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.

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.

Sexual consent
What’s sexual consent? How do I get it? How do I give it? And how does it work ‘in the moment’?

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

How to have sex
There’s no right or wrong way to have sex. But it is important to know how to do it safely.
Safer sex

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

Sexually transmitted infections (STI)

Learn about the different types of STIs and how to prevent, recognise, test and treat them.

First time sex stories

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

Sex & STIs personal stories

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

Photos are used for illustrative purposes. They do not imply any health status or behaviour on the part of the people in the photo.