

Whatever turns you on! / Brook Advisory Centres.

Contributors

Brook Advisory Centres

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Wellcome Collection
183 Euston Road
London NW1 2BE UK
T +44 (0)20 7611 8722
E library@wellcomecollection.org
<https://wellcomecollection.org>

★ Safer sex isn't just about using condoms! It's about giving each other pleasure without penetration. It's sexy, it's satisfying and it's safer!

★ Kissing, licking and sucking are some of the most intimate ways you can show your feelings. Your mouth is one of the most sensitive parts of your body and you can use your tongue and lips to explore your partner's face, ears, neck, arms, fingers, nipples and toes.

★ When feeling relaxed and comfortable with each other, many couples enjoy licking and sucking each other's genitals. There is, however, a risk of infection.

★ Stroking, tickling or massaging each other's bodies in turn can help you to relax, get close to each other and discover what feels good. It's an ideal way of giving pleasure that says "this is just for you".

★ Masturbation brings great sexual satisfaction. Watching your partner, or stimulating your partner to a climax, helps to build up trust. It can make you more aware of what turns them on - and it makes you both better lovers.

★ So, use your imagination! If you care about each other - be safe and learn to be a better lover too!

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
Education & Publications Unit

Charity registration number 239966

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 071 706 1234 for details of your nearest Brook Centre or young people's birth control service.

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

Whatever



Turns you ON!

That could have been me!

AT THE YOUTH CLUB
 I'VE MISSED MY PERIOD AND I THINK I'M PREGNANT. I'VE GOT TO GO TO THE DOCTOR'S TONIGHT I DON'T KNOW WHAT I'LL DO IF THE TEST'S POSITIVE.

LATER
 AND NERTA SAID IT WAS THE FIRST TIME THEY'D HAD SEX. JIM - THAT COULD'VE BEEN ME.
 YEA! THAT'S REAL SCARY - YOU - SORRY - WE OUGHT TO GO AND SEE THE DOCTOR

HELL NO! I'D BE FAR TOO EMBARRASSED. HE'S KNOWN ME SINCE I WAS A KID - "YOUNG VICKY" HE CALLS ME!
 WELL WHAT ABOUT THAT YOUTH ADVISORY PLACE? ROB WENT THERE WITH CARLA AND HE SAID THEY WERE O.K.

IN A PHONE BOX
 HELLO, IS THAT THE YOUTH ADVISORY CENTRE? CAN I SEE SOMEONE ABOUT THE PILL?
 YES OF COURSE DO YOU WANT TO MAKE IT IN THE EVENING OR SATURDAY MORNING?

AT THE YOUTH ADVISORY CENTRE
 ... SO NOW YOU KNOW HOW TO USE YOUR PILLS. WHAT ARE YOU DOING ABOUT **SAFER SEX**? AFTER ALL IT'S NOT JUST A PREGNANCY YOU WANT TO AVOID. YOU NEED TO PROTECT EACH OTHER FROM HIV AND OTHER INFECTIONS
 YOU MEAN I'VE GOT TO USE CONDOMS AS WELL?

YES, EVERY TIME. BUT WE'LL SHOW BOTH OF YOU HOW TO USE THEM AS PART OF YOUR LOVE MAKING AND YOU'LL SEE HOW MANY DIFFERENT SORTS THERE ARE YOU CAN TRY...

... AND DON'T FORGET TO PRACTICE BEFORE YOU USE THEM FOR REAL.

IT HARDLY SEEMS WORTH ALL THE TROUBLE

YOU DON'T HAVE TO HAVE SEXUAL-INTER COURSE Y'KNOW THERE'S LOTS OF OTHER WAYS TO MAKE LOVE AND BE SAFE FROM HIV
 WHAT DO YOU MEAN?

YOU CAN USE YOUR TONGUES FOR MORE THAN JUST KISSING. MANY PEOPLE ENJOY LICKING AND SUCKING...

... OR YOU COULD GET TO KNOW EACH OTHERS BODIES BY TAKING IT IN TURNS TO MASSAGE GENTLY FROM NECK TO TOE. TRY USING SOME SCENTED OILS OR BODY LOTIONS BUT NEVER - IF YOU'RE USING A CONDOM THEY PERISH THE RUBBER.

IF YOU BOTH LIKE MASTURBATING SOMETIMES WHY NOT FIND OUT HOW EACH OF YOU LIKES TO DO IT AND THEN GIVE EACH OTHER PLEASURE THAT WAY

AND WE THOUGHT SAFER SEX WAS JUST FOR **PLONKERS**