

BACTERIA

COMMON STIS

VIRUSES

Chlamydia is a very common STI amongst young people that is easily treated. It affects both men and women. Most people don't have symptoms but symptoms may include discharge from penis or vagina, pain when peeing, abnormal vaginal bleeding, pelvic pain or pain during sex. If left untreated, Chlamydia can cause infertility.

Gonorrhoea (The Clap) is an infection that is presently more common among men who have sex with men. Symptoms can include burning or discomfort when peeing, or abnormal discharges. Some people won't have any symptoms. If left untreated, gonorrhoea can lead to infertility.

Non Specific Urethritis (NSU) or Non-Gonococcal Urethritis (NGU) is inflammation of the male urethra (tube that piss passes through). Symptoms can include white or cloudy discharge coming from the urethra, or pain when peeing. If left untreated, it can lead to chronic pain in the testes, or infertility.

Syphilis is a treatable infection but, if left untreated, it can cause serious problems and can even be life threatening. Symptoms sometimes go unnoticed, but can include a painless sore or a rash on the palms/soles of the feet/torso of the body.



WHAT CAN I CATCH?

IT IS NOT THE END OF THE WORLD IF YOU GET AN STI, MOST ARE EASILY TREATED

STIs are Sexually Transmissible Infections. These infections are transmitted from one person to another through having sexual intercourse, oral sex, and sometimes direct contact with genitals (penis, or vagina).

WHAT IS GENERALLY SAFE?

- ★ Kissing, Touching, playing
- ★ Hugging
- ★ Masturbation
- ★ Rubbing
- ★ Condoms at all times during vaginal/anal intercourse (not just when you cum)
- ★ Oral sex is generally safe for HIV but not for other STIs
- ★ Using clean sex toys



YOU can have an STI WITHOUT knowing it!

Symptoms might go away without treatment but the STI might still be there and could cause problems such as infertility or chronic pain.

Condoms used correctly with water based lubricant will give high protection from most STIs

HIV, herpes and genital warts are viruses that are treated by controlling the symptoms, but they cannot be cured totally.

HIV/AIDS can cause severe health problems that can be life threatening. When people get really sick from HIV it is called AIDS. HIV/AIDS can be managed but not cured.

Herpes includes cold sores on the mouth and sores on the genitals or anus. Sores can be transmitted from mouth to genitals and vice versa. Once infected with herpes, the cold sores will come and go. They usually last about a week and are most likely to be passed on during this time through kissing, vaginal, anal or oral sex.

Genital Warts can be caught through skin to skin contact during sex with an infected person. If the virus gets onto the cervix, women won't know until they have a pap smear. If left untreated, some strains of the wart virus can lead to cervical cancer in the long term.

Condoms may not fully protect you or your partner from getting herpes or genital warts because the condom might not cover the area that is infected. However, they do provide some protection.

Other STIs Scabies & Pubic-lice (crabs) are tiny bugs that are passed on through skin to skin contact or close body contact as well as when sharing towels, clothes or bed covers with someone who is infected. Symptoms usually include intense itching and skin irritation. If you are infected with pubic lice, you can see the eggs on the hairs under a bright light. Scabies and lice are treated with lotions or shampoos. Always change and wash clothing and linen that has been in direct contact with infected areas.

YOU CAN GET STIS IN YOUR GENITALS, THROAT & ANAL

Hepatitis B (Hep B) is a virus that affects the liver and is passed on through semen, vaginal fluid, spit and especially blood. You can catch Hep B by sharing toothbrushes and razors with an infected person through small bits of blood. Sharing tattooing or body-piercing equipment is also very risky. You can get vaccinations that will protect you from it.

STIs can be passed between people when they have vaginal, anal and oral sex without condoms. Some diseases are also transmitted by close skin contact.

Thrush, Bacteria Vaginosis (Gardnerella). These common infections are not sexually transmitted but might be caused by sexual activity, taking antibiotics and washing too much with soap. Symptoms might include a smelly (fishy) or unusual discharge, itchiness or a rash.

- ★ Any unwanted sexual contact is against the law. If you would like to talk to someone about sexual assault call Rape Crisis Sexual Assault Services or Sexual Health Youth Services.

WHAT CAN SEXUAL HEALTH CENTRES DO FOR ME?



- ★ Sexual Health clinics are free & confidential
- ★ You don't need a Medicare card and you can be any age to visit a Sexual Health Centre
- ★ Talk to a doctor, nurse, or a counsellor about sex, relationships & STIs
- ★ Testing for STIs that may include;
 - ★ Urine test
 - ★ Examination and/or swabs
 - ★ Blood tests
- ★ Treatment for STIs
- ★ Hepatitis B vaccinations
- ★ Pregnancy testing, emergency contraception & advice
- ★ Contraception information & advice
- ★ Free condoms, dams & lube
- ★ Pap Smears - test for cervical cancer which should be done every two years in women who are sexually active

To check out what it's like to visit a sexual health centre go to www.istaysafe.com

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For more info on STIs go to www.istaysafe.com or talk your doctor or someone at a Sexual Health Centre.

CHECK LIST!

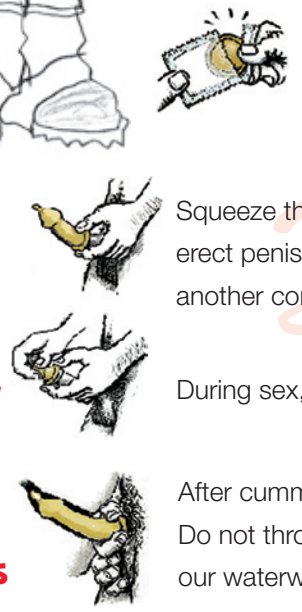
- ★ Do you know about STIs and how to protect yourself?
- ★ Do you always carry a condom and a sachet of lube? Check expiry date and replace every couple of months or if the packet is damaged.
- ★ For women, try to piss after sex to reduce the chance of urinary tract infections.
- ★ In case the condom breaks or you have unsafe sex, do you know where you can get the morning after pill?
- ★ Do you know where you can get a free sexual health check-up? A Doctor or Sexual Health Centres.
- ★ Do you know where you can talk to someone about your sexual health and pregnancy prevention? A parent/carer, Doctor, Sexual Health Centre, youth worker, or school counsellor.
- ★ Everyone who is sexually active should get a sexual health check-up...
 - ★ At least every 12 months (if you need one more frequently your doctor or sexual health nurse will let you know!)
 - ★ When you change partners
 - ★ If the condom breaks



HOW DO I PROTECT MYSELF?

MALE CONDOMS ARE USEFUL FOR PREVENTING PREGNANCY AND STIs

NEVER re-use condoms, dams or female condoms



Check use-by-date and that the packet is not damaged. Be careful not to tear condom with teeth, nails, rings or studs.

Squeeze the tip of condom and unroll onto erect penis. If it doesn't work try again with another condom!

During sex, check that the condom hasn't come off

After cumming, tie a knot in the end and place in bin. Do not throw condoms down toilets as it blocks up our waterways!

Always change condoms between vaginal, anal and oral intercourse.

USING LUBE

Using lube increases pleasure for guys and girls!

Always use water based lube such as KY Jelly or WetStuff

Never use oil based products such as vaseline or Baby Oil as these will weaken the condom and it could break!

It takes practice to use condoms properly!

Try putting condoms on when on your own!

Never use two condoms at once because they will rub against each other and probably break.



All forms of contraception are available from your local doctor, Sexual Health Centres and FPA Health Centres!

OTHER CONTRACEPTION

The Female Condom is placed inside the vagina and works the same way as condoms.



Diaphragms are a rubber cap that is worn high up inside the vagina and stops the cum (sperm) going into the uterus. These do not protect you against all STIs.

Morning after Pill is an emergency contraceptive pill that can be taken after unprotected sex to prevent pregnancy. It has to be taken within 72hrs to be effective.

Contraceptive Implant (Implanon) is a single plastic rod (matchstick size), which is surgically inserted underneath the skin of the upper arm. It works for three years and it can be removed at any time. Some people might experience odd periods or stop bleeding all together. 99.9% effective.

Depo Provera Injection: is an injection of a long acting synthetic hormone given every twelve weeks. Some people might experience odd periods or stop bleeding all together. Up to 99.9% effective.

The contraceptive pill, implant, the Morning after Pill will prevent pregnancy but doesn't protect against STIs. To be safe you should use condoms when you are using any of these forms of contraception.

Contraceptive Pill (combined pill and progesterone only or mini pill). The contraceptive pill is 99% effective but needs to be taken at the same time each day. A small number of women get side effects from the pill, these should be discussed with your doctor or nurse.

The WITHDRAWAL METHOD is not recommended as it is NOT very effective! This is when the man takes his penis out of the vagina before he cums.

I THINK I MIGHT BE PREGNANT...

More than half of teenage pregnancies occur in the first six months of having sex!

If you or your partner think you are pregnant, the first thing to do is to have a pregnancy test.

You can get free pregnancy tests from a doctor or sexual health centre. You can also buy them at chemists and shopping centres.

A pregnancy test is a urine test that is most accurate when done at the time of a missed period.

How might you know if you are pregnant? Your period may be late or not normal and you may have sore breasts and feel sick. BUT some girls feel this way when their period is about to come anyway, so if you are unsure you should have a pregnancy test.

If you or your partner is pregnant, you may have mixed feelings. Consider talking to someone about your options - your doctor, sexual health clinic/counsellor/youth worker/FPA Health.

WHERE CAN I GET INFORMATION OR HELP?

- Sexual Health Information Line**
1800 451 624 (free call) or satellite@sesahs.nsw.gov.au
TTY 02 9221 6515
- Alcohol & Drug Info Service (ADIS)**
1800 422 599 (NSW)
02 9361 8000 (Sydney)
- FPA Health line**
1300 658 886
TTY 02 9916 8360
www.fpahealth.org.au
- Kids Helpline (24 hrs)**
1800 551 800
- Life Line (24 hrs)**
13 11 14
- Gay & Lesbian Counselling Service**
1800 184 527 (NSW)
02 9207 2800 (Sydney)
www.glccs.org.au
- Youth Emergency Accommodation line**
1800 424 830 (NSW)
02 9318 1531 (Sydney)
- Legal Aid Helpline (for youth)**
1800 101 810
- Other useful web sites:**
www.lawstuff.org.au
www.istaysafe.com
www.reachout.com.au
www.likeitis.org
www.health.nsw.gov.au

This resource is only a guide. It has been developed for young people who are or may be sexually active. If you have any questions about your sexual health, ask your parents/carers, school counsellors, doctors, sexual health worker or nurse.