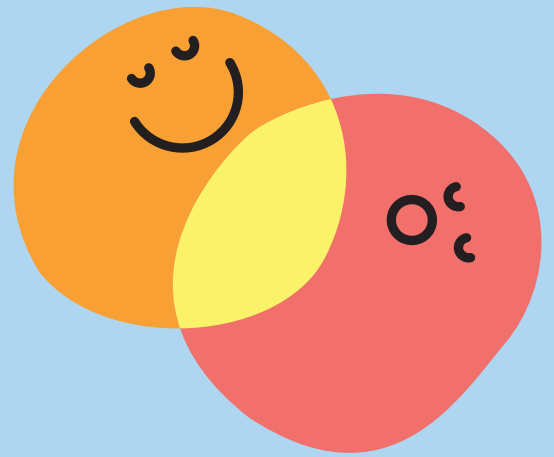


# Everybody's doing it.

Sex is a normal part of life. Talking about your sexual health should be too.

There's a lot more to sexual health than just sex! It's about whether you feel safe and comfortable too. Communication is key: before, during and after sex.



Department of Health

## The four C's of safer sex

**Communication** – Talk openly with your partner(s) about sexual health and pleasure

**Consent** – Take steps to check that everyone involved is freely agreeing to each sexual activity

**Contraception** – Take steps to avoid getting pregnant, or getting someone else pregnant, unless you both want to

**Condoms** – Use protection to reduce the risk of STIs and unintended pregnancy

Make the right decisions for you by talking to someone you trust.

## STIs are part of life

Sexually transmissible infections (STIs) are common and don't always show obvious symptoms.

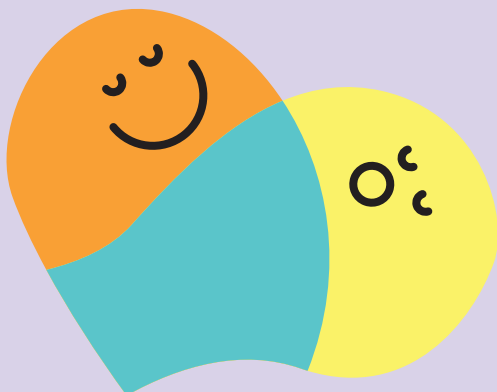
1 in 6 Australians will get an STI in their lifetime.

You can get an STI through unprotected oral, vaginal or anal sex.

Getting an STI is nothing to be embarrassed about. It's important to get checked and treated to avoid passing them on and prevent bigger health issues later.

A sexual health check is the only way to know for sure if you have an STI.

It's also an opportunity to talk openly and confidentially about sexuality and relationships.



**Test regularly, treat early  
and prevent long term effects**

## What can I do to prevent STIs?

- Get a sexual health check at least once a year
- Practise safer sex by using protection like condoms and dams
- Get vaccinated against hepatitis B and HPV
- Let your partner(s) know if you have an STI so they can be tested and treated too

Pregnancy, birth control, implants and PrEP do not lower your risk of getting an STI.

## Who should get a sexual health check?

**Anyone who is having sex.  
It's that simple.**

Get checked:

- At least once a year
- If you are pregnant or planning a pregnancy
- When you change sexual partner(s) or start a new relationship
- If you or a sexual partner have symptoms

Regular checks are important even if you're using protection. In some cases, more frequent testing may be recommended.

**Test regularly, treat early  
and prevent long term effects.**

## Where can I get a sexual health check?

Affordable and confidential sexual health checks are available at:

- Your local doctor
- Community health centres
- Aboriginal Community Controlled Health Organisations
- Sexual and reproductive health services

All STI testing should include:

- ✓ Chlamydia
- ✓ Gonorrhoea
- ✓ HIV
- ✓ Syphilis

## What is involved in a sexual health check?

Your health professional will talk with you about your sex life so they can give you the right information to inform your choices.

Tests can vary depending on your needs, but may include a urine sample, blood test or swab. Some tests can also be self-collected.

**Being informed about your sexual health  
helps you focus on pleasure in the moment.**

Remember, most STIs are preventable and curable, and all of them are treatable.

The key is early detection and treatment.



Safer sex helps create a positive and enjoyable experience for you and your sexual partner(s).

For more information on sexual health, visit the Better Health Channel or talk to your health professional.

