

**Cool it! / Brook Advisory Centres.**

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Brook Advisory Centres

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★ You've fallen in love, and this is going to be forever. Only, if you're honest, you know that this has happened before and it didn't last. Something went wrong and you don't want that to happen again. You want to please and you want to impress. You're careful about what you tell your partner and you may even tell a few white lies to make your sex life sound good. Do you **really** know each other?

★ Of course you **know** each other – you don't go with **anyone**. She's a friend of your sister or he used to go to the same school. But if you want to get really close, you want to know the **personal** things about each other. What makes him so special to **you**? What makes being with **her** so unforgettable?

★ If you want to get really close, get to know each other first. There's lots of things you can try. There's kissing, cuddling, tickling, stroking, massage and fondling. It's sexy, it's satisfying and it's safe!

★ Why get to know your partner?  
 – so you can be intimate  
 – so you can trust each other  
 – so you can learn what pleases each other  
 – so that if anything goes wrong, you'll be confident enough with each other to talk it through.

**If and when you're ready for sexual intercourse, (and most people wait till they're 16 or over) you'll be able to make a decision *together* about how to protect each other from risk – of pregnancy and HIV.**

## REMEMBER!

- ★ Safer sex includes hugging, kissing, stroking, massage, masturbating each other or any contact which does not involve contact between yours and your partner's body fluids (the man's semen or the woman's vaginal fluids).
- ★ Safer sex lowers the risk of getting HIV (the virus that can lead to AIDS) and other STDs. It also lowers the risk of pregnancy.
- ★ You **CAN** become infected with HIV
  - from having sexual intercourse with an infected person
  - or by sharing needles or syringes with an infected drug user.
- ★ The more people you have unsafe sex with, the higher the risk of becoming infected with HIV (and all sexually transmitted infections).
- ★ If and when you have sexual intercourse, always (and that means **always!**) use a condom. If you want to avoid a pregnancy, use another reliable method of contraception as well.
- ★ You can learn how to use a condom and get free advice and supplies for all methods of contraception at your local family planning clinic or Brook Advisory Centre.

Phone **THE BROOK HELPLINE 071-617 8000** (normal call charges) for recorded information – 24 hours a day – on:

- ★ Contraception
- ★ Pregnancy
- ★ Abortion
- ★ Sexually transmitted infections
- ★ Emergency contraception (up to 5 days after sex)

For information on AIDS (24 hours a day) phone the **Special AIDS HELPLINE (free) 0800 567123**

## Brook

ADVISORY CENTRES

Charity registration number 239966

Education & Publications Unit

Brook Advisory Centres provide free condoms, birth control advice and supplies, pregnancy testing and counselling for young people.

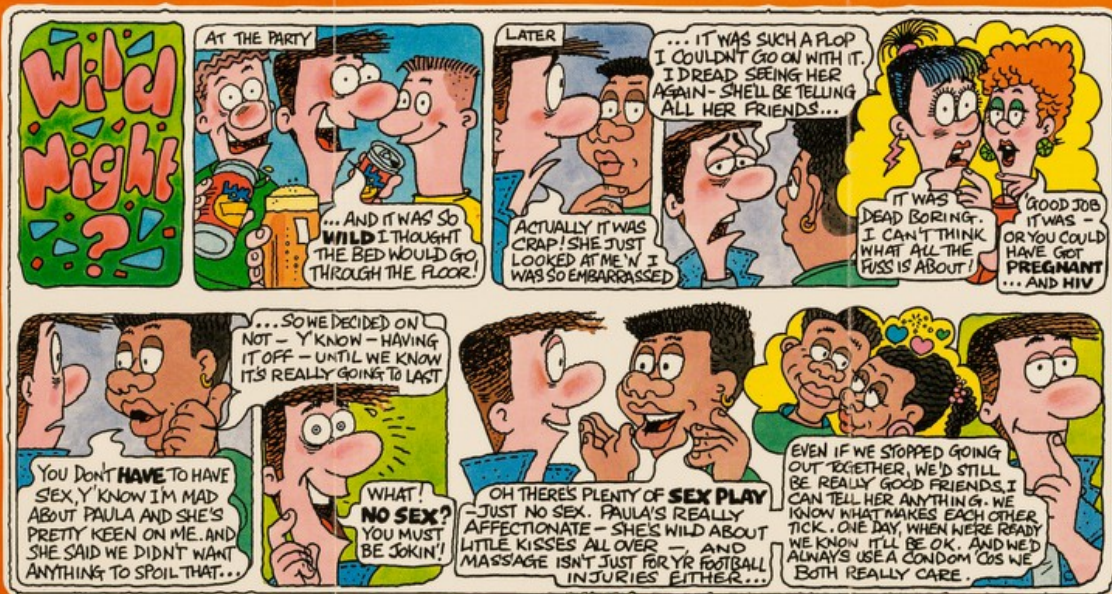
Brook Centres are in Belfast, Birkenhead, Birmingham, Bristol, Burnley, Edinburgh, Liverpool, London and Milton Keynes. Ring 071-708 1234 for details of your nearest Brook Centre or young people's birth control service.

Brook would like to thank CHRYSAEIS AIDS FOUNDATION CHARITABLE TRUST for sponsorship of this leaflet.



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There's 13 kinds of kissing (or is it 14?)

DO YOU COME HERE OFTEN?

NOBODY MESSSES ABOUT WITH ME

LONELY PENGUIN SEEKS SINCERE PENFRIEND

Find out how choosy I am

MEET YOU UNDERWATER IN THE SWIMMING BATHS?

SAFE SEX OR NO SEX

SHARE MY ICE-CREAM?

COME AND RAVE WITH ME

PUT IT AWAY - IT BELONGS IN THE BIOLOGY LESSON!