

# The Man's Manual

**Nuts and bolts of it all**

**Getting some?...**

**Then you'll need these...**

Getting some?... Then you'll need these...

Condoms and lube are 98%

effective at preventing unplanned pregnancies when used correctly – they also help to protect against sexually transmitted infections.

You can get up to 144 condoms, with a prescription from Family Planning or your doctor, for \$3!

**STIs are infections that can spread through sexual contact. Many STIs have no symptoms, so you need to get checked out at Family Planning, your doctor or local STI clinic. Don't leave it till it drops off – if in doubt get it checked out!**

[www.theword.org.nz](http://www.theword.org.nz)

## The long arm of the LAW

**16**



**the legal age to consent to have sex.**

Consent means that both people say yes. It is not ok to talk someone into sexual activities – this could be sexual assault.

**0**



**there is no set age to get contraception**

– talk to Family Planning or your doctor to find out more.

**18**



**If you father a child you are legally and financially responsible for the child until his/her 19<sup>th</sup> birthday**

– if you are under 18, the financial responsibility falls on your parents. Remember drugs and alcohol can affect your decision making ability – but it is not a legal excuse.

Need more info?

**Need more Info?  
Check these out...**



POSITIVE SEXUAL HEALTH

**Family Planning**

Police 111

Family Planning 0800 Info Line

[www.theword.org.nz](http://www.theword.org.nz)

Youthline 0800 376 633 [www.urge.co.nz](http://www.urge.co.nz)

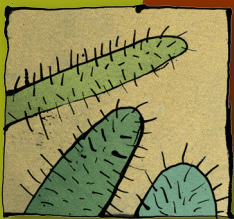
AIDS Foundation 0800 802 437 [www.nzaf.org.nz](http://www.nzaf.org.nz)

YouthLaw dial 010 and follow instructions

Rainbow Youth [www.rainbowyouth.org.nz](http://www.rainbowyouth.org.nz)

CADS [www.cads.org.nz](http://www.cads.org.nz)

# Manly Men



**Penises** come in all shapes and sizes – that's normal - but when erect they do the same job.

**Be proud of yourself and look after it!!**

# Manly Men

Men also come in all shapes and sizes. Think of the men you most admire in your life –It's not all about muscles and sporting ability.

**Being a man means u can b who you are!**

# Love Stuff

In a healthy relationship no one person holds the power. **CHOOSING** to be with someone is your decision not someone else's. Both people have to agree for it to be cool.

Remember everyone is attracted to different things and everyone has the right to choose who they are in a relationship with... being single can be fun too.

**Love is...trust, respect, talking, caring listening.**

# Things Guys need to know- Contraception It's not just for the Girls

The most common forms of contraception used by young women are the contraceptive pill and depo provera (the jab). If they are not used properly they don't work.

Check out [www.theword.org.nz](http://www.theword.org.nz)

# Things Guys need to know- Contraception It's not just for the Girls

The Emergency Contraceptive Pill (ECP) can be taken up to 72 hours after unprotected sex to prevent pregnancy.

It's available from Family Planning, your Doctor, Accident and Emergency, and Chemist.



# Things Guys need to know

**Take care of business and know there won't be any surprises by using condoms.**



Family Planning and sexual health services are **CONFIDENTIAL** and non judgemental.