

Hints and Tips:

- You do not need to be 18 years old to purchase condoms.
- You can get condoms and lubricants from chemists, supermarkets, convenience stores and vending machines in the toilets of pubs and clubs – you do not need a prescription!
- Store condoms in a cool place – it is not a good idea to leave condoms in your car or wallet for long periods of time.
- You can only use a condom once so make sure you have more than one available!
- Do not put on two condoms for extra protection – they may tear because of friction. If you want extra safety buy extra strength condoms.
- Condoms come in different widths, lengths, thicknesses and textures – experiment to find the right one for you! Non-latex condoms are available for people with latex allergy.
- A drop of water based lubricant in the tip of the condom will promote sensitivity – give it a go!
- Dams are thin rubber latex sheets that are used to reduce the risk of getting an STI when performing oral/vaginal or oral/anal sex. Your sexual health clinic can tell you where you can get dams.
- When you drink alcohol or take drugs your decision making can be impaired. What seems like a great idea at the time might look a little differently the next morning. If you are going to have sex, make sure you use protection.
- Contraceptives, such as the Pill, Spermicide, NuvaRing, Implanon, Depo-Provera injection, IUDs or the morning after pill do not protect you from contracting STIs. Even if you are on contraception you still need to practise safe sex to prevent getting an STI.

Where to Get Help and Information

If a condom breaks or comes off or you have had unprotected sexual contact or think you may have an STI, visit your local general practitioner (GP) office.

For more information on STI testing or safe sex contact:

www.safesexnoregrets.com.au

Metro

WA AIDS Council
www.waaims.com
AIDSline: (08) 9482 0044

FPWA Sexual Health Services
www.fpwa.org.au
Sexual Health Helpline:
9227 6178 (metro)
1800 198 205 (regional)

Quarry Health Centre
(for under 25's)
7 Quarry Street, Fremantle
(08) 9430 4544

Royal Perth Hospital Sexual Health Clinic
Ainslie House, Murray St,
Perth
(08) 9224 2178

Fremantle Hospital Sexual Health Clinic
B2 Clinic – Alma Street,
Fremantle
(08) 9431 2149

Perth Medical Centre
713 Hay Street, Perth
(08) 9481 4342

Derbarl Yerrigan
(Aboriginal Health Service)
156 Wittnoom Street,
East Perth
(08) 9421 3888

Regional

Carnarvon
(08) 9941 0560

Geraldton
(08) 9956 1950

Kalgoorlie/Boulder
(08) 9080 8200

South Hedland
(08) 9140 2377



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Safe Sex.

No Regrets.



What are Sexually Transmissible Infections (STIs)?

Sexually Transmissible Infections (STIs) are infections that are transmitted from one person to another during sexual contact. Some STIs are caused by bacteria and some are caused by viruses. Because of the variety of STIs, symptoms and treatments can be very different. This pamphlet is about how you can reduce your risk of getting an STI by practising safer sex.

STIs are transmitted when body fluids such as semen, vaginal fluids and blood come into contact with a person through unprotected vaginal, anal or oral sex or sometimes through skin to skin genital contact.

How can I protect myself?

You can't tell whether someone has an STI based on how they look. A lot of the time the person themselves are not aware that they have an STI. Therefore, it is always important to protect yourself during any sexual activity.

Safe sex is using condoms (or dams) and a water-based lubricant when engaging in sexual contact. Practising safe sex will help to prevent you getting an STI and/or experiencing an unplanned pregnancy.

You can also protect yourself by:

- Not having sex
- Having sex with only one monogamous partner
- Reducing the number of people you have sex with

Safe Sex and Negotiation

If you want to practise safe sex, there are a number of things you can do to make sure you stick to that decision. Firstly, know how to use a condom and make sure you always have a supply of condoms available, including when you travel overseas. Be clear and firm about the reasons why you want to practise safe sex and arm yourself with responses such as:

'Condoms protect both of us...'

'If it's not on... it's not on.'

'Here, let me put the condom on for you...'

'Don't worry, I have some right here in my drawer...'

'Using a condom will protect us from unplanned pregnancy and STIs...'

Your sexual partner should respect your decision to practise safe sex. If they don't you need to consider how much they value you and your beliefs.

Safe Sex and Contraception

If you are going to have sex and do not want to get pregnant you need to use a contraceptive. Male and female condoms are the only contraceptives that protect you against both pregnancy and against STIs.

The Pill, Spermicide, NuvaRing, Implanon, Depo-Provera injection and IUDs do not protect you from contracting STIs or BBVs (Blood Borne Viruses).

It is recommended that you use a male or female condom **as well as** one of the above contraceptive methods to provide you with protection against unplanned pregnancy and STIs. You can contact your GP or one of the services listed on the back of this pamphlet for more information.

How to Use a Condom

1. Check the expiry date on the condom packet.
2. Open the packet but be careful not to tear the condom!
3. Squeeze the air out of the tip of the condom.
4. Keep hold of the tip of the condom and roll it all the way down to the base of the penis.
5. Use plenty of water-based lubricant on the outside of the condom. Do not use oil based lubricants such as Vaseline and massage oils as these weaken the condom and increase the risk of breakage.
6. Before withdrawing, hold the base of the condom, so it doesn't slip off.
7. Carefully wrap the used condom in a tissue and throw in the bin. Don't flush it down the toilet!

