

My hormones and sex

An Easy Read guide for girls and women to learn about hormones during sex.



Easy Read

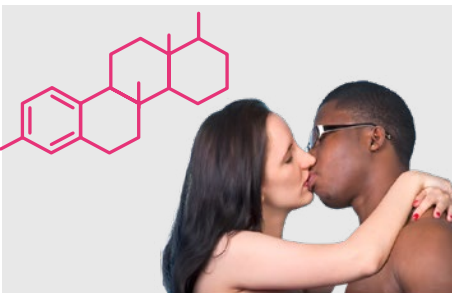
My hormones and sex



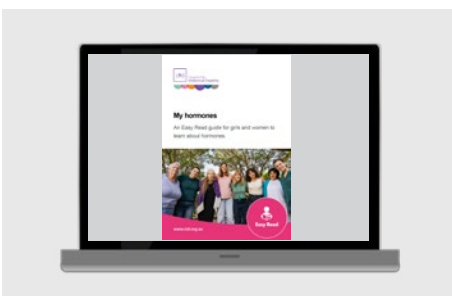
This guide is for girls and women.



It is about what it means to have sex.

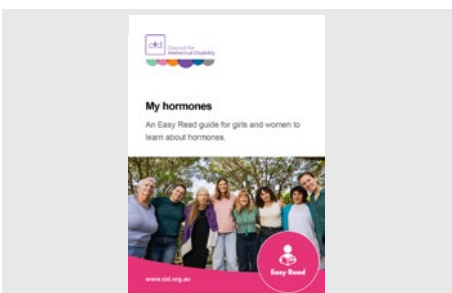


It is about what your hormones do when you have sex.



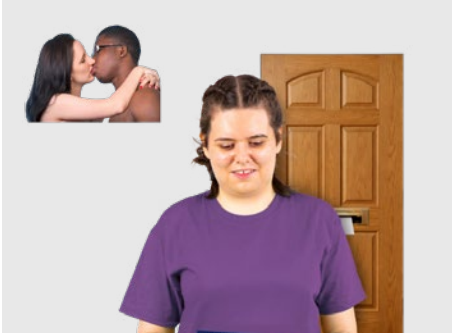
We have an Easy Read guide about hormones you can read at

www.cid.org.au/resource/my-hormones



This guide is called **My hormones**.

Types of sex



Wanting to have sex is a natural feeling.



There are different ways you can have sex.



Sex can be anything you do on your own or with others that gives you sexy feelings.



This includes

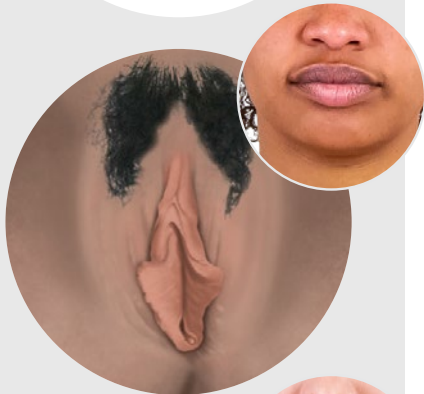
- when a hard penis goes into a person's vagina.

This is called vaginal sex.



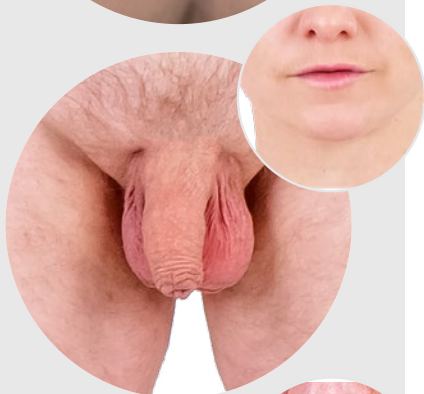
- when a hard penis goes into a person's bottom or anus.

This is called anal sex.



- when someone kisses a person's vulva.

This is called oral sex.



- when someone kisses and sucks a person's penis.

This is also called oral sex.



- when someone kisses a person's bottom or anus.

This is also called oral sex.



- when you touch your own vulva and vagina.

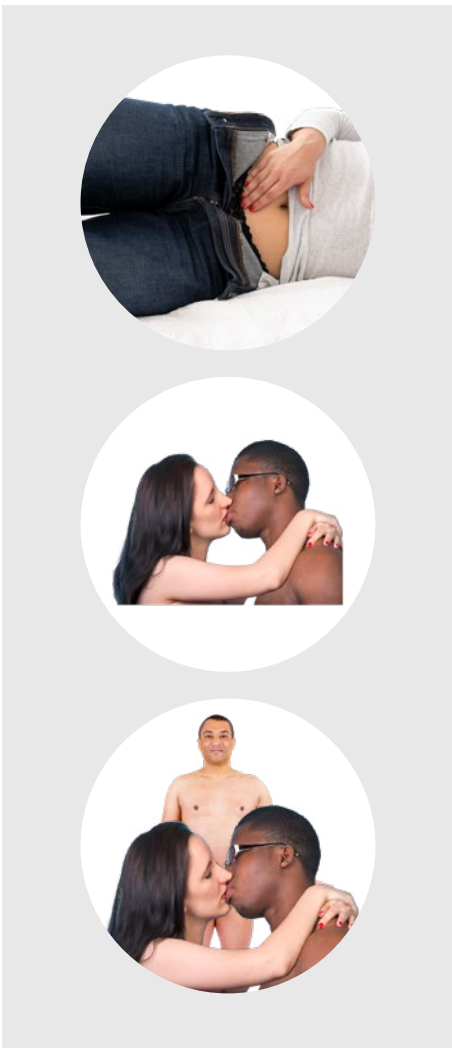
This is called masturbation.



You can choose what types of sex you do or do not want to have.



You can choose who you want to have sex with.



You can have sex

- by yourself
- with one partner
- with more than one partner.



It is important that you agree on what type of sex you want to have.



This is called **consent**.



Your consent can change at any time.



Sex should always feel nice.



It helps to know what feels nice for your body.

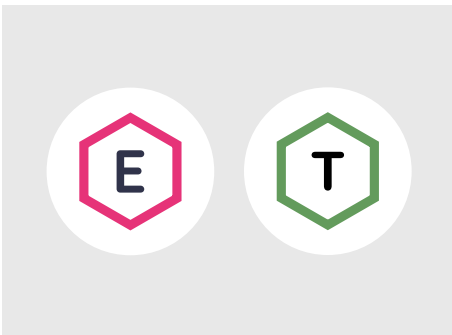


It helps when you tell your partner what feels nice for your body.

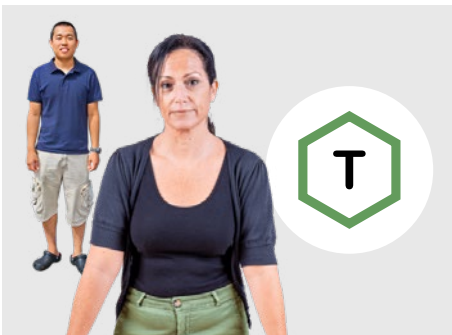
Your hormones during sex



There are 2 hormones that help you to have sex and enjoy it.

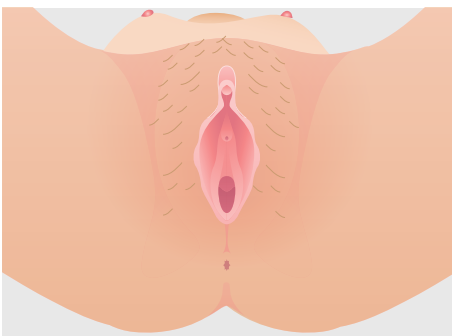


They are **estrogen** and **testosterone**.

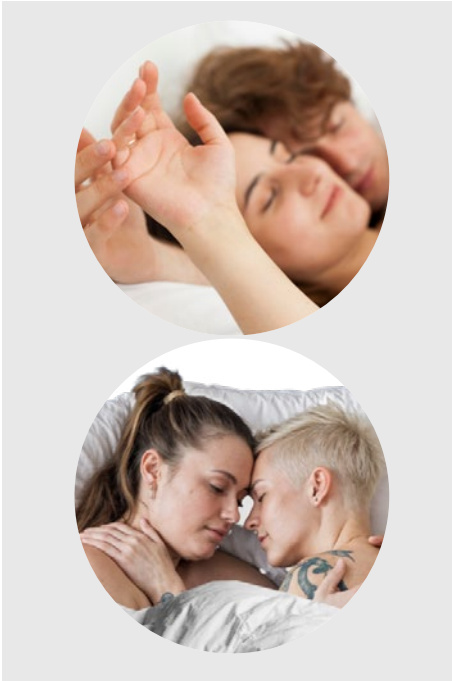


Testosterone is not just a hormone for men.

It is an important hormone for women as well.

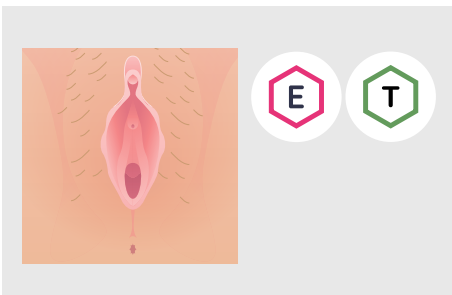


These 2 hormones help your vagina become wet and slippery when you want to have sex.

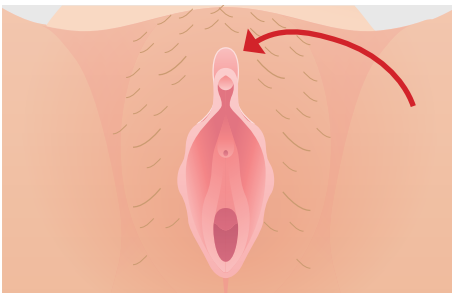


This makes having sex

- more comfortable
- feel nicer.



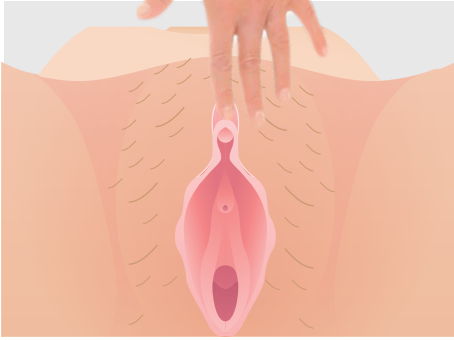
These 2 hormones also tell your **clitoris** to become bigger and pink.



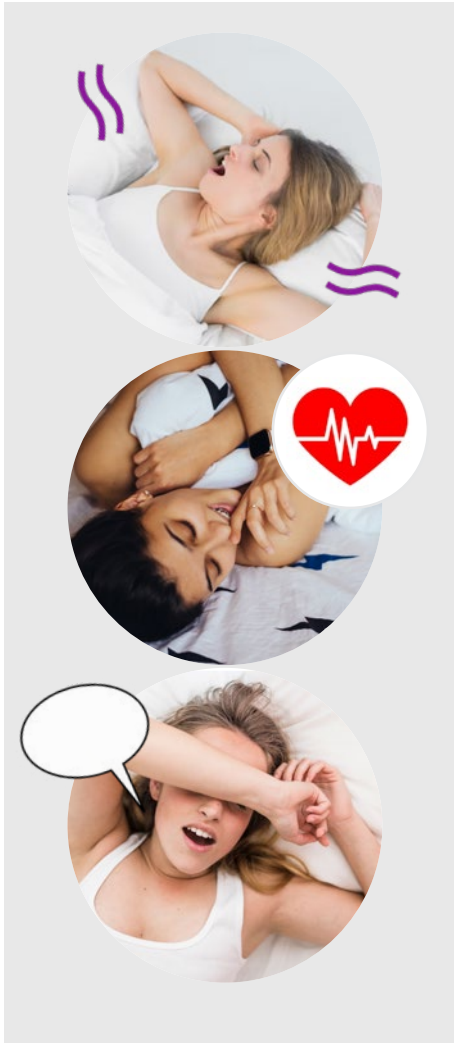
Your clitoris is a small bump at the front of your vulva.



It might feel nice to touch your clitoris when you are having sex or masturbating.

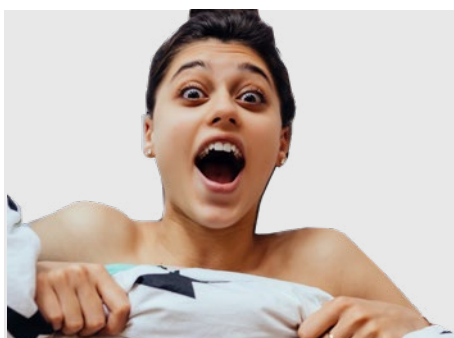


Touching your clitoris is how many women have an **orgasm**.

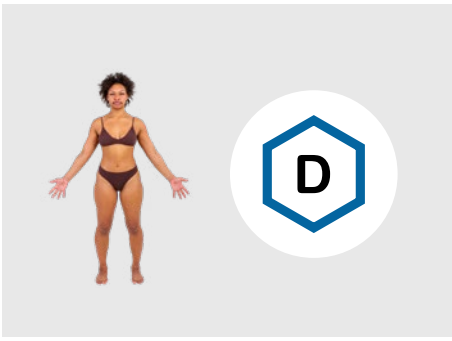


Orgasm is when your sexy feelings get bigger until you might find

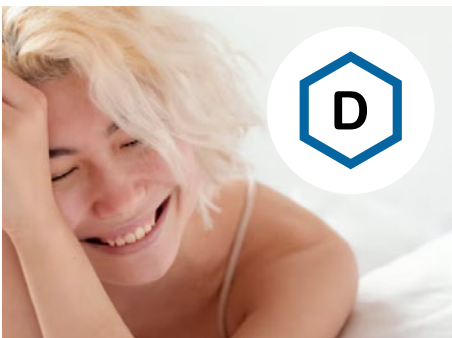
- your body shakes
- your heart beats really fast
- you make noises.



It can be very exciting to feel.



Your body makes a hormone called **dopamine** after an orgasm.



Dopamine helps you feel pleasure and happiness.



You might not have an orgasm every time you have sex.

Even though it feels nice.

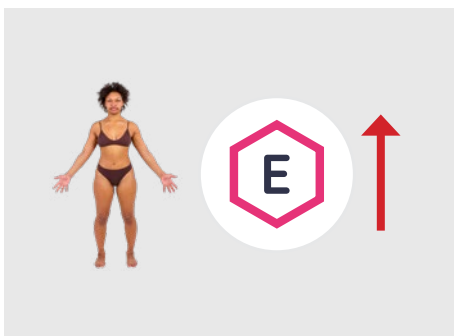
More about having sex



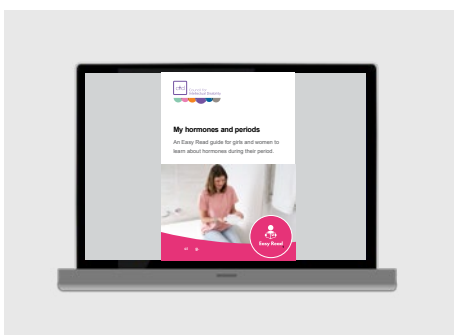
There are times when you might feel more like having sex.



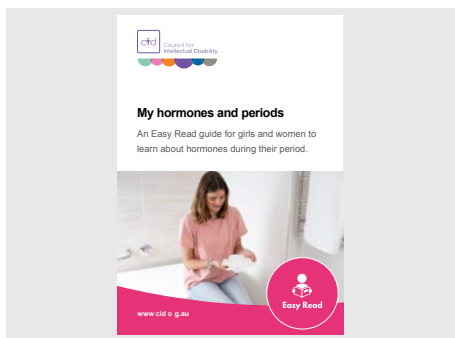
Like in the 2 weeks after your period finishes.



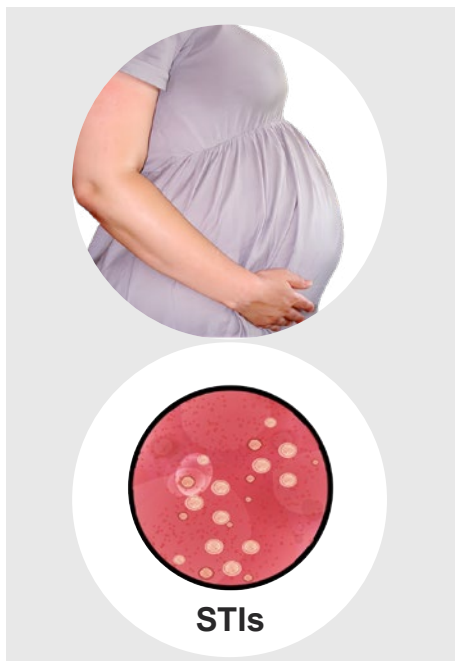
This is when you have more estrogen in your body.



We have an Easy Read guide about hormones during your period you can read at www.cid.org.au/resource/my-hormones-and-periods



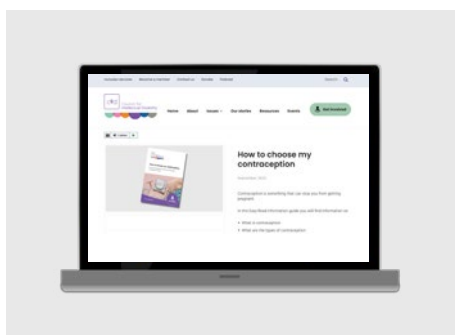
This guide is called **My hormones and periods.**



If you are having sex you might

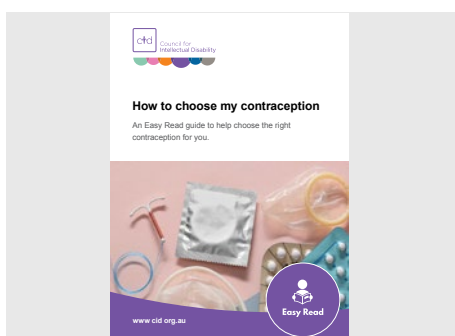
- get pregnant
- get a sexually transmitted infection.

We say STI for short.



We have an Easy Read guide about choosing contraception you can read at

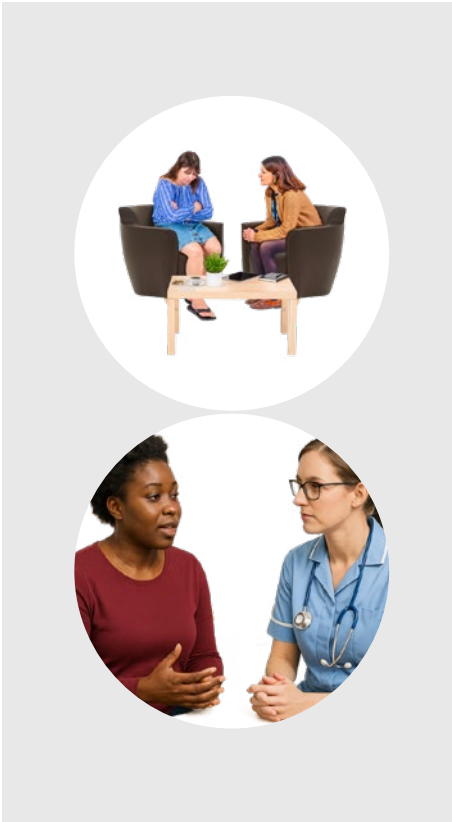
www.cid.org.au/resource/contraception-guide



This guide is called **Choosing my contraception.**



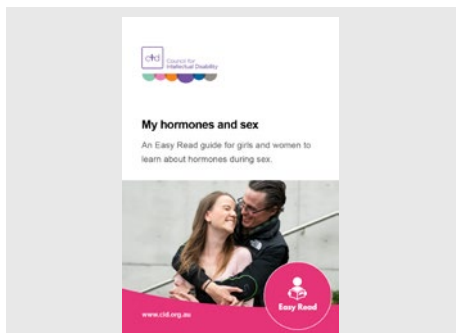
You can learn more about sex at a family planning or women's health clinic.



You should talk to your doctor or someone you trust if you

- do not enjoy having sex
- find having sex painful.

More information



This guide is not the same as advice from a doctor.

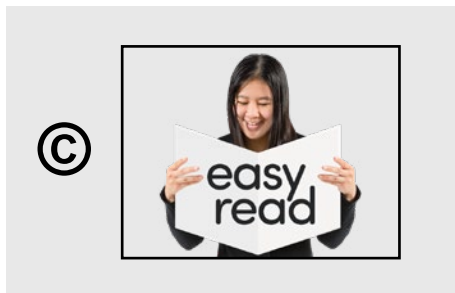


You should always talk to your doctor about your health.

Who did this Easy Read



CID made this information.



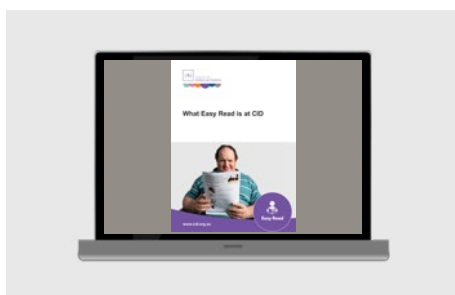
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