



## When To Have Sex?

### What Counts as Sex?

This is a tricky question to answer! There are many different answers to what sex is. Many people have different ideas, understanding, definitions and values around what they consider sex.



- It is important for people to decide what counts as having sex for them personally. Each person might have a different answer.
- People's definitions of what counts as having sex differ and are influenced by things like their values and culture.

### One example of a definition of sex is:

- Giving pleasure to someone's body/genitals or receiving pleasure through the genitals. This is just an example and does not mean that is how you define it.

- For it to count as sex it must be consensual, meaning everyone involved is freely choosing for themselves to participate and wants to participate.

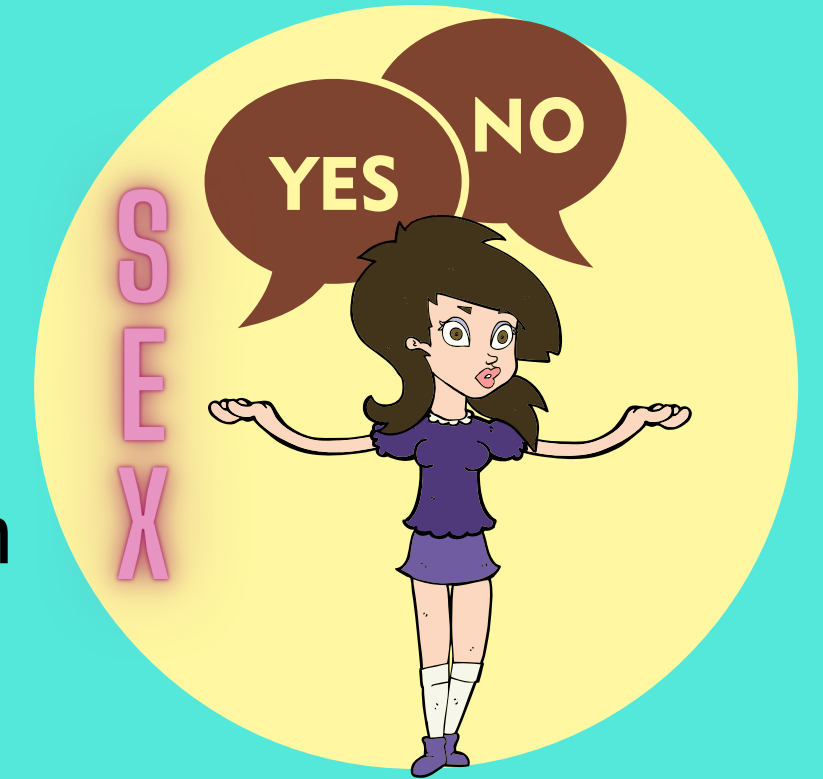
- If someone involved is not consenting, or they are underage, or unconscious, it is not sex. It is abuse and assault and it is illegal.





## Why do People Have Sex?

- People have sex for many different reasons.
- Everyone is different. Deciding to have sex, or not to have sex is a personal choice that people make throughout their lives.
- It is important to develop an understanding of:
  - the reasons you would be/are comfortable to have sex
  - the situations you would be/are comfortable to have sex in
  - the reasons you would **not** be comfortable to have sex
  - the situations you would **not** be comfortable to have sex in



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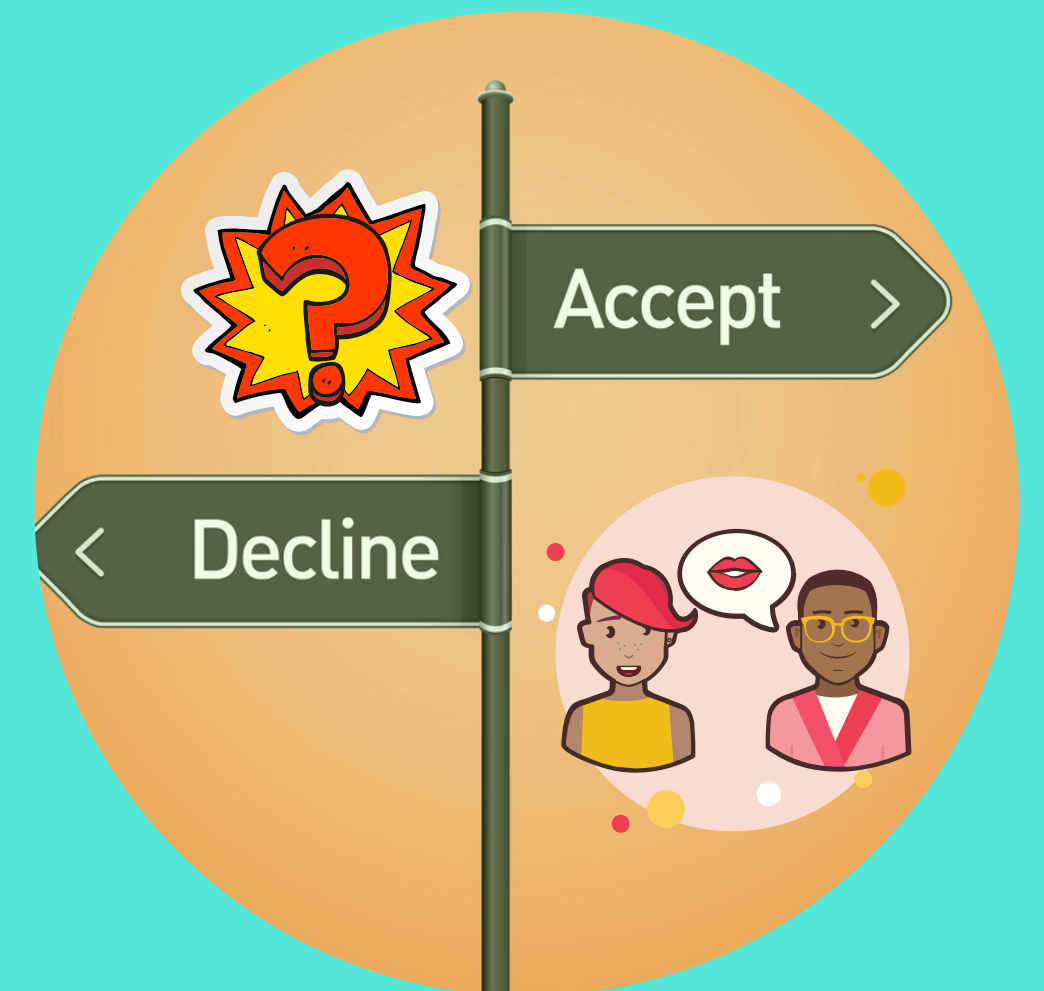
- When making the decision to have sex there are some important things to consider:
  - Is this something you and your partner(s) want to do?
  - Do you have all the materials you will need to protect you and your partner's health (safer sex materials and birth control)?
  - Do you and your partner(s) have trust, respect, consent and safety with one another.
  - Are you prepared for the emotions that may result from having sex?
  - Do you recognize that sex and love are two different things?





## When to Have Sex?

- These things are important to think about each time a person decides to have sex:
  - for the first time ever
  - for the first time with a new partner
  - every time with their partner



## Things to Remember

- Sex is supposed to feel good, be pleasurable, and bring you and the other person(s) happiness.
- If sex does not feel good or causes pain, stop and reassess the situation. Something might be wrong. Something may need to change so that it feels good and right for you.
- What sex means to you and how you express your sexuality is *your* choice.



### References

Autism Nova Scotia. (2019). *Healthy Relationships, Sexuality and Autism Program Curriculum*. Halifax, Canada: Autism Nova Scotia.

Corinna, H. (2016). *S.E.X., The All-You-Need-To-Know Sexuality Guide to Get You Through Your Teens and Twenties* (2nd ed.). Boston, MA: Da Capo Press.

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