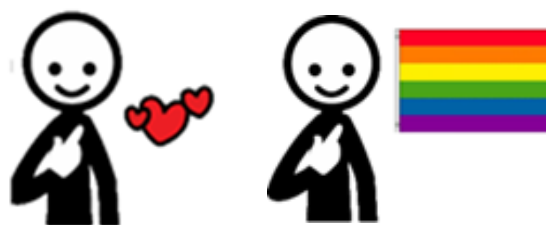


Bildstöd vid samtal om sexuell hälsa



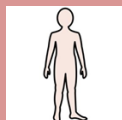
Register – sexuell hälsa



2. användbara
ord



3. sexualitet



4. kroppen



5. vad får
man röra?



6. vad får
man röra?



7. mens



8. intimhygien



9. känslor och
reaktioner



10. personer



11. att träffa
någon



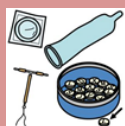
12. platser



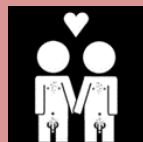
13. sex med
sig själv



14. sex med
sig själv



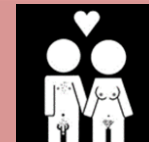
15. preventiv-
medel



16. sex med
samma kön



17. sex med
samma kön



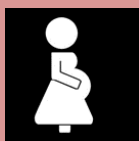
18. sex med
olika kön



19. köns-
identitet



20. vid behov
av sjukvård

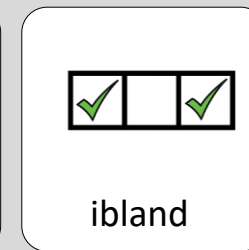
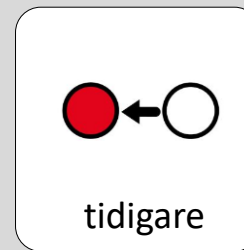
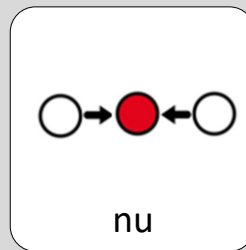
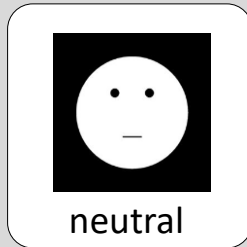
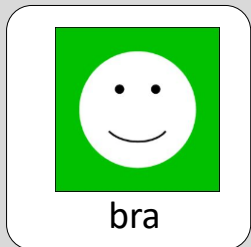
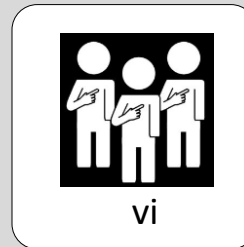
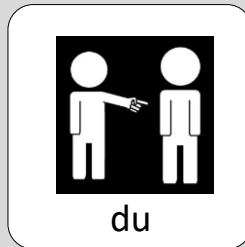
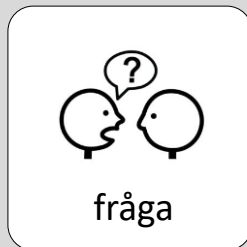


21. graviditet

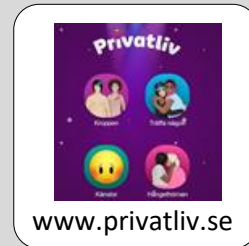
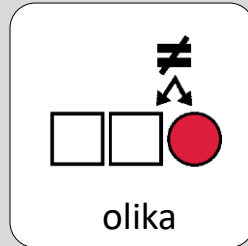
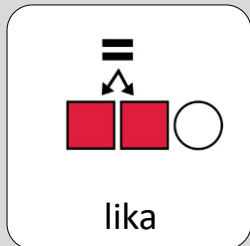
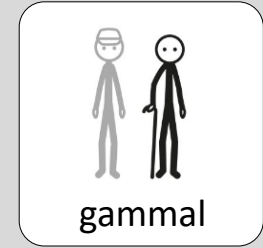
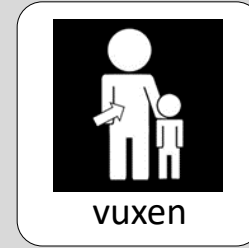
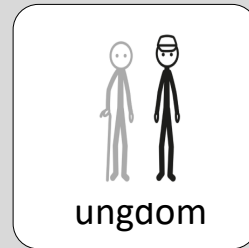
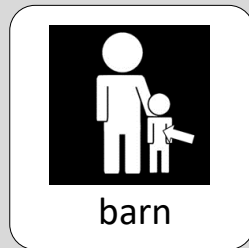
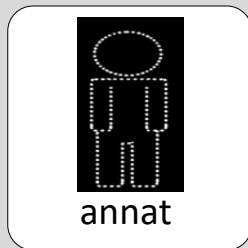


22. övergrepp

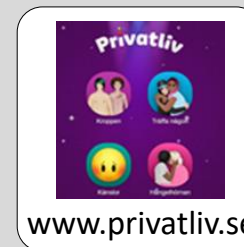
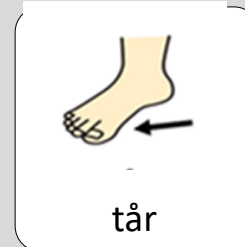
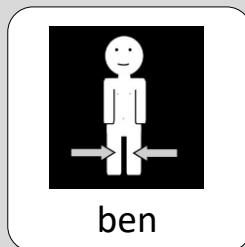
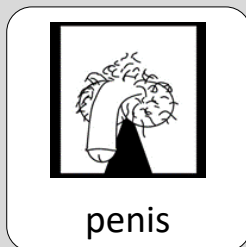
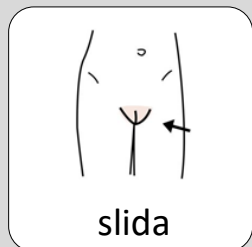
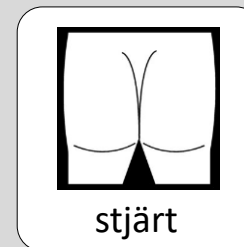
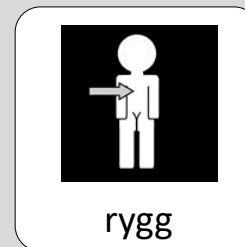
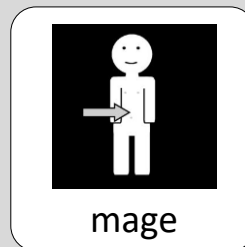
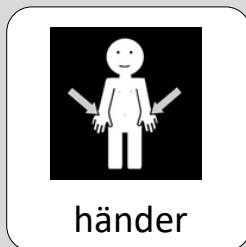
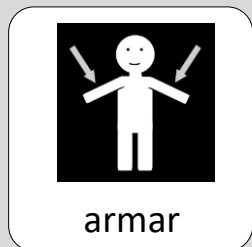
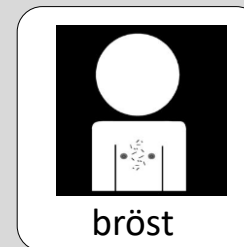
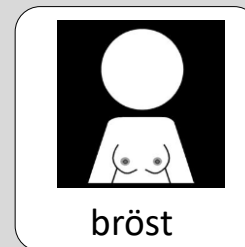
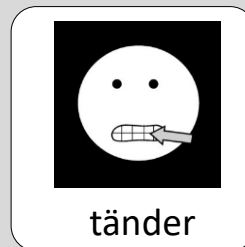
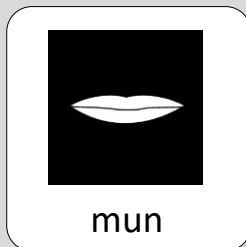
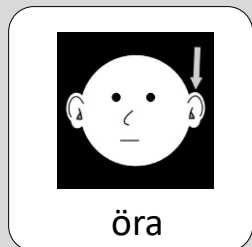
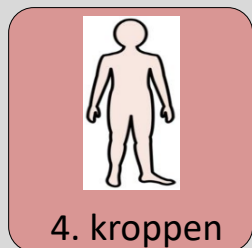
2. användbara ord



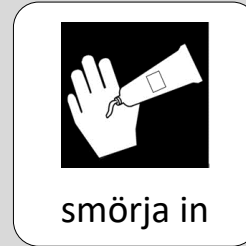
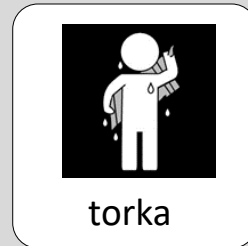
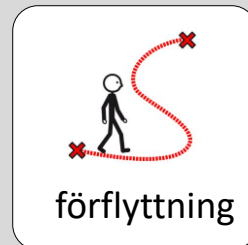
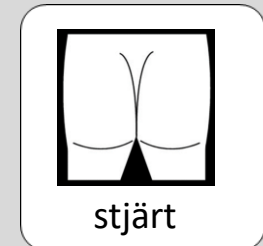
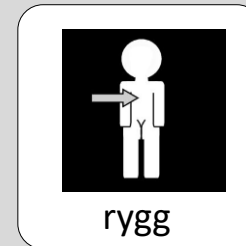
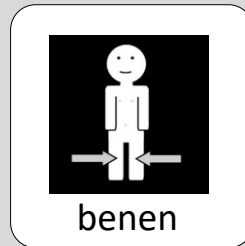
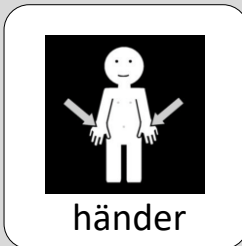
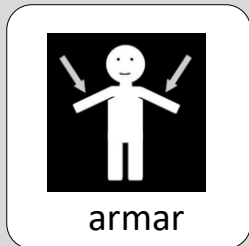
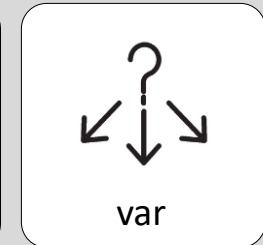
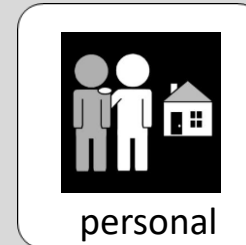
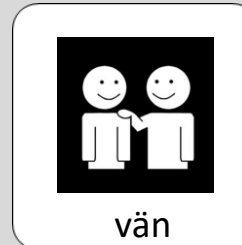
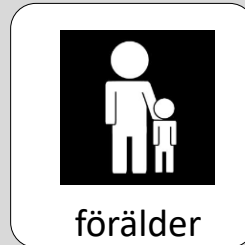
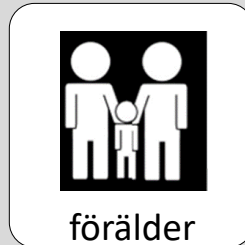
3. sexualitet



4. kroppen



5. kroppen, vad får man röra



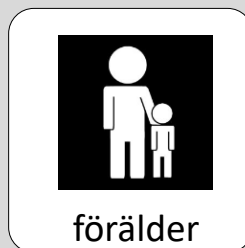
6. kroppen, vad får man röra



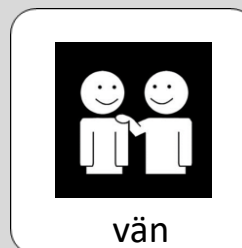
vem



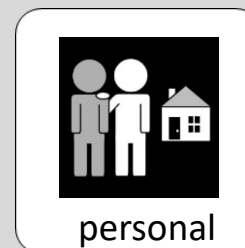
förälder



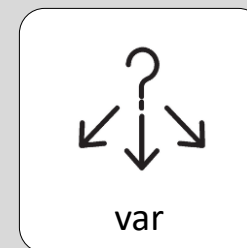
förälder



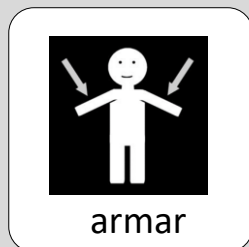
vän



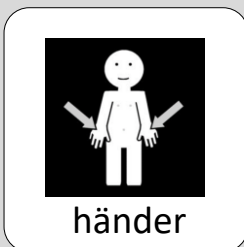
personal



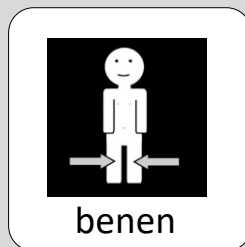
var



armar



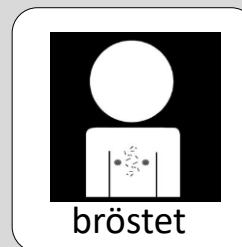
händer



benen



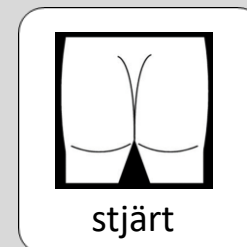
fötter



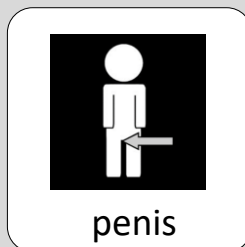
brösten



rygg



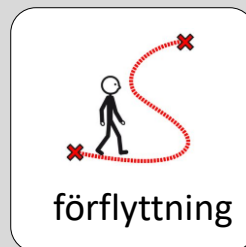
stjärt



penis



varför



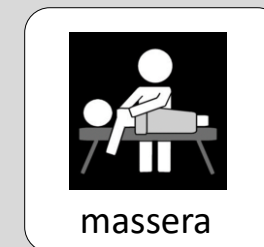
förflyttning



toalettbesök



undersöka



massera



tvättning



dusch



torka



smörja in



ja



nej

7. mens



7. mens



blod



äggstockar



menscykeln



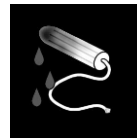
sjukvård



mensskydd



tampong



byta tampong



binda



byta binda



menskopp



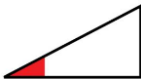
rengöra
menskopp



mensvärk



värktablett



lite



mitt emellan



mycket



2. användbara
ord



9. känslor och
reaktioner

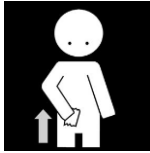
8. intimhygien



8. intimhygien



toalett



torka fram



torka bak



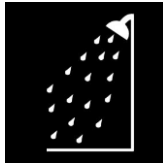
spola



tvätta
händerna



torka
händerna



duscha



tvätta
underlivet



tvätta penis



tvätta stjärten



torka sig



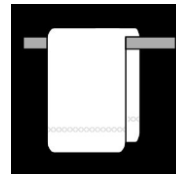
klä på sig



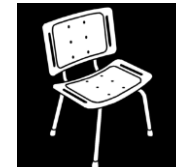
överkropp



underkropp



handduk



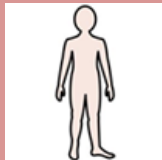
duschstol



tvål



2. användbara
ord



4. kroppen

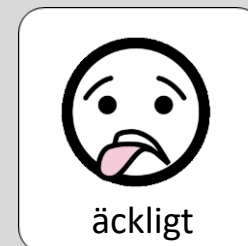
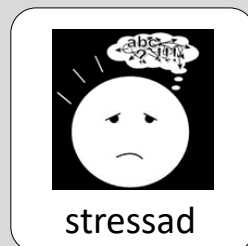
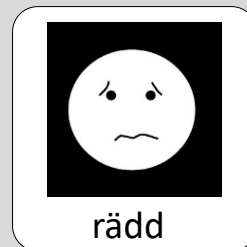
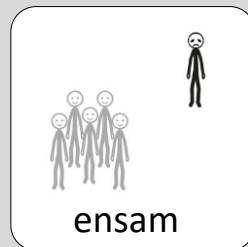
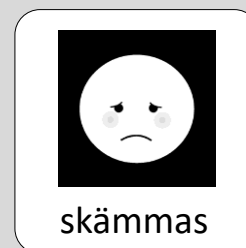
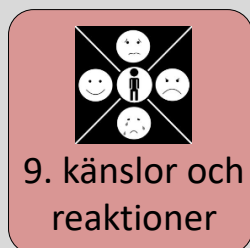


5. vad får man
röra?

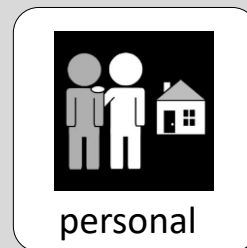
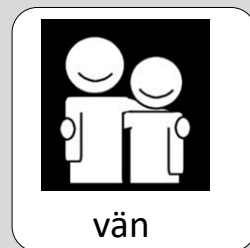
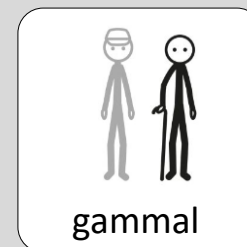
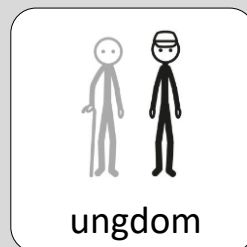
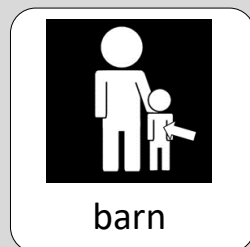
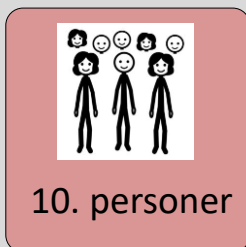


6. vad får man
röra?

9. känslor och reaktioner



10. personer



11. att träffa någon



11. att träffa
någon



dejt



vänta



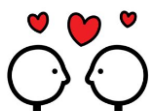
vara ihop



separera



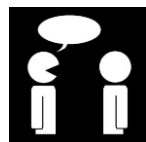
kär



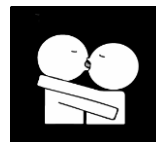
älska varann



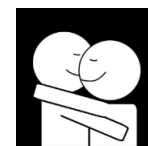
hålla handen



prata



kyssas



kramas



hängla



skriva



meddelande



restaurang



bio



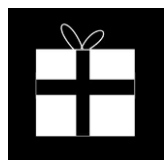
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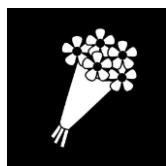
idrott



dans



present



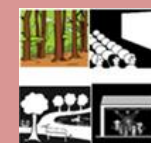
blommor



2. användbara
ord



9. känslor och
reaktioner



12. platser

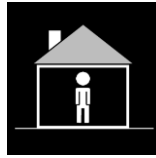
12. platser



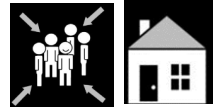
12. platser



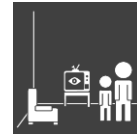
var



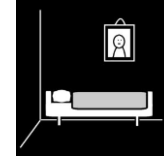
eget boende



gruppboende



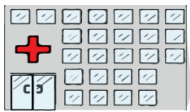
korttidsboende



eget rum



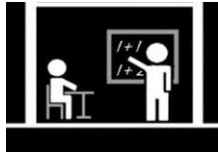
allrum



sjukhus



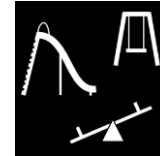
apotek



skola



skolgård



lekplats



sporthall



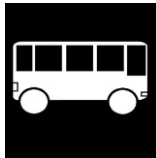
färja



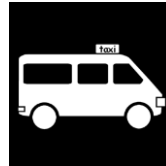
tunnelbana



tåg



buss



taxi



skog



hotell



omklädningsrum



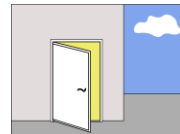
restaurang



nöjespark



park



utomhus



inomhus



2. användbara ord

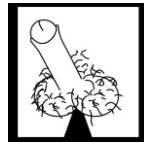
13. sex med sig själv ♂



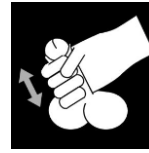
13. sex med
sig själv



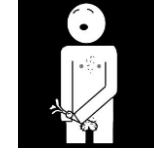
penis



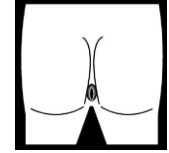
stånd



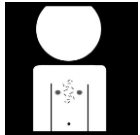
onanera



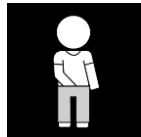
orgasm



stjärten



bröst



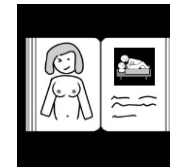
handen i
byxan



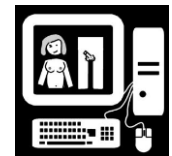
glidmedel



dildo



porr



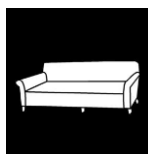
nät-porr



drömma



säng



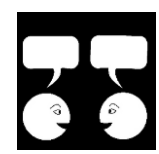
soffa



toalettstol



dusch



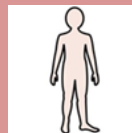
samtal



förtroende



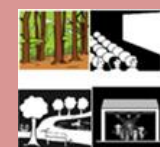
2. användbara
ord



4. kroppen



9. känslor och
reaktioner



12. platser

14. sex med sig själv ♀



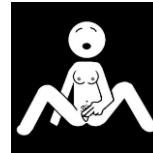
14. sex med
sig själv



slida



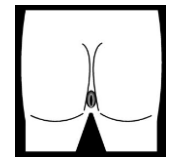
onanera



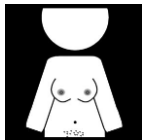
orgasm



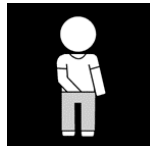
våt



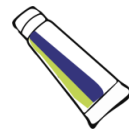
stjärt/rumpa



bröst



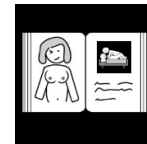
handen i byxan



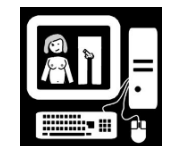
glidmedel



dildo



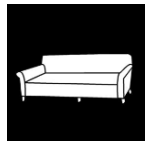
porr



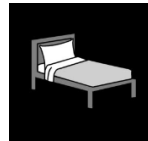
nät-porr



drömma



soffa



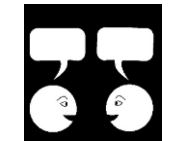
säng



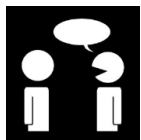
toalettstol



dusch



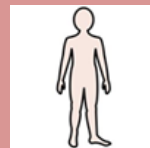
samtal



förtroende



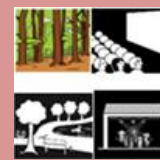
2. användbara
ord



4. kroppen



9. känslor och
reaktioner



12. platser

15. preventivmedel



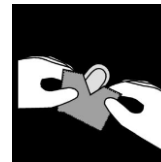
15. preventivmedel



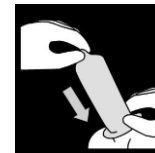
förhindra graviditet



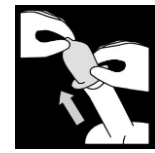
kondom



öppna



ta på kondom



ta av kondom



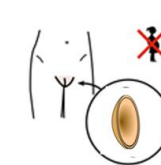
slänga



p-piller



spiral



pessar



rengöra
pessar



p-plåster



p-spruta



ungdomsmottagning



vårdcentral



läkar-
undersökning



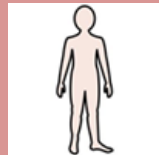
gynekolog



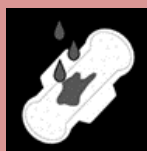
barnmorska



2. användbara
ord



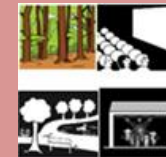
4. kroppen



7. mens



9. känslor och
reaktioner

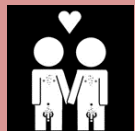


12. platser

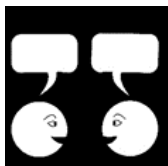


21. graviditet

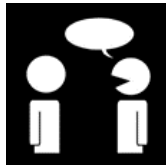
16. sex med annan, samma kön ♂



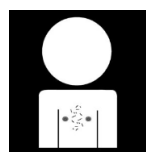
16. sex med
samma kön



samtal



förtroende



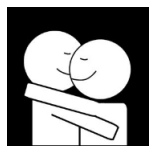
bröst



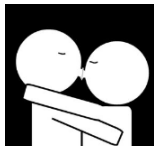
stjärt



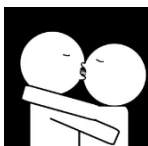
penis



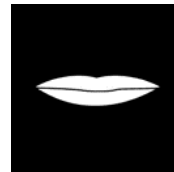
kramas



puss



kyss



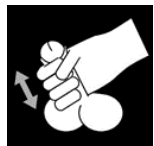
mun



oralsex



stånd



onanera



orgasm



samlag



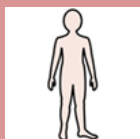
analsex



sexhjälpmedel



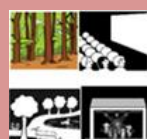
kondom



4. kroppen



9. känslor och
reaktioner

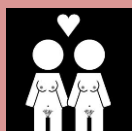


12. platser

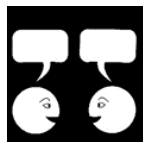


15. preventiv-
medel

17. sex med annan, samma kön



17. sex med
samma kön



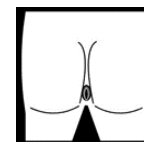
samtal



förtroende



bröst



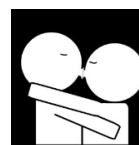
stjärt



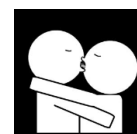
slida



kramas



pussas



kyssas



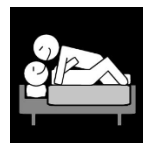
mun



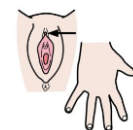
oralsex



orgasm



samlag



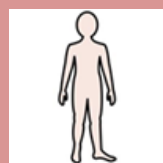
onanera



sexhjälpmedel



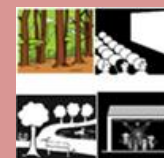
2. användbara
ord



4. kropp



9. känslor och
reaktioner

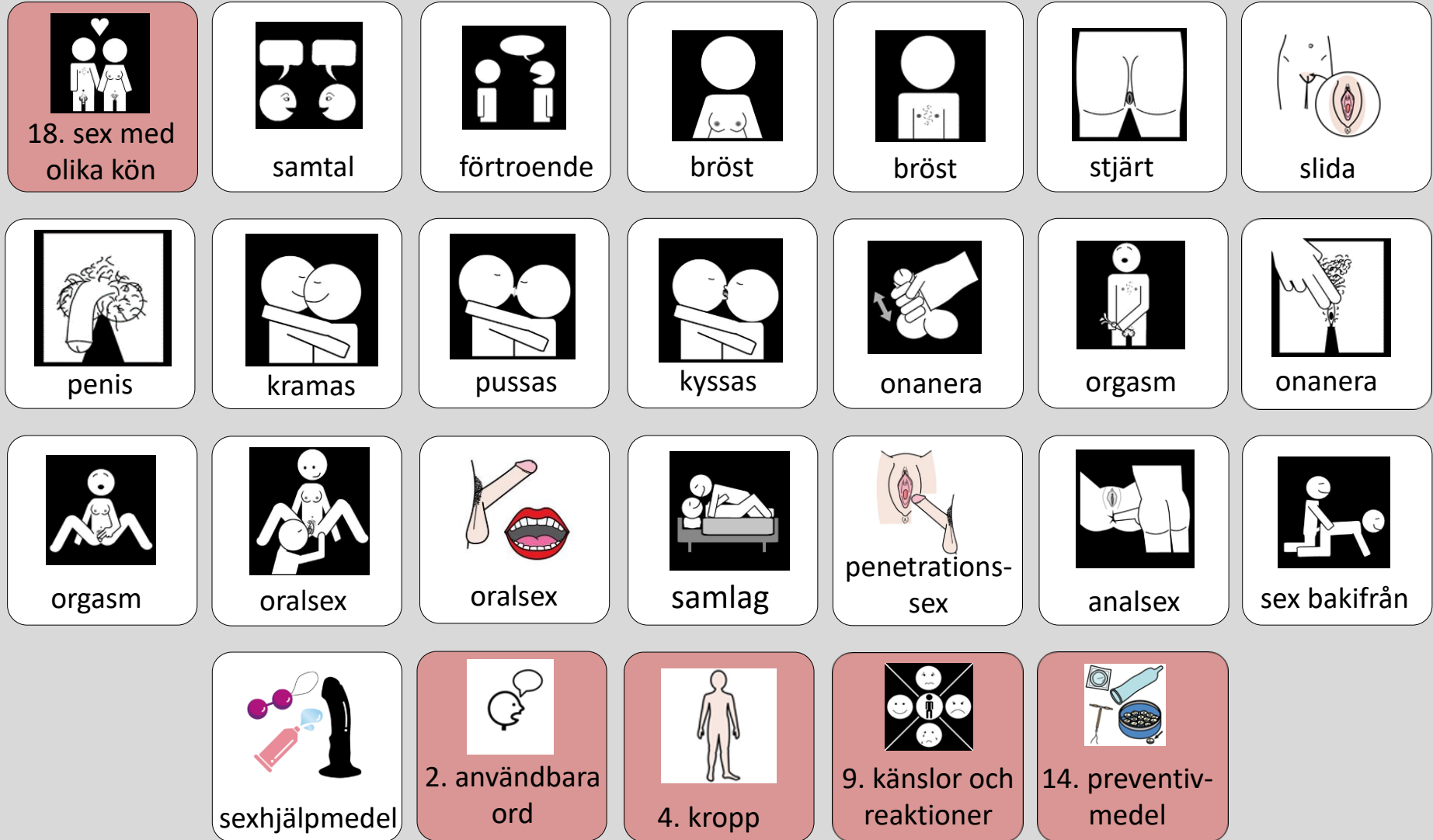


12. platser



14. preventiv-
medel

18. sex med annan, olika kön



19. könsidentitet



19. köns-
identitet



kvinna



man



transman



transkvinna



icke-binär



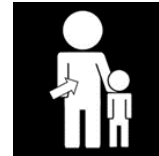
annat



barn



ungdom



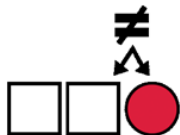
vuxen



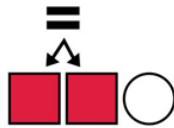
gammal



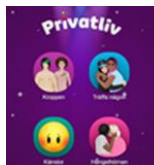
ändra



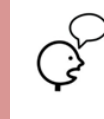
olika



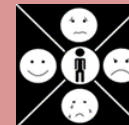
lika



www.privatliv.se



2. användbara
ord

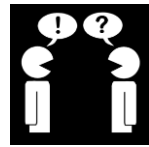


9. känslor och
reaktioner

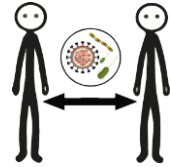
20. vid behov av sjukvård



20. vid behov
av sjukvård



rådgivning



könssjukdom



läkemedel

1177.se

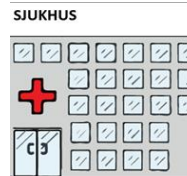
1177.se



ungdomsmottagning



vårdcentral



sjukhus



undersökning



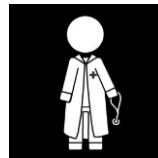
gynstol



gynekolog-
instrument



sjukvårds-
personal



läkare



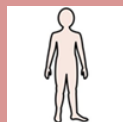
barnmorska



gynekolog



2. användbara
ord



4. kroppen

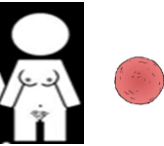
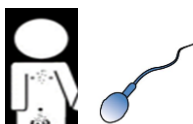
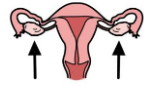
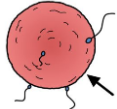
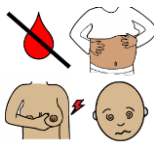
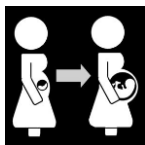
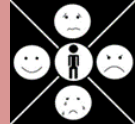


14. preventiv-
medel



21. graviditet

21. graviditet

 21. graviditet	 penetrations- sex	 ägg	 spermie	 äggstockar, livmoder	 befruktning
 graviditetstest	 symptom	 beräkna födelsedatum	 ultraljud	 undersöker magen	 undersöker underlivet
 barnet växer	 fostervattnet	 värkar	 sitta i ginstol	 vaginal födelse	 kejsarsnitt
 bröstmjolk	 amma	 2. användbara ord	 4. kroppen	 9. känslor och reaktioner	 20. vid behov av sjukvård

22. övergrepp



22. övergrepp



vad



hota



tvinga



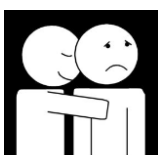
slå



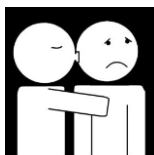
inlåst



knuffa



hålla fast



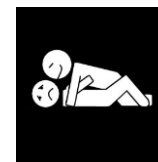
pussa



tafsa



oralsex



våldtäkt



vem



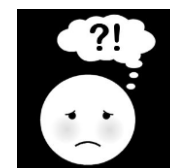
skämmas



ledsen



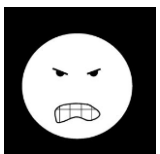
ensam



orolig



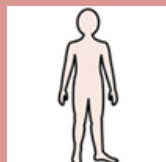
stressad



arg



2. användbara
ord



4. kroppen



9. känslor och
reaktioner



10. personer



12. platser

Pratkartor om sexuell hälsa

Sexualiteten är en viktig del av att vara människa genom livet. ”Trygga rum” och samtal kring frågeställningar och erfarenheter kan bidra till god sexuell hälsa. Bildstödet är tänkt att vara till hjälp att både ge ord kring ämnet och stötta minnet.

För att skapa ett ”tryggt rum” är det nödvändigt att du som samtalspartner har en tillåtande och positiv inställning till sexualitet. Detta gör det lättare för personen du samtalar med att ställa frågor eller berätta om erfarenheter, också de som inte varit positiva. Detta ger möjlighet att rusta personen med nya strategier för att identifiera och undvika risker i framtiden.

Hur du använder pratkartorna

Med pratkartan kan du pekprata med personen du kommunicerar med. Du är modell och pekar på bilderna samtidigt som du pratar. På vissa av pratkartorna finns hänvisningar till andra samt till en generell pratkarta med användbara ord. Hänvisningarna är till för att man snabbt ska kunna hitta bildstöd för nya frågeställningar som kan tänkas dyka upp under samtalet.