Condoms and lube are the most effective way of preventing sexually transmitted infections (STIs).

Condom use is declining! Only 43% of high school students say they ‘always’ use condoms and 39% sometimes use them. (1)

Everyone should carry condoms, don’t assume your sexual partner will have them.

Carrying condoms shows that you’re prepared and you care about your sexual health, and the health of your partner.

Other barrier methods such as internal (female) condoms, dams and gloves are all ways to make your sex safer.

You can buy low cost and discretely packaged condoms online at:

http://www.redaware.org.au/shop
Talking Points

- WHETHER YOU ARE HAVING SEX OR NOT, DO YOU CONSIDER CARRYING CONDOMS TO BE IMPORTANT? WHY?

- HOW WOULD YOU BRING UP THE TOPIC OF CONDOMS / BARRIER METHODS WITH A PARTNER? WHAT WOULD YOU DO IF A PARTNER SAID THEY DIDN’T WANT TO USE CONDOMS / BARRIER METHODS?

- DO YOU KNOW THE 5 STEPS TO SAFELY USE A CONDOM?

FOR MORE INFORMATION AND ACTIVITIES TO HELP EXPLORE BARRIER METHODS VISIT HTTP://WWW.REDAWARE.ORG.AU/BARRIER-METHOD/

www.redaware.org.au/sexual-health

...to find out more about STI’s, sexual health, where to go for testing, counselling and other support services.

Social media and digital technologies are changing the way people talk about sex and develop sexual relationships.

42% of high school students have received a sexually explicit photo or video.

Where do young people get sexual health info that they trust?

- 44% use the net
- 36% consult their mum
- 41% a female friend

26% of high school students have sent a sexually explicit photo of themselves.
Talking Points

- WHERE DO YOU GET YOUR SEXUAL HEALTH INFO? WHY? AND WHAT MAKES IT A TRUSTED SOURCE?
- ARE YOU AWARE OF THE LAWS AROUND SEXTING? WHAT ARE THEY?
- WHY DO YOU THINK MOST PEOPLE - REGARDLESS OF THEIR GENDER OR SEXUALITY - SEEK SEXUAL HEALTH INFO FROM FEMALE FRIENDS OR RELATIVES?

www.redaware.org.au/sexual-health

...to find out more about STI’s, sexual health, where to go for testing, counselling and other support services.

The Ins & Outs Of Sexual Health

Myths About Sexual Health

**MYTH**
A PAP TEST CHECKS FOR SEXUALLY TRANSMITTED INFECTIONS (STIs).

**FACT**
A PAP SMEAR IS A TEST TO SCREEN FOR CHANGES TO THE CELLS OF A CERVIX THAT MAY LEAD TO CERVICAL CANCER.

**MYTH**
YOU WON’T GET A STI IF YOU DON’T HAVE MANY SEXUAL PARTNERS.

**FACT**
HAVING UNPROTECTED SEX ONCE IS ENOUGH TO PUT YOU AT RISK OF CONTRACTING A STI.

**MYTH**
The oral contraceptive pill protects you against STIs.

**FACT**
The oral contraceptive pill is a hormonal contraceptive designed to prevent pregnancy.

**MYTH**
You won’t get a STI if you don’t have many sexual partners.

**FACT**

**MYTH**
The oral contraceptive pill protects you against STIs. 

**FACT**

IT DOES NOT CHECK FOR STIs.
Talking Points

- WHERE HAS YOUR UNDERSTANDING AND KNOWLEDGE ABOUT SEXUAL HEALTH COME FROM?

- WHAT OTHER SEXUAL HEALTH MYTHS HAVE YOU HEARD? AND HOW CAN YOU HELP ‘BUST’ MYTHS AMONGST YOUR FRIENDS?

FOR MORE SEXUAL HEALTH FAQS VISIT HTTP://REDAWARE.ORG.AU/FAQS

www.redaware.org.au/sexual-health

...to find out more about STI’s, sexual health, where to go for testing, counselling and other support services.

if you are sexually active it’s important to have a regular sexual health check up!

**STIs ARE MORE COMMON THAN YOU THINK!**

STIs OFTEN HAVE NO VISIBLE SYMPTOMS, SO YOU CAN’T TELL IF SOMEONE HAS A STI JUST BY LOOKING AT THEM. BUT IF SYMPTOMS DO PRESENT, THEY MAY INCLUDE DISCHARGE, ITCHING OR SORES

**MOST STIs ARE TRANSMITTED VIA BODILY FLUIDS LIKE SEMEN, BLOOD OR VAGINAL FLUIDS. SOME STIS, LIKE HERPES, CAN BE TRANSMITTED BY SKIN-TO-SKIN CONTACT WITH AN INFECTED AREA.**

**FIND A FREE OR LOW COST CLINIC IN YOUR AREA:**

HTTP://WWW.REDAware.ORG.AU/CLINICS

**CHLAMYDIA**

CAN AFFECT ANYONE AND IS THE MOST COMMON STI.

OVER 82,500 CASES OF CHLAMYDIA WERE DIAGNOSED IN 2014, 81% WERE AMONGST YOUNG PEOPLE!(2)

**IF YOU ARE SEXUALLY ACTIVE IT’S IMPORTANT TO HAVE A REGULAR SEXUAL HEALTH CHECK UP!**

3/4 OF ALL STIs ARE OCCURRING AMONG YOUNG PEOPLE AGED 15 -29(2)
Talking Points

- WHAT STIs DO YOU KNOW OF? WHAT ARE THE TREATMENTS AVAILABLE?
  FOR MORE INFORMATION VISIT HTTP://WWW.REDAWARE.ORG.AU/STI
- WHAT ARE THE STEPS IN GETTING A STI TEST?
  FOR MORE INFORMATION VISIT HTTP://WWW.REDAWARE.ORG.AU/TESTING

www.redaware.org.au/sexual-health

...to find out more about STI’s, sexual health, where to go for testing, counselling and other support services. 
The Ins & Outs Of Sexual Health
Don’t question STI testin’!

IF YOU HAVE EVER HAD UNPROTECTED:
• VAGINAL SEX
• ANAL SEX
• GENITAL TO GENITAL CONTACT
• ORAL SEX

WHAT’S STOPPING YOU FROM GETTING TESTED?
• IT’S PAINLESS AND QUICK
• IT’S CONFIDENTIAL (15YRS+ CAN APPLY FOR A MEDICARE CARD)
• THERE ARE FREE AND LOW COST CLINICS

THERE IS NO QUESTION YOU SHOULD GET TESTED!

THERE IS NO SINGLE TEST FOR ALL STIs.

TESTING WILL INVOLVE SIMPLE QUESTIONS ABOUT YOUR SEXUAL HISTORY AND PERHAPS PEEING IN A CUP, A SWAB AND A BRIEF PHYSICAL EXAMINATION.

IF YOU TEST POSITIVE FOR A STI DON’T STRESS!

STIs ARE BEST TREATED EARLY, AND THERE ARE MANY SIMPLE OPTIONS AVAILABLE INCLUDING ANTIBIOTICS.

THINK YOU MIGHT BE AT RISK? GET TESTED!

FIND A FREE OR LOW COST CLINIC IN YOUR AREA:
HTTP://WWW.REDAWARE.ORG.AU/CLINICS
Talking Points

- WHAT INFORMATION DO YOU THINK IS IMPORTANT TO TELL YOUR DOCTOR DURING YOUR SEXUAL HEALTH TEST?

- WHAT QUESTIONS DO YOU THINK YOUR DOCTOR MIGHT ASK BEFORE/AFTER A SEXUAL HEALTH TEST?
  FOR MORE INFORMATION ON TESTING VISIT HTTP://WWW.REDAWARE.ORG.AU/TESTING

- DO YOU THINK IT IS IMPORTANT TO TELL YOUR CURRENT OR PAST SEXUAL PARTNERS IF YOU HAVE A STI? WHY?
  FOR MORE INFORMATION ON NOTIFYING SEXUAL PARTNERS VISIT HTTP://WWW.REDAWARE.ORG.AU/TESTING

www.redaware.org.au/sexual-health

...to find out more about STI’s, sexual health, where to go for testing, counselling and other support services.
HIV stands for Human Immuno-deficiency Virus – HIV is the human strain of a type of virus that is transmitted by blood or body fluids and attacks your immune system. If someone has HIV for a long time without receiving treatment it can lead to AIDS (Acquired Immune Deficiency Syndrome).

HIV CAN BE SPREAD THROUGH:
- unprotected vaginal or anal sex
- sharing needles
- pregnancy, childbirth or breastfeeding

HIV CANNOT BE SPREAD THROUGH:
- kissing
- skin to skin contact and casual contact (like shaking hands and sharing a drink)
- mosquitoes

There is no known cure for HIV, but treatments can help people with HIV live long and healthy lives.

HIV stands for human immuno-deficiency virus – HIV is the human strain of a type of virus that is transmitted by blood or body fluids and attacks your immune system. If someone has HIV for a long time without receiving treatment it can lead to AIDS (acquired immune deficiency syndrome).

30% of new HIV diagnoses in Australia occurred amongst 15-29 year olds (2).

Stigma and discrimination against people living with HIV remains one of the biggest issues we need to overcome.
Talking Points

- WHAT IS THE DIFFERENCE BETWEEN HIV AND AIDS?
- DOES HIV AFFECT ALL GENDERS AND SEXUALITIES?
- WHY IS THERE SO MUCH STIGMA EXPERIENCED BY PEOPLE LIVING WITH HIV? AND HOW CAN WE CHALLENGE IT?

For more information and activities to help explore HIV visit http://www.redaware.org.au/hiv

www.redaware.org.au/sexual-health

...to find out more about STI’s, sexual health, where to go for testing, counselling and other support services.

GENDER AND SEXUALITY ARE BOTH DIVERSE AND FLUID!

SEXUALITY IS ABOUT ATTRACTION, SEXUAL FEELING AND HOW PEOPLE EXPERIENCE AND EXPRESS THEMSELVES SEXUALLY.

WHAT IS SEXUALITY?

IT’S OKAY TO EXPLORE YOUR FEELINGS! IN FACT -

19% OF FEMALE HIGH SCHOOL STUDENTS & 13% OF MALE HIGH SCHOOL STUDENTS REPORTED SOME LEVEL OF SAME SEX ATTRACTION(1)

GENDER AND SEXUALITY ARE BOTH DIVERSE AND FLUID!

GENDER IS A BROAD SPECTRUM AND IT’S COMPLETELY FINE TO FALL ANYWHERE ON THE SPECTRUM. YOU MAY IDENTIFY AS A MAN OR A WOMEN OR NEITHER OR BOTH.

GENDER AND SEX ARE NOT THE SAME THING!

PEOPLE CAN IDENTIFY THEIR SEXUALITY IN LOTS OF DIFFERENT WAYS INCLUDING: HETEROSEXUAL, HOMOSEXUAL, LESBIAN, QUEER, BISEXUAL, ASEXUAL, PANSEXUAL AND MORE.
Talking Points

- HOW DO GENDER ROLES AFFECT YOUR EVERY DAY LIFE?
- WHAT ARE SOME OF THE DIFFERENT SEXUAL AND GENDER IDENTITIES YOU CAN THINK OF?
- IN WHAT WAYS DO YOU EXPRESS YOUR GENDER?

For more information and activities to help explore sexuality and gender visit:
http://redaware.org.au/sexualityandgender

www.redaware.org.au/sexual-health

...to find out more about STI’s, sexual health, where to go for testing, counselling and other support services.
The Ins & Outs Of Sexual Health
Understanding Consent

The absence of ‘no’ does not mean ‘yes’
Consent can be both verbal and non-verbal and can be given or withdrawn at any time.

14% of students said their last sexual experience was with a partner who was aged 16 or under(1). If you are, or are considering becoming sexually active, know the laws on age of consent in your state.

49% of those who experienced unwanted sex said it was because they were ‘too drunk’(1). Being under the influence of alcohol and other drugs inhibits a person’s ability to make decisions and they are unable to give consent.

25% of sexually active high school students reported experiencing unwanted sex(1). It’s important that both you and your partner give consent before and during any sexual activity.

Consent includes an enthusiastic, voluntary, sober and mutual ‘yes’!
Talking Points

- WHAT ARE SOME OF THE DIFFERENT WAYS YOU CAN ASK FOR CONSENT? (VERBAL AND NON-VERBAL EXAMPLE)

- WHAT ARE SOME OF THE WAYS YOU CAN WITHDRAW CONSENT? (VERBAL AND NON-VERBAL EXAMPLE)

- WHY IS GIVING CONSENT IMPORTANT IN BOTH A SEXUAL CONTEXT, AS WELL AS OTHER CONTEXTS?

FOR MORE INFORMATION AND ACTIVITIES TO HELP EXPLORE CONSENT VISIT:
HTTP://REDAWARE.ORG.AU/CONSENT

www.redaware.org.au/sexual-health

...to find out more about STI’s, sexual health, where to go for testing, counselling and other support services.