

Tell it like it is.

Exploring life, love,
relationships and sex.





GINNY: LIBRA

Ruled by Venus, the goddess of love, Librans are romantic, friendly and easygoing. They want to be liked and seek honesty in their relationships.



MATT: AQUARIUS

Ruled by Uranus, the god of the sky, Aquarians always aim high and wild. They have active imaginations.



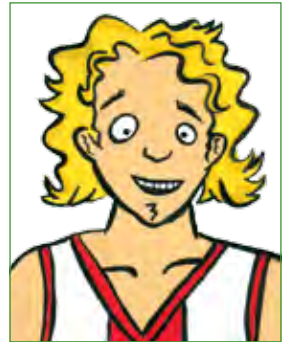
JOE: CAPRICORN

Always prepared, funny and careful. Capricorns are down to earth.



POPPY: GEMINI

Bubbly, amusing and full of hope. Geminis like to flirt.



PETE: ARIES

Straightforward, strong and can act without thinking. Arians love adventure.



FRANKIE: SCORPIO

Emotional, understanding and mysterious. Scorpions have loads of energy.



DEK: LEO

Creative, open-minded and quick to act. Leos love being the centre of attention.



CJ: VIRGO

Reliable, active and cautious. Virgos can seem as cool as a cucumber.



Tell it like it is.

Matt and Ginny aren't sure if they're ready for it yet.

Join them as they explore the realities of life,
love, relationships and sex.

matt & ginny

Late Thursday night Matt parked the car silently. 'Are you OK?' asked Ginny.

'Yeah, I'm cool' he replied, looking off into the distance.

'You're acting weird tonight. Did I do something wrong?' Ginny reached for his hand.

'Nah, nah, it's cool.' Matt put his arm around her and said 'D'ya want to get in the back of the car?'

'No. We're right out the front of my house. My parents...'

'So your parents are home, eh.' He tried again. 'Come on, are you sure? We won't do anything bad.'

'Nup.'

'OK. That's cool.' But it was obvious that things weren't cool.

Ginny knew she had to say something. She took a deep breath. 'I've been wanting to talk about something for a while now. Look, I know you're a guy and you probably think about sex 236 times a day.' She breathed again. 'And well, do you think about doing it with me?'

'You're my girlfriend. Of course I think about you.' A cheeky grin spread across his face. 'I think about maybe you slipping into my room late at night and...'

'Stop mucking around.' She pushed him away. 'Seriously, have you thought about it? I mean for real.'

'Of course I've thought about it' Matt replied.

'I don't want you to think that I don't want to do it with you. But you're not saying anything, and I want to know what you're thinking.'

'Well, guys do think about it OK' Matt replied, avoiding her question.

'Yeah, 236 times a day' she said with a smile. She wished that he would just tell her what he wanted, but pushing him wasn't working.

Everybody looks for something different in a relationship.

It's important to talk to your partner about what you want and expect.



Matt saw her change in mood. 'Yeah, well I'm not sex crazed or anything, but when I am thinking about it I am thinking of you. OK. So you are thinking about it too?'

'Of course I am. I'm a girl with needs too, ya know.'

'And?' He was interested now.

'I don't know if I am ready to sleep with you just yet. I mean we've only been seeing each other three months. The first time is important and not something I... It's just that it's a big deal to me.'

A voice called from the house. 'Virginia, is that you?'

'That's mum. Gotta go. See ya tomorrow at school.'

Matt stared at the windscreen. He didn't feel comfortable talking about sex. He just wanted it to happen.



ARE YOU READY TO HAVE SEX?

No, it's against my personal beliefs.



Bring it on!

Been there, done that.



Not yet, but when I meet the right person.

Is your partner ready?
Remember NO means NO

matt & joe

Earlier that day Matt and Joe had been in the change rooms after footy practice.

'So how are you and Ginny going? Seen any action lately?' asked Joe, who loved to have a go at his mate.

'I knew you were gunna come up with that one sooner or later. Nup. Still haven't done it.'

'So do you think ya will?' asked Joe.

'Yeah. It's just a matter of time. Don't you worry about that.' And it's really none of your business when we do, Matt thought.

'Is there a problem? You've been going out with her for three months. I mean, come on...'

'It's her first time OK. And I don't want to push her.' Matt had been thinking the same thing. Maybe she wasn't that interested in him after all. 'She's read this stuff that says that she should be on the Pill first.'

'That's crap. I prefer the condom. It's safe and easy to use. No waiting period, just slip it on. Besides, the Pill doesn't protect against STIs, a condom does.' Joe opened his locker and pulled out six boxes of condoms.

'Here ya go. Take your pick.'

'Man, why on earth have ya got that stuff in your locker?' asked Matt.

'I don't know. It's just that in the country you go to the chemist to buy a condom and the person that works at the chemist, right, is the mum of my girlfriend's best friend. So she tells her daughter and it's 'round the entire school. It's much easier in the city. I just thought I'd stock up in case I go back to the country. It's best to be prepared.'

'What are you, a boy scout? So what did the chemist say when you walked up to the counter with six boxes?'

'Not much. I just walked up, handed over the money, gave her a wink and walked off.' They both laughed.

'So which is the best one to use? The coloured ones or what?'

1...

Use a new condom every time. Open the condom packet carefully.



2...

Pinch air out of the tip and roll on down to base of stiff penis.



'It really depends on the person' said Joe, sounding like a condom ad. 'As long as you know how to use it and it doesn't have a hole in it, you'll be OK.'

Matt looked at all the boxes. It was too hard to make a decision so he just closed his eyes and grabbed one.



3...

Use lots of water based lube on outside of condom to keep it slippery.



4...

After cumming hold onto the base of the condom as you pull out (so it isn't left behind).



ginny & poppy

Friday at lunch Poppy sat by the bench perving on the guys on the oval. Ginny walked up from behind her. 'There you are.'

'Where else would I be? So did you talk with Matt?'

'Yeah. We had a talk last night.' Ginny sat down on the bench.

'So you two haven't done it yet?' she asked casually, selecting a magazine from her bag, which never seemed to hold any text books.

'No' said Ginny.

Poppy stopped flipping through her magazine. 'You know, it's been a while. He might start to think that you don't love him anymore.'

'Nah, he knows how I feel about him.' She wanted to be sure that she was ready for it. But with all the pressure it was becoming harder to know how she truly felt. She unwrapped her salad roll and changed the subject. 'So who've you got your eyes on this week?'

'Will. Pretty hot, isn't he?' Poppy nibbled at her apple.

'Yeah. I guess. He looks like your type. New skirt?'

'Yeah. Do you like it? Does it make me look too fat?' Poppy stood up and twirled around. 'It kinda makes my hips look big, doesn't it?'

'Are you crazy? Look at yourself. You should be thinking about putting on a bit more weight.' Ginny had been worried about Poppy for a while now. She didn't eat food, she picked at it.

'Yeah, right. If I put on more weight guys won't want to go out with me anymore. People will start calling me Porky Poppy.'

'You should stop worrying about it, you look good. Guys don't like stick-thin girls. They like girls to look natural and healthy.'

'I just wish I could look like this.' Poppy showed Ginny her magazine.

'Yeah, but nobody looks like that in real life' said Ginny.

HOW DO YOU SEE YOURSELF?



Smart...



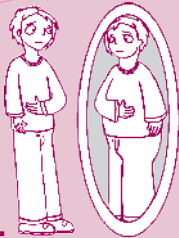
Funny...



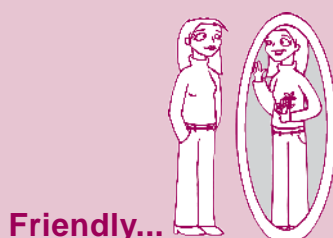
'Yes they do.'

'No they don't. All girls have this thing about their weight. I wish they would just stop putting waif thin models with no boobs and bones sticking out of them on every page. It's not healthy. They're telling people that's how they should look. It's just stupid.' How could she convince Poppy that she looked great just the way she was?

Just then, Poppy's phone beeped. She read her text message. 'It's from Mark' she squealed. 'You know, the guy I met last weekend. Maybe I should ask him out to the party tomorrow night?'



Fat...



Friendly...

Others respect you for who you are, not what you look like. Think about what you look for in a friend or partner.

matt & joe

On Saturday morning Matt and Joe had finished warming up for the game and walked towards the sideline. Joe looked over his shoulder to see one guy still on the field. 'Pete's late again. Pretty poor effort for the captain. Hey, did you hear that Pete got this girl pregnant?'

'Yeah? Who is it?' asked Matt.

'Umm, can't remember her name. But she's like in year 10 or something. I dunno, but she hasn't been at school the last few days. The day after the rumour started she just stopped coming to school. It's a bit weird.'

'Yeah, but how would you like it. You'd be walking 'round with people talking and looking at you and stuff. It'd be pretty hard.'

'I bet you Pete's not gunna take responsibility for it' said Joe.

'Yeah, you're right.' Matt paused in thought. 'Don't know if I could handle it though. I don't have any money and I'm living off my parents. How would I support a baby? It's all a bit scary.'

'Well, it's not something that you're going to have to worry about with your love life' said Joe laughing. 'Don't get me wrong. Sex is great. But ya gotta be careful.'

'Yeah. If I'd had sex with a girl and forgot to use a condom I'd go with her to get the Emergency Contraception pill. They say it can work for up to five days after doing it, but the sooner you have it the more likely it is to prevent her getting pregnant.'

'What do ya reckon they'll do?' asked Joe.

'You mean what will she do. Pete won't want any part of it, unless he tries to convince her to have an abortion. But it's her choice. I guess she'll have to decide whether she wants to keep it or not. She may even put it up for adoption' said Matt.

'Yeah, right. There's no chance Pete will want it. It was eventually going to happen though. I mean, Pete's a player and I bet most times he doesn't play it safe. He probably thinks all the girls he does it with are using the pill and, if not, it's their problem.'

YOU COULD BE PREGNANT IF YOU'VE HAD SEX AND...

- you have not used a condom
- the condom was not used correctly
- you forgot to take the Pill

Talk over your options with someone you trust.



'He's not the kinda guy who would fork out money to buy condoms. He's too lazy to get free ones from the clinic. Maybe give him some of your stash.'

Joe punched Matt in the arm, acting like he was pissed off. 'No way mate. They're all mine. You never know when I might need them.' Joe hadn't lost hope yet.



You can take Emergency Contraception (EC) up to 5 days after sex to reduce the risk of pregnancy.

You can get EC from:

- a pharmacy
- SHine SA
- Clinic 275
- some Emergency Departments



ginny & frankie

Early Saturday evening Frankie walked into her bedroom to find Ginny on her bed. 'Is that my top? I was going to wear that tonight.'

'What are you doing tonight?'

'Gotta date with Kate. So what do you want?' asked Frankie.

'I wanted to ask you about Matt.' Ginny waited until she had her big sister's attention. 'I've started thinking about doing it with Matt and I don't know if I'm ready. It's confusing. You've done it with guys before, what do you think?'

'Well, if you don't know if you're ready, then it means that you're probably not. Don't be pushed into things. Boys look down and discover their penis for the first time and after that there is just no thinking straight. It's all about what little Jimmy wants down here.'

Ginny laughed. 'I know, but shouldn't I keep little Jimmy happy?'

'They can do that themselves' said Frankie.

'It's going to be weird though. Like, what if I'm no good at it.'

'No-one's good on their first time.'

'Poppy said that we should just get really drunk and get it over with. I'd be off my head and won't have to think about it. And Matt won't remember if I was really bad. Then the next time I'll know what to do and where everything goes.'

'And you listen to Poppy?' asked Frankie. 'Getting drunk and doing it is really stupid. You'd wake up the next morning with a huge hangover and you won't remember a thing. You'd feel like crap. Do you remember my friend Marissa?'

'Yeah, vaguely.'

'Well, she was on a date with this guy and he swept her off her feet with roses and the works. After, they were getting it on in the back seat of the limo and he took her back to his place. Anyway, she thought I don't want to do this, I'm drunk. She was like, slow down, but he just kept going. She woke up and realised what happened. She couldn't go home to face her parents. She couldn't do anything.'

RAPE IS NOT SEX...

It's a crime.

It's when one person has sex with another person without getting consent.

Of course it's about sex.



Yeah - Like banging someone over the head with a tennis racquet is about tennis.

'Are you serious?'

'Yeah, so you need to make sure you feel safe and comfortable. Love doesn't equal sex. I think you guys just need to experiment and enjoy yourselves. Has he made you orgasm?' asked Frankie smiling.

'Yes. Well, I think so.'

'It's like Europe. You've either been there or you haven't.'

Ginny fidgeted. 'Yeah. OK. Once.'

'Great. Just relax about it. Don't put yourself under pressure. Then it will happen when it feels right. And don't listen to Poppy.'

A female voice shouted at them.
'Francesca. Virginia. Dinner's ready.'



DRUGS & ALCOHOL DON'T CAUSE RAPE...

People do. There are no excuses. You are always responsible for your own behaviour.

Hey man, I was off my face. I didn't know what I was doing. It wasn't my fault.

Yeah right! You were forced to drink a slab of beer & the "beer pixies" made you do it!



matt & dex

Around the same time Matt was helping Dex set up the equipment for the party that night. 'Hey, what's happened to your girlfriend?'

'Well mate, I'm not seeing her anymore.'

'Yeah. What happened?' asked Matt.

'Do ya remember that set a few weeks ago when I got trashed?'

'Yeah.' Matt had heard all about it.

'Well there was this chick right, and she was looking at me the whole set. And the minute I finished she was all over me man.' Dex shook his head. 'She kept buying me drinks and passing me cones all night. Anyway, she offered and I said yes. I was in no condition to think straight. But now I wish I hadn't.'

'Why's that?'

'Well, it's the first time ever I wasn't prepared and shit did I pay for it. A few days later I went to take a piss and it felt like my dick was on fire. So I went to the doctor to have some tests and he told me I had chlamydia. Apparently it's pretty common.'

'So you were dumped then?' asked Matt.

'Yeah. I didn't want to give it to her, ya know. She's a cool chick. So I had to tell her. That kind of shit's pretty hard to hide. So what about you. How are you and Ginny going?'

'Ya know, we're getting there.'

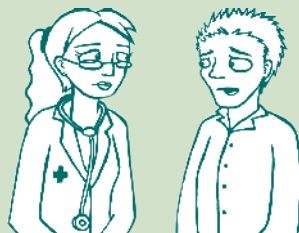
'What's up?' asked Dex. 'I thought you were really into her man.'

'Yeah, I am. I just don't understand her sometimes.' Matt thought about Thursday night. 'I can talk to her about everything, but I just can't talk to her about that. You know. Doing it.'

'Ya know she probably feels the same way. I remember my first time. Back in high school I was seeing this older woman. Real experienced, if ya know what I mean. She scared the shit out of me. I had no idea what I was doing. Maybe Ginny's just scared coz you're older. Just talk to her. If she says no, at least you know where ya stand and you don't have to keep worrying about it.'

**IF YOU EVER HAVE
SEX WITHOUT A
CONDOM...**

1...
Go to your local
STI clinic or doctor
to get tested.



'Yeah. Cool. Thanks mate.'

Dex slipped on a track and cranked it up loud. 'Maybe tonight's the night' he yelled at Matt. 'Especially if you play a good set, so remember what I've taught ya. And always have a condom ready.'



2...
Don't have sex until you have been treated or given the all clear.



3...
If you have an STI tell people you have had sex with so they can be tested.



ginny & cj

Later that night Ginny was watching Matt play his set at the dance party. CJ came up to her. 'Hey Gin, want a drink?'

'Yeah, I'll come with you.' They got their drinks and found a couch where Ginny still had a good view of Matt.

'Isn't it about time you got yourself a girl?' asked Ginny. 'What about her? Or her?' Ginny pointed out a few girls on the dance floor.

'Nah. Not my type.'

'Well, what is your type then?'

CJ turned to face Ginny. 'Listen, I've got something to tell you.' He'd been friends with Ginny since kindy and he wanted her to be the first to know. He took a deep breath. 'I'm gay.'

Ginny looked surprised. She had no idea. After a moment's silence she said 'OK then. What about him? He's cute.'

He laughed. 'I doubt he'd be into me. He looks straight.' CJ looked around the room and back at Ginny. 'I wasn't sure if I should tell you, 'cause I wasn't sure how you'd feel.'

'I'm really glad you've told me.' And she meant it.

'I know I can trust you, but I don't know how others will feel about it.'

'Well, it doesn't change anything for me. I don't see you any different. But then you have the crowds at school, who don't know you like I do, and we live in this world where some people can't accept things.'

'Exactly.' He knew she understood how hard it was. 'That's what I am worried about, because if people found out... You know how rumours spread. And I've seen people who had to change schools and shit like that because they've been bashed. And my footy mates...'

'But you're one of the best players on the team. They're your friends.'

CAN YOU PICK WHO'S GAY?



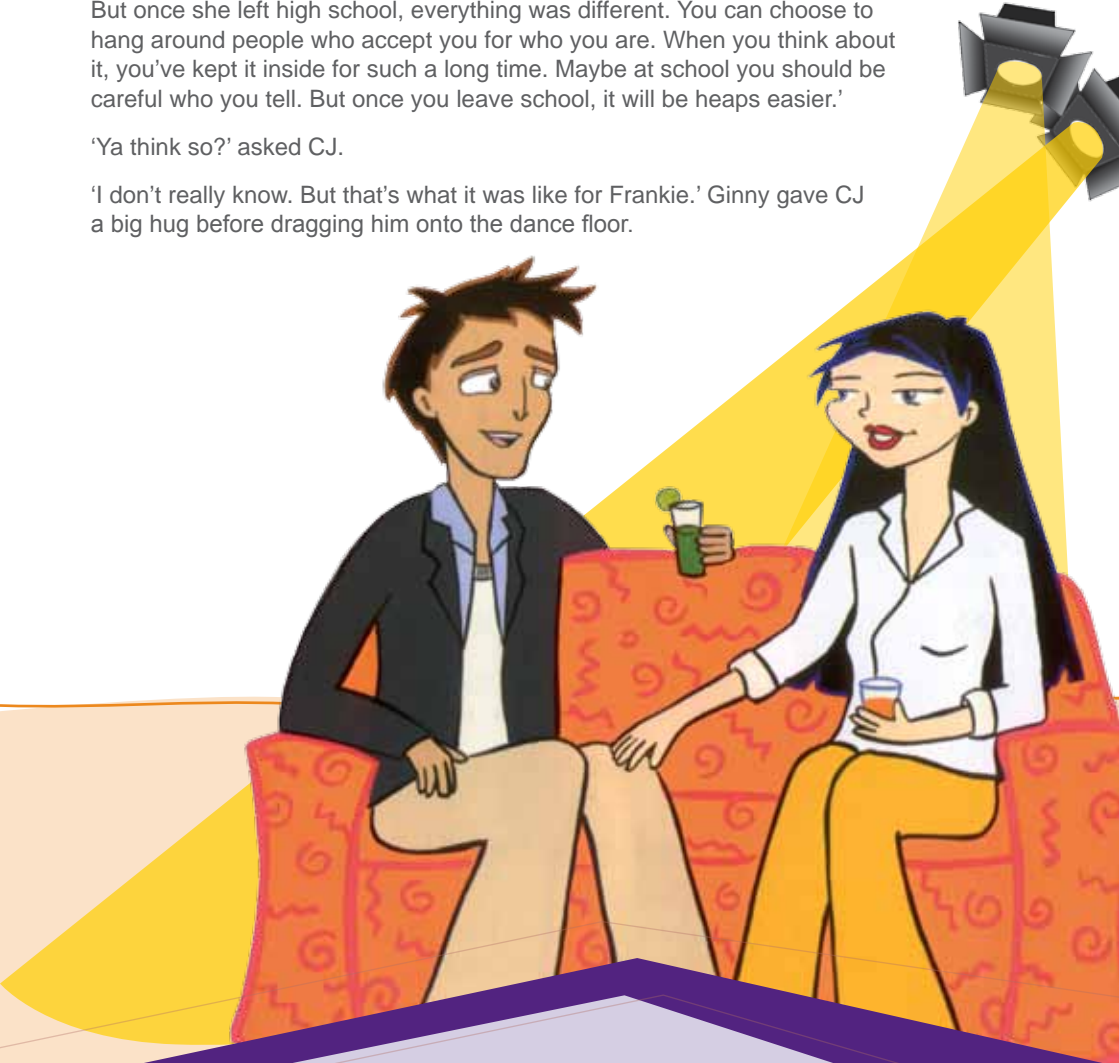
Being gay or lesbian is not about how you act, dress or talk, but about how you feel inside. It's not a choice.

'I know, but they're friends with who they think I am. They'd probably feel different if they knew I was gay.'

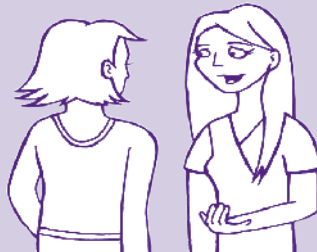
'Hey, just look at Frankie. She's gone out with guys and girls. And as soon as people at school found out they started hassling her. I mean, she lost friends. But once she left high school, everything was different. You can choose to hang around people who accept you for who you are. When you think about it, you've kept it inside for such a long time. Maybe at school you should be careful who you tell. But once you leave school, it will be heaps easier.'

'Ya think so?' asked CJ.

'I don't really know. But that's what it was like for Frankie.' Ginny gave CJ a big hug before dragging him onto the dance floor.



**COMING OUT?
SCARED?
TROUBLED?
FEELING BULLIED?**



Talk to someone you trust like a friend, family member, counsellor or teacher.

matt & ginny

Minutes later Poppy ran up to Ginny and CJ. 'Mark's great. And he's sooo cute. He's dropping me home. Good luck tonight Ginny. See ya.'

Ginny rolled her eyes, but CJ was more interested in what Poppy had said. 'Hey Gin, why do you need good luck?'

'Well, umm, Matt and I are thinking about doing it.'

'What? Tonight?'

'Maybe. I'm not sure.' Dex was now playing, so she looked around for Matt.

Matt snuck up behind her. 'Hey, Ginny. Like the set?' he asked, kissing her.

Her face lit up. 'Yeah. You were great.'

CJ piped in 'Yeah, man. It was fantastic.'

'Cool. Thanks guys. So, ready to cruise.' Matt gave Ginny a wink.

'Yeah, no worries.' She had knots in her tummy. Was she really ready?

'Well, I'll just see Dex and meet ya out the front.'

Ginny and CJ walked towards the door. 'Have you seen Matt?' yelled Joe from across the room.

Ginny waited until he was closer. 'Yeah. He'll be back in a minute.'

Just then Matt walked up. 'Hey man, wicked set' said Joe. He shook Matt's hand.

'Won't be needing this tonight, so I thought you might want it.'

Matt looked at the condom in his hand. 'Nah thanks mate. I've got one in my wallet. And I'm not sure if that'll get used.'

'Come on, look at her. She's into it.' He could tell Matt didn't believe him. 'Hey man, I'm just telling it like it is. It's all good.'

RESPECT DIVERSITY.



What if...

Ginny was Hindu?

Matt was African?

Matt laughed. 'Yeah. Suddenly everyone's an expert. But it's really up to me and Gin to work out.' He wrapped his arm around Ginny. 'Right babe?'

But Ginny had been too busy saying goodbye to CJ. 'What's that?'

'Don't worry. We'll talk about it later, when we've lost these guys. Catch ya later Joe.'
Matt and Ginny walked towards the car smiling.



**RESPECT
INDIVIDUALS.**

Dex was in a wheelchair?

Would things be different?

sex dictionary

Bisexual	A person who is attracted to both guys and girls.
Chlamydia	A common STI which often has no symptoms at all. It can cause a burning sensation when you pee, unusual vaginal discharge or pus from the penis and/or pain in the belly.
Circumcision	Removal of the foreskin from the penis by a doctor.
Clitoris	The button-like part at the top of a female's vulva, and the most sensitive female sexual part.
Coercion	Any sort of pressure put on one person by another person or group of people.
Condom	Made from thin rubber, it's rolled on the stiff penis to collect cum during sex.
Ejaculation	When semen shoots out of the penis, often called cumming.
Gay man	A guy who is attracted to other guys and identifies himself as gay.
Genitals	The sexual parts. On girls they are the vagina, clitoris and vulva. On guys they are the penis, scrotum and testicles.
Genital herpes	A common STI which can cause painful tingling, itching, blisters or ulcers around the mouth, genitals or anus.
Genital warts	A common STI which is passed through skin-to-skin contact.
Harassment	Any unwelcome, offensive, abusive, intimidating or threatening behaviour directed at an individual or group.
Heterosexual	A person who is attracted to members of the opposite sex.

HIV/AIDS	Human Immunodeficiency Virus / Acquired Immune Deficiency Syndrome. HIV is spread by exchange of infected body fluids (blood, semen, vaginal discharge and anal mucus). If a person is HIV positive they can pass it on to others. AIDS can develop months or years after getting the virus.
Homosexual	A person who is attracted to someone of the same sex.
Indecent assault	Unwanted touching, fondling, masturbation or any action of a sexual kind that has you feeling unsafe.
Lesbian	A girl who is attracted to other girls and identifies herself as lesbian.
Lubricant	Like a gel to put on the outside of a condom to make it slippery to make penetration more comfortable for both partners.
Rape	Unwanted oral, anal or vaginal penetration by the penis, object or any part of the body.
Safer sex	Choosing behaviours that protect partners from STIs, unplanned pregnancy, violence or harm.
Sexual harassment	Any behaviour such as obscene or suggestive sexual comments, 'passes' and unwanted physical advances, dirty jokes, sexually graphic material or personal questions about your sexual activity that you find offensive, humiliating or intimidating.
Sexually transmitted infection (STI)	An infection that is passed from one person to another through having sexual intercourse, oral sex and sometimes through direct contact with genitals.
Transgender	A person who lives as a different gender from the sex they were assigned at birth.

for more information...

Remember that there is help out there. If you require further information or want to talk to someone you can contact SHine SA or any of the following services, hotlines or websites.

SHine SA

Offers confidential clinics, counselling, information and education.

East/West Primary Health Care Team

GP Plus Health Care Centre
64c Woodville Road, Woodville
Tel: 8300 5300

Northern Primary Health Care Team

43 Peachey Road, Davoren Park
Tel: 8256 0700

Southern Primary Health Care Team

19–23 Beach Road, Christies Beach
Tel: 8186 8600

Library & Resource Centre

Tel: 8300 5312

www.shinesa.org.au

Check out SHine SA's website to find out more on any of the sexual health issues discussed in this booklet.

Other Services

Child Protection Services

Offers services for young people (and their families) suffering from physical, sexual and psychological abuse.

Tel: 8161 7346
After hours: 8161 7000
(*On-call consultation service*)

Clinic 275

Offers free and confidential testing, diagnosis and treatment of sexually transmitted infections.

Tel: 8222 5075
Toll free: 1800 806 490

Gay and Lesbian Community Services of SA

Offers information and peer counselling on sexuality, including gay, lesbian, bisexual and transgender lifestyles and issues.

Tel: 8193 0800 (7pm–10pm)

Kumangka Aboriginal Youth Service

Offers counselling, streetworkers, help with services and referrals and activities for young Aboriginal people.

Tel: 8340 4499

The Second Story

Offers free, confidential health services for young people.

Locations: Christies Beach, Elizabeth and City

Tel: 1300 13 17 19
(Youth Healthline – 24 hours)

Streetlink

Offers a range of medical and counselling services, including advocacy and support relating to housing, financial and drug and alcohol issues.

Tel: 8231 4844

Yarrow Place Rape and Sexual Assault Service

Offers services for victims of rape who are 16 years and over.

Tel: 8226 8777
Toll free: 1800 817 421

Websites

www.cyh.com (Child and Youth Health)

www.lawstuff.org.au

www.likeitis.org.au

www.yoursexhealth.org

www.reachout.com.au

Hotlines

Alcohol & Drug Information Service

A 24-hour telephone counselling, referral and information service.

Tel: 1300 131 340
(local call cost for SA callers)

Kids Help Line

A 24-hour telephone and online counselling service for young people.

Toll free: 1800 55 1800

Lifeline

A 24-hour telephone counselling service for anyone about any issue.

Tel: 13 11 14

Youth Healthline

A 24-hour telephone information service for young people.

Tel: 1300 13 17 19
(local call cost for SA callers)

acknowledgments

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- And all the young people who contributed to this project

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This resource and its characters are part of a series. *Tell it like it is* has been written for young people. *Talk it like it is* is a guide for parents. *Teach it like it is* is a relationships and sexual health curriculum resource designed for teachers to use in the classroom with students aged 11–15. These resources have been developed to help young people, teachers and parents talk about the sometimes difficult and sensitive issues relating to relationships and sexual health.

For more copies of these resources contact SHine SA:

Tel: 8300 5300

Toll free: 1800 188 171

www.shinesa.org.au



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