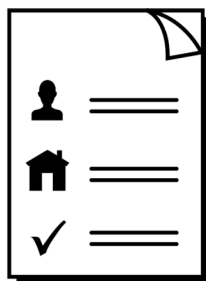


Sexual health for people with childhood onset heart disease



Easy Read

About this fact sheet



This fact sheet is from HeartKids.

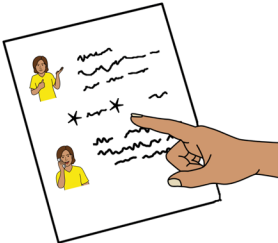


This fact sheet is written in a way that is easy to understand.



You can read more information about HeartKids on our website.

Visit heartkids.org.au



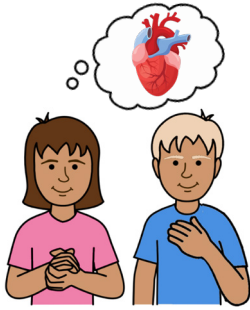
We add a star before and after ***hard words***. Then we explain what the words mean.



You can ask someone to help you read and understand this fact sheet.



Contact information is at the end of this fact sheet.



Childhood onset heart disease

We help people with

childhood onset heart disease or COHD.



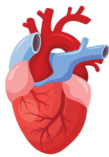
COHD means a ***heart condition*** that starts

- before you are born

or



- when you are young.

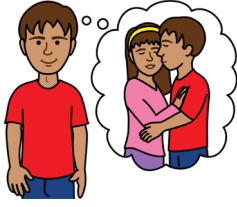


A heart condition means your heart works differently to the way it should.

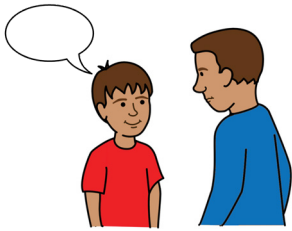


Most children with COHD grow up to live normal lives.

Sexual health and your heart condition



Only you can decide if you want to start having sex.



It can help to talk about relationships with someone you trust.



When you have sex your body can use lots of energy.



If you have a heart condition you need to think about how this might affect your body.

About contraception



When you have sex you need to think about ***contraception***.

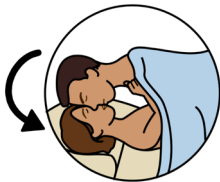


Contraception means there is less risk of

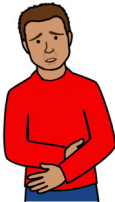
- pregnancy



- getting ***sexually transmitted infections*** or STIs.



Sexually transmitted infections can be passed on to your partner when you have sex.



The infections can cause serious health problems.



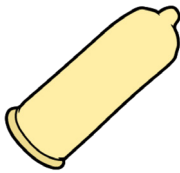
There are different types of contraception.



You can talk to your doctor about the best contraception for you.

Types of contraception

Condoms



Men wear a condom on their penis.



A condom is made from thin rubber.



Condoms stop a man's semen from going inside their sexual partner.

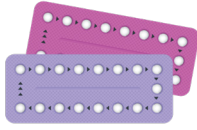


Condoms are the only contraception that can protect you from STIs.

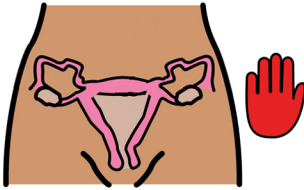


Many people use condoms and other types of contraception.

The Pill



The Pill is a tablet that women take every day so they do not get pregnant.



The Pill stops the body from releasing an egg each month.

Emergency contraception



If you did not use contraception and you had sex you can get ***emergency contraception***.



Emergency contraception is a tablet you take soon after you have sex.



Emergency contraception might stop pregnancy but it does not protect you from STIs.



You can ask your doctor or get the tablet from a pharmacy.



More information



For more information or support contact HeartKids.



Call 1800 432 785

You can contact us from 9 am to 5 pm

Monday to Friday.



Website heartkids.org.au

Help to speak and listen



If you need help to speak or listen, the National Relay Service can help you make a call.



Call 1800 555 660



Website accesshub.gov.au/nrs-helpdesk

Help in your language



If you need help with other languages, contact the Translating and Interpreting Service.



Call 131 450



Website tisnational.gov.au

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