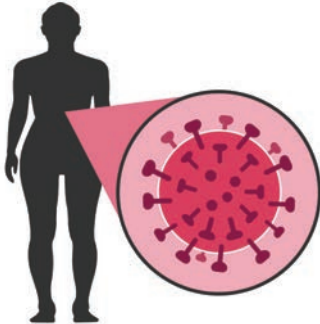


Sexual health



About sexually transmitted infections

We call these **STIs** for short



An infection is when bacteria or a virus get into your body.



STIs can be passed on through having sexual contact with someone.



They can happen if you have sex without using a condom.



STIs can affect men and women of all ages.



Some examples of STIs are:

- Chlamydia.



- Gonorrhoea.



- Syphilis.

Symptoms of STIs

Symptoms are things you might feel when you are poorly.



Things you might feel if you have an STI are:



- Thick green or yellow liquid coming out of your vagina, penis or bum hole.



- Pain when you go for a wee.



- Lumps of skin growing around your vulva, penis or bum hole.



- A rash.



- Blood coming out of your vagina when it is not your **period**.

A **period** is when a person bleeds every month from their vagina.



- Itchy around your vulva, penis or bum hole.

Treating STIs



If they are not treated, STIs can be painful or uncomfortable.



Most STIs can be treated with medicines.



It is best to get treatment as soon as possible.



If you have sex a lot without using a condom, you should have an STI test. This is a test to see if you have an STI.



For women, you will usually need to have a **swab**.

A **swab** is when a cotton bud is put in your vagina. The swab is checked to see if you have an infection.



For men, you will usually need to wee in a pot. The doctor will test your wee to see if you have an infection.

What happens at a sexual health clinic?



When you get to the clinic, you should **register** at the reception. **Register** means letting staff know you are there.



The doctor, nurse or healthcare staff will call you in from the waiting room.



They will ask you some **personal questions** about sex and relationships.

A **personal question** might be something like: Have you had sex?



Then you will have the STI test.

You might also have some other tests. Things like a blood test or a swab of your throat.

About condoms



Condoms can stop people passing on STIs when they have sex.



Condoms must be used properly to work.

How to put a condom on a penis



1. Open the packet and take out the condom.



2. Put the condom on the head of the penis.



3. Pinch the top of the condom to squeeze all of the air out. Then unroll the condom all the way down the penis.



4. After having sex, hold the condom at the bottom of the penis. Pull the penis out of your partner. Keep holding onto the condom.



5. Carefully take the condom off. Then throw it in the bin.

How to use a condom that goes in a vagina



1. Open the packet and take out the condom.



2. The condom has a thick ring at 1 end. It is closed at this end.

There is a thin ring at the open end.



3. Make yourself comfortable. Hold the condom at the closed end. Squeeze the sides of the thick ring together.



4. Put the closed end into your vagina. Using your finger, push the closed end up into you as far as it will go.



5. The open end of the condom and the thin ring should still be outside your vagina.

Make sure the condom has not got twisted.



6. Put your partner's penis into the condom.

You should stop having sex if:

- The penis is not inside the condom
- or
- The open end of the condom gets pushed inside your vagina.



7. After having sex, hold the condom at the thin ring. Twist the open end of the condom. Pull it gently out of your vagina.



8. Throw the condom in the bin.

The right way to use condoms



You should use a condom every time you have sex.



Check the condom packet and make sure the condom is not out of date.



Make sure you store condoms in a cool dry place.



Make sure the condom is not torn or damaged in any way.



Do not use a condom more than 1 time.



If you use a condom that goes in a vagina, you do not need to use a condom on a penis as well.

Safe sex checklist



You and your partner both want to have sex.



You are not having sex just to make someone else happy.



You feel like you could say no if you do not want to have sex.



You have all the information you need about condoms and STIs.