

IT'S EASY TO GET A

DISCOUNTED CONSULTATION

WE ARE MAKING OUR SERVICES MORE AFFORDABLE FOR EVERYONE

BECOME
A MEMBER
AND SAVE
TODAY!

WHAT DO YOU GET AS A MEMBER?

- Special members discount rates for consultations at SHFPACT clinic and Canberra Menopause Centre.
- 5% discount on bookshop purchases.
- Free or discounted attendance at health information and special events. For example: Healthy Menopause Information Evenings by the Canberra Menopause Centre, Parent Information Evenings about communicating with your children and young people about puberty, relationships, etc.
- SHFPACT members enews that will keep you updated with special members events, activities and other services.

JOIN ONLINE AT
shfpact.org.au
OR AT RECEPTION



OPENING HOURS

Please contact our reception staff on 02 6247 3077 or visit shfpact.org.au for SHFPACT clinic hours

LOCATION

SHFPACT is conveniently located in the city.

Level 1,
28 University Avenue
Canberra ACT 2601

CONTACT

02 6247 3077
shfpact@shfpact.org.au
0400 770 999 (SMS ONLY)

ENGAGE

shfpact.org.au
facebook.com/shfpact
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DONATE

All donations to SHFPACT over \$2.00 are tax deductible

SHFPACT CLINICAL SERVICES

- Contraceptive advice, information & services
- IUD's and other long acting contraceptive options
- Cervical screening
- Canberra Menopause Centre
- Unplanned Pregnancy Counselling Service
- Sexually transmissible infections (STIs): testing, treatment and advice
- Blood borne virus and HIV testing
- Emergency contraception (the 'Morning After' Pill)
- Breast checks and breast awareness education
- Fertility issues and pre-conception Advice
- Sexual difficulties and sexuality education
- PrEP information, advice, and prescription



Sexual Health and Family Planning ACT
Level 1, 28 University Ave, Canberra City
Call 02 6247 3077 • SMS 0400 770 999
or email shfpact@shfpact.org.au

shfpact.org.au

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assisted with funding from the ACT Government.

I'M ALL ABOUT
CONDOMS



CONDOMS

Condoms are worn during sexual activity to prevent sexually transmissible infections and as a contraceptive method to prevent pregnancy.

WHAT ARE CONDOMS AND HOW DO THEY WORK?

Condoms are made of thin, strong, latex rubber or polyurethane. A condom is rolled onto the erect penis before vaginal, anal or oral sex. A condom can only be used once. The condom is a physical barrier that stops body fluids (e.g. semen, vaginal fluids) passing between sexual partners.

HOW EFFECTIVE ARE CONDOMS AS A CONTRACEPTION?

With perfect use condoms are 98% effective, and with typical use they are 82% effective as a contraceptive method. Perfect use means using a condom correctly every time you have sex, and using it for the whole time. If not used correctly and consistently, the failure rate will be higher.

WHAT ARE THE ADVANTAGES OF CONDOMS?

- Condoms are the best protection against sexually transmissible infections (STIs).
- They can be used as needed.
- They are readily available from supermarkets, pharmacies, adult shops and vending machines.
- They are relatively inexpensive.
- There are no significant medical risks or side effects.
- They can be used in combination with other contraceptive methods, such as the contraceptive pill, to increase the effectiveness of that method.
- They can be used with fertility awareness methods to increase protection.

WHAT ARE THE DISADVANTAGES OF CONDOMS?

- A small number of people are sensitive to latex or lubricant. (Non-latex condoms are available for people with latex allergies, and there are low allergy lubricants available).
- The interruption to sexual activity can be a concern for some people.
- Some people complain of reduced sensitivity during sexual activity.
- Condoms can break or slip off.
- Some people may experience difficulties with erections (this can sometimes be helped by practicing using condoms before any partnered sexual activity, especially for younger people).
- Those whose erections are less firm may find it a little difficult to use condoms.

WHY IS LUBRICATION IMPORTANT?

Lubrication is the wetness that makes penetration more comfortable during intercourse. While most condoms are already lubricated, additional water-based lubrication is recommended as this will increase comfort and help prevent breakages. Water-based lubricants are available from pharmacies and supermarkets; a number of brands are available so find one that suits. Saliva (spit) is not usually slippery enough to use but may help if nothing else is available. Oil-based lubricants can weaken latex condoms, and should not be used. These include petroleum jelly (eg, Vaseline), cooking oil, baby oil, suntan oil, massage oil, hand lotions or creams.

WHY DO CONDOMS SLIP OR BREAK?

The condom may slip or break if:

- It is not put on correctly.
- There is not enough lubrication during sexual intercourse.
- An oil-based lubricant is used.
- A vaginal thrush treatment which is oil based is used. Check with your pharmacist and use a water based treatment.
- It is torn by fingernails, jewellery or teeth.
- Sexual intercourse is prolonged or very vigorous.
- The penis loses erection before withdrawal.
- The penis and condom are not held securely when withdrawing.
- The condom is too big or small for the penis.
- The latex is weakened when past its use by date or exposed to heat or sunlight.

WHAT SHOULD I DO IF A CONDOM SLIPS OR BREAKS?

Emergency contraception can be used to help prevent pregnancy if a condom slips or breaks. Emergency contraception is taken by a female partner and can be obtained from Walk in Centres, SHFPACT, Canberra Sexual Health Centre, and most chemists. If you are concerned about STIs or HIV risk please contact SHFPACT or Canberra Sexual Health Centre.

WHERE ARE CONDOMS AVAILABLE?

Condoms are available from pharmacies, supermarkets, convenience stores, vending machines, and adult shops. They come in different shapes, thicknesses, flavours, textures, sizes and colours. Adult shops can assist with less common sizes if you are having difficulty with fit or comfort wearing a condom.

For more information on the Female Condom see SHFPACT's Info Brochure on the Female Condom.

HOW DO I USE A CONDOM?

- Always make sure there is mutual consent.
- Always use a new condom each time you have penetrative sex.

