (some schools request assistance without becoming members).
- We have held over 65 professional development sessions to over 2000 teachers/education staff.
- 86 supporter organisations including NSW Teachers Federation, Australian Secondary Principals' Association, beyondblue, Relationships Australia and Mental Health Commission.
- Engaged with 2 938 students at events, workshops and school presentations.

### Safe Schools Coalition NSW resources and curriculum

- All materials and resources approved by Commonwealth Department of Education and Training.
- All curricula provided to NSW Department of Education for review.
- NSW Department of Education attended and observed professional development session.
- Feedback sought from stakeholders prior to implementation and resources amended to ensure they encouraged mutual respect regardless of individual beliefs.
- Board of Teaching and Education Standards NSW (BOSTES) has endorsed the professional development delivered to teachers.
- The *Safe Schools* program is promoted to secondary schools.
- SSCNSW works with primary schools at their request, usually regarding individual students. We provide support to the school and student as recommended by the NSW Department of Education and ensure the student receives appropriate medical referrals and counselling.

### Misconceptions

#### *Dress and unisex toilets*

We follow NSW Department of Education advisory information<sup>1</sup> and the Department's Schools Uniform Policy<sup>2</sup>. ("Students...should be allowed to choose from the uniform options available at the school.")

<sup>1</sup> <http://www.dec.nsw.gov.au/about-us/information-access/legal-issues-bulletins>

<sup>2</sup> [https://www.det.nsw.edu.au/policies/student\\_admin/uniforms/school\\_uniform/PD20040025.html](https://www.det.nsw.edu.au/policies/student_admin/uniforms/school_uniform/PD20040025.html)

*Chest binding*

We do not advocate chest binding nor is it included in the curriculum or resources provided by SSCNSW.

*Sexuality & gender theory*

None of our curriculum or resources includes sexual techniques or activities or advocate gender theory. We support schools and students to overcome bullying and discrimination of same sex attracted, transgender and intersex students. We follow departmental policy that "Gender identity may be discussed in many curriculum areas...following syllabus guidelines<sup>3</sup>".

*Age appropriateness*

Our curriculum and resources are targeted at secondary schools. Primary schools are assisted on a case by case basis at their request usually to support individual students. We do not recommend resources developed for secondary schools are used for primary schools.

*Courtesy and respect*

The program is about courtesy and respect for all, and respects the right of all students to hold different views about sexual and gender diversity. The program is not about ideology but keeping all students safe and in school.

The program has attracted significant community and school support, however, some sections of the community, such as the Australian Christian Lobby, have raised concerns including the above misconceptions that are particularly related to resources developed by an independent youth organisation *Minus 18*.

SSCNSW, while seeking to support school environments free of any form of bullying and harassment, also respects the rights of all students, parents and teachers to hold differing views about sexual and gender diversity.

In implementing the program in NSW, SSCNSW only provides teachers and schools with materials and resources that have been approved by the Commonwealth Department of Education.

We do not distribute any other resources, regardless of whether these resources may be endorsed by or listed as available resources by the Safe Schools Coalition Australia.

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<sup>3</sup> <http://www.dec.nsw.gov.au/about-us/information-access/legal-issues-bulletins>

## TESTIMONIALS

"All of Us" is a powerful addition to the range of resources on offer through Safe Schools Coalition Australia" ***Rob Nairn, Executive Director, Australian Secondary Principals' Association***

Congratulations for the excellent work, change, and difference that you are contributing to our Industry!  
***Principal, Inner City Independent School***

I had comments from the participants about how helpful each of your presentations were and how in some instances they had never thought all the range of organisations that could be accessed to assist dealing with homophobia in schools, or to support LGBTIQ students. ***Training Officer, NSW Teachers Federation***

Thank you so much for today. I really got a lot of positive feedback from staff ....one of the maths teachers ..said to me 'I am one of those teachers who have heard students referring to situations as being 'gay' or students calling other students 'gay'. I have been naive and there has been occasions when I have not said anything. I will not allow that to be acceptable anymore.' ***Teacher, South Sydney Community School***

"I had been feeling kind of lonely, hopeless and isolated for what feels like a lifetime... to have the school take this step and to be a part of [the coalition] means the world to me". ***Student***

"..a much appreciated thank you for yesterday's presentation, you moved me to tears as it touched a nerve of sorrow that this program wasn't around 30 years ago, when it would have saved a family member, but how elated I am that these issues are being brought out into the open and will enlighten some thinkers to see that 'Differences' needn't be so different now... Thank you, Thank You. More strength to you and your program."  
***Primary school teacher following a staff professional development session, New South Wales.***

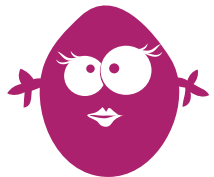
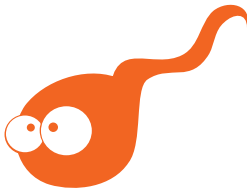
"Thank you so much for your support, personal interest and dedication. To have something like your organisation is a god send. I can't imagine what we would have done without you. Thank you." ***Parent of a student, New South Wales***



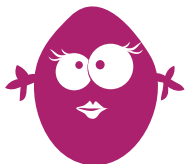
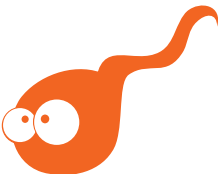
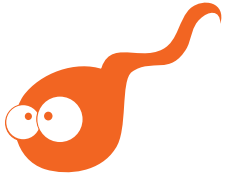
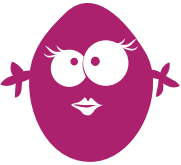
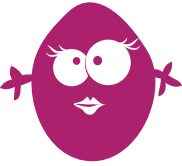
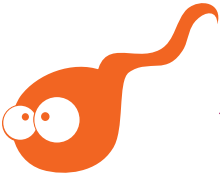
**Proud to create  
change in schools**



# ME MYSELF AND I



puberty information  
for everybody



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# PUBERTY EXPLAINED

## So, what is puberty?

- a) When weird stuff happens to you
- b) When a child is changing into an adult
- c) When zombies take over the Earth

If you picked b) you're right! Puberty is the time when a child is changing into an adult. Sometimes this is called **adolescence**. Some people think the things that happen during puberty are really weird, but you can use this book to find out what's really going on. And who knows, maybe even zombies go through puberty!

## What causes puberty?

Certain **hormones** become more active during puberty. They travel around the bloodstream and signal different body parts to switch on and off, or change what they do. These tiny chemicals are responsible for all the puberty changes that you will see in this book.

### Try saying these puberty hormones out loud:

- Oestrogen (ee-stra-jen)
- Testosterone (tes-tos-ter-rone)
- Androgen (an-dro-jen)

### Why do we go through puberty?

During puberty your body becomes able to **reproduce**, or have children. Your reproductive parts mature and your body grows bigger and stronger. Your brain also matures and you make new social connections. There's a lot going on during puberty!

### When does puberty happen?

Puberty happens at different times for each person. Puberty changes can start any time after age nine, but don't worry if you haven't noticed any changes yet. Your body will change when it's right for you.



# BODY CHANGES



## Body shape

As people go through puberty their bodies begin to look different. Everyone gets a bit taller, heavier and stronger. Some people have **growth spurts**, where they grow very quickly. Other people grow slowly. Girls' **hips** and boys' **shoulders** also start to widen. Everyone's body is different so don't worry if you don't look the same as someone else. You are unique.

## Breasts

It is normal for girls and boys to develop some breast tissue under their nipples during puberty. For boys, this tissue can be tender, but usually goes away later in puberty. Girls' **breasts** continue to develop into all different shapes and sizes and you might choose to wear a crop-top or bra. No matter their shape or size, girls' breasts all work the same way to produce milk if you have a baby when you are older.

## Body hygiene

During puberty **sweating** increases, so it is important to wash your clothes, hair and body more often. Usually people choose to use antiperspirant deodorant to reduce sweating under their arms.

Your face also sweats more during puberty, and a layer of oil and dirt can build up and cause **pimples**. This is normal and pimples eventually go away. Keeping your skin clean is important and try not to touch or squeeze the pimples, as this can make them worse or give you scars. If your pimples are very bad, a doctor may be able to help treat them.



# Each body is different and constantly changes across the lifespan.

## Sexy feelings

**Arousal** is the tingly feeling that happens when something is sexy. Lots of body parts are involved, but can you guess the main one? The brain! If someone thinks something is sexy, the brain sends signals making the heart beat faster, the clitoris or penis swell, and the skin all over the body becomes sensitive. This might start to happen during puberty.

Sometimes if someone is aroused they might choose to **masturbate**. This means massaging their genitals because it feels good. It's OK to masturbate as long as it's done in a private place. It's also OK if a person doesn't want to masturbate.

## Hair, hair, everywhere!

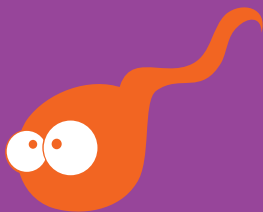
Did you know that you have hair on nearly every part of your body? These body hairs protect your skin and during puberty they become darker and thicker.

It is normal for everyone's leg hair, arm hair, underarm hair and **pubic hair** (hair around the vulva, the base of the penis and testicles) to get thicker and darker. It is also normal for girls and boys to notice changes to their back hair, stomach hair and facial hair. Sometimes people choose to trim, shave or wax their body and facial hair.





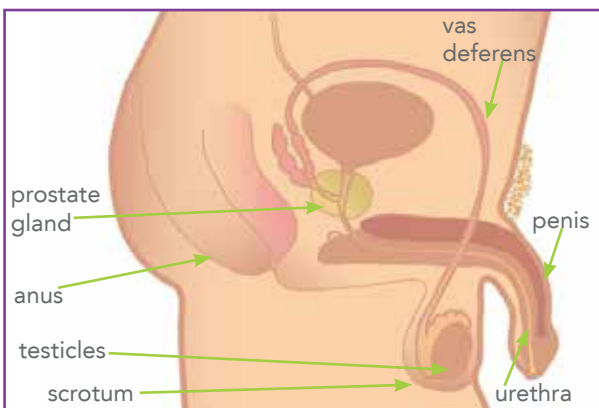
# BOY BOODLES



During puberty, boys will begin to produce sperm and ejaculate. This means their bodies are able to reproduce.

## The male reproductive system

- The **testicles** are where sperm is produced after a boy has started puberty. Testicles grow bigger during puberty and come in different shapes and sizes. Sometimes one testicle is larger than the other or hangs lower than the other. This is all normal.
- The **scrotum** is the skin that holds the testicles on the outside of the body. This skin is usually a bit darker than the rest of a boy's skin and may have pubic hairs on it.
- The **vas deferens** is the tube that carries the sperm from the testicles to the prostate gland.
- The **prostate gland** is where sperm are mixed with fluid called semen. The prostate gland is also involved in ejaculation.
- The **anus** is where faeces (poo) comes out. The skin around the anus is usually a bit darker than the rest of a boy's skin and may have pubic hairs around it.



## All about the penis

- The **penis** hangs at the front of a boy's body. Penises come in all different colours, shapes and sizes, so there's no

such thing as a 'normal' penis. Some penises are short and thick, some are long and thin, some lean to one side. The penis may be darker or redder than the rest of a boy's skin and may have veins sticking out. Pubic hair grows around the penis, the testicles and the anus.

- The **foreskin** is a fold of skin that covers the head of the penis. Not every boy has a foreskin because it is sometimes removed. This is called circumcision. The penis works the same way with or without a foreskin. If a boy has a foreskin he should keep it clean by carefully washing under it when he showers or bathes.

- The **urethra** is a tube with a small opening at the tip of the penis. It has two functions. It can carry urine (wee) from the bladder, or semen (containing sperm) from the prostate. There is a valve that can block off one or the other, so boys can't urinate (wee) and ejaculate (release semen) at the same time.

The head of the penis has lots of nerve endings so it is very sensitive and pleasurable to touch. A boy might rub his penis when he masturbates, or his partner might rub it during sex.

circumcised



uncircumcised



### FUN FACT:

Ever wondered why the testicles are outside the body? Sperm need to be kept a bit cooler than the rest of the body. So, the scrotum stretches or tightens to keep the testicles and sperm at the right temperature!

# BOY STUFF



## Voice changes

During puberty, hormones cause a boy's voice box to grow and move down in the throat. While this is happening his voice might be squeaky one minute and low the next. This is called his **voice breaking**, but it doesn't hurt. Soon his voice box settles in its new position. His voice will be lower than before, but every boy's voice will be a different depth.

## Facial hair

During puberty, boys start to grow more hair on their cheeks, chin and neck. At first the hair is fluffy and light but over time it gets longer, darker and thicker. It might not fully develop until he is in his 20s. Some boys end up with thick facial hair, but others will have lighter or patchy facial hair all their lives.

To remove facial hair boys can use razors or electric shavers. These are bought at the supermarket or pharmacy.

## Razors & shavers

How to use a razor:

- Trim long hair with scissors or clippers.
- Wet the face and apply a shaving cream or gel.
- Run the sharp razor along the skin in the same direction that the hair grows (this is different for each part of the face).
- Rinse your face and you're ready to go!
- Moisturise or use aftershave.

**TIP**  
When using a razor be careful around the jaw, throat, and lips



## Erections

When relaxed, the penis hangs at the front of the body. When blood flows into the spongy tissue of the penis it becomes thicker, longer, stiffer and stands on end. This is called an **erection**. When this blood flow stops the erection goes away.

Boys can have erections from birth, but they happen more often during puberty. An erection can happen when something is sexy, or just because there is a lot of blood flowing around the body, like after sport. Relaxing and thinking about something else might help an erection go away faster.



## Ejaculation

During puberty a boy starts to produce sperm and will begin to **ejaculate**. If the erect penis is stimulated, muscles contract, pushing semen (containing sperm) down the urethra and out the tip of the penis. This is called ejaculation.

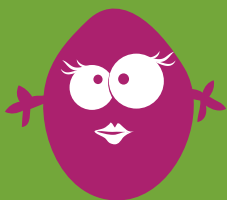
## Wet dreams

Sometimes ejaculation can happen when a boy is asleep. This is called a **"wet dream"** even though the boy might not have a dream and doesn't wet the bed! Wet dreams are a boy's body getting used to its new sperm production and usually happen less often as a boy gets older. Only 1-2 teaspoons of semen are released, so it's easy to clean up. The semen can be wiped up with toilet paper and clothes can be put in the wash.

## DID YOU KNOW?

Many millions of tiny sperm are contained in the 1-2 teaspoons of semen released during ejaculation.

# GIRL BOODIES



During puberty, girls begin to release eggs and have periods. This means their bodies are able to reproduce.

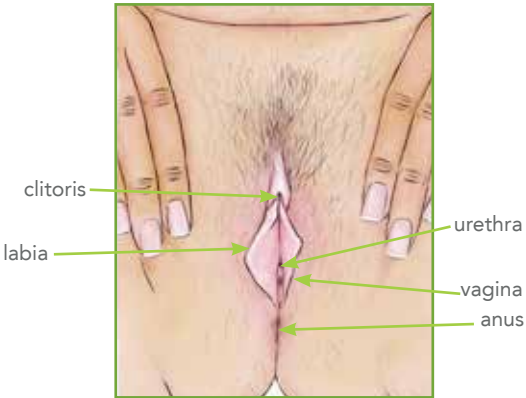
## The female reproductive system

- A girl has two **ovaries** that contain all her eggs, or ova. During puberty the ovaries become active and release a mature egg around once per month.
- The **fallopian tubes** connect the ovaries to the uterus.
- The **uterus** grows a nutrient-rich lining each month in preparation for pregnancy. If there is no pregnancy then the uterus sheds its lining. This is called a menstrual **period**.
- The **cervix** connects the vagina to the uterus. It has a tiny passage that allows some things (like sperm) up to the uterus and some things (like period blood) down to the vagina.
- The **vagina** is a strong, stretchy passage that connects the vulva to the cervix. The vagina produces a clear or whitish liquid that helps keep itself clean. A girl might start to notice this in her underwear during puberty.

### DID YOU KNOW?

Each month many eggs start maturing in a girl's ovaries, but only one or two develop enough to be released.





### All about the vulva

- The **vulva** is the name for the outer area of a girl's reproductive parts (shown in this picture). Vulvas come in all different colours, shapes and sizes, so there's no such thing as a 'normal' vulva. Pubic hair grows around the vulva, the anus, the mons pubis and the top of the thighs.
- The **vagina** opens at the vulva, but most of the vagina is located inside the girl's body.
- The **labia** are the folds of skin that cover the vulva. The labia protect the vulva and prevent bacteria and dirt from entering the urethra and vagina. Labia come in lots of shapes, colours and sizes. They can be darker or redder than the rest of a girl's skin. The lips might be long or short, wrinkled or smooth, and one lip might be longer than the other. This is all normal.
- The **clitoris** is a pea-sized bump covered in folds of skin.
- The **anus** is an opening where faeces (poo) comes out.
- The **urethra** is a very small opening where urine (wee) comes out.

**The clitoris has lots of nerve endings so it is very sensitive and pleasurable to touch. A girl might rub her clitoris when she masturbates or her partner might rub it during sex.**

# GIRL STUFF

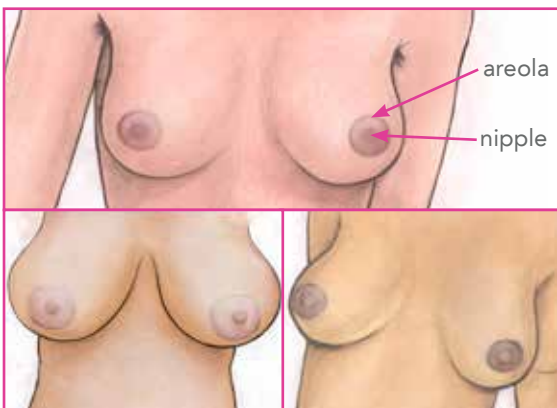


## Breasts

**Breasts** come in different shapes and sizes and sometimes one breast is bigger than the other. In the middle of the breast is the **nipple**, which can stick out all the time, stick out if the girl is cold or aroused, or turn inward all the time. If the nipple sticks out it can be short or long. The **areola** surrounds the nipple and might be big or small, light or dark. It can also be bumpy and have hairs around it.

Breasts develop at different ages for different girls, so don't worry if your breasts develop before or after someone else's.

As breasts develop they can be tender and the nipples can be sensitive. Breasts can also become tender when a girl has her period.



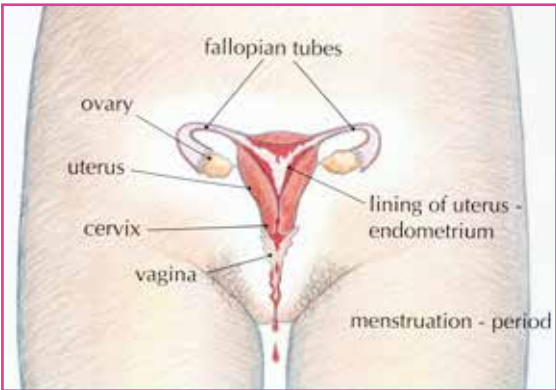
## Bras and crop tops

Some girls are comfortable without a bra or crop top, but some girls choose to wear a bra or a crop top to support their breasts. Bras and crop tops come in many different sizes, shapes, and styles, so it's a good idea to try a few on to find one that fits well.

# Girls can do anything they would normally do when they have their period.

## The menstrual cycle

The **menstrual cycle** is how a girl's body prepares for a possible pregnancy. If no pregnancy occurs she will have a **menstrual period**. A full menstrual cycle usually lasts about a month, but this can vary.



During the menstrual cycle:

1. Hormones cause an egg to develop in the ovary and the lining of the uterus to thicken.
2. The egg is released from the ovary and travels down the fallopian tube toward the uterus.
3. If sperm are not present for fertilisation, the egg and the lining of the uterus break down.
4. Blood from the uterus then flows out through the vagina as a menstrual period.
5. The whole cycle then starts again.



## Pads & tampons

To soak up period blood girls can use pads or tampons. These are bought at the supermarket or pharmacy and come with instructions for use.

Be prepared by keeping some pads and tampons with you. You can put them in a pencil case or bag to keep them private!

### Pads:

- Sit in the underwear
- Soak up the period blood that comes out of the vagina
- Come in different shapes and thicknesses, with wings or without
- Should be changed every three to four hours during the day



### Tampons:

- Are inserted into the vagina
- Soak up the period blood inside the vagina
- Come in different sizes and some include an applicator
- Are useful when swimming or wearing something tight like a leotard
- Should be changed every three to four hours during the day



### TIP

Put used pads and tampons in the bin, not down the toilet. They'll block the drain!

## Periods Q & A

### Q: When will I get my period?

**A:** Girls get their first period between the ages of nine and 16. Don't worry if you get your first period earlier or later than someone else. Your period will start when your body is ready.

### Q: How often will I get my period?

**A:** At first, your periods might be irregular but after the first year they usually settle into a pattern of every 21-48 days (average 28 days). The pattern is different for each girl.

#### TIP

Mark on a calendar when you get your period. This can help you to know when your next period will come.

### Q: How long does a period last?

**A:** Each period lasts for about three to seven days. The first few days usually have the heaviest flow.

### Q: What will my period be like?

**A:** Period blood is darker than other blood. It might be bright red or brownish and be blobby or stringy.

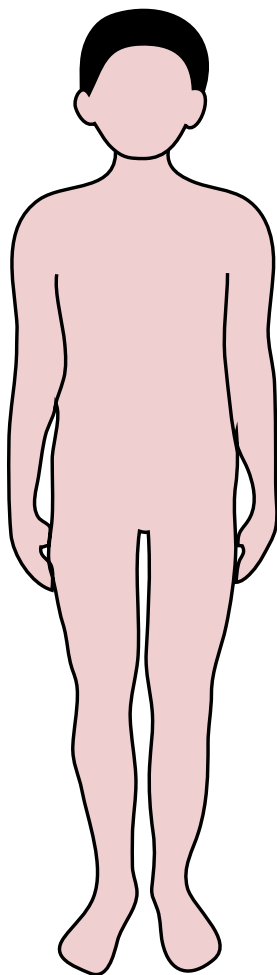
## Period pain

Just before or during a period, some girls might have cramps, bloating, tiredness, or a headache. Sometimes girls won't have any pains.

Things that might help:

- Mild exercise
- Heat packs
- Painkillers or anti-cramping medication
- Talking to a doctor

# PUBERTY CHANGES

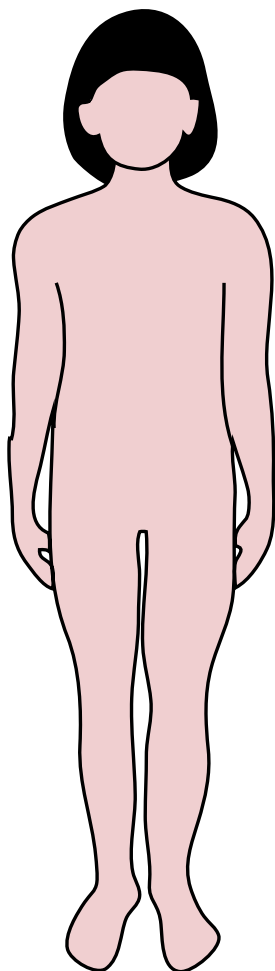


People who are intersex are born with genes, hormones or body parts that are not exclusively 'male' or 'female'. Find out more at [www.oii.org.au](http://www.oii.org.au)

**Draw or label all the puberty changes that will happen to this boy and girl.**

**Explore more body changes at**

**[www.bodytalk.org.au/puberty-explorer](http://www.bodytalk.org.au/puberty-explorer)**





# SOCIAL CHANGES



During puberty, relationships with family and friends can change and new kinds of relationships begin.

## Family

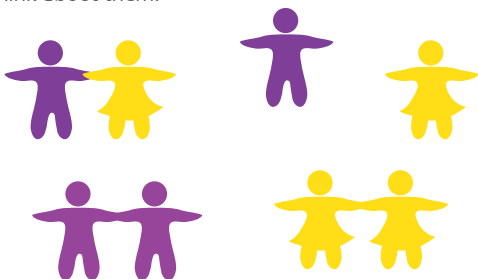
Your relationships with **family** members might change during puberty. You might start to want more independence and privacy. You will be able to make more decisions for yourself and contribute more to how your household runs. This all takes a long time to get used to, so it's important to talk to your family about how you feel and to think about how they feel too.

## Friends

**Friends** are people you can talk to and share your feelings and experiences with. You might sometimes fight or want to spend time apart for a while, but friends are people who make you feel good when you are with them. Your friendships will change during puberty. You might start making new friends as your interests change. You might have a best friend, or a few best friends. It's great to have special people that you are close to, but it is important that friendships don't stop you from making new friends or being yourself. Sometimes you may need to reduce the amount of time you spend with one person and open up your friendship to other people. It's also OK to spend time on your own.

## Attraction

During puberty you might start to be attracted to someone. Attraction is when you like someone as more than a friend or you get sexy feelings when you see or think about them.



You can be attracted to someone from the opposite sex, same sex, both sexes, or you might not be attracted to anyone.

All these forms of attraction are normal and healthy and no-one is allowed to be teased or bullied because of who they are attracted to.

## New relationships

Sometimes you might become attracted to one special person. You might want to spend more time with them and get sexy feelings when you think about them. Sometimes that person will feel the same way, but sometimes they won't. This can be hard to deal with at first, but try to remember that you are a unique person with lots of great qualities.

If two people are attracted to each other, they can decide to have a closer relationship. It's up to you how your relationship works. Both people need to talk about how they feel, the limits of the relationship and what kinds of activities they want to do.

Even though intimate relationships can be very special, a healthy relationship doesn't get in the way of your other relationships with friends and family. If you find that you don't have time for other relationships you might need to think about balancing your time with different relationships.

## Do you want to...?

In any relationship, it's important that both people feel comfortable and only do things that they want to do. That's why if you want to kiss or touch someone, you need to ask whether they want to. This is called getting **consent**.

You could ask things like:

- Are you comfortable?
- Do you want to go further?
- Do you want to stop?

Also let your partner know how you feel, what you like and what you don't like.

Find out more at: **[www.bodytalk.org.au](http://www.bodytalk.org.au)**

## If you don't want to...?

You never have to kiss or touch someone if you don't want to. If someone touches you in a way you don't like you can tell them to stop, even if it's someone you like.

If someone makes you uncomfortable it's important to tell a trusted adult, or call Kids Helpline on **1800 55 1800**.

If you have experienced sexual assault it's important to tell someone. You can call the National Sexual Assault, Domestic Family Violence Counselling Service on **1800 RESPECT**, 24 hours a day.





# FEELINGS CHANGE



Feelings change a lot during puberty. There are many things you can do to help you deal with them.

## What am I feeling?

Feelings are your body responding to something that is happening to you. Sometimes feelings are easy to understand, like 'thirsty' or 'hot'. Sometimes feelings are hard to understand.

Paying attention to your feelings can help you learn to understand them. You can use feelings to help you make decisions, like "Ouch, I'd better not sit so close to the fire", or "That was mean, I don't think I want to be friends with that person".

## Puberty & feelings

During puberty, you might feel happy one minute and sad or angry the next. This is sometimes called **mood swings**. Hormones have something to do with mood swings, but how you respond to them is up to you. As you pay attention to your feelings and learn to understand them you will be able to respond to mood swings better, rather than lashing out at family members or friends.

## Am I normal?

Girls' and boys' bodies change a lot during puberty and everyone ends up looking a bit different. There is no right or wrong when it comes to body shape or appearance. Magazines and other media sometimes give us the idea that looking a certain way is important. But the most important thing is to be healthy and happy.

A healthy **body image** means being comfortable in your own skin and valuing who you are rather than what you look like.

Sometimes the way people feel about their gender (being a 'girl' or a 'boy') doesn't match their body. For more information about transgender contact [www.gendercentre.org.au](http://www.gendercentre.org.au)

## Dealing with breakups

Ending a relationship can be hard to do and everyone reacts differently. You might feel sad, shocked, angry or relieved. These feelings usually soften with time. The important thing is to look after yourself. Try not to blame the other person or do anything to try to get back at them, like rush into a new relationship. It can also help to talk to someone you trust.

## Feeling sad, stressed or anxious

Most people sometimes feel like this, but exactly what people feel and how extreme it is varies. Usually feelings like this pass, but there are things you can do to deal with them too. Check out **[www.reachout.org.au](http://www.reachout.org.au)** for some ideas.

Sometimes no matter what you do these feelings won't go away. This could be a sign that something more is going on. It can help to talk to someone you trust, like a friend, family member or counsellor. You can also go to **[www.eheadspace.org.au](http://www.eheadspace.org.au)** to chat to someone about how you're feeling.



# LET'S GET TECHNOLOGICAL

*So, you're on your device  
and you get a notification.  
"OMG check this out!!"*



*It could be something great, like an invitation to a friend's party, a funny picture, or a link that's just perfect for your assignment. Technology makes all these things really easy.*

*But what if you open it and find a sexual picture that you don't want to see? Maybe it's a private picture of someone you know. Or maybe it's a nasty anonymous message.*

*These kinds of things aren't new, but new technologies mean that they're much easier to access and to spread among heaps of people.*

*So, here are a few things that are good to consider when using technology.*

## Online friends

Technology can help people meet, communicate and strengthen their relationships. However, sometimes people bring the nasty side of their relationships to technology too.

Fights, bullying and breakups that occur through technology can have damaging effects because they are public, embarrassing and difficult to delete or avoid. It's important to consider other people's feelings when using technology, and when in doubt talk to the person directly.

## THINGS YOU CAN DO:

- Check your privacy settings regularly
- Only add or friend people you know and avoid giving out personal details
- Think before you post, send or forward. Do you really want your grandma to see that?
- Treat others how you would like to be treated
- Block and report offensive, abusive or illegal material
- Check out [www.cybersmart.gov.au](http://www.cybersmart.gov.au) for more info.

## Sexting

Sending nude or sexual pictures or video is sometimes called **sexting**. Someone might choose to do this as a way to flirt and the intended receiver usually keeps the image private.

However, in Australia nude or sexual imagery of someone under age 18 is considered child pornography. This means that you could get in some serious legal trouble if:

- You're under 18 and you send a sexual image of yourself
- You receive a sexual image of someone under 18
- You take or pass on a sexual image of someone under 18

So, it's best to think before you sext and never pass on a nude or sexual image.

## Pornography

Sexual images or videos intended to arouse are called **pornography**, or porn. Porn has been around a long time, but new technologies have made it much easier to access. This means that more people than ever have been exposed to porn and at younger ages, even though the legal age to access pornography is 18.

## Porn Vs reality

Some people might think that porn is sexy and fun, but porn doesn't always send positive or accurate messages about bodies, consent and relationships.

Whether or not you like porn, the important thing to remember is that **porn isn't the real world**.

Some people don't like to watch porn or do things that are shown in porn, so always check with your partner before you try something new.

# My PUBERTY PLAN



1. Two places where I can get puberty items (like shaving equipment or pads and tampons) are:

.....

.....

2. A person I know who can answer my questions about puberty is:

.....

3. A website that can give me accurate information about puberty is:

.....

4. I can be prepared for puberty by:

.....

.....

5. I can help my friends through puberty by:

.....

.....

# PUBERTY QUIZ



You can find the answers on the page number indicated.

1. Puberty is when a .....is changing into an .....(p4)
2. .... causes puberty changes (p4)
3. Everyone starts puberty at ..... ages (p5)
4. During puberty, boys begin to produce..... and girls begin to release .....(p8 & 12)
5. Boys can have..... more often during puberty (p11)
6. A boy can clean up semen from a wet dream using ..... or by ..... his clothes (p11)
7. Each girl's ..... and boy's ..... is a different size, shape and colour (p13 & 9)
8. A girl will get her period about once a .....(p15)
9. Girls can use ..... and ..... to soak up their period blood (p16)
10. Your relationships with ..... and ..... may change during puberty (p21)
11. Asking someone whether they want to kiss or touch is called getting .....(p23)
12. You can use ..... to help you make decisions (p24)
13. A healthy body image means valuing ....., rather than ..... (p24)
14. If you feel sad or anxious all the time it can help to talk to a ....., ..... or .....(p25)
15. .... makes things easier to access and spread among many people (p26)

# Family Planning NSW

Family Planning NSW specialises in reproductive and sexual health information and services. Our friendly doctors and nurses can advise you about puberty, periods, contraception, STIs and more. Family Planning NSW has clinics around NSW – check out a Family Planning NSW centre near you: **[www.fpnsw.org.au](http://www.fpnsw.org.au)**

Family Planning NSW also answers questions about reproductive and sexual health over the phone: **Family Planning NSW Talkline 1300 658 886** is open 8:30am to 5pm weekdays or by email via the Family Planning NSW website **[www.fpnsw.org.au](http://www.fpnsw.org.au)**

## Also available in this series are:

- **What Suits Me? Contraception options for girls and guys**
- **Your Best Defence: Keeping an eye on STIs**

**Find out more at: [www.fpnsw.org.au/youngpeople](http://www.fpnsw.org.au/youngpeople)**

## Connect with us

Find us online for news, information, resources and campaigns. We also share videos, photos and Family Planning NSW events.



[/familyplanningnsw](https://www.facebook.com/familyplanningnsw)

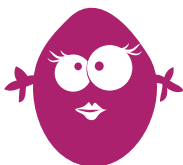
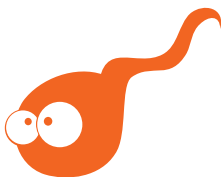
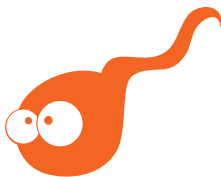
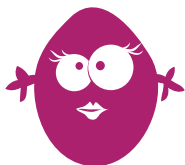
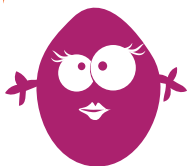
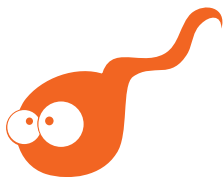


[@familyplanningnsw](https://www.instagram.com/familyplanningnsw)



[@famplanningnsw](https://twitter.com/famplanningnsw)

Our Facebook page isn't able to give you one-on-one consultations. If you need medical advice, please visit one of our clinics or call our Family Planning NSW Talkline 1300 658 886.







## CONTACT US

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Ashfield NSW 2131  
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### **Family Planning NSW, Fairfield**

24-26 Nelson St  
Fairfield NSW 2165  
Phone: (02) 9754 1322

### **Family Planning NSW, Hunter**

384 Hunter Street  
Newcastle NSW 2300  
Phone: (02) 4929 4485

### **Family Planning NSW, Penrith**

13 Reserve Street  
Penrith NSW 2750  
Phone: (02) 4749 0500

### **Family Planning NSW Talkline:**

1300 658 886 or [fpnsw.org.au/talkline](http://fpnsw.org.au/talkline)

### **Family Planning NSW Bookshop:**

(02) 8752 4307 or [bookshop@fpnsw.org.au](mailto:bookshop@fpnsw.org.au)

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family  
planning nsw  
Reproductive & Sexual Health

Have you been wondering how to deal with those '**tricky conversations**' as your kids become curious about their bodies, relationships and sex?



## Talk Soon. **Talk Often.** Talk NOW.

will give you tips and confidence to talk easily with your kids about relationships, bodies and growing up safely.



This **FREE** three hour workshop will be a fun chance to learn together - it is not a lecture. All participants will receive a free copy of the recently launched book:

### Talk soon. **Talk often.**

A guide for parents talking to their kids about sex.



### Kingswood Park Public School

Saturday 4th June from 10am - 1pm

RSVP to your school office using the attached form. Coffee, tea & light refreshments provided.

# Talk soon. Talk often.

## Talk NOW



## Talking to your kids about sex

Location:

Bronwyn Leece - **Nepean Blue Mountains Local Health District**

Sonya Parker - **Family Planning NSW**

Alice Fazio - **Family Planning NSW**



**Health**  
Nepean Blue Mountains  
Local Health District

# Introductions



# Background research

La Trobe Research in 2008 (for TsTo development), parents wanted:

- A good quality resource that would last
- Clear, age-appropriate messages and information that support them to develop as sexually healthy young adults.
- Info on sex, puberty, sexuality, decision making, respectful relationships, values

The World Health Organisation (WHO) stated that sexuality is an integral part of the personality of everyone - man, woman and child.

Sexuality is a basic need and aspect of being human that cannot be separated from other aspects of life.

It influences our thoughts, feelings, actions and interactions and, therefore, our mental and physical health.



# why this workshop?



# Talk soon. Talk often.

A guide for parents talking to their kids about sex.



# ME MYSELF AND I



puberty information  
for everybody



# Sexuality is...

Its important that we see sexuality as an integral part of ourselves, something that develops through our lifetime, a valuable source of personal enrichment, not a problem or a threat.

- ❖ is a central aspect of being human throughout life
- ❖ experienced and expressed in thoughts, fantasies, desires, beliefs, attitudes, values, behaviours, practices, roles & relationships
- ❖ is influenced by the interaction of biological, psychological, social, economic, political, cultural, legal, historical, religious & spiritual factors
- ❖ encompasses sex, gender identities and roles, sexual orientation, eroticism, pleasure, intimacy & reproduction
- ❖ can include all of these dimensions, not all of them are always experienced or expressed

(WHO, 2006a)

# **‘the talk’**



**When do  
we start talking?**

# Sex positive messages



– Kids asking challenging questions –Video

- [https://www.youtube.com/watch?v=LiH0\\_2Xwzzg](https://www.youtube.com/watch?v=LiH0_2Xwzzg)

# Talk soon. Talk often.

A guide for parents talking to their kids about sex.



# ME MYSELF AND I



puberty information  
for everybody

# Wrap up

What activity helped you most?

Name one thing you are taking away with.

Name a resource that has been helpful to you.

# **so remember .....**

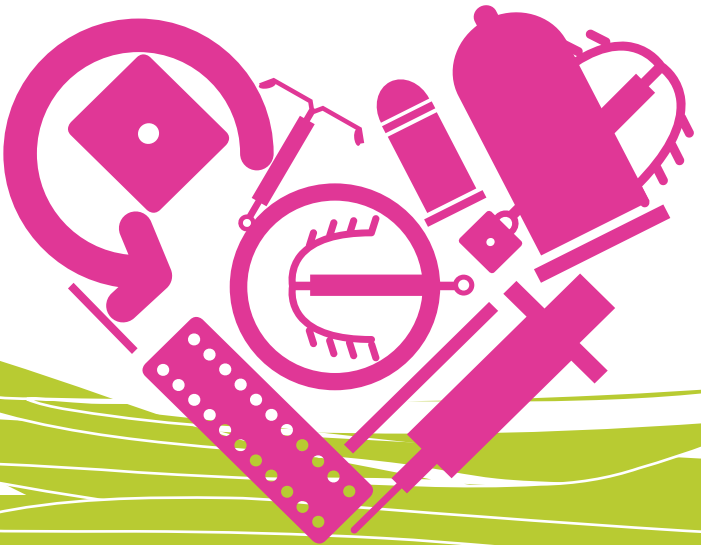
talk soon, talk often ...& talk now  
it's never too early or late to start

*Talking a little and often  
makes a positive difference to  
your child's sexual health.*

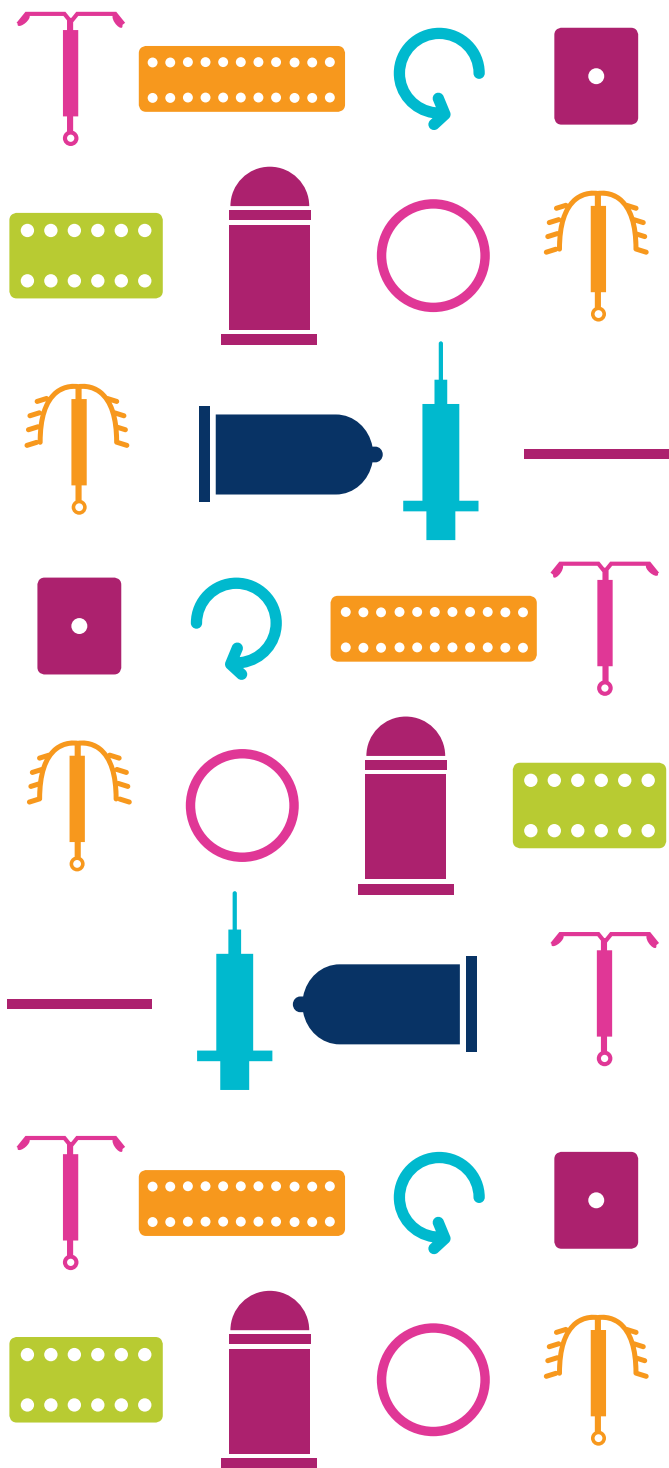














# what suits me?



Contraception options  
for girls and guys



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# let's talk about it

## Sex and Contraception

Contraception stops a sperm from fertilising an egg, so people can have sexual intercourse (penis in vagina) while preventing an unintended pregnancy.

Every month a woman's ovary produces an egg. When a man ejaculates (cums), his semen contains millions of sperm. It takes only one of these sperm to fertilise an egg to begin a pregnancy.

Contraception is used to prevent unintended pregnancy

## What Suits You?

There are lots of different types of contraception, but no method is ever 100% effective. Methods which don't mean you have to remember to do something on a regular basis, such as an implant or IUD, are more effective than pills or condoms which can easily be forgotten or not used properly. Not all contraceptive methods work the same way and most have benefits and some downsides. That's why it's important to consider all the types available and pick one that best suits you and your partner's health and lifestyle needs.

This booklet is full of information to help you figure out which contraceptive option suits you.

## Healthy Relationships

Talking with your sexual partner about sex and contraception is a good idea.

Sex may seem difficult to discuss at times, but being able to talk openly and honestly about it with your sexual partner is a positive step towards a healthy relationship.

Depending on your situation, your choice of contraception may be something you decide on your own or together with your partner. In any case, it's important that both girls and guys take responsibility for contraception each time they have sex.

## Double Up: safe sex and contraception

Using a condom with another type of contraception is the best way to stop an unintended pregnancy and sexually transmissible infections (STIs).

STIs are infections passed from one person to another through sexual contact and condoms are the best protection against them. This means that even if you're using another form of contraception, it's still important to practise 'safe sex'. Safe sex means using a condom every time you have sex.

Double-up condoms with another form of contraception to prevent STIs and pregnancy



To turn-up the pleasure, you may like to use a water-based lubricant (lube) to make things extra smooth. Using lube with condoms may also help stop condoms from breaking when used for anal sex.

## Easy Access

You can access health services, including contraception through your doctor or at a Family Planning NSW clinic. It's a good idea to take your Medicare card with you if you have one. Did you know that a young person can apply for their own Medicare card at 15 years of age?

For more information go to:

**[www.medicareaustralia.gov.au](http://www.medicareaustralia.gov.au)**

or call Talkline on 1300 658 886.

## Private Information

All medical services are private and confidential. Parents and guardians can't access your health information without your permission, except in extreme situations; for instance, if you are at significant risk of harm or may harm others.



# the male condom

The male condom is a thin latex rubber or polyurethane covering which is rolled onto an erect (hard) penis.

## How does it work?

Worn on the penis during sex, the male condom provides a barrier which collects semen (fluid that contains sperm) and stops the transfer of fluids to a partner.

## How well does it work?

Condoms are 98% effective when used perfectly, but in real life they can be less effective (82%) because condoms can break and are not always used correctly.

Condoms are the best protection against STIs but are less effective than some other types of contraception.

Condoms work best when used for every act of sex as long as you:

- use a new one every time
- take care to put it on and take it off correctly



**Condoms are the only form of contraception that also protect against STIs.**

### What are the benefits?

- Condoms are the only form of contraception which also reduce the risk of STIs.
- Condoms are effective if used properly every time you have intercourse. But they are not as effective as methods such as the implant or the Pill.
- They can be used at the same time as another type of contraception such as the implant or the Pill, although male condoms shouldn't be used at the same time as female condoms.
- They're cheap, small and easy to carry.
- You don't have to see a doctor to get them.

### What are the downsides?

- You need to use a new condom each time you have sex.
- Most condoms are made from latex rubber which is perishable. This means that they can break if they aren't stored correctly. Always keep condoms in a cool place and check the use-by date.
- Oil-based lube can cause latex condoms to break so only use water-based lube.

### Are there side effects?

There are no side-effects, although some people can be allergic to the latex rubber or the lube. This isn't common, but if you or your partner have a reaction, try using a non-latex condom made from polyurethane (a type of soft plastic).

### Can anyone use the male condom?

Anyone can choose to use condoms.

### Where do you get it?

Male condoms are sold in lots of places such as chemists, supermarkets, petrol stations, online and some public bathrooms.

Condoms are free at all Family Planning NSW clinics  
[www.fpnsw.org.au/ccc](http://www.fpnsw.org.au/ccc)



# the female condom

The female condom is like a large, loose-fitting male condom made of pre-lubricated polyurethane (a type of soft plastic), which is worn inside a woman's vagina.

It has a flexible ring at each end to hold it in place when it is inserted into the vagina.

## How does it work?

Female condoms provide a barrier which collects the semen (fluid that contains sperm) and stops the transfer of fluids to a partner.

## How well does it work?

Female condoms are 95% effective when used perfectly, but in real life they can be less effective (80%) because condoms can break and are not always used correctly.

Condoms are the best protection against STIs but are less effective than some other types of contraception.

## What are the benefits?

- Condoms are the only form of contraception which help protect against STIs.
- Female condoms can be used at the same time as other effective types of contraception such as the implant or the Pill, although they shouldn't be used at the same time as male condoms.
- Female condom use is controlled by the woman, whereas men often control the use of male condoms.
- There is no need to see a doctor to get them.

**The female condom is another choice for STI protection**



### What are the downsides?

- You need to use a new female condom each time you have sex
- Some people find they make a slight rustling sound during sex
- Female condoms are more expensive and not as effective as male condoms
- Female condoms can be hard to find in Australia

### Are there side effects?

There are no side-effects and it's very rare that someone is allergic to polyurethane or the lubricant.

### Can anyone use a female condom?

Anyone can choose to use female condoms.

### Where do you get it

Female condoms can be difficult to find but are stocked at Family Planning NSW clinics, some chemists and can be ordered online via the Family Planning NSW website.



# the combined oral contraceptive pill

The Pill is taken once a day and contains two hormones called oestrogen and progestogen.

There are a variety of combined Pills available in Australia and packs generally contain hormone pills and sugar pills. You have a monthly bleed (like a period) when you take the sugar pills. You may need to try a few different Pills before you find the one that suits you best.

## How does it work?

- Stops ovaries from releasing an egg.
- Thickens the mucus at the entrance to the womb (cervix) to stop sperm from moving into the uterus.
- Thins the lining of the uterus to stop a fertilised egg implanting.

## How well does it work?

The Pill is 99.7% effective if it is taken perfectly, but in real life it can be less effective (91%) because pills can be forgotten or missed.

## What are the benefits?

- Periods usually become lighter, more regular and less painful.
- Some women use the Pill to skip their periods altogether
- Acne often improves.
- Symptoms of premenstrual syndrome (PMS), such as mood changes before a period, may improve or go completely.
- Some Pills are cheaper than others.



## What are the downsides?

- The Pill does not protect against STIs but can be used at the same time as condoms
- You must remember to take the Pill every day. If you have difficulty remembering, you may prefer a long acting reversible contraceptive such as the contraceptive implant
- The Pill will not work properly if you:
  - are taking certain other medications at the same time (ask your doctor)
  - forget to take it
  - get vomiting or severe diarrhoea

If any of these things happen and you have sex, the Pill may not work properly. You may want to use Emergency Contraception (page 24). Another form of contraception, like condoms, should also be used until you've been taking the Pill correctly again for seven days.

## Are there side effects?

Most women have very few side effects. Those who do experience them often find they settle down within the first few months. You may experience:

- tender breasts
- headaches
- feeling sick (nausea)
- bloating
- mood changes
- irregular spotting (breakthrough bleeding)

**Double-up condoms with the Pill for protection against STIs and unintended pregnancy**

## Can anyone use the Pill?

Serious health problems with the Pill are rare in all women, especially young women, but you can't take the Pill if you have:

- a history of blood clots in the leg or lungs
- some health problems such as certain types of migraines, heart disease and severe liver conditions – talk to your doctor about any medical conditions you may have

## Where do you get it?

The Pill is available with a prescription from a doctor or Family Planning NSW clinic.

# progestogen-only pill (POP or minipill)

As the name suggests, the Progestogen-Only Pill (POP), contains just one hormone, progestogen.

There are 28 pills in a pack with each pill containing the same dose. The POP is taken at the same time every day without a break.

## How does it work?

- Thickens the mucus at the entrance to the womb (cervix) to stop sperm from moving into the uterus
- Thins the lining of the uterus to stop a fertilised egg implanting
- Sometimes stops the ovaries from releasing an egg

## How well does it work?

The POP has to be taken at the same time every day for it to work. It is more than 99% effective if taken perfectly, but in real life it can be less effective (91%) because pills can be forgotten or missed.

## What are the benefits?

- Periods usually become lighter and sometimes stop altogether
- Safe to use if you're breastfeeding or you can't take oestrogen



## What are the downsides?

- The POP does not protect against STIs but can be used at the same time as condoms.
- It is usually less effective than the Pill.
- If you find it hard to remember to take the POP at the same time everyday, you could try a long acting reversible contraceptive like the contraceptive implant.
- Regular period patterns can change and you may get unpredictable or irregular bleeding (talk to your doctor about this).
- The POP won't work properly if you:
  - take it more than three hours late
  - have vomiting or severe diarrhoea
  - are taking certain other medications at the same time

If any of these things happen and you have sex, you may want to use Emergency Contraception (page 24). Another form of contraception, like condoms, should also be used until you've been taking the POP correctly again for three days.

## Are there side effects?

Most women have very few side effects because the POP has a low dose of hormones. You may still experience:

- tender breasts
- headaches
- mood changes
- irregular spotting (breakthrough bleeding)

## Can anyone use the POP?

You can't take the POP if you have:

- severe liver problems
- some other medical conditions – talk to your doctor about any medical conditions you may have

## Where do you get it?

The POP is available with a prescription from your doctor or a Family Planning NSW clinic.

**The POP will not work if you take it more than three hours late.**

# ○ vaginal ring

(the ring, NuvaRing®)

The vaginal ring is a soft plastic ring about 5cm in diameter. It contains two hormones (oestrogen and progestogen), similar to those in the combined oral contraceptive pill.

You place a ring in your vagina and it stays there for three weeks. You then take it out for one week and during this ring-free week you have a monthly bleed (like a period). After the fourth week, you insert a new ring and begin the cycle again.

## How does it work?

- Stops the ovaries from releasing an egg
- Thickens the mucus at the entrance to the womb (cervix) to stop sperm from moving into the uterus
- Thins the lining of the uterus to stop a fertilised egg implanting

The vaginal ring works in a similar way to the combined contraceptive pill. The difference is the way the hormones in the ring are absorbed slowly through the walls of the vagina into the bloodstream.

## How well does it work?

The vaginal ring is 99% effective when used perfectly, but in real life it can be less effective (91%) if inserted late or used incorrectly.

## What are the benefits?

- A good option if you have trouble remembering to take a pill every day.
- It does not need to be 'fitted' and the same size suits everyone.
- It is not affected by vomiting or diarrhoea because the hormones are absorbed directly into the bloodstream.
- Periods usually become lighter, more regular and less painful.
- Acne often improves.
- Symptoms of premenstrual syndrome (PMS), such as mood changes before a period, often improve or go completely.

### What are the downsides?

- The vaginal ring does not protect against STIs but can be used at the same time as condoms.
- You must remember to remove the ring after three weeks and insert a new one a week later. You can sign up for a free SMS reminder.
- The ring is more expensive than some other forms of contraception.
- Some women don't feel comfortable inserting the ring into their vagina.

### Are there side effects?

Most women have very few side effects and those who do get them often find they settle down within the first few months. You may experience:

- tender breasts
- headaches
- feeling sick (nausea)
- bloating
- mood changes



### Can anyone use the ring?

Serious health problems with the vaginal ring are rare in all women, especially young women but you can't use the vaginal ring if you have:

- a history of blood clots deep in the leg or lungs
- some health problems such as certain types of migraines, heart disease and severe liver conditions - talk to your doctor about any medical conditions you may have

### Where do you get it?

The vaginal ring is available with a prescription from your doctor or Family Planning NSW clinic.

# —Contraceptive Implant (the rod, Implanon®)

The contraceptive implant is a small plastic rod which is inserted underneath the skin on the inside of the upper arm. It can stay there for up to three years to slowly release the hormone progestogen.

## How does it work?

- Stops the ovaries from releasing an egg each month.
- Thickens the mucus at the entrance to the womb (cervix) to stop sperm from moving into the uterus.
- Thins the lining of the uterus to stop a fertilised egg from implanting.

## How well does it work?

The implant is 99.9% effective.

## What are the benefits?

- You don't have to remember to take a pill every day
- The implant is immediately effective if inserted during the first five days of your period.
- It's not obvious that you have an implant.
- It lasts for three years but if it doesn't suit, you can have it removed.
- It's safe to use if you're breastfeeding or if you can't take oestrogen.
- Fertility returns as soon as it's taken out.
- An inexpensive form of contraception in the long term if you have a Medicare card.

**The implant can prevent unintended pregnancy for up to 3 years and can be removed at any time.**



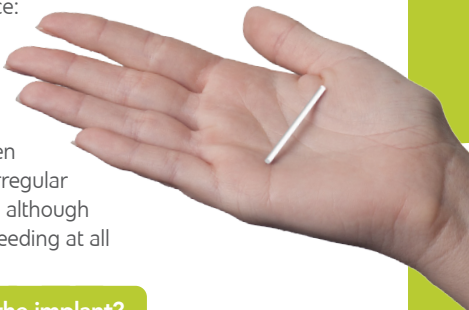
### What are the downsides?

- The contraceptive implant does not protect against STIs but can be used at the same time as condoms.
- Regular period patterns will change and you can get unpredictable or irregular bleeding (talk to your doctor about this).
- The implant can only be inserted or removed by a trained professional in a minor surgical procedure.
- Insertion and removal can cause bruising and some soreness.
- It may leave a very small scar.

### Are there side effects?

You may experience:

- tender breasts
- headaches
- mood changes
- one in five women can experience irregular vaginal bleeding, although some have no bleeding at all



### Can anyone use the implant?

Serious health problems are very rare with the implant. You can't use it if you are taking some kinds of medicine - talk to your doctor about what you're taking.

### Where do you get it?

The implant must be inserted by a specially trained doctor or nurse. Many doctors have this training - or visit a Family Planning NSW clinic.

**The implant provides very effective contraception for up to 3 years.**



# Contraceptive

## Injection DMPA (depot medroxyprogesterone acetate, Depo Provera<sup>®</sup> or Depo Ralovera<sup>®</sup>)

DMPA is a long-acting hormone which is injected every 12 weeks into the buttock or upper arm.

After a few injections, monthly bleeding may stop altogether. This isn't harmful.

### How does it work?

- Stops the ovaries from releasing an egg each month.
- Thickens the mucus at the entrance to the womb (cervix) to stop sperm from moving into the uterus.
- Thins the lining of the uterus to stop a fertilised egg from implanting.

### How well does it work?

DMPA is 99.8% effective, but in real life it can be less effective (94%) if you're late for an injection.

### What are the benefits?

- You don't have to remember to take a pill every day
- Safe to use if you're breastfeeding or you can't take oestrogen
- Can be useful if you don't want to have periods



### What are the downsides?

- DMPA does not protect against STIs but can be used at the same time as condoms.
- You need to remember to get the injection every 12 weeks.
- It is not immediately reversible. This means that any side-effects can take some time to wear off.
- It can take some months for periods and fertility to return to normal.

### Are there side effects?

Serious problems are rare with the contraceptive injection. You may experience:

- irregular bleeding, although this usually gets better with time and most women end up with no periods at all after having the injections for a year
- possible weight gain
- headaches
- tender breasts
- acne
- loss of bone density

### Can anyone use DMPA?

DMPA is not usually recommended:

- as a first choice if you are under 18 years of age - this is because it may affect the density of your bones
- if you want to get pregnant within the next 12 to 18 months since it is not immediately reversible

### Where do you get it?

The DMPA injection is available from your doctor or Family Planning NSW clinic.

**The injection provides 12 weeks of contraception and no one has to know you've had the shot**



# Hormonal IUD

(intrauterine device, Mirena®)

The hormonal IUD is a small 'T' shaped plastic device. It's placed inside the uterus by a specially trained doctor or nurse to release small amounts of the hormone progesterone for up to five years.

## How does it work?

- Thickens the mucus at the entrance to the womb (cervix) to stop sperm from moving into the uterus
- Thins the lining of the uterus to stop a fertilised egg implanting
- Sometimes stops the ovaries from releasing an egg

## How well does it work?

The hormonal IUD is 99% effective.

## What are the benefits?

- You don't have to remember to take a pill every day
- Periods usually become lighter and sometimes stop altogether
- Starts working right away if it's put in during the first seven days of your period
- Fertility returns as soon as it's taken out
- Safe to use if you're breastfeeding or can't take oestrogen
- An inexpensive form of contraception in the long term if you have a Medicare card



### What are the downsides?

- Hormonal IUDs don't protect against STIs but you can use condoms at the same time
- You may experience some irregular vaginal bleeding in the first few months
- Putting the IUD into the uterus can be a bit painful, especially if you haven't had children yet
- There is a small chance of infection in the first three weeks after its inserted which could lead to pelvic inflammatory disease (PID) - PID may rarely affect fertility later on

### Are there side effects?

Serious problems are rare with the hormonal IUD.

You may experience:

- cramping when it's put in
- an increase in vaginal discharge

Other side effects are rare because of the low dose of hormones, but you may notice similar side effects to the progestogen-only pill (POP).

### Can anyone use a hormonal IUD?

Most women can use a hormonal IUD but they are not usually the first contraceptive choice for young women who haven't been pregnant.

### Where do you get it?

A hormonal IUD must be inserted and removed by a trained doctor or nurse. This can be done at a Family Planning clinic, by some doctors or a gynaecologist.

**The hormonal IUD prevents unintended pregnancy for up to 5 years.**



# Copper IUD

(intrauterine device)

The Copper IUD is a small plastic and copper device. It's placed inside the uterus by a specially trained doctor or nurse and stays there for 5 or 10 years depending on the type.

## How does it work?

- Affects sperm movement and survival so they can't move through the uterus to reach and fertilise an egg
- Stops a fertilised egg from implanting in the womb

## How well does it work?

The Copper IUD is 99% effective.

## What are the benefits?

- You don't have to remember to take a pill every day
- It starts working right away
- Fertility returns as soon as it's taken out
- Doesn't contain any hormones
- Safe to use if you're breastfeeding or can't use hormonal methods of contraception

**IUDs can be used by most women including young women**

### What are the downsides?

- Copper IUDs don't protect against STIs but you can use condoms at the same time
- Putting the IUD into the uterus can be a bit painful, especially if you haven't had children yet
- There's a small chance of infection in the first three weeks after its inserted which could lead to pelvic inflammatory disease (PID) - PID may rarely affect fertility later on
- Periods could be heavier, last longer and be more painful than before

### Are there side effects?

Serious health problems are rare with the copper IUD.

You may experience:

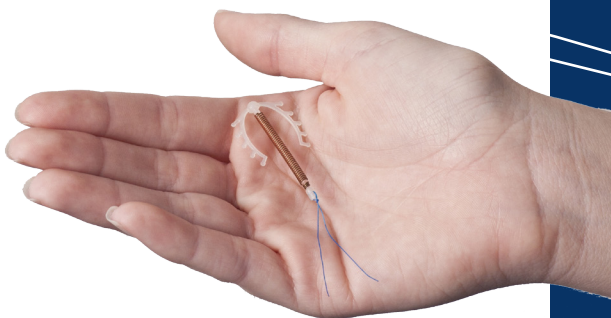
- cramping when it's put in
- heavier periods which last longer
- an increase in vaginal discharge

### Can anyone use a Copper IUD?

They are not usually the first contraceptive choice for young women who haven't been pregnant.

### Where do you get it?

A Copper IUD must be inserted and removed by a trained doctor or nurse. This can be done at a Family Planning clinic, by some doctors or by a gynaecologist.



# Emergency Contraceptive Pill (ECP)

The ECP is taken after unprotected sex to prevent an unintended pregnancy. It is a single dose of the hormone called levonorgestrel.

Some examples of when you may use the ECP include:

- you have had sex without using contraception
- the condom breaks
- you forget to take the contraceptive pill at the recommended time
- you are taking the contraceptive pill, but have vomiting or severe diarrhoea
- you are late for a contraceptive injection
- you are a victim of sexual assault

## How does it work?

It stops or delays the release of an egg from the ovaries.

## How well does it work?

The ECP prevents up to 85% of unexpected pregnancies. It is effective up to four days after unprotected sex, but the sooner you take it the better. You may need to have a follow-up pregnancy test in a few weeks to make sure you are not pregnant. It's best to discuss this with your doctor or the pharmacist.

## What are the benefits?

- The ECP is very safe and can be used more than once in a month if necessary.
- It is available at the chemist without a prescription. You don't have to see a doctor to get the ECP.
- It won't cause an abortion if you're already pregnant.



### What are the downsides?

- The ECP does not protect against STIs
- It won't protect against pregnancy if you have unprotected sex again in the same menstrual cycle. You should use condoms until you're protected fully by another regular method of contraception

### Are there side effects?

Side effects are very rare. It does not affect your future fertility. You may experience:

- slight bleeding
- an early or late period. If your period is late you should have a pregnancy test

### Can anyone use Emergency Contraception?

The ECP is very safe. If you're taking some medications, for example, some epilepsy medications, you may need to take a double dose. Talk to a pharmacist about this.

### Where do you get it?

ECP can be bought at a pharmacy without a doctor's prescription. It's also available from Family Planning NSW clinics.



**Buy the Emergency Contraceptive Pill without a prescription at your local pharmacy.**

# Other Methods

## Sterilisation

Both men and women can have procedures to make them permanently unable to have children. Sterilisation is not used as a method of contraception for young people except in very special circumstances.

Sterilisation is more than 99.5% effective depending on the method used.

There are a few types of sterilisation procedures women can have and they all involve blocking the fallopian tubes so that sperm cannot travel up to meet the egg and start a pregnancy.

Male sterilisation is called vasectomy - it blocks sperm from getting into the ejaculate (cum).

## Fertility Awareness Methods

These methods of contraception rely on not having sexual intercourse at times of the month when the woman is most fertile.

This method uses cycle dates and/or signs from a woman's body to tell when to avoid having sex, such as mucus changes, cervix changes and temperature rises.

Things to consider:

- Fertility awareness methods do not protect against STIs.
- There are many days when you need to avoid sexual intercourse or use a barrier method like a condom.
- These methods are not as effective as other forms of contraception.
- You must monitor your cycle and if your periods are not regular, these methods can be tricky to use.
- These methods require cooperation and education of both partners. It takes a lot of practice to use them well.

## Withdrawal

Withdrawal is when a man removes (withdraws/ pulls out) his penis from a woman's vagina before he ejaculates. It is not recommended as a regular method of contraception because it is less effective than other methods.

Things to consider:

- Withdrawal does not protect against STIs
- It is less effective than other forms of contraception because:
  - there may be some sperm in the fluid that comes out of his penis before he ejaculates (pre-ejaculate)
  - he might forget to withdraw his penis or not be quick enough
  - if he ejaculates at the entrance to the vagina some sperm may still get inside and result in a pregnancy

## Diaphragm

The diaphragm is a small, round silicone cap worn inside the vagina to cover the cervix (the entrance to the cervix). When a man ejaculates during vaginal sex, the diaphragm provides a barrier to stop the sperm entering the uterus. After sex, the diaphragm must be left in place for at least six hours.

For a diaphragm to work it needs to fit properly, be put in correctly and be used every time you have sex.

The diaphragm is not generally recommended for young women because it is less effective than other methods.

# Family Planning NSW

Family Planning NSW specialises in sexual health information and services for girls and guys. Our friendly doctors and nurses have up-to-date information on STIs. They can advise you about methods to help prevent contracting STIs, and of the best treatment options if you do have an infection.

Family Planning NSW has clinics around NSW – check out a Family Planning NSW centre near you:

**[www.fpnsw.org.au](http://www.fpnsw.org.au)**

## **Also available in this series are:**

- **Your Best Defence: Keeping an eye on STIs**
- **Me, Myself and I: Puberty information for every body**

**Find out more at: [www.fpnsw.org.au/youngpeople](http://www.fpnsw.org.au/youngpeople)**

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Find us online for news, information, resources and campaigns. We also share videos, photos and Family Planning NSW events.



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just  
ask<sub>us</sub>

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Family Planning NSW Talkline

fertility

pregnancy  
options

contraception

sexually  
transmissible  
infections (STIs)

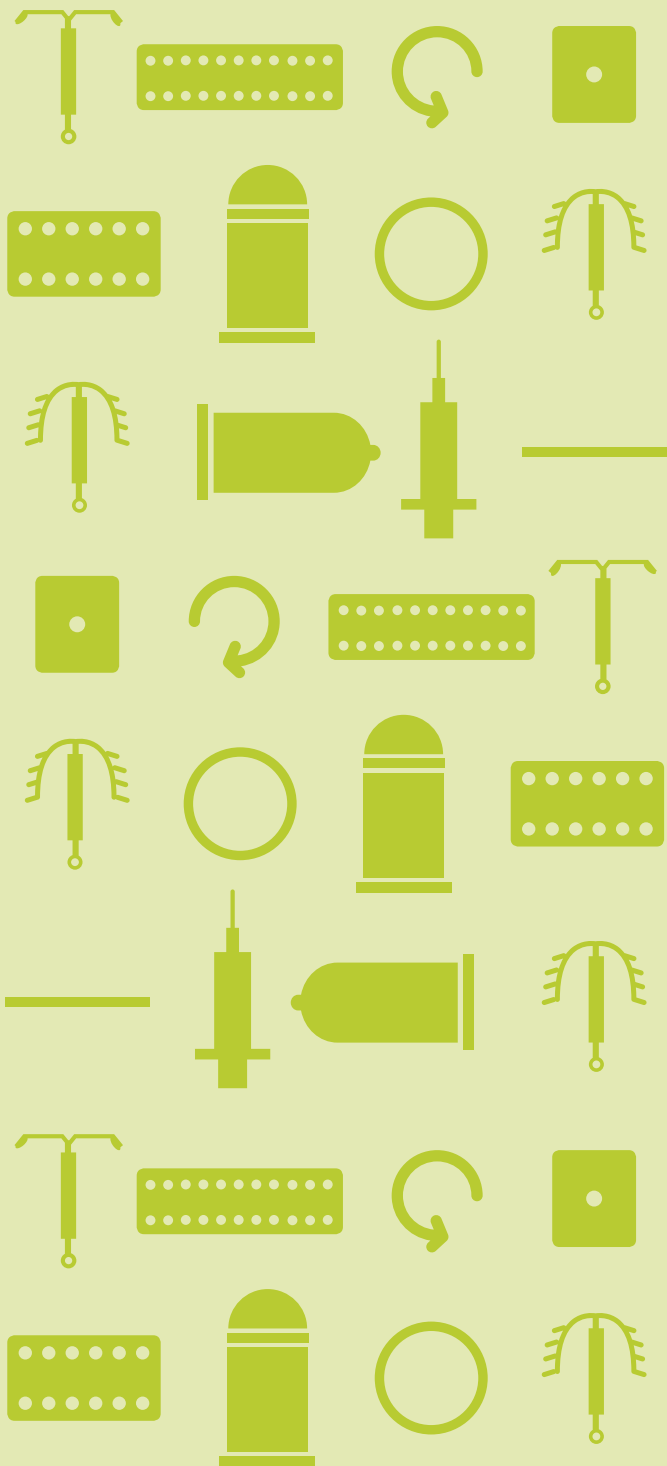
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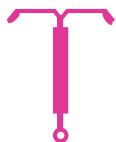
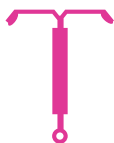
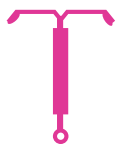
men's sexual  
health

puberty

menopause

Family Planning NSW also answers questions about reproductive and sexual health over the phone: **Family Planning NSW Talkline** 1300 658 886 open 8:30am to 5pm weekdays or by email via the Family Planning NSW website [www.fpnsw.org.au/talkline](http://www.fpnsw.org.au/talkline)







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