

## Hints and Tips:

- You do not need to be 18 years old to purchase condoms.
- You can get condoms and lubricants from supermarkets, chemists, convenience stores and vending machines in the toilets of pubs and clubs – you do not need a prescription!
- Store condoms in a cool place – carrying condoms in your car or wallet for long periods of time can cause them to weaken or break.
- You can only use a condom once - make sure you have plenty available!
- Do not put on two condoms for extra protection – they may tear because of friction. If you want extra safety buy extra strength condoms.
- Condoms come in different widths, thicknesses and textures – experiment to find the right one for you! Non-latex condoms are available for people with a latex allergy.
- A drop of water based lubricant in the tip of the condom will promote sensitivity – give it a go!
- Dams are thin latex sheets that are used to reduce the risk of getting an STI when performing oral vaginal or oral anal sex. You can get dams from sexual health clinics.
- When you drink alcohol or take drugs, your decision making can be impaired. What seems like a great idea at the time might look a little differently the next morning. If you are going to have sex, make sure you use protection.
- Contraceptives, such as the pill, spermicide, Nuva-Ring, Implanon, Depo-Provera injection, IUDs or emergency contraceptions do not protect you from contracting STIs. Remember to practise safe sex to prevent getting an STI.

## Where to Get Help and Information

If you have had unprotected sex, think you may have an STI, or the condom has broken or slipped off during sex, visit your local sexual health clinic or general practitioner (GP) to get a sexual health test.

For more information on STI testing and safer sex, contact:

### Metro

**WA AIDS Council**  
664 Murray Street,  
West Perth  
(08) 9482 0000  
AIDSline: (08) 9482 0044

**Sexual Health Quarters**  
70 Roe Street, Northbridge  
Sexual Health Helpline:  
9227 6178 (metro)  
1800 198 205 (regional)

**Royal Perth Hospital  
Sexual Health Clinic**  
Ainslie House,  
Murray Street, Perth  
(08) 9224 2178

**South Terrace Sexual  
Health Clinic**  
B2 Clinic - Alma Street,  
Fremantle  
(08) 9431 2149

**Perth Medical Centre**  
713 Hay Street, Perth  
(08) 9481 4342

**Derbarl Yerrigan**  
(Aboriginal Health Service)  
156 Wittenoom Street,  
East Perth  
(08) 9421 3888

### Regional

**Carnarvon**  
(08) 9941 0560

**Geraldton**  
(08) 9956 1950

**Kalgoorlie/Boulder**  
(08) 9080 8200

**South Hedland**  
(08) 9140 2377



Western Australian  
AIDS COUNCIL

Produced by the WA AIDS Council 2018

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# Safe Sex. No Regrets.

## What are Sexually Transmissible Infections (STIs)?

Sexually Transmissible Infections (STIs) are infections that are passed on from one person to another during sexual contact. STIs are transmitted when bodily fluids such as semen, vaginal fluids and blood come into contact with a person through unprotected vaginal, anal or oral sex and sometimes through skin to skin genital contact.

Each STI is unique, so symptoms, testing and treatment can be very different. This pamphlet is about how you can reduce your risk of getting an STI by practising safer sex.

## How can I protect myself?

You can't tell whether someone has an STI based on how they look. Most of the time the person isn't even aware that they have an STI. Therefore, it is always important to protect yourself during any sexual activity.

Safer sex is using condoms (or dams) and a water-based lubricant when engaging in sexual contact. Practising safe sex will help to prevent you getting an STI and/or experiencing an unintended pregnancy.

You can also protect yourself by:

- Using condoms
- Getting sexual health tests regularly
- Having sex with only one monogamous partner

## Safer Sex and Negotiation

If you want to practise safer sex, there are a number of things you can do to make sure you stick to that decision. Firstly, know how to use a condom and make sure you always have condoms available, including when you travel overseas. Your sexual partners should respect your decision to practise safe sex. Be clear and firm about the reasons why you want to practise safe sex and prepare yourself with responses such as:

*'Condoms protect both of us...'*

*'If it's not on... it's not on.'*

*'Here, let me put the condom on for you...'*

*'Don't worry, I have some right here...'*

*'Using a condom will protect us from unintended pregnancy and STIs...'*

## Safe Sex and Contraception

If you are going to have sex and do not want to get pregnant, you need to use a contraceptive. Male and female condoms are the only contraceptives that protect you against both unintended pregnancy and STIs.

The pill, spermicide, NuvaRing, Implanon, Depo-Provera injection, IUDs and emergency contraception do not protect you from contracting STIs or BBVs (Blood Borne Viruses).

It is recommended that you use a male or female condom **as well as** one of the above contraceptive methods, to provide you with protection against unintended pregnancy and STIs. You can contact your GP or one of the services listed on the back of this pamphlet for more information.

## How to Use a Condom

1. Check the expiry date on the condom packet.
2. Open the packet being careful not to tear the condom!
3. Squeeze the air out of the tip and add a drop of lube inside.
4. Keep hold of the tip of the condom and roll it all the way down to the base of the penis.
5. Use plenty of water-based lubricant on the outside of the condom. Do not use oil-based lubricants such as Vaseline or massage oils, as these weaken the condom and increase the risk of breakage.
6. Before pulling out, hold the base of the condom so it doesn't slip off.
7. Carefully wrap the used condom in a tissue and throw in the bin. Don't flush it down the toilet!

