

# young men's sexual health



Guys, our sexual health is an important part of our overall wellbeing and everyone has the right to positive and healthy sexual health.



Sexual health is not all about sex, condoms and sexually transmissible infections (STIs). In fact, they make up a small part of the big picture.

Some of us are attracted to girls, some to guys, and some are attracted to both. All are normal. Being **respectful, open and honest** with your partner will help make your relationship healthy and positive.

## How we behave sexually:

**52%** of surveyed year 12 have reported having sexual intercourse.

**65%** of young reported using a condom the last time they had sex, compared with 65% of young .

**12%** of sexually active young reported their most recent sexual encounter was with someone of the same sex.

**48%** of young are more likely than young (41%) to always use condoms when having sex.

**20%** of young surveyed experienced sex they did not want.

**28%** of young reported having sex with three or more people in the past year, compared with 20% of young .



## Tools of the trade: Your Bits and Pieces

Although our sexual organs aim to function the same way, no two are alike. It's normal if yours looks different to someone else's.

### Sperm



Sperm are produced in the testes and travel to the penis. Sperm join with a female egg to produce a baby.

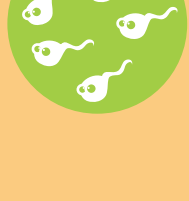
A guy will ejaculate half a trillion sperm in his life time!

### The Brain



The brain controls the production of male hormones and sperm – as well as feelings such as pleasure, desire and happiness.

### Fertility



Protecting your fertility is essential! Smoking or taking illegal drugs can shrink your testicles and stop sperm production.

Heavy smokers produce up to 20% fewer sperm!

### The Penis



The penis can either be circumcised (removal of foreskin) or uncircumcised. This can be due to many reasons. Both are normal and men with both circumcised and uncircumcised experience the same function and sexual pleasure.

Did you know 32% of Australian men under 30 are circumcised?

### Premature ejaculation



Premature ejaculation is the most common male sexual problem.

The average speed guys ejaculate is 45kms/hour!

### Penis size



Penises come in all shapes and sizes. The size of your penis has no relation to how tall you are. Smaller penises can grow a lot when erect (a grower) and larger penises may not grow much bigger when erect (a shower). All are normal.

### Masturbation



Masturbation or pleasuring yourself is appropriate if done in private. Most guys do it and it's a natural way of exploring your body.

## Staying Healthy and safe



staying safe is really important, not to mention it makes sex fun!



sexual activity must be consensual. consent means that both people want, agree, and feel comfortable with the type of sexual activity they are about to do.



Using condoms limits the risk of STIs and unintended pregnancy.

### Condoms:

- are used for: vaginal, oral, anal sex
- are commonly made from latex
- can be flavoured for oral sex
- prevent: STIs and pregnancy
- are used by both males and females

If a condom breaks, the Emergency Contraceptive Pill (ECP) can be used to prevent an unintended pregnancy

Get free condoms with a Condom Credit Card! Visit [fpnsw.org.au/ccc](http://fpnsw.org.au/ccc) for your nearest provider!

When condoms are not used, you and your partner can be at risk of contracting an STI.

## Risky Business: STIs

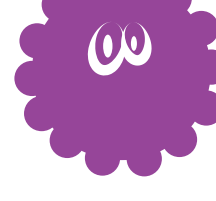
- STIs are spread through unprotected oral, anal or vaginal sex and skin-to-skin contact
- Anyone can be infected with an STI
- Most STIs have no signs or symptoms
- Men are as likely to get or pass on an STI as women are



In 2011, 33,197 men aged 15 and over were diagnosed with **Chlamydia**.



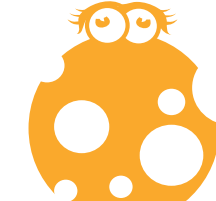
In 2011, men aged 15 years and over had a rate of diagnosis of **Syphilis** 7 times higher than women.



8,056 men were diagnosed with **Gonorrhoea** in Australia in 2011, with men aged 20-24 having the highest rate.



Males have a higher rate of **HIV** diagnosis in every age group compared to females.



About 1 in 12 Australian men have **genital herpes**.

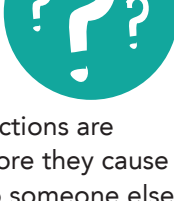
**Males who are at a higher risk of STIs are those:**

- who don't use condoms
- who have sex with men
- with multiple partners
- who inject drugs

## Getting tested: 'It's piss easy'

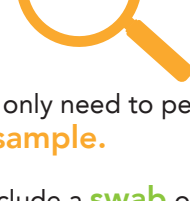


### Why test



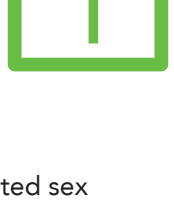
- Testing ensures possible infections are picked up and managed before they cause problems or are passed onto someone else
- Most STIs have no signs or symptoms
- If left untreated, STIs can cause damage and can result in infertility in both guys and girls (not able to make a baby)

### How



- Generally you will only need to pee in a cup – **urine sample**.
- Other methods include a **swab** or physical examination.
- If testing for some STIs such as HIV or Syphilis, a **blood sample** is required.

### When



- Get tested if you tick one of the following:
- You are sexually active
  - You have ever had unprotected sex
  - A condom breaks or falls off during sex
  - You recently changed partners
  - Your partner has an STI
  - You have multiple partners
  - You have symptoms such as pain when peeing or a discharge from the penis.

### Where



- Simply drop into your local:
- Doctor
  - Family Planning NSW clinic
  - Sexual Health Clinic

Ask for an STI test. All STI tests are confidential.

It's a good idea to take your own Medicare card with you if you have one. Oh, and a mate!

For more information please visit the following:

Family Planning NSW Talkline 1300 658 886

[fpnsw.org.au](http://fpnsw.org.au)

[fpnsw.org.au/bodytalk](http://fpnsw.org.au/bodytalk)

[Facebook.com/familyplanningnsw](https://www.facebook.com/familyplanningnsw)

Andrology Australia 1300 303 878



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