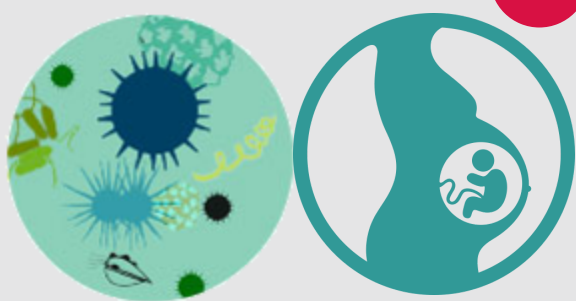


# 4 SIMPLE STEPS FOR SEXUAL HEALTH

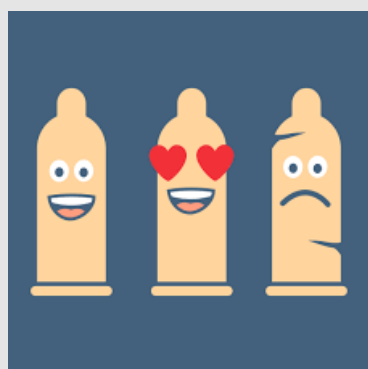
Sex can be fantastic, and your physical and mental health are extremely important. Follow the steps below to ensure that if you are having sex, you are having safe, respectful sex.

## 1 UNDERSTAND THE RISKS



Every time you have unprotected sex, you are at risk from Sexually Transmitted Infections (STIs), or pregnancy. These can have a serious affect on your health and relationships.

## 2 ALWAYS USE PROTECTION



A range of effective contraception options are available such as condoms, pills, injections and implants. Some of these may be free of charge, or partially covered by your OSHC or Health Centre

## 3 GET ADVICE AND GET TESTED

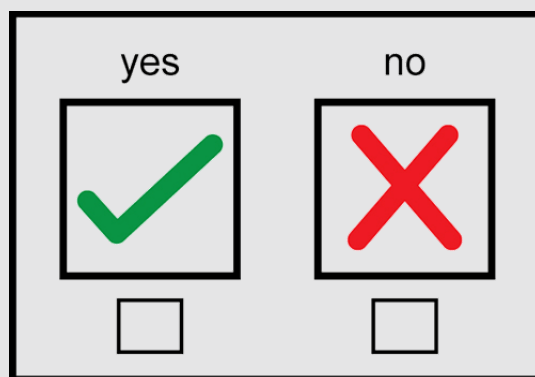
If you have unprotected sex or think you may be pregnant/have an STI you should visit a GP as soon as possible. In most Health Centres you are able to request a male or female doctor, and you can access the Multicultural Health and Support Service by phone for culturally-sensitive advice and information: +61 3 9418 9929



## 4 CONSENT IS NON-NEGOTIABLE

You have the right to say no to any sexual activity and the right for your decision to be respected. Any sexual activity when consent is not given is sexual assault which is against the law.

If you need confidential support, you can call 1800 RESPECT (1800 737 732)



**YOU ARE GOOD TO GO!**  
**Stay safe**