

# Sex and sexually transmitted infections (STI)

Here we give you a straight-forward breakdown of what to expect when it comes to sex, as well as advice on how to avoid sexually transmitted infections (STIs) including HIV.

Remember, if you're thinking about having sex, it is important that you feel ready. Whether it's your first time or not, sex should be something that you enjoy and do safely.

[young-man-smiling-puberty.jpg](#) [sexuality-couple-holding-hands.jpg](#) [Young people hands up.jpg](#)



Puberty information for boys and girls

Find out what to expect during puberty like new feelings or body changes.



Sexuality: am I gay, lesbian or bisexual?

Sexuality can be exciting and confusing but you're not the only one working it out.



Am I ready for sex?

Advice about how to decide when you're ready to have sex for the first time.

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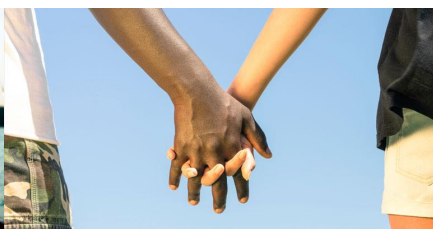
[Young couple kissing.jpg](#)



Age of consent for sexual intercourse

The legal age to have sex is there to protect you. Do you know what it is in your country?

[Couple holding hands.jpg](#)



Healthy relationships

All relationships should be based on respect, honesty, trust and communication.

[How-to-have-sex-pod.jpg](#)



How to have sex

There's no right or wrong way to have sex. But it is important

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to know how to do it safely.

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### Safer sex

Tips on how to have safer more enjoyable sex and protect yourself from HIV and other STIs.

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### Sexually transmitted infections (STI)

Straightforward information about how to prevent, recognise, test and treat STIs.

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### First time sex stories

Everyone has a first time - hear from other people about their sexual experiences.

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### Sex & STIs personal stories

Read personal stories from people around the world about sex and STIs.

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