

BEING SAFE

Safe sex is...

Taking precaution and using contraception ANY time you have ANY kind of sexual activity to avoid getting a STI (sexually transmitted infection) or becoming pregnant. This includes sexual intercourse and oral sex.

What kinds of contraception are there?

There are many different types of contraception/ birth control available these days. Outlined below are a few of your options:

For girls

- **Implants**

Contraceptive implants work in a similar way to the Pill, by using hormones to prevent pregnancy. An implant is a 5cm thin flexible rod made of plastic. The implant is inserted under the skin in a woman's arm by a doctor. An implant will last approximately 3 years.

Effective? 99% effective at birth control. An implant will not stop the transmission of sexually transmitted infections.

- **IUD (Intra-Uterine Device)**

An IUD is a small t-shaped device that is inserted into the woman's uterus by a doctor. An IUD prevents pregnancy by stopping sperm from fertilising a woman's egg. An IUD can last for many years eg. a Mirena lasts for 5 years.

Effective? An IUD is 99% effective at birth control. An IUD will not stop the transmission of sexually transmitted infections.

- **The Pill**

The Pill is a prescription medication provided by a doctor that is taken every day by a woman to prevent pregnancy. The Pill uses hormones to prevent pregnancy.

Effective? The pill is about 95% effective at birth control. The Pill will not stop the transmission of sexually transmitted infections.

- **The Morning After Pill**

This is emergency contraception used after unprotected sex to prevent pregnancy. The morning after pill is only effective if it is used within 72 hours after unprotected sex.

Effective? About 85% effective at preventing pregnancy. The Morning After Pill will not stop the transmission of sexually transmitted infections.



- **Diaphragm**

A diaphragm is a dome-shaped rubber disk with a flexible rim that fits inside the vagina and covers the cervix so sperm cannot reach the uterus. A diaphragm must be professionally fitted (eg. by a doctor). A woman then inserts the diaphragm before having sex and takes it out after sex.

Effective? *90% effective at birth control. Will prevent some sexually transmitted infections (eg. chlamydia) but not others (eg. HIV or herpes).*

- **Abstinence**

Abstinence is the act of simply not having sexual intercourse or sex play.

Effective? *100% effective at birth control AND stopping the transmission of sexually transmitted infections.*

For guys

- **Condom**

A condom is a thin sheath that covers the penis during intercourse and is made of rubber or plastic. Condoms can be bought from your local supermarket or chemist.

Effective? *About 90% effective at birth control. Condoms also reduce the risk of contracting a sexually transmitted infection.*

- **Withdrawal**

The man withdraws his penis from the vagina before ejaculation. The hope is that fertilisation will be prevented because the sperm do not enter the vagina.

Effective? *This is a VERY unreliable method of birth control. Also, pre- ejaculation fluid can cause pregnancy. Withdrawal will not stop the transmission of sexually transmitted infections.*

- **Abstinence**

Abstinence is the act of simply not having sexual intercourse or sex play.

Effective? *100% effective at birth control AND stopping the transmission of sexually transmitted infections.*



Sexually transmitted infections (STI)

STI	What is it?	How do you get it?	Treatment
Chlamydia	An infection. Men may have trouble urinating and women may have a vaginal discharge and pain in the low belly. A person may have no symptoms at all.	Through unprotected vaginal or anal intercourse.	Antibiotics from your doctor.
Genital Herpes	A virus which causes painful itchy sores on the vagina, penis or anus. The sores will come and go.	Through unprotected sexual intercourse and oral sex.	No sure. Doctors can provide treatment that helps.
Genital Warts (HPV)	Warts which grow around the penis. Vagina (inside or out) and anus. Some research is now starting to link HPV with cervical and throat cancer.	Through unprotected vaginal or anal intercourse, or oral sex.	Treatment to remove warts is available through a Doctor. The virus remains however.
Gonorrhoea	A sexually transmitted disease caused by a bacteria which affects men and women. Women may not have symptoms or may have burning sensation when urinating or bleeding during periods. Men may have a burning sensation when urinating, or a white, yellow, or green discharge from the penis.	Through unprotected vaginal or anal intercourse, or oral sex.	Antibiotics from your doctor. Note there are some strains which are drug-resistant and so it is becoming harder to treat.
Hepatitis A	An infection of the liver caused by the Hepatitis A virus. Can result in fever, weakness, tiredness, diarrhea and/or stomach pain.	Through unprotected vaginal or anal intercourse, or oral sex.	Vaccination is available before you get Hepatitis A. Treatment is also available through a doctor.
Hepatitis B (HBV)	A infectious virus that causes serious disease of the liver. The infection can cause fever, tiredness, stomach pain, change of colour to your skin, urine or poo, nausea and lack of appetite.	Through unprotected sexual intercourse and oral sex with someone who has Hepatitis B. Also passing on of body fluids eg. sharing a toothbrush, needles or razor.	Vaccination is available before you get Hepatitis B. No treatment is available for Hepatitis B. 95% of people recover. 5% will develop serious health issues.



STI	What is it?	How do you get it?	Treatment
HIV & Aids HIV - Human Immunodeficiency Virus AIDS - Acquired Immunodeficiency Virus	HIV is the virus that causes AIDS. HIV is a virus that attacks the immune system. This means a person gets sick more easily and it is harder for them to recover once they get sick. AIDS is a long-term affect of HIV. In most cases of HIV a person will get AIDS when the HIV has killed off their t-cells. T-cells help fight disease. When a person has no more t-cells they have AIDS.	HIV is transferred by the bodily fluids of an infected person getting into your bloodstream. This can be through unprotected sexual intercourse and oral sex, blood to blood contact.	No sure is available for HIV or AIDS. Treatment can control the affects of the virus
Pelvic Inflammatory Disease	An infection of the female reproductive organs after the cervix is exposed to a sexually transmitted infection such as chlamydia or gonorrhea.	Through unprotected sexual intercourse and oral sex.	Antibiotics from your doctor.
Pubic Lice (Crabs)	Pubic lice are tiny insects that infest the genital and anal areas. Just like getting lice in the hair on your head. Lice are very itchy!	Sex play or other close physical contact where lice could move from one body to another.	Over the counter treatments at your local chemist
Syphilis	A sexually transmitted bacterial infection. If into treated syphilis can cause serious health problems. This is a three stage condition which starts with a sore called a chancre in the genital area, anus or mouth.	Through kissing, unprotected sexual intercourse and oral sex.	Antibiotics from your doctor.
Trichomoniasis	A sexually transmitted disease, a parasite, which affects men and women. Men may have irritation when urinating. Symptoms in women can include a frothy, yellow-green vaginal discharge with a strong odor. The infection also may cause discomfort during intercourse and urination.		



Links

The advice above is not health advice but is designed to give you some guidance. If you need advice please contact your doctor or check out the websites below for more information:

Family Planning NSW

www.fpnsw.org.au

Provides information about sexual and reproductive health including contraception, HIV/AIDS, pregnancy, sexuality and sexually transmitted infections.

Why Test

www.whytest.org

Comprehensive information about STIs.

Not So Straight

www.notsotraight.com.au

Not So Straight is a website specifically built to help young people find information and support about sex and sexuality.

Somazone

www.somazone.com.au

An Australian website developed by young people for young people. Somazone provides fast, free, anonymous access to quality-assured health information. The aim is to empower young people to address their physical, emotional and social health needs in a way that is relevant and non-judgmental.

SHINE - Sexual Health Information and Networking

www.shinesa.org.au

Provides sexual health information including contraception, pregnancy, puberty and sexually transmitted infections.



Sex etc.

www.sexetc.org

Sex education by teens for teens. Note: this is an American site.

Scarleteen

www.scarleteen.com

Provide sex and sexuality education, information and advice for young adults. Note: this is an American website.

Young, pregnant and parenting

www.ypp.org.au

This site is for young pregnant women and young people with children and provides information about pregnancy, your options and parenting.

TeenWire

www.teenwire.com

A website and forum for teens about sex and sexuality. Note: this is an American website.

Kids Health

www.kidshealth.org/teen/sexual_health/

All the facts about sexual health with articles about puberty, menstruation, infections, and just about everything else you wanted to know, for guys and girls. Note: this is an American website.

