



THE
STOP.
CAMPAIGN

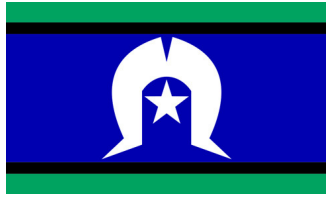
Safer sexual activities



Easy Read

Book 1

Acknowledgement of Country



The STOP Campaign acknowledges Aboriginal and Torres Strait Islander Peoples as the First Peoples of Australia.

We acknowledge the cultural and spiritual connections First Peoples have with the

- land
- waters and
- sea.

In the Australian Capital Territory (ACT), these people are called the Ngunnawal and Ngambri peoples.

We thank them for all that they do and teach us.

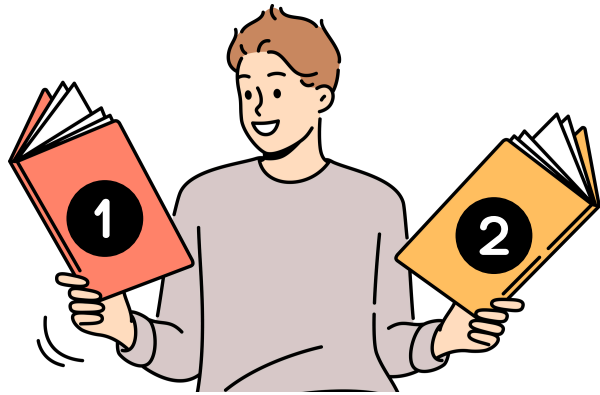
We pay our respects to their leaders of the past, current and future.

Australia always was and always will be Aboriginal land.

Contents of this book

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About this book



This is book 1 in a series of 2 books.

This book uses some hard words.

When we use a hard word for the first time it will be **bold** and **red**.

We will tell you what the word means.

All the hard words are in a dictionary on page 40 of this book.

The book uses the real names and some drawings of body parts. Some of the images are of **private body parts** and sexual topics.

The images on the left-hand pages tell you what the words on the right-hand pages mean.

This is a long book.

You can read this book a little bit at a time or all in one go.

It is up to you.

You can read this book by yourself or with someone else.

Sometimes we all learn new things and information in books might change.

We wrote this book in 2024 and all the information in the book is true at this time.

Content warning



Content warning

We want to give you a **content warning**.

A content warning is when you are told that something has information or images about a topic that can be distressing.

A content warning is sometimes called a trigger warning.

This book talks about sex and **sexual activities**.

You can stop reading this book at any time.

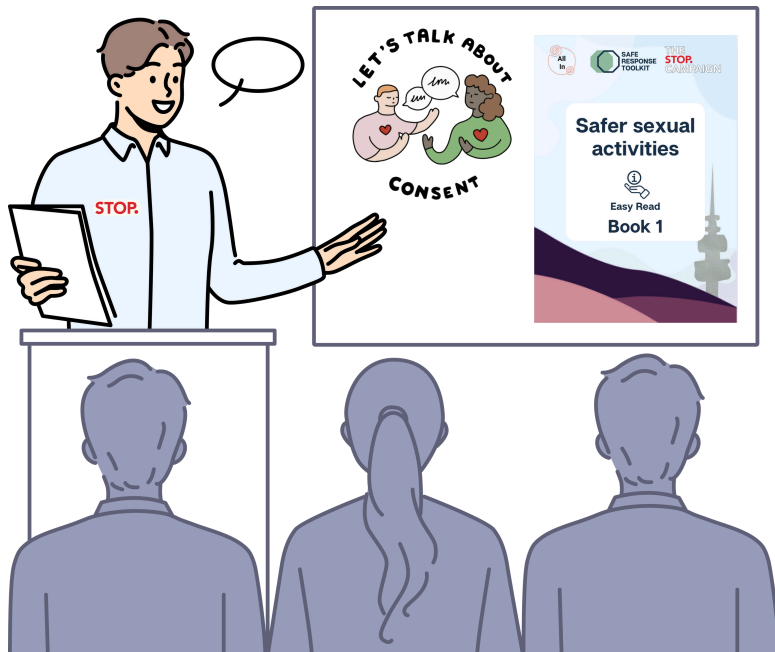
You can ask a **trusted person** for help if you need it.

A trusted person is an adult that

- you know well
- you like and
- helps you.

Trusted people are those you have chosen and you have agreed to have **private talks** together.

The STOP Campaign



The STOP Campaign

The STOP Campaign is a group of young people and university students.

We teach people about healthy relationships and **consent**.

We will tell you about consent on page 20.

The STOP Campaign's goal is to end **sexual violence**.

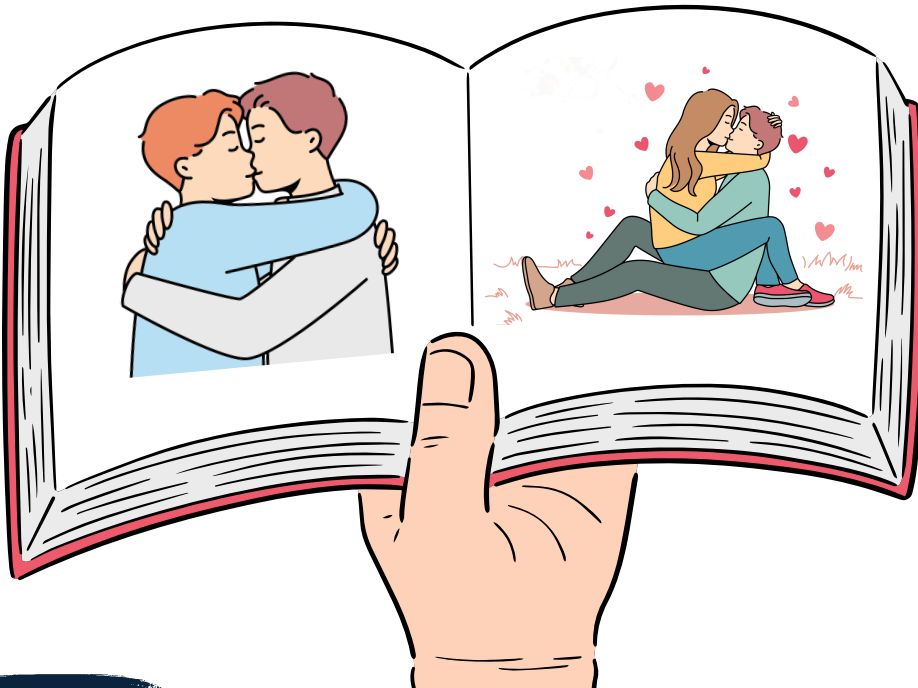
Sexual violence is any sexual activity that is not wanted.

It can happen in person or online.

Sexual violence can be when someone does not want to do sexual activity but another person

- has sexual activity with them
- tries to have sexual activity with them
- tries to change their mind about having sexual activity with them
- says sexual comments that make the person feel uncomfortable or unsafe.

The Safe Response Toolkit



The Safe Response Toolkit

The Safe Response Toolkit is a book about

- your **rights**
- sexual violence
- sexual consent
- how to help someone who has experienced sexual violence and
- where to get help.

You can read this book on the Safe Response Toolkit website. You can access the website at <https://saferesponsetoolkit.com.au>.

This book has information from the Safe Response Toolkit.

This is book 1 in a series of 2 books.

This book is about safer sexual activity.

The second book talks about what to do if someone tells you about sexual violence.

Your rights



Your rights

You have a lot of rights.

Rights are like rules about what a person is allowed to

- be
- do
- have or
- experience.

They are things the law says you are entitled to as a human being.

All people have rights.

There are many different types of rights.

You have the right to

- have safe sexual activities if you want to and
- be free from sexual violence.

The right to have safe sexual activities is sometimes called sexual rights.

Sexual activities



Sexual activities

Sexual activity can be lots of different things.

It can mean any kind of sexual touch with any private body part.

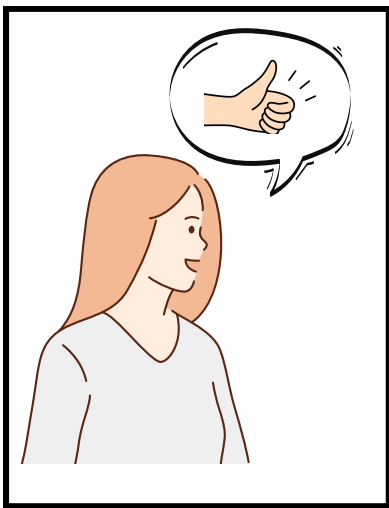
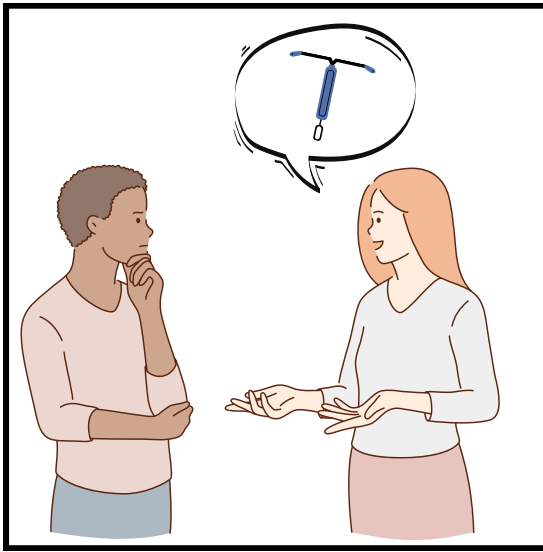
Sexual activity should feel good.

People can use different names for sexual activities, such as

- sex
- making love
- doing it.

Sexual activities include

- vaginal sex
- oral sex
- anal sex
- kissing
- when you rub or touch the private body parts of yourself or another person.



It is your choice if you want to do sexual activity.

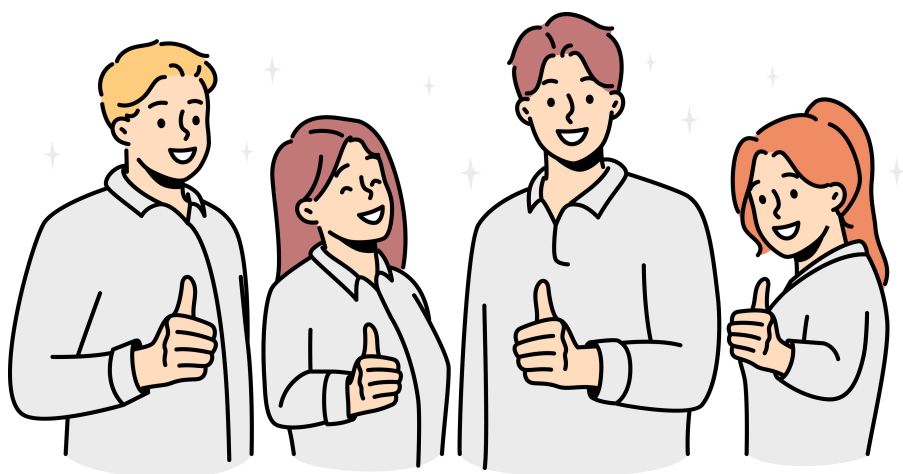
You can

- tell someone no
- change your mind
- stop at any time.

You have the right to make choices about what happens to your body.

Your body belongs to you.

This is called **body autonomy**.



There are ways to make sexual activity safer for you and others.

The law about sexual activity in the ACT says that all people must

- be 16 years of age or over
- ask for and get consent
- be awake and able to make choices.

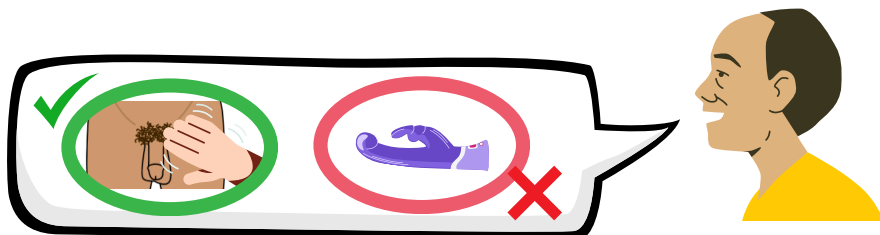
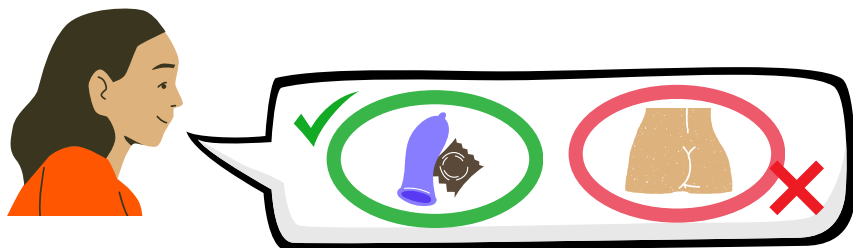
This means that all people are not asleep, drunk or negatively affected by drugs.

For sexual activities to be safer it is important that you

- have information about **contraception**
- talk honestly with your sexual partner about what you want to happen and what you like
- listen to your sexual partner about what they want to happen and what they like.

We will tell you about consent and contraception in the next few pages.

Consent



Consent

Consent is when all people agree to something that they want to happen.

It is a way to

- share your boundaries with other people
- be offered choices and
- make decisions about things that affect you.

You need consent before and during any activity. This includes sexual activity.

You need to ask for consent every time you do sexual activity.

People can change their mind and stop at any time.

You can ask the other person during sexual activity if they want to continue.

You can learn more about sexual consent in the book called Introduction to Sexual Consent.

You can read this book on the Safer Me Safer You website. You can access the website at <https://safermesaferyou.org.au/>.

Contraception



Contraception

Everyone has the right to make choices about their body.

This includes if they want to use contraception and what type of contraception works for them.

Contraception is something that helps stop someone from getting pregnant.

Some contraception can help stop **sexually transmissible infections**.

These infections can be passed between people during sexual activity.

Contraception can be

- a barrier between private body parts like a condom or dental dam
- medication like the pill
- a medical device like the contraceptive implant or an intrauterine device (called the IUD).

Sexual safety



Sexual safety

It is your right to have **sexual safety**.

Sexual safety can happen when other people **respect** your choices and boundaries you have about your body.

You can feel or be sexually safe with yourself or with another person.

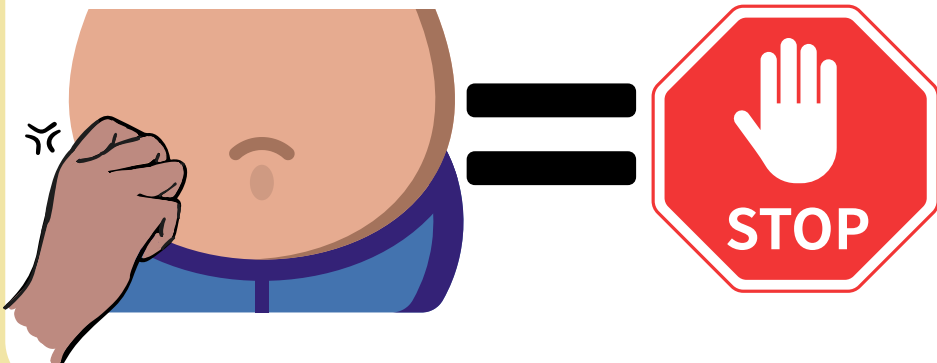
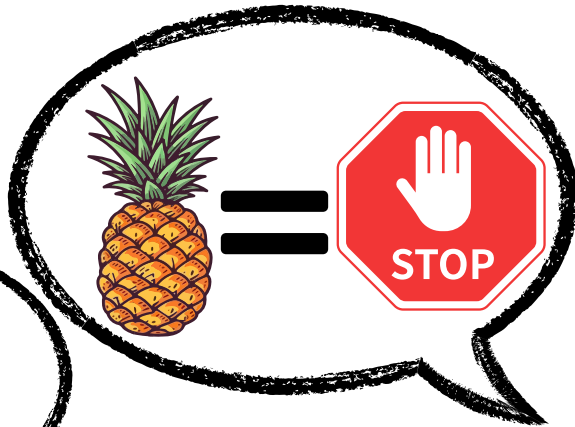
This is when you can choose

- if
- when
- where and
- why

you have a romantic or sexual relationship.

It is also when you can choose who you do sexual activities with and what sexual activities you do.

Sexual safety can be a positive feeling or experience you have.



You need consent to do sexual activity with other people.

You can use **dirty talk** as a fun way to talk during sexual activity.

Dirty talk is when you talk about what sexual things you want to do with someone.

You can do this to make yourself or someone else feel sexually excited.

You need to ask for consent before using dirty talk. If someone does not like your dirty talk you should stop.

You can choose a **safe word** or **safe action** to use in sexual activity if you want to.

When a safe word or safe action is used it means everyone must stop the sexual activity.

You can choose any word to be your safe word, like pineapple.

You can choose any action to be your safe action, like knocking on someone's body.

You and your sexual partner must agree on the safe word or safe action.

Sexual health and wellbeing



Sexual health and wellbeing

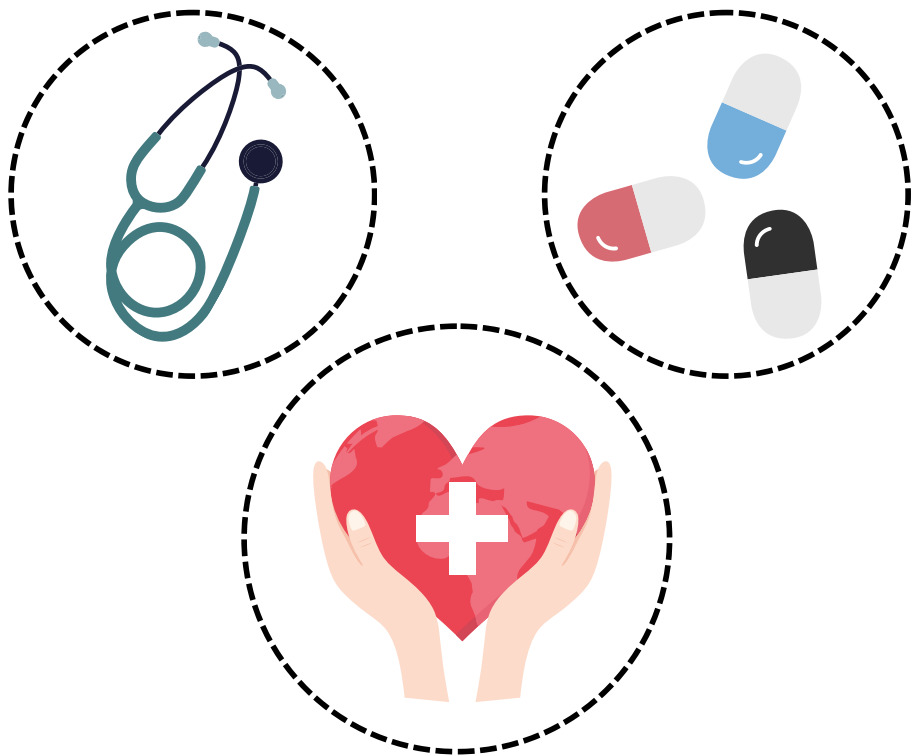
Everyone has the right to **sexual health and wellbeing**.

This means that a person has positive feelings about their

- body
- sexual feelings and
- relationships.

This includes

- a person's relationship to themselves and others
- sexual health checks
- safer sexual activities.



Everyone has sexual health whether they have been involved in sexual activities or not.

You can talk to other people about sexual health and wellbeing if you want to.

Some people want and like sexual activity and some do not.

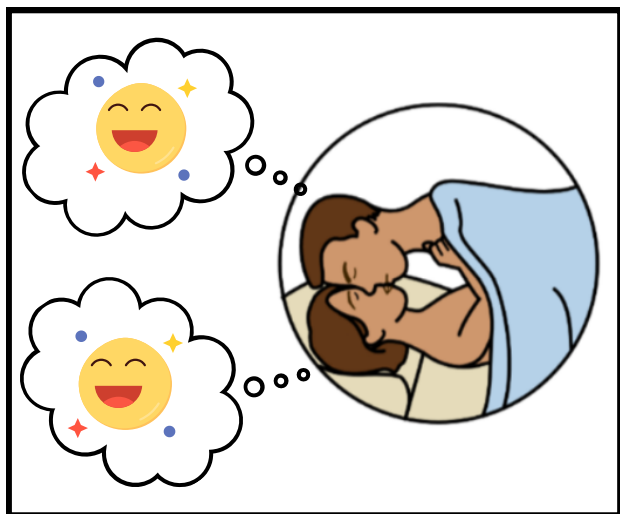
Only you know if you want to do sexual activity or not.

This choice is part of your sexual wellbeing.

Sexual activity can make people feel **sexual pleasure**.

Sexual pleasure is the enjoyable feelings on different parts of your body during sexual activity.

You can give yourself or your sexual partner sexual pleasure through lots of different types of touch.



It is important to talk to anyone you are going to do sexual activity with.

When you talk you can

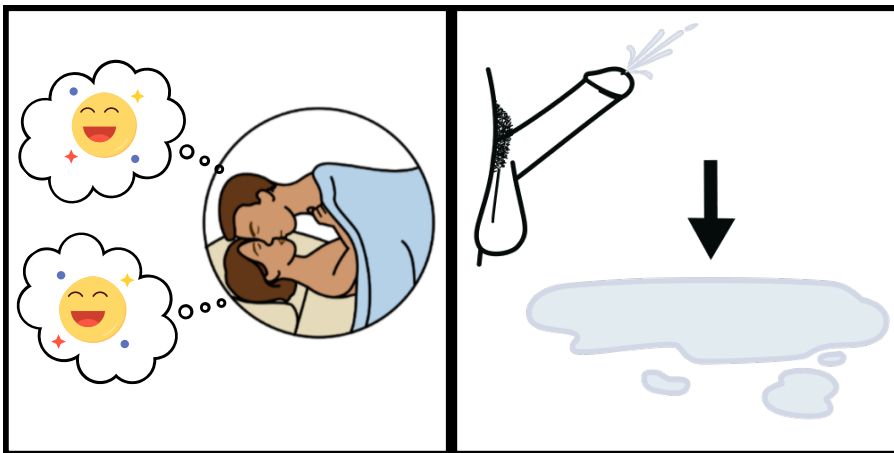
- check for consent
- decide what activities everyone wants to do
- know what they like and what makes them feel good
- tell them what you like and what makes you feel good.

People can have an **orgasm** when they do sexual activity.

An orgasm is a very strong feeling of pleasure in a person's private body parts during sexual activity.

Sometimes people call orgasms

- the climax of sexual activity or climaxing
- cumming
- getting off
- nutting.



Many people with a vagina will make extra liquid in their vagina during an orgasm.

Many people with a penis will **ejaculate** during an orgasm.

Ejaculation is when liquid is released from the penis.

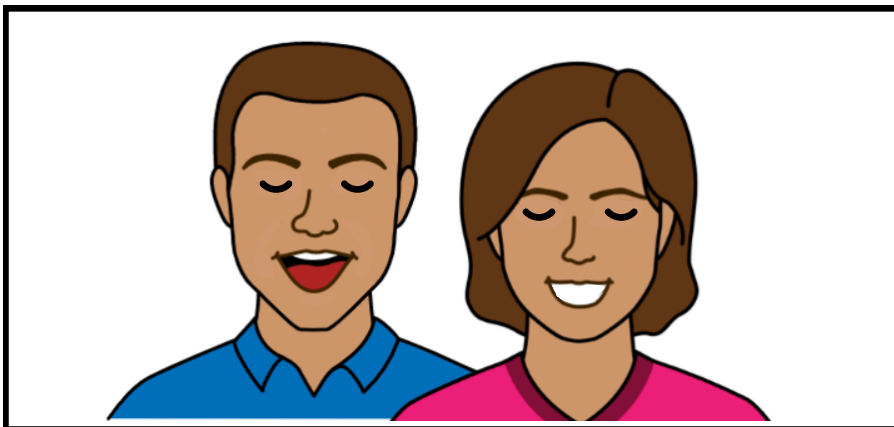
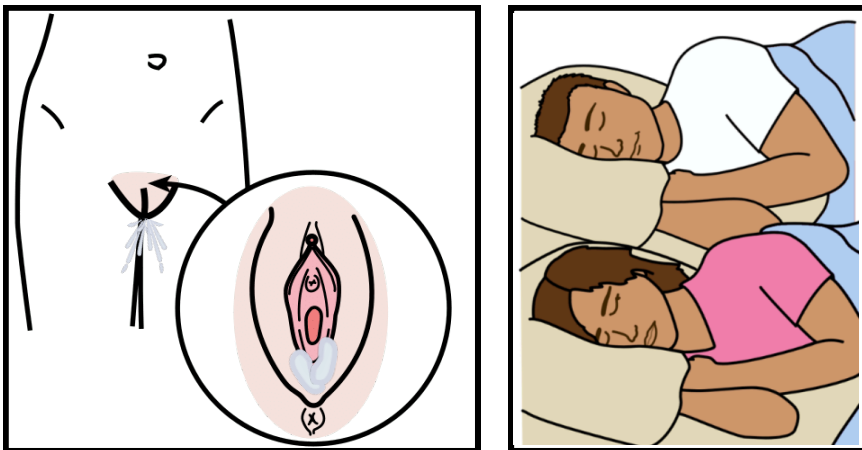
This liquid is called semen.

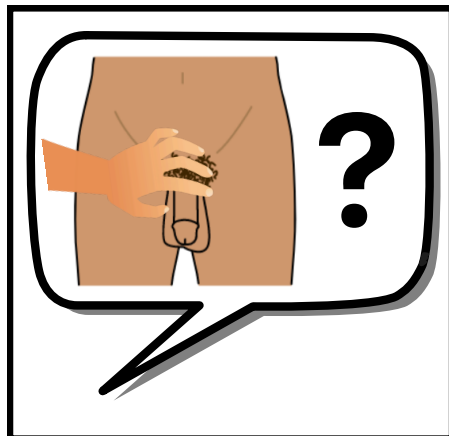
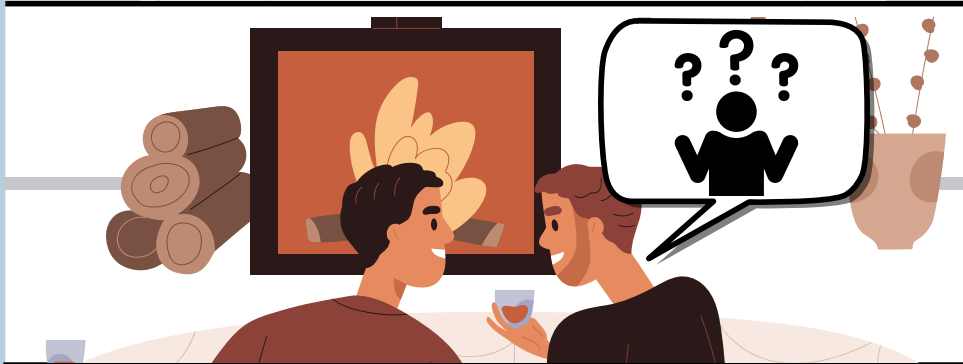
You can experience pleasure during sexual activity with or without an orgasm.

Sexual activities that are safe and feel good can help other things in your life.

It can

- improve your sleep
- lower anxiety and stress levels
- help you remember things
- improve your mood.





Sometimes we do not know what sexual activities we like.

Not everyone likes the same types of touch or sexual activity.

You can learn about what you like by trying new things out.

You can explore your body and what you might like by yourself or with someone else.

You can always stop or change the activity if you want to.

Thank you to the people who helped make this book

Lots people helped to make this book.



ACT
Government

We want to say thank you to the ACT Government for giving The STOP Campaign money to make this book.



We also want to say thank you to the Safer Me Safer You Project.

They have worked with us to write some of the definitions of the hard words in this book.

They also helped us to ask people with a disability if they understood this book.

We want to say a special thank you to

- Yenn Purkis
- Emily and Cassie Gardener
- Rachel Wotton
- Racheal Leahcar
- the leadership team of The STOP Campaign.

These people read the book and gave us comments about what could be better.

Dictionary

Age of consent means the age you and someone else must be for sexual activities to be legal. It is the law. In the ACT the law says you must be 16 years of age or older to do sexual activities. The law can be different in different places. Make sure you know what the law says where you are.

Body autonomy means that your body belongs to you. You have the right to make choices about your body. This includes

- the food you eat
- the exercise you do
- how you wear your hair
- the clothes you wear
- how you are touched.

Consent is when all people agree to something that they want to happen. This is called giving permission. Everybody has the right to communicate their boundaries and for them to be respected. Consent is a way of sharing these boundaries with other people. Consent can happen when

- you have options and
- can make a decision about things that affect you.

Consent is needed before and during an activity.

A **content warning** is when you are told that something has information or images about a topic that can be distressing. A content warning is sometimes called a trigger warning.

Contraception is something that helps stop someone from getting pregnant. Some contraception can help stop sexually transmissible infections (STIs).

These infections can be passed between people during sexual activity.

Contraception can be

- a barrier between private body parts like a condom or dental dam
- medication like the pill
- a medical device like the contraceptive implant or an intrauterine device (called the IUD).

To find out more about contraception you can talk to a doctor.

Dirty talk is when you talk about what sexual things you want to do with someone. You can do this to make yourself or someone else feel sexually excited during sexual activity. You need to ask for consent before using dirty talk. If someone does not like your dirty talk you should stop.

Ejaculation is when liquid is released from the penis. This liquid is called semen.

An **orgasm** is a very strong feeling of pleasure in a person's body during sexual activity.

Private talk is conversations about private body parts, sexual activities, feelings, thoughts and emotions. If you need to talk about a private body part or sexual activity it is best to talk to a trusted person in a private place.

Private body parts are the parts of the body that are usually kept covered by clothes when we are in public. They are also body parts that are involved in sexual activities. They include the

- mouth
- bottom
- anus
- breasts
- vulva
- vagina
- testicles
- penis.

People can use different names for these body parts. This may be for cultural reasons or to feel more comfortable in their gender. It is important that people also know the correct name. This helps you ask questions or share worries with health professionals or a trusted person.

Rights are like rules about what a person is allowed to

- be
- do
- have or
- experience.

They are things the law says you are entitled to as a human being. There are many different types of rights. All people have rights.

Respect is a positive feeling towards someone or something you care about. It is shown through behaviours like when you

- are fair
- listen
- are kind
- show someone you care
- help people.

A **safe word** is a word you or someone else can say during sexual activities which means stop. You can choose any word to be your safe word. You need to agree on the safe word before you start the sexual activity.

A **safe action** is an action you or someone else can do during sexual activities to say stop. You need to agree on the safe action before you start the sexual activity. A safe action is a good idea if you do not use verbal communication. A safe action could be something like knocking on someone's body three times.

Sexual activity can be lots of different things. It can mean any kind of sexual touch with any private body part. You need consent to do sexual activity. You can stop sexual activities at any time. Sexual activity should feel good. People can use different names for sexual activities, such as

- sex
- making love
- doing it.

Sexual activities include

- vaginal sex
- oral sex
- anal sex
- kissing
- rubbing or touching the private body parts of yourself or another person.

Sexual safety can be a positive feeling or experience you have. Sexual safety can happen when you have your choices about your body and relationships respected by others. You can feel or be sexually safe with yourself or with another person. This is when you can choose

- if
- when
- where
- why and
- who

you have a romantic or sexual relationship with, and what activities you do.

Sexual pleasure is the enjoyable feelings on different parts of your body during sexual activity. You can give yourself or your sexual partner sexual pleasure through lots of different types of touch.

Sexually transmissible infections are bacteria or viruses that can be passed between people during sexual activities. Sometimes they are called STIs. STIs can be tested by a health professional and may need medication to treat.

Sexual violence is any sexual activity that is not wanted. It can happen in person or online. Sexual violence can be when someone does not want to do sexual activity but another person

- has sexual activity with them
- tries to have sexual activity with them
- tries to change their mind about having sexual activity with them
- says sexual comments that make the person feel uncomfortable or unsafe.

Sexual health and wellbeing is about how a person feels about their body, sexual feelings and relationships. This includes

- a person's relationship to themselves and others
- sexual health checks
- safer sexual activities.

Everybody has sexual health whether they have been involved in sexual activities or not.

A **trusted person** is an adult that

- you know well
- you like and
- helps you.

Trusted people are those you have chosen and they have agreed with you to have private talks together.

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