

## There are ways to keep yourself from getting sexual infections, when you are grown up

1. When people are grown up and start to have sex, they need to make sure their partner does not have any sexual disease. They can both go to the doctor and get checked.
2. If grownups are going to have intercourse, they should use a condom in case the other person has some infection. A condom is like a little rubber glove for the penis. Germs can't get through it.
3. When you have a permanent partner (when you are married), if neither you or your partner have any infection, then you can have intercourse without a condom.

**Please note.** Don't overdramatise to the point where children get the idea that every time they have intercourse, they'll catch some disease.

### SUGGESTED WORDS FOR 10-YEAR-OLDS & OVER



1. Intercourse can spread germs and viruses if one partner has a sexual infection. The semen (cum) of the man and the vaginal fluids of the woman can carry germs or viruses. The menstrual blood of a woman can carry some of them, too.
2. If people use their mouth on the vagina or the penis of a person with a sexual infection, they can get the germ or virus in their mouth.
3. Some sexual diseases can make you very sick, and there are some that can't be cured. Some damage the internal sex organs and make it impossible for the person to get pregnant, or father a child.

## People can keep from getting a sexual infection

1. The bad news is that intercourse can spread disease, if one person is infected. The good news is that you can protect yourself.
2. When people have intercourse, they need to use a condom. (I suggest that if you are discussing condoms, it is well to go get some and show them to the children. Demonstrate on a banana or finger how they work. Your children will be hearing about condoms, so they need to know what they are and what they are used for. Chapter 8 has more information.)
3. It is best to wait until you are older before starting to have intercourse. One reason is that you will be better able to insist on using a condom if you are going to have intercourse. Sometimes people get talked into having intercourse without a condom, especially if they are very young.
4. When grownups find someone they want to have sexual intercourse with, they should always use a condom until both of them have had a medical check up for sexual infections.