

SAFER SEX



DOESN'T NEED
TO BE SO HARD

YOU'RE
HAVING SEX.
KEEP IT
SAFER.



GETTING UNDRESSED DOES NOT MEAN YES



- ▶ Permission is verbal and non-verbal – and it can be **taken away at any time**
- ▶ If you or your partner are uncomfortable at all, **say no**
- ▶ **Consent** isn't a buzzword, it's the law

DON'T TRUST YOUR EYES WITH STIs



- ▶ **Don't wait for symptoms** to get tested for STIs
- ▶ Only 50 – 70% of people have symptoms of Chlamydia or Gonorrhoea. **You can have it and not know it!**
- ▶ **Untreated Chlamydia and Gonorrhoea** can lead to infertility, chronic pelvic pain, testicular pain, and scar tissue

GOT A BAE? TEST YOURSELVES BEFORE YOU PLAY



- ▶ If you're sexually active, get tested – **no ifs, ands, or but(t)s**
- ▶ Testing for STIs is as **easy as peeing in a cup**. Get tested regularly at our clinics or through your school nurse
- ▶ Talk with your partner about STIs and getting tested **together**

USE PROTECTION TO REDUCE INFECTION



- ▶ Use **condoms and dental dams** for all types of sexual activity
- ▶ LGBTQ2S – however you identify, **we're all susceptible** to STIs
- ▶ Protect yourself **from start to finish**, no matter who your partner is

GET CONSENT.
TESTED.
SAFE.

IT'S
THAT
EASY.



Southwestern Public Health offers **free, non-judgmental STI testing and safer sex information** in a welcoming environment.

Need sexual health info? We've got that, too. Visit the Sexual Health page on our website.

