

Who can get STI's?

Anyone can get HIV or an STI if they have sexual intercourse without a condom.

How to Prevent Catching STI's

The best way to prevent catching an STI is to wear condom and have safe sex.

1

- Put condom on as soon as penis is hard and erect
- Pinch the top of the condom between your thumb and first finger to keep air out
- Leave about 1-2 inch of room at the tip. This allows space to catch the semen, so the condom wont break

2

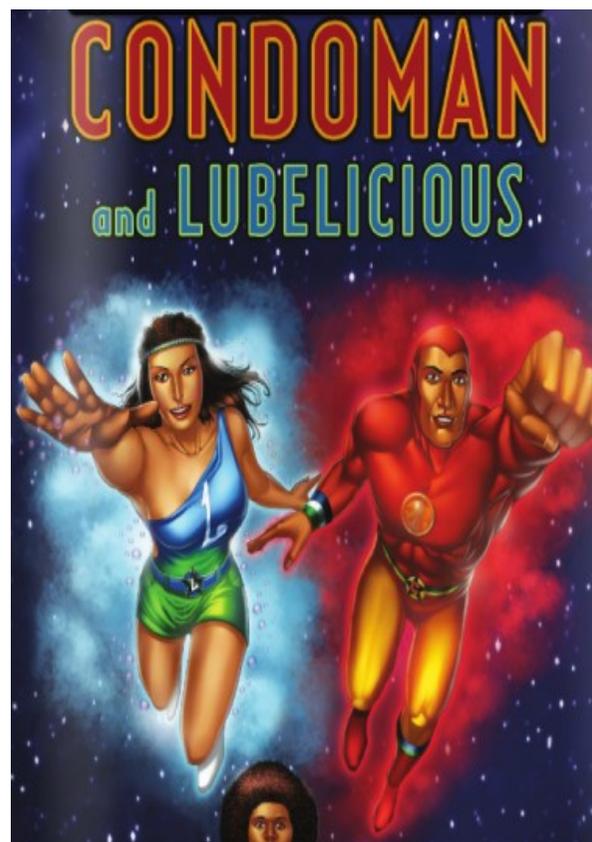
- Hold condom against the head of the penis
- Use your other hand to carefully unroll the condom over the penis, all the way down to the base

3

- After ejaculation, take the penis out while it is still hard
- Hold the rim of the condom around the base of the penis as it is pulled out
- Be careful not to spill any semen

4

- Make sure the penis is away from your partner's body before you remove the condom
- Throw the used condom away. **NEVER USE A CONDOM MORE THAN ONCE & NEVER DISPOSE OF A CONDOM DOWN THE TOILET**

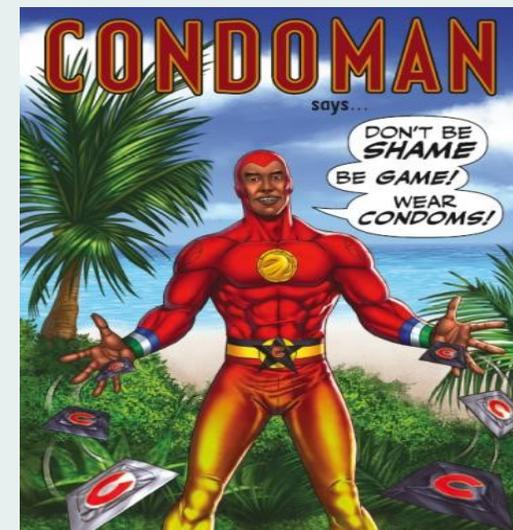


Girudala Sexual Health

Prevention & Awareness

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What are the Blood-Born Viruses?

- Syphilis
- HIV
- Hepatitis A, B, C

What is a Sexually Transmitted Infection?

Sexually Transmitted Infection (STI) spread when you have sexual intercourse. To prevent catching an STI, use a condom.

The most Common STI's Include:

- Herpes
- Syphilis
- Gonorrhoea
- Chlamydia
- Hepatitis B
- HPV

What a Sexual Clinic Provides

- Confidential and free service
- Screening and treatments for STI's (Sexually Transmitted Infections)
- Contraception
- Pap Smears
- Pregnancy Testing and Referrals
- Contact Tracing
- Counselling
- Education of client regarding safe sex practices
- Community based groups, secondary school

We can Support our Aboriginal and Torres Strait Islander

LGBTI COMMUNITY

For more information come in and have a yarn with Leanne & Paul



Some of us have or want a partner, a girlfriend or a boyfriend.

Some of us have or want a sexual relationship.

You can keep safe and happy in a sexual relationship.

You can look after your health.

You can look after each other's health.

There is a lot to think about before you have a sexual relationship.

Being sexy and having sex should make you feel good.

Being sexy or having sex is not something to feel worried or sad about. You can talk to someone

