

TS2 - Sexual Health Caller Cards



STI

STI stands for Sexually Transmitted Infection

Protection

The best form of protection from STIs is condoms

Oral

Condoms can help you stay safe during oral sex

Painless

Getting a sexual health test is painless

Check-up

Getting tested for STIs should be part of your normal health check-up

Sex

If you're having sex you can keep it safe by always using a condom

Condoms

Condoms are the only form of protection that prevent pregnancy and STIs

Tested

If you're having sex, stay safe by testing for STIs regularly

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Common

It's pretty common for someone to have an STI and not know about it

Symptoms

Most of the time, people who get STIs don't have symptoms

Free

Most of the time, sexual health tests are free

Urine

The most common STI test for young people is a urine sample

Confidential

STI tests are completely confidential

Quick

Getting a sexual health test is quick

Treated

Most STIs can be treated with no dramas whatsoever

Better

If you have an STI, the earlier you start treatment, the better

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Breaks

If a condom breaks during sex, it will no longer protect you from STIs.

Untreated

Infections that are left untreated can lead to long term negative consequences. The sooner you start treatment, the better.

Anyone

Anyone can get an STI, and they may not know they have one! This is why testing is so important.

Plan

Plan with your sexual partner how you will protect yourself from STIs. This may be by using a condom and agreeing to both get tested.

Contact

Sexual contact can result in catching an STI. Testing and using a condom will reduce this risk.

Lubricant

Lubricant can be used to improve the experience of sex. However, make sure you use a water based lubricant to avoid

Easy

This word is sometimes used negatively to explain why some people might get an STI. But this is absolutely not true. Anyone can get an STI.

The Pill

the pill is a form of contraception that can prevent pregnancy. However, it does not protect against STIs.