




SAFE SEX


Sex should be a positive experience, and not something to feel bad, worried, or guilty about. Safe and positive sex means:

- ▶ Preventing sexually transmitted infections (STIs or STDs) like gonorrhea, syphilis, chlamydia, and HIV
- ▶ Avoiding unplanned pregnancy
- ▶ Feeling good about yourself and your relationship



SAFE SEX IS ANY SEXUAL ACTIVITY WHERE SEMEN, VAGINAL FLUID OR BLOOD DOES NOT PASS FROM ONE PERSON TO ANOTHER.

THIS MEANS THAT IT IS MUCH MORE DIFFICULT FOR STIS OR STDs LIKE GONORRHEA, SYPHILIS, CHLAMYDIA, AND HIV TO PASS FROM ONE PERSON TO ANOTHER.




How you can stay safe from getting or passing on HIV or another STI:

- ▶ If you are not having sex yet, then delay having sex.
- ▶ Do other less risky sex activities like rubbing, kissing, masturbation, fingering, body rubbing without penetration, breast fondling, nipple sucking – where no semen, vaginal fluid or blood passes from one person to another.
- ▶ Use a condom properly every time you have penis in vagina or penis in anus sex.




Also...

- ▶ Stick to one partner (STOP) – have sex with only one partner (who only has sex with you). Both partners must be certain that they are not infected with HIV or another STI (this means both being tested and getting the results).
- ▶ Get tested for HIV and other sexually transmitted infections (STIs or STDs).

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- ▶ Anyone can get an STI including HIV.
 - ▶ You can't tell by looking at someone whether or not they have HIV or another STI.
 - ▶ A person with an STI including HIV may not know that they have it, but they can still pass it on
 - ▶ HIV can live in a person's body for years before they get sick, but they can still pass it on even if they seem well.

We never know who may be infected with HIV or another STI (STD), so it is **everyone's** responsibility to have safe sex.



How to use a condom

It is important to use a condom properly

- ▶ Check the expiry date on the condom packet
- ▶ Open the packet carefully so the condom doesn't tear (1)
- ▶ Don't unroll the condom before putting it on
- ▶ Gently pull back the foreskin (if you have one!)
- ▶ Squeeze the tip of the condom and hold it against the top of the hard penis. This makes sure there is no air left in the condom (2)



- ▶ Holding on to the tip, unroll the condom all the way down the penis (3)
- ▶ After ejaculation (cumming), hold on to the bottom of the condom so it stays on and pull the penis out before it goes soft (4)
- ▶ When you take the condom off, don't let the condom or penis touch your partner (5)
- ▶ Tie a knot in the condom so the cum stays inside and throw the condom away. Don't throw condoms in a toilet



Use a new condom every time

You can get condoms from:

- ▶ most health clinics
- ▶ hospitals
- ▶ Family Health centres and
- ▶ youth centres



Who can I talk to?

Get help and advice about safe sex issues from:

- ▶ A health worker, youth or community worker or peer educator
- ▶ Family planning/Family Health clinic or centre
- ▶ Your local health clinic or hospital

It is up to you to decide:

- ▶ When to start having sex
- ▶ If you want to have sex when your partner wants you to
- ▶ To practise safe sex every time

BE WISE – PRACTISE SAFE SEX

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