



By Isabella Rotman

CANBERRA & CAPITAL REGION EDITION

For anyone who is having sex,
has had sex,
or plans on having sex ever.

Special thanks to the School of the Art Institute of Chicago, Art and Activism at Columbia College Chicago, Stephen, Amara, Beth, Quinn, Shawn, Kristin, Heather, my family, my wonderful, and my helpful friends.

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You're So Sexy When You Aren't Transmitting STIs

Canberra and Capital Region Edition

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Adapted in collaboration with Sexual Health and Family Planning ACT

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YOU'RE SO SEXY

WHEN YOU AREN'T TRANSMITTING STIs

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♥ SOME DISCLAIMERS ♥

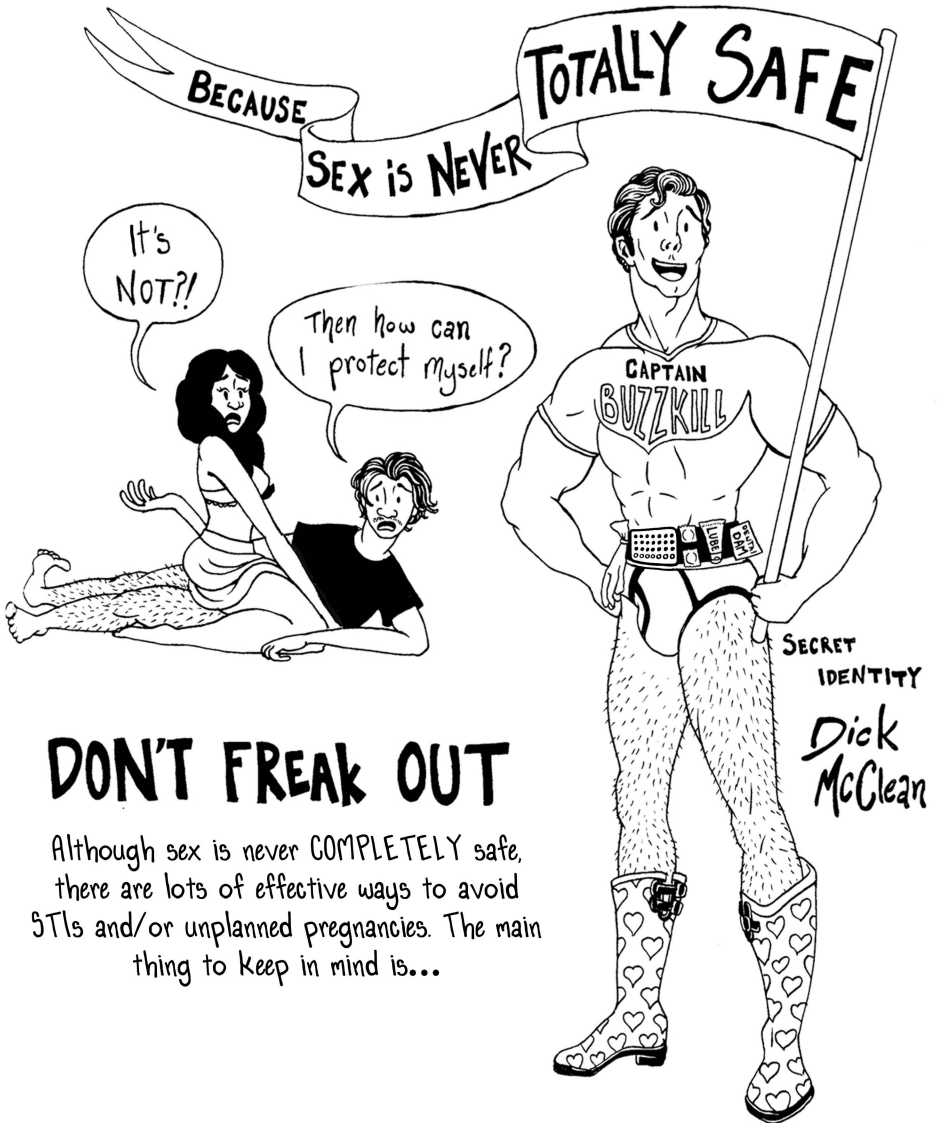
On Accuracy in an Evolving World: Knowledge is always changing! New information, products and medical standards emerge over time. We have done our best to ensure the information in this resource is up to date and accurate – but things might have changed by the time you read it. We strongly encourage you to discuss everything with your doctor or a sexual health clinic.

On Sex and Gender: We have tried to create an inclusive sexual education resource. It is intended for people of all genders and bodies. Sometimes we use the pronouns "they/them/their" as a singular pronoun that does not assume gender. When we reference body parts, we use the medically recognised words so that everyone knows what we mean. When we do this, we're not assuming anything about a person's gender identity, sexuality or their other body parts. Take what applies to you and learn the rest so you can be ready to help out a friend or partner in a tight spot!

YOU'RE SO SEXY

WHEN YOU AREN'T TRANSMITTING STIs
A Safer Sex Comic





DON'T FREAK OUT

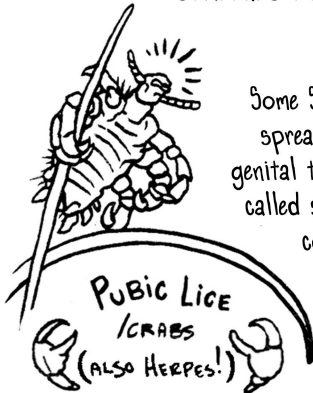
Although sex is never COMPLETELY safe, there are lots of effective ways to avoid STIs and/or unplanned pregnancies. The main thing to keep in mind is...

KEEP OTHER PEOPLE'S BODILY FLUIDS
OUT OF
YOUR BODY





STI stands for Sexually Transmissible Infection. An STI is an infection that develops in someone's body after a bacteria, virus, or parasite is transmitted during sexy-times. Most STIs occur when fluids come into contact with someone's body during oral, vaginal, or anal sex.



Some STIs can be spread through genital touching, also called skin-to-skin contact,

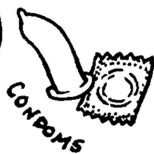
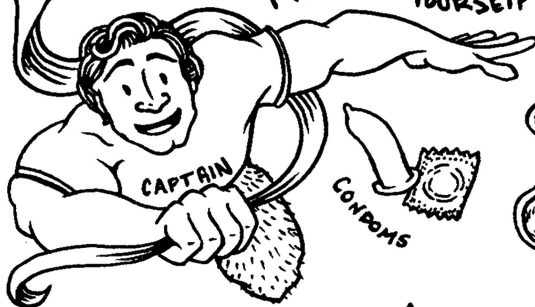


or contact with infected blood.

All STIs can be treated and most can be cured. The more you **reduce contact** with your partner's bodily fluids, the more protected you are.

THERE ARE LOTS OF WAYS TO...

PROTECT YOURSELF FROM STIS



PREVENT UNWANTED PREGNANCIES



HORMONAL



THE IMPLANT (POO)

IUDs



BARRIERS



KEEP TABS ON YOUR SEXUAL HEALTH



GET TESTED!



TALK TO YOUR HEALTH CARE PROVIDER



TALK ABOUT IT

We all remember the sex talk....



But talking about sex is important. Communication with your partners about sexual health and consent is the foundation on which all safer sex practices are built.

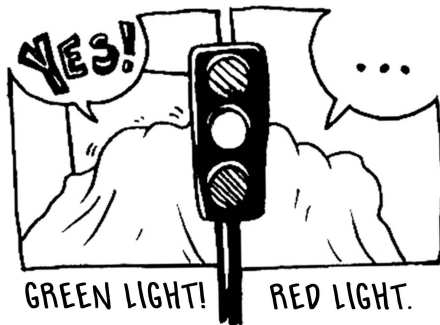


★ LOOKING FOR MORE INFORMATION ON CONSENT AND LOOKING OUT FOR THE PEOPLE AROUND YOU? READ NOT ON MY WATCH: THE BYSTANDER'S HANDBOOK FOR THE PREVENTION OF SEXUAL VIOLENCE FOR FREE AT WWW.ISABELLAROTMAN.COM/NOT-ON-MY-WATCH

CONSENT is ~~Sexy~~ MANDATORY

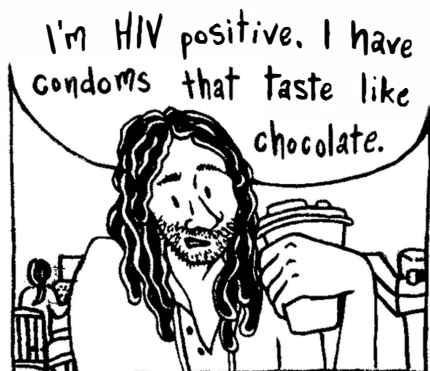
Consent is a clearly communicated, mutual, and reversible agreement between partners that what they are doing is okay and safe, made when all parties are capable of making that decision. Consent is not "not saying no." Consent is an enthusiastic

YES!



Talk about consent before things get hot and heavy, and keep checking in. It's your responsibility to make sure everyone is having a good time.





Not OKAY.

Consent is just as much about ability to consent as it is desire to consent. No one can consent if they are intoxicated, drugged, or unconscious.

OKAY!

Consent is about full disclosure with potential sexual partners about STIs, even if it is scary to do so.

Not OKAY.

Coercion is the use of emotional manipulation to persuade a person into doing something they may not actually want to do. Not. Cool.

I would like to draw you
naked. are you okay
with that?



OKAY!

Ask your partner before trying a new act or taking it to another level. It can be sexier than you think!

I wanna bend you
over that photocopier!



NOT OKAY.

Sexual harassment is any unwanted sexual comments or advances, often in school or the work place.

Is this Good
for you?



When in doubt, **ASK!**

It is your responsibility to be honest with your sexual partners and to make sure any act is okay, safe, and fully informed. Ask permission instead of going ahead in anticipation of a "yes" or "no."



It is important to be tested for STIs even if you have no symptoms. Many STIs can show no symptoms and still be transmissible.



Routine STI testing is a normal part of life - just like other regular medical and dental check-ups. If you are sexually active, you should get tested **at least once a year** and more frequently if you have more than one partner. To be tested for STIs you will need to ask your GP or visit a sexual health clinic.

Different STIs require different tests, so your health care provider will ask you questions to determine what tests you need. Some questions will be personal, but it is important to answer honestly.

If your gender is different from what a health care provider may assume based on your body parts, it is important to tell your health care provider about both your body and your gender identity. That way they can offer you the health care procedures you need.

I am a
Man and I have
a Vagina.

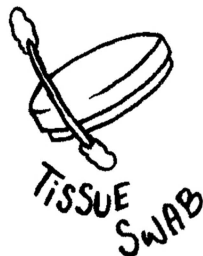




Slow down there, fella, you probably won't even have to take off your pants!

Testing is Quick and Easy!

It is usually a urine test, a blood test, or sometimes a swab that you do yourself. Most STIs are easy to treat so the earlier you test, the quicker they go away!



This may seem scary,
but it is very much worth it! Frequent
STI testing will either put your mind at ease or
enable you to get the help you need to protect
both yourself and your partners.



PERHAPS YOU SHOULD CONSIDER CONDOMS!

External condoms are worn over a penis or sex toy and are **highly effective** in preventing STIs when used properly. Condoms are also used to prevent pregnancy and are 88% effective with typical use.



Make sure it is not expired and open carefully to avoid damaging the condom.

Put the condom on when penis is erect.



YES!

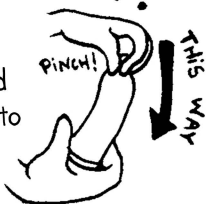


No. ñ



PINCH THE TIP!

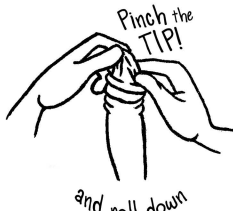
Squeeze air from the tip and unroll the right way around to the base of penis.



Don't forget to check every so often to make sure the condom is still on.

DON'T LET
IT GET
AWAY!

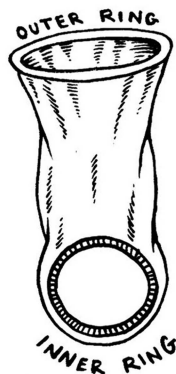




This allows the foreskin to return to its natural position and move comfortably beneath the condom.

THE INTERNAL CONDOM

Internal condoms, (sometimes called 'female condoms'), can be inserted a few hours, or just before, sex. They also offer some extra protection from skin-to-skin STIs that the type of condom worn over a penis does not. Internal condoms are 79% effective at preventing pregnancy with typical use.



MAKE SURE
TO POSITION
THE INNER RING
AROUND THE CERVIX

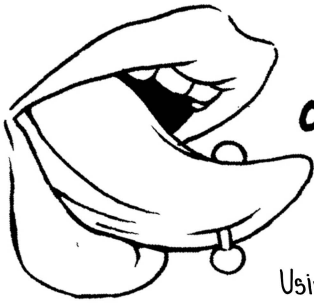
DO NOT:

Use two condoms at once,
reuse condoms, or use an
internal condom and external
condom simultaneously.



Use oil-based lubricants which
can break down latex.

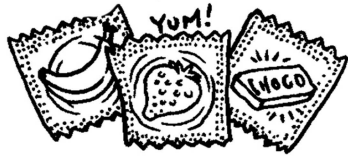




WHAT ABOUT ORAL SEX?

Most STIs can be transmitted orally.
Using barriers for going down greatly reduces your risk!

They make flavored condoms for a
reason, friends!



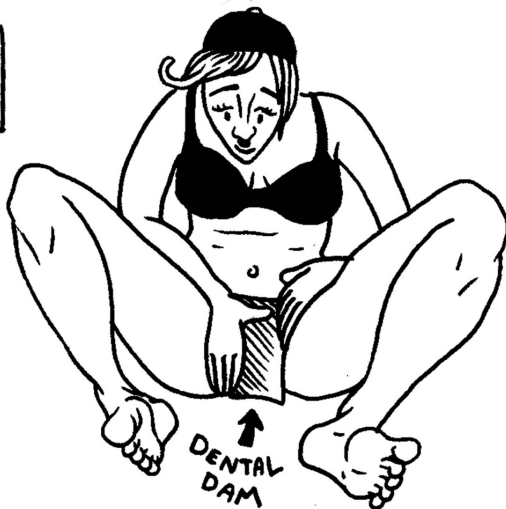
Giving oral sex when you
have cuts or sores in
your mouth greatly
increases your chances of
contracting STIs.





Many people think that any kind of sex that does not actively involve a penis is intrinsically safe. Unfortunately, this is not the case. Many STIs, such as herpes, gonorrhea, and syphilis, can be transmitted through oral sex on a vulva (cunnilingus).

To protect yourself and your partner, place a dental dam over your partner's vulva. Dental dams often come in flavors, or you could add flavored lube!



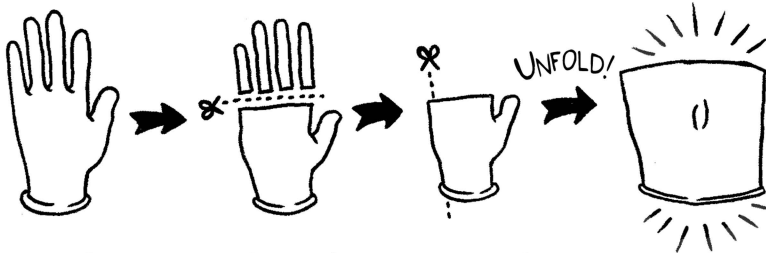
Note: Giving oral sex to someone on their period increases the risk of HIV transmission.

Don't have a dental dam on hand?

YOU CAN MAKE ONE OUT OF A CONDOM



OR A LATEX GLOVE!



Pro tip: Avoid the gloves with powder on them.
Yuck!

DON'T FORGET!

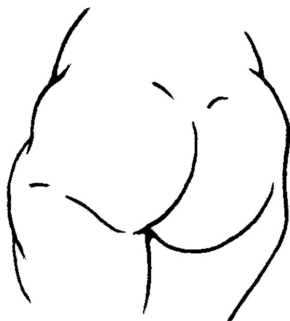
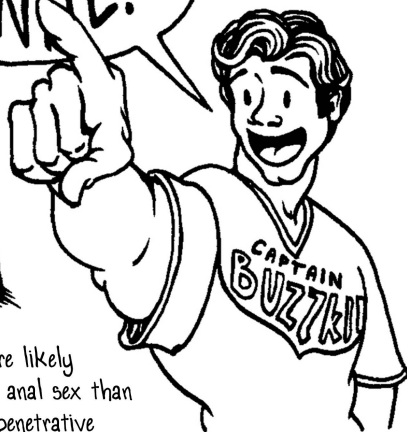
Safer sex is all about communication! Talk to your partner about when they were last tested for STIs and what both of you can do to reduce risk!





USE BARRIERS
FOR ANAL!

Unprotected anal sex puts you at high risk for STIs. Always use a condom to protect yourself from STIs, even without direct risk of pregnancy.



Condoms are more likely to break during anal sex than other types of penetrative sex, so use lots of water- or silicone-based lube to reduce friction.

For oral sex on the anus (analingus), use a dental dam!

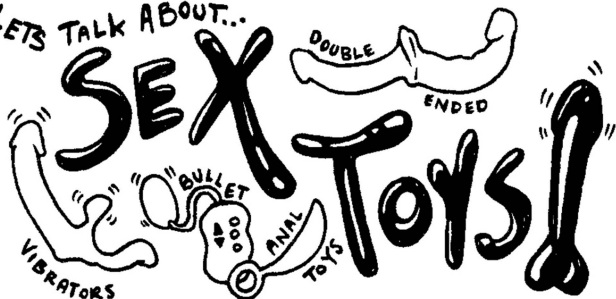
Female/internal condoms are great barriers for anal sex, but go ahead and remove the inner ring. You probably won't enjoy putting that up your anus.





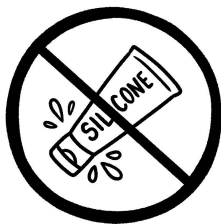
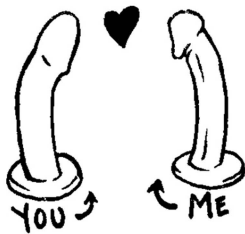
Yeah but what about when
sex doesn't involve tongues
and/or genitals?

LET'S TALK ABOUT...



It is possible to pass bacterial STIs such as chlamydia
and gonorrhea through the sharing of sex toys.

Instead of sharing, use two
different sex toys, or put a
condom on your toy and
replace it between partners.

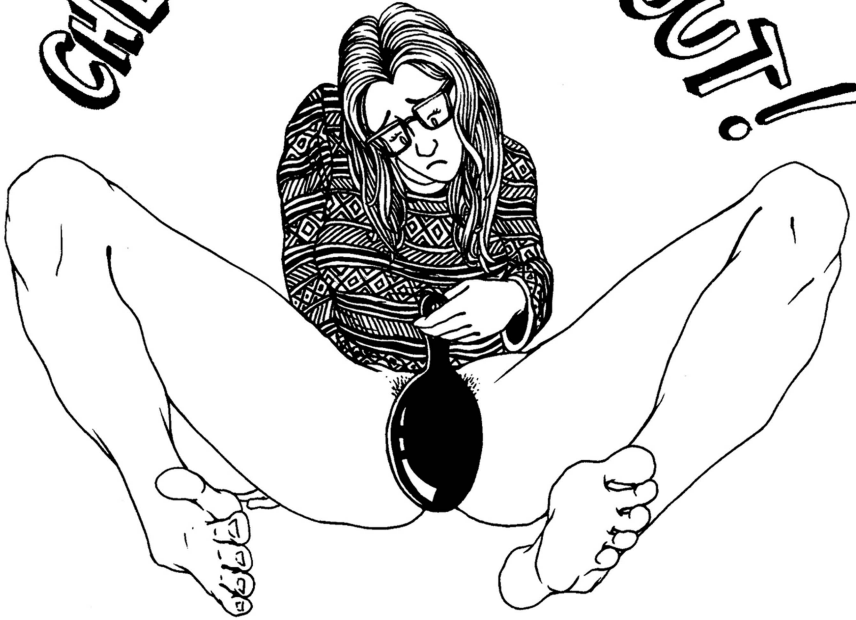


Silicone lube can break down
silicone dildos. Don't do it! Use
water-based lube instead.

Toys made from body safe
materials, such as 100%
silicone, glass, metal, and
certain body-safe hard
plastics, can be cleaned with
soap and hot water. Always
know what material your
toy is made out of and how
to properly take care of it.



CHECK YOURSELF Out!



Get to know your body! Sometimes, when something is wrong, there are symptoms and/or noticeable changes. Know what is normal for your body so you can spot changes and catch possible problems early on.

Try thinking about your body as a house you have to live in.



You didn't build this house, nor did you choose it, but it is your house.



Sometimes you need to do work to make your house comfortable or livable.



Some houses need extensive upkeep or renovations, some don't



but every house needs to be kept up or things start to fall apart.



If you walk through your house with your eyes closed, you aren't going to know when it needs help.



The same goes for your body.



It may not be exactly what you want, but it is what keeps you alive,



and for that reason alone it is beautiful and deserves to be well cared for.



Got Breasts?

GET TO KNOW YOUR BOOBS!

★ Everyone has breast tissue! Even people with penises and people who have had their breasts removed.

Look At
Your Boobs
in the
Mirror!

TIME TO FEEL YOURSELF UP!

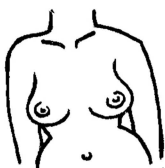
Feel around for any changes in both breasts. You could try it standing up, lying down, or in the shower.



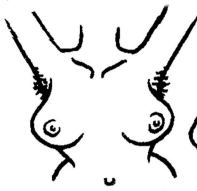
So what
am I looking
for exactly?



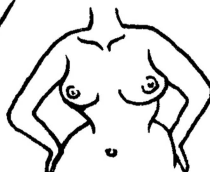
Squeeze each nipple gently
to check for discharge.



STAND THERE!



ARMS UP!



HANDS ON
HIPS!

Methods
include:



UP & DOWN



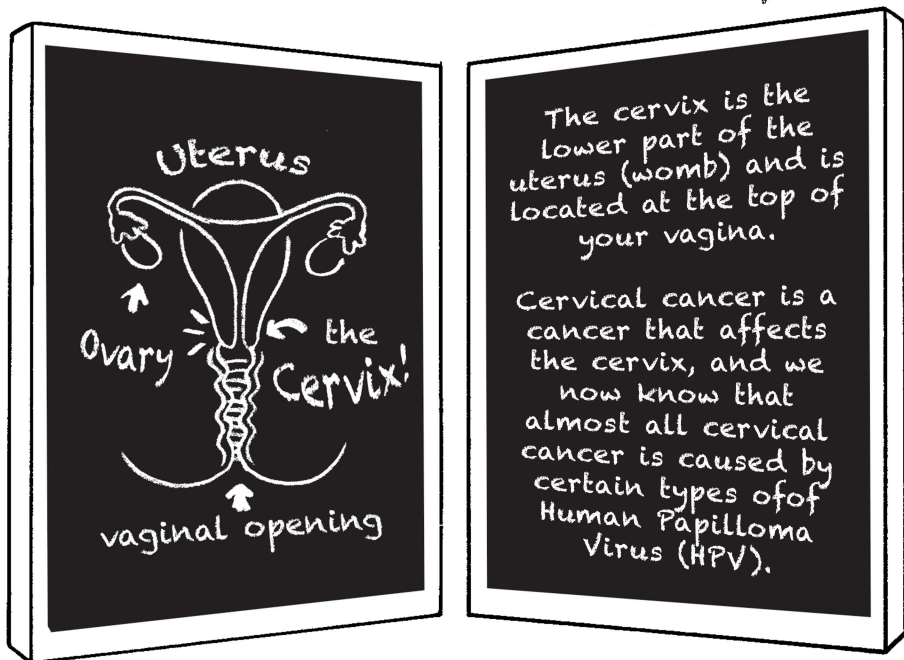
THE CIRCLE



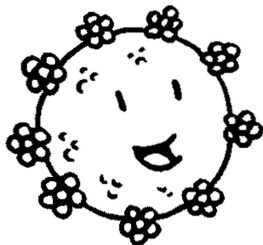
WEDGES
(like a Pizza)

See your doctor if you notice any changes!

Got a Cervix?



HPV is a large family of viruses and there are over 100 types that can affect humans. Most of these are harmless, but some types can potentially cause cervical cancer if they are left undetected and untreated.



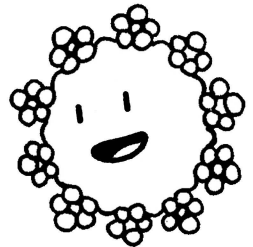
The good news is we can prevent cervical cancer with vaccination and regular cervical screening!

The HPV vaccine



The HPV vaccine is now given to all Australian High School students in Year 7 and is highly effective in preventing infection with many of the HPV types that cause problems.* However, the vaccine isn't effective against all types of HPV: so it is really important to have regular cervical screening every 5 years from the age of 25.

*If you don't think you've had this vaccine talk to your doctor about getting it.



The Cervical Screening Test

The Cervical Screening Test is super easy and you can even opt to do it yourself with a self-collected swab! You still need to see a doctor or nurse, but there is no need for an examination unless you have symptoms (such as bleeding between periods or after sex, pain with sex, or a change to your vaginal discharge).

Regular cervical screening can prevent cervical cancer and save lives!

Got a Vagina?

YOUR VAGINA IS SELF-CLEANING!



LOOKING AFTER YOUR VULVA AND VAGINA

-  • Wash with warm water only
-  • No soap, douches, showergels
-  • Don't wear undies at night
-  • Avoid the use of 'feminine sprays' or 'washes'
-  • Don't stay in tight fitting or wet exercise gear or swimmers

Yeast Infection

(candidiasis)

A vaginal yeast infection is a common fungal infection caused by the yeast *Candida albicans*.

SYMPTOMS

- ITCHING AND SORENESS
- DISCOMFORT DURING INTERCOURSE

PANTY C LUE

Thick lumpy white vaginal discharge



Treated using over-the-counter medication, usually with a cream inserted into the vagina and/or with a single tablet. Yeast infections can sometimes become chronic and need different longer treatment. This must be done under the care of a doctor.

BV

(Bacterial Vaginosis)

BV is an infection caused by a bacterial imbalance in the vagina. A healthy vagina contains several kinds of bacteria in balance. BV occurs when this balance, or the PH level of the vagina, is disrupted. BV is not an STI, but it is more common in sexually active people.

PANTY C LUE

Fishy smelling
thin white discharge



BV is easily treated with

Antibiotics!

but it does not always
need treatment

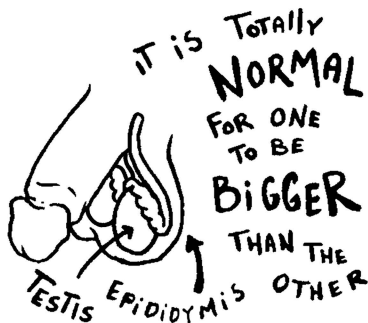
Got Testicles?

GET TO KNOW YOUR NUTS!

GRAB THOSE BALLS!

It is recommended to check your testicles every month! Place your index and middle fingers under the testes with thumbs on top.

Roll testicles gently between fingers to check for lumps.

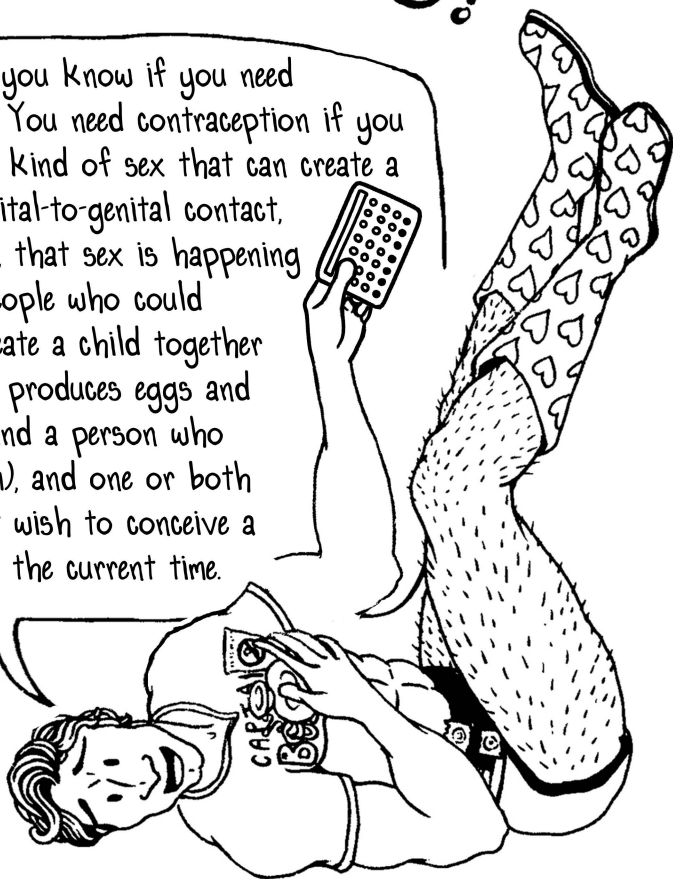


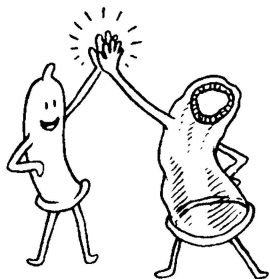
LOOK OUT FOR:

- CHANGE IN SIZE
- SUSPICIOUS LUMPS
- PAIN OR DISCOMFORT
- SUDDEN COLLECTION OF FLUID
- FEELING OF HEAVINESS

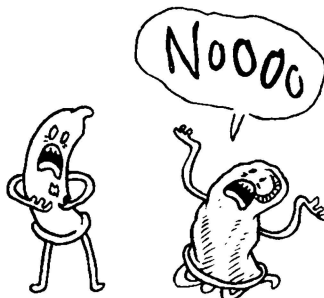
SOME OF US NEED
CONTRACEPTIVES!

How do you know if you need contraception? You need contraception if you are having the kind of sex that can create a pregnancy (genital-to-genital contact, or intercourse), that sex is happening between two people who could biologically create a child together (a person who produces eggs and has a uterus, and a person who produces sperm), and one or both of you don't wish to conceive a child at the current time.

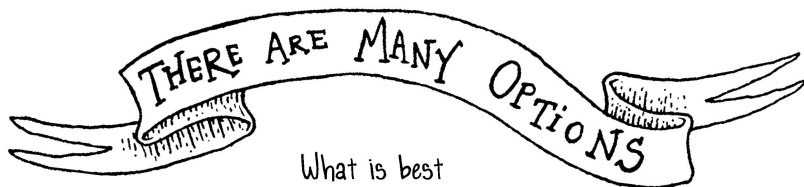




Condoms and internal condoms are the only methods of contraception that protect you from both STIs and pregnancy.



However, condoms can break or slip off and it is a great idea to back barriers up with another form of contraception if you want to avoid pregnancy



What is best for one person or situation may not be what is best for another. It all depends on your body and your particular circumstances.



This chapter summarizes most forms of contraception available in Australia. You should talk to a health care professional to find the methods that will work best for you.

★ ALL EFFECTIVENESS RATES QUOTED IN THIS SECTION ARE 'WITH TYPICAL USE.'

THE CONTRACEPTIVE IMPLANT



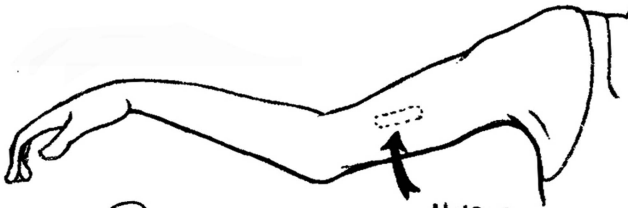
BIRTH
CONTROL
IMPLANT

How it WORKS:

A MATCHSTICK-SIZED ROD THAT RELEASES PROGESTIN OVER TIME AND IS INSERTED INTO THE ARM EVERY 3 YEARS BY A HEALTH CARE PROVIDER.

EVERY 3 YEARS

EFFECTIVENESS



PROS

- DOESN'T REQUIRE DAILY ADMINISTRATION
- LITTLE ROOM FOR USER ERROR
- CAN REDUCE PAINFUL PERIODS
- SUITABLE FOR PEOPLE WHO CAN'T USE OESTROGEN
- CAN BE REMOVED BY A DOCTOR AT ANY TIME IF YOU WANT TO BECOME PREGNANT

CONS

- CAN CAUSE IRREGULAR BLEEDING, HEAVY, LIGHT, OR NO PERIODS



How it Works:

IUDs (INTRA-UTERINE DEVICES) ARE SMALL T-SHAPED DEVICES INSERTED INTO THE UTERUS THROUGH THE CERVIX BY A HEALTH CARE PROVIDER. AN IUD STAYS IN THE UTERUS UNTIL IT IS REMOVED.

HORMONAL I.U.D.

Hormonal IUDs (Mirena® and Kyleena®) release hormones that thicken cervical mucus and thin the lining of the uterus. Effective for 5 years.



COPPER I.U.D.

Copper is toxic to sperm. Effective for 5 - 10 years.



It is still somewhat unknown why the physical presence of the IUD in the uterus works, but one theory is that IUDs interfere with egg and sperm movement.

PROS

- ONE-TIME INSERTION THAT LASTS FOR YEARS AND DOES NOT REQUIRE UPKEEP
- COST-EFFECTIVE OVER TIME
- SUITABLE FOR PEOPLE WHO CAN'T USE OESTROGEN
- HORMONAL IUDS MAY REDUCE CRAMPS OR LIGHTEN PERIODS
- CAN BE REMOVED BY A DOCTOR AT ANY TIME IF YOU WANT TO BECOME PREGNANT.

CONS

- INSERTING AN IUD REQUIRES A MINOR PROCEDURE
- POSSIBLE PAIN CAUSED BY INSERTION
- HORMONAL IUD MAY CAUSE IRREGULAR PERIODS FOR 3-6 MONTHS
- COPPER IUD MAY MAKE PERIODS HEAVIER AND MORE PAINFUL



THE CONTRACEPTIVE INJECTION

How it Works:

THE CONTRACEPTIVE INJECTION IS A PROGESTOGEN-ONLY CONTRACEPTIVE WHICH IS INJECTED INTO THE ARM OR BOTTOM EVERY 3 MONTHS BY A DOCTOR.

EFFECTIVENESS

- ★ After one year, half of people using the contraceptive injection will stop menstruating.



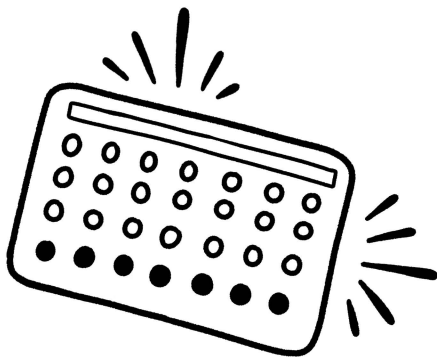
CONS

- CAN RESULT IN A LESSENING OF MENSTRUAL SYMPTOMS
- DOES NOT REQUIRE DAILY ADMINISTRATION
- SUITABLE FOR PEOPLE WHO CAN'T USE OESTROGEN

- CAN CAUSE IRREGULAR, HEAVY, LIGHT, OR SKIPPED PERIODS
- ONCE GIVEN, LASTS FOR 3 MONTHS AND CAN'T BE REMOVED
- SHOULD NOT BE USED IF YOU ARE PLANNING A PREGNANCY IN THE NEXT COUPLE OF YEARS

PROS

THE COMBINATION PILL



One pill taken at the same time every day

EFFECTIVENESS



PROs

- CAN HELP REDUCE ACNE
- REGULATES MENSTRUAL CYCLES
- CAN LESSEN CRAMPS AND PMS SYMPTOMS

How it Works:

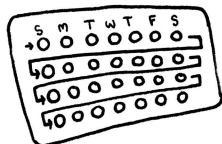
THE COMBINED ORAL CONTRACEPTIVE PILL CONTAINS OESTROGEN AND PROGESTOGEN. IT WORKS BY PREVENTING OVULATION AND THICKENING THE MUCUS IN THE CERVIX WHICH PREVENTS SPERM FROM GETTING TO THE UTERUS.

CONs

- MAY INCREASE RISK OF CERTAIN HEALTH PROBLEMS, INCLUDING BLOOD CLOTS

PROGESTOGEN - ONLY PILLS

ORAL CONTRACEPTIVES THAT DO NOT CONTAIN ESTROGEN.



Mini Pill

How it Works

THE MINIPILL IS TAKEN EVERY DAY AT THE SAME

TIME JUST LIKE THE COMBINATION PILL, BUT THEY DO NOT HAVE A PLACEBO PERIOD WEEK. THE MINIPILL WORKS BY THICKENING THE MUCUS IN THE CERVIX WHICH PREVENTS SPERM FROM GETTING TO THE UTERUS.



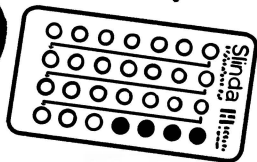
Pros

- INEXPENSIVE
- SUITABLE FOR PEOPLE WHO CAN'T USE OESTROGEN

Cons

- CAN CAUSE IRREGULAR BLEEDING
- MUST BE TAKEN AT THE SAME TIME EVERY DAY

SLINDA®



How it Works

SLINDA® (AKA DROSPIRENONE) IS A NEW PROGESTOGEN-ONLY PILL TAKEN EVERY DAY. SLINDA WORKS BY STOPPING OVULATION.



Pros

- EASILY REVERSIBLE WHEN STOPPED
- CAN REDUCE MENSTRUAL BLEEDING OVER TIME
- SUITABLE FOR PEOPLE WHO CAN'T USE OESTROGEN

Cons

- CAN CAUSE SPOTTING (LIGHT IRREGULAR BLEEDING)
- MORE EXPENSIVE THAN SOME OTHER CONTRACEPTIVE PILLS



How it Works:

THE RING IS A SMALL FLEXIBLE RING PLACED IN THE VAGINA (AROUND THE CERVIX) MONTHLY. THE RING STAYS IN THE VAGINA FOR 3 WEEKS AND IS REMOVED FOR MENSTRUATION. THE RING WORKS BY PREVENTING OVULATION AND THICKENING THE MUCUS IN THE CERVIX.

EFFECTIVENESS



Most people find that the ring doesn't bother them during sexual activities. If you prefer to remove the ring during sex that's okay, so long as the ring is not out of the vagina for more than 3 hours.

PROS

- DOESN'T REQUIRE DAILY ADMINISTRATION
- REGULATES MENSTRUAL CYCLES
- CAN LESSEN CRAMPS AND PMS SYMPTOMS

CONS

- MAY INCREASE RISK OF CERTAIN HEALTH PROBLEMS INCLUDING BLOOD CLOTS.
- NEEDS TO BE REMOVED AND REPLACED EVERY MONTH.

THE DIAPHRAGM



EFFECTIVENESS



The Gaya® diaphragm, which is a single size diaphragm, is the only diaphragm available in Australia.

Diaphragms don't always fit everyone well enough to work, so it is important to have an initial fitting with a specially trained nurse to make sure it will work properly for you.

You can book an appointment at SHFPACT for a fitting before you order your own online.

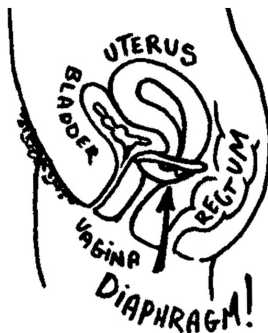
PROS

- NON-HORMONAL, SO IT DOESN'T AFFECT YOUR BODY CHEMISTRY
- REUSABLE
- LASTS TWO YEARS

How IT WORKS:

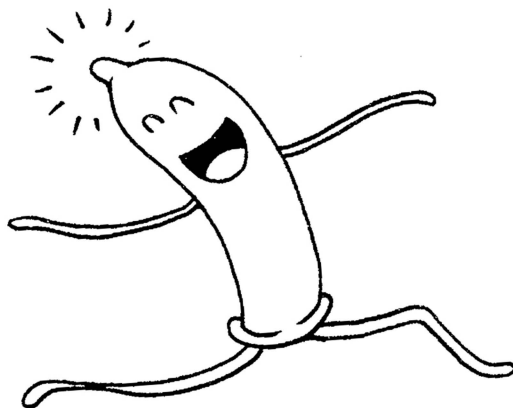
THE DIAPHRAGM IS A DOME OF SOFT SILICONE WITH A FLEXIBLE RIM THAT IS PLACED INSIDE THE VAGINA BEFORE INTERCOURSE TO COVER THE CERVIX AND PREVENT SPERM FROM GETTING INTO THE UTERUS.

The diaphragm must be left in place for a minimum of six hours after intercourse. This is because that is how long it takes for sperm to die in the acidic environment of the vagina.



CONS

- MAY REQUIRE AN INITIAL FITTING WITH A NURSE TO ENSURE IT WILL WORK FOR YOU
- LESS EFFECTIVE THAN SOME OTHER METHODS



DON'T FORGET!
Condoms and internal
condoms are the **ONLY**
contraceptives that also
protect from STIs.





OH NO! I FORGOT MY
CONTRACEPTIVE PILL/ THE CONDOM BROKE/
I HAD UNPROTECTED SEX FOR SOME OTHER REASON

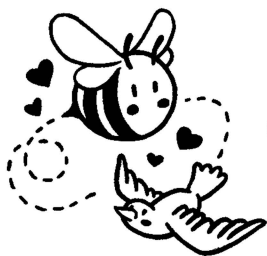
WHAT Will i Do?!



How IT WORKS:

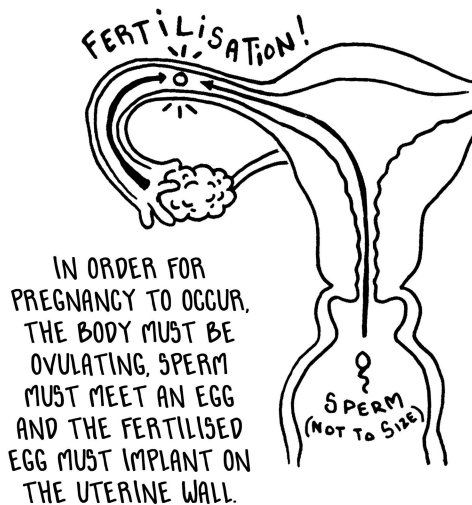
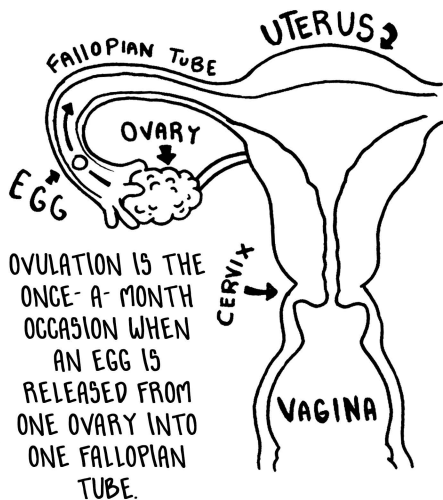
EMERGENCY CONTRACEPTION CAN BE USED TO REDUCE THE RISK OF PREGNANCY AFTER UNPROTECTED SEX. UNPROTECTED SEX MEANS ANY KIND OF SEX WHERE SEMEN HAS ENTERED THE VAGINA, AND NO OTHER FORM OF CONTRACEPTION WAS USED OR WHERE A METHOD OF CONTRACEPTION FAILED,

OKAY but HOW DOES IT REALLY WORK?



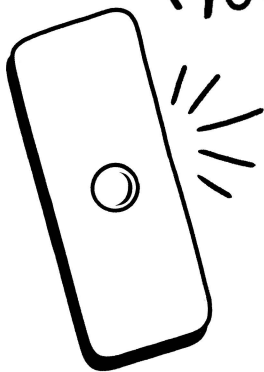
Here's a truth bomb for y'all: pregnancy doesn't occur immediately after intercourse. Pregnancy occurs when an egg is fertilised by sperm and implants on the uterine wall, usually 5 – 7 days after the sex itself.

Sperm can live in the uterus and fallopian tubes for up to 6 days, just hanging out in hopes that ovulation happens before they die.



Emergency contraceptive pills, also known as morning-after pills, work by delaying or stopping the ovaries from releasing an egg. It's like an emergency brake for your ovaries. This is why timing is so important. Most people don't know when they are ovulating, and if ovulation has already occurred, the morning-after pill won't work.

"MORNING-AFTER" PILLS



THERE ARE TWO TYPES OF EMERGENCY CONTRACEPTIVE PILLS AVAILABLE.

LEVONORGESTREL CAN BE TAKEN UP TO 72HRS (3 DAYS) AFTER UNPROTECTED SEX, AND ULIPRISTAL (ELLEONE) CAN BE TAKEN UP TO 120HRS (5 DAYS) AFTER UNPROTECTED SEX.

EFFECTIVENESS



In the ACT the easiest way to access emergency contraception is at an ACT Health Walk in Centre. ACT Health Walk in Centres don't require an appointment and are open from 7:30am to 10pm every day of the year.

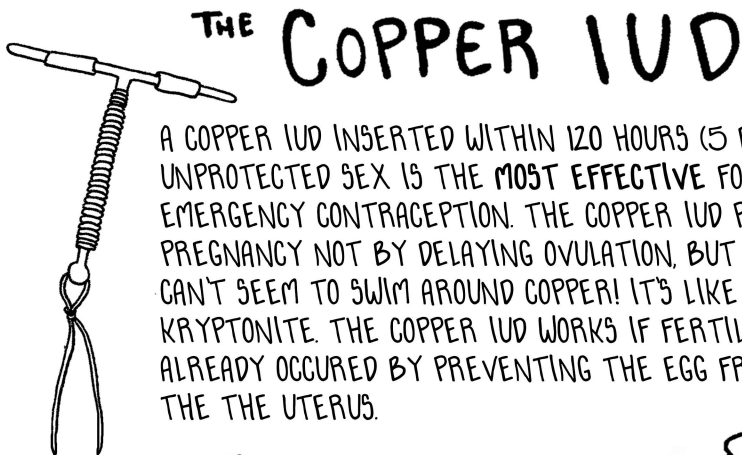
Emergency contraception is also available over the counter at most chemists and also from SHFPACT, Canberra Sexual Health Centre and the Junction Youth Health Centre.



IMPORTANT!

The sooner you take emergency contraceptive pills, the better they work!

Emergency contraception should not be used as regular contraception, because it is more expensive and less effective than other methods of birth control. Emergency contraception is for emergencies – when unprotected sex has already occurred and it's time for a backup plan.



THE COPPER IUD

A COPPER IUD INSERTED WITHIN 120 HOURS (5 DAYS) OF UNPROTECTED SEX IS THE **MOST EFFECTIVE** FORM OF EMERGENCY CONTRACEPTION. THE COPPER IUD PREVENTS PREGNANCY NOT BY DELAYING OVULATION, BUT BECAUSE SPERM CAN'T SEEM TO SWIM AROUND COPPER! IT'S LIKE SPERM KRYPTONITE. THE COPPER IUD WORKS IF FERTILISATION HAS ALREADY OCCURED BY PREVENTING THE EGG FROM ATTACHING THE THE UTERUS.

EFFECTIVENESS

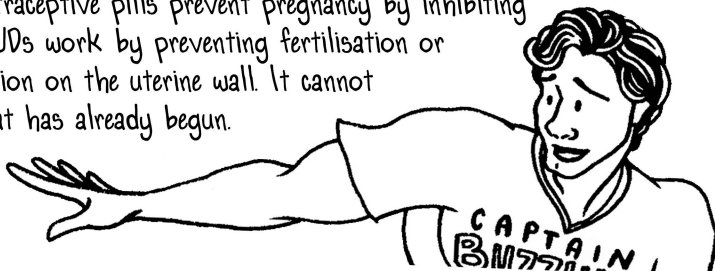
The Copper IUD prevents pregnancy 99% of the time when it is inserted within 5 days of unprotected sex.

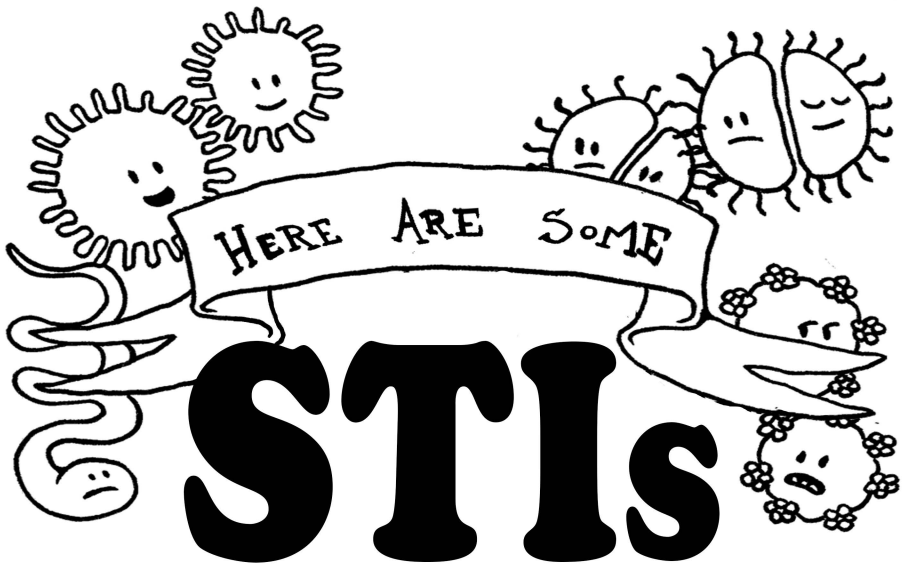


★ The copper IUD can also provide effective contraception for up to 10 years!

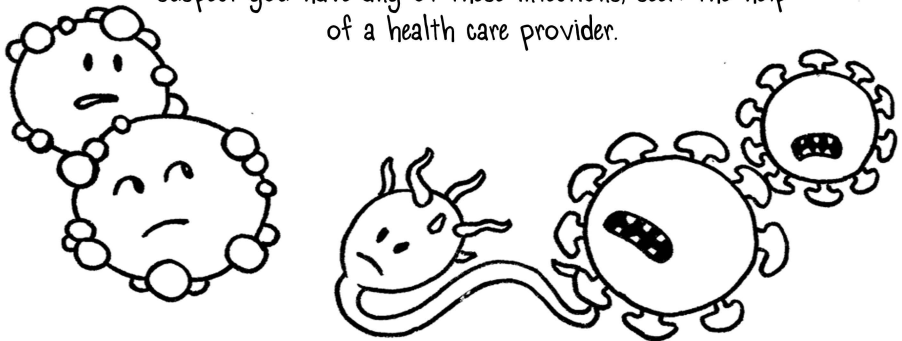
Emergency contraception is not abortion.

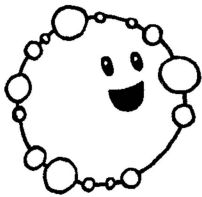
Emergency contraceptive pills prevent pregnancy by inhibiting ovulation. Copper IUDs work by preventing fertilisation or preventing implantation on the uterine wall. It cannot end a pregnancy that has already begun.





The following pages are a brief introduction to the most common Sexually Transmissible Infections. An STI is an infection that develops in someone's body after a bacteria, virus, or parasite is transmitted during sex. Most STIs are curable, and all STIs are treatable. If you are showing symptoms or suspect you have any of these infections, seek the help of a health care provider.





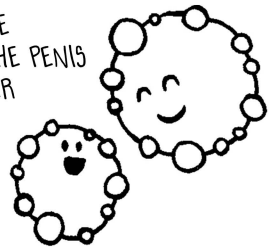
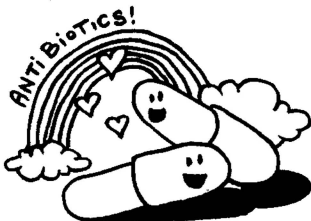
Chlamydia

THE MOST COMMON SEXUALLY TRANSMISSIBLE BACTERIAL INFECTION IN AUSTRALIA, ESPECIALLY COMMON IN YOUNG PEOPLE AGED 15 - 30.

Chlamydia is a bacterial infection that can cause pelvic inflammatory disease, infertility, and other health issues if untreated. Up to 80% of people with chlamydia experience no symptoms. Chlamydia is transmissible with or without symptoms.

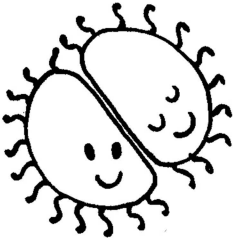
IF YOU DO HAVE SYMPTOMS THEY MAY INCLUDE...

- VAGINAL BLEEDING BETWEEN PERIODS OR AFTER SEX
- PELVIC PAIN OR PAIN WITH SEX
- UNUSUAL VAGINAL DISCHARGE (A CHANGE IN COLOR OR SMELL)
- PAIN PASSING URINE
- DISCHARGE FROM THE PENIS
- SWOLLEN OR TENDER TESTICLES



TREATMENT

Chlamydia is very common, simple to test for, and easily treatable with antibiotics. If one person tests positive for chlamydia, all of that person's sexual partners must be tested, and if needed, treated, to avoid passing it back and forth.

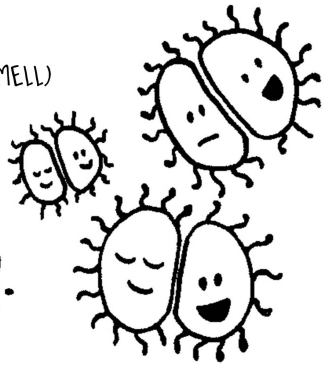


Gonorrhea

UP TO 80% OF PEOPLE WITH GONORRHEA EXPERIENCE NO SYMPTOMS. GONORRHEA IS TRANSMISSIBLE WITH OR WITHOUT SYMPTOMS.

IF YOU DO HAVE SYMPTOMS THEY MAY INCLUDE...

- VAGINAL BLEEDING BETWEEN PERIODS OR AFTER SEX
- PELVIC PAIN OR PAIN WITH SEX
- UNUSUAL VAGINAL DISCHARGE (A CHANGE IN COLOR OR SMELL)
- PAIN PASSING URINE
- DISCHARGE FROM THE PENIS



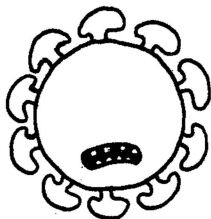
Soreness of throat or trouble swallowing

can be signs of an **ORAL INFECTION.**

but 9 out of 10 oral infections show no symptoms.

TREATMENT

Gonorrhea is simple to test for and is treated with **Antibiotics!**

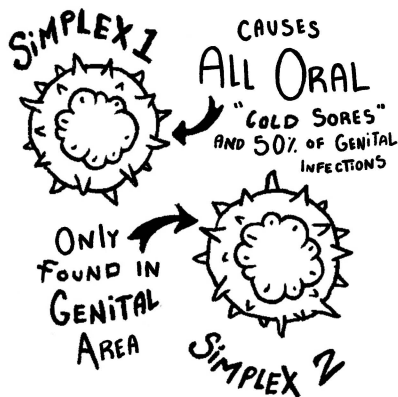


Herpes

Herpes Simplex Virus (HSV)

There are two types
of the Herpes Simplex Virus.

Type one that causes all oral cold sores
and about half of all genital infections,
and type two, which only causes genital
infections.



HSV is passed through skin-to-skin contact
of affected areas, including oral sex,
non-penetrative sex, and kissing. The chances
of transmitting HSV are increased during an
episode, but transmission is still possible
without symptoms.

Condoms are not fully effective protection from HSV, but
they help. Internal condoms offer more protection than
condoms worn over a penis because they cover slightly more
surface area. Dental dams reduce the risk of transmission
during oral sex on a vulva or anus.

HERPES IS USUALLY NOT A BIG DEAL

The majority of the population has some form of HSV! HSV affects different people differently. For some, it can be very painful and frustrating. For others, symptoms are so mild or atypical the person doesn't even know they have herpes. Cold sores are herpes (usually HSV-1).

HSV-2, and/or genital herpes, have a lot of stigma surrounding them, but are often mild and without extra complications.

IF YOU DO HAVE SYMPTOMS THEY MAY INCLUDE...

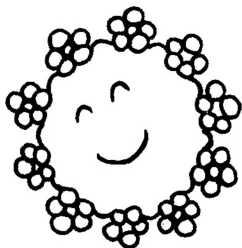
- COLD SORES ON LIPS OR MOUTH (ORAL)
- SORES ON VAGINA, VULVA, CERVIX, PENIS, ANUS, THIGHS OR BUTTOCKS (GENITAL)
- SORES MAY LAST A FEW WEEKS AND THEN GO AWAY
- SYMPTOMS FROM THE FIRST EPISODE ARE USUALLY MORE NOTICEABLE THAN LATER EPISODES AND SOMETIMES INCLUDE FLU-LIKE SYMPTOMS

TESTING

There is no useful screening test for Herpes. If you have a sore present, a swab can be done to confirm if it is Herpes and also what type.

TREATMENT

There is no cure for herpes. However, there are treatments that can prevent and shorten outbreaks. It's best to discuss this with your doctor.



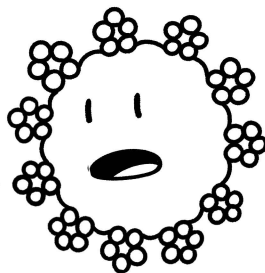
Genital Warts

GENITAL WARTS ARE GROWTHS ON THE SURFACE OF THE SKIN OR MUCOUS MEMBRANE WHICH APPEAR IN THE GENITAL AREA. THEY ARE CAUSED BY SOME STRAINS OF THE HUMAN PAPILLOMA VIRUS (HPV). THERE ARE OVER 100 TYPES OF HPV BUT ONLY A COUPLE CAUSE GENITAL WARTS.

HPV CAN BE TRANSMITTED MANY WAYS

HPV can be transmitted by any skin to skin contact between penis, vulva, vagina and/or anus. It can be transmitted without any warts being visibly present.

Genital warts are diagnosed by looking at them. There is no swab or blood test that can diagnose them. If you think you may have genital warts it is important to see a doctor to be diagnosed and to discuss treatment.



TREATMENT

Genital warts usually go away by themselves over one to two years but most people choose to have them treated. There are several treatments available but most take some time to be effective. It is important to discuss these options with a doctor to work out which treatment or treatments which work best for you.



Do not use over the counter treatments for other warts to treat genital warts.

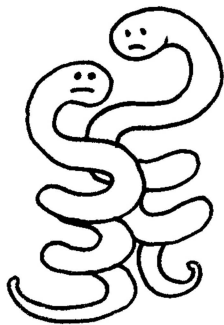


Do not shave or wax the area where the warts are as this can spread the virus and cause more warts to occur.

The HPV vaccine

The HPV vaccine that is now given to all Australian High School Students in Year 7 includes protection against the two main types of HPV that cause genital warts. If you don't think you had this vaccine talk to your doctor about having it.





Syphilis

SYPHILIS IS AN INFECTION CAUSED BY THE BACTERIA *TREPONEMA PALLIDUM*. SYPHILIS IS EASILY TREATED WITH ANTIBIOTICS, BUT IF LEFT UNTREATED, CAN CAUSE MAJOR HEALTH PROBLEMS.

SYMPTOMS★

PRIMARY STAGE

IF THERE ARE ANY SYMPTOMS, THEY MAY INCLUDE A PAINLESS SORE ON THE MOUTH, THROAT, GENITALS, OR RECTUM LASTING 2-6 WEEKS.

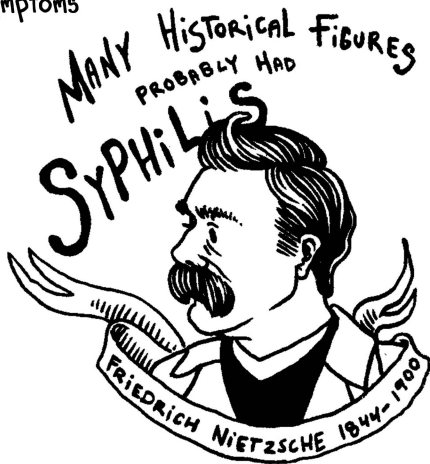
SECONDARY STAGE

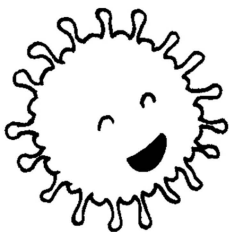
IF THERE ARE ANY SYMPTOMS, THEY MAY INCLUDE A RASH APPEARING ANYWHERE ON THE BODY AND "FLU-LIKE" SYMPTOMS.

★ About half the time, there will be no symptoms

TREATMENT

Early stages of syphilis (generally within a year after exposure) can be easily treated and cured with antibiotics. Damage done in later stages affects internal organs and is permanent. This is a major reason why it is important to be tested frequently for STIs: so infections can be caught in the early stages.





Hepatitis B

HEPATITIS B IS SPREAD THROUGH EXPOSURE OF MUCUS MEMBRANES (VAGINAS, ANUSES, ETC.) TO INFECTED BODILY FLUIDS SEMEN, VAGINAL FLUIDS, BLOOD, AND SALIVA.

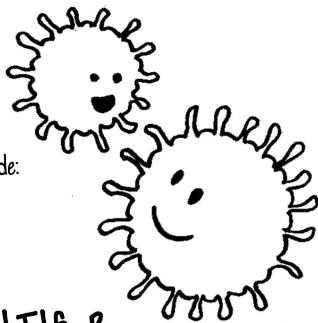
Hepatitis is a group of viruses that cause inflammation of the liver. Hepatitis B (HBV or Hep B) is the type that is most commonly sexually transmitted. Vaccination against Hep B is part of the childhood immunisation program. If you don't think you had this vaccine talk to your doctor about it.

If you
do have

SYMPTOMS...

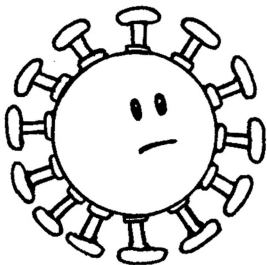
About 50% of adults with Hep B show no symptoms. Initial symptoms are generally "flu-like". Later symptoms may include:

- PALE BOWEL MOVEMENTS
- JAUNDICE (YELLOW SKIN)
- ABDOMINAL PAIN
- DARK URINE



PEOPLE LIVING WITH HEPATITIS B

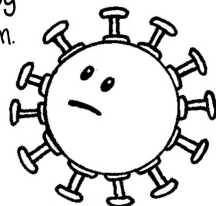
90-95% of adults with Hep B experience "Acute Hep B" and recover fully in 4 to 8 weeks, or up to 6 months. The other 5-10% experience "Chronic Hep B" and could transmit Hep B their whole lives. Some people with chronic Hep B develop serious liver problems. It is very important that people with chronic Hep B are diagnosed so they can be monitored and treated to prevent serious illness. There are drugs to protect the body (mostly the liver) from further damage from Hep B, but not cure it.



HIV

Human Immunodeficiency Virus

The Human Immunodeficiency Virus (HIV) is a virus that attacks the immune system. If left undetected and untreated, HIV can progress to AIDS (Acquired Immunodeficiency Syndrome), leaving the body unable to fight disease and infection.



HOW IS IT TRANSMITTED?

HIV is transmitted via the bodily fluids blood, semen, vaginal fluids, anal fluids, and breast milk. HIV can be transmitted through any mucous membrane such as the vagina or anus. HIV cannot pass through unbroken skin. HIV is also transmitted via blood, so the risk of HIV transmission is increased if you or your partner has a cut on the mouth or hand or is menstruating.



THE HIV TEST



An HIV test is a simple blood test that looks for your body's response to the HIV virus. While the test is pretty accurate at 6 weeks, it can take up to 12 weeks after exposure for this to show up. This is called the window period!



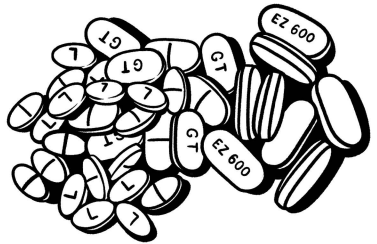
If you are diagnosed with HIV there are excellent medications now available to manage your health and prevent AIDS from developing.

PEP

(post exposure prophylaxis)

IF YOU THINK YOU MAY HAVE BEEN EXPOSED TO HIV

PEP a course of tablets that can prevent HIV infection after possible exposure. They must be started as soon as possible (and within 72 hours). PEP is available from hospital emergency departments and select sexual health clinics. For more info about getting PEP go to www.getpep.info



PrEP

(pre exposure prophylaxis)

IF YOU THINK YOU MAY BE EXPOSED TO HIV IN THE FUTURE AND WANT TO PROTECT YOURSELF

PrEP (pre exposure prophylaxis) is a tablet taken daily that greatly reduces your risk of contracting HIV. If you are interested in PrEP talk to a sexual health clinic or your GP.



Trichomoniasis



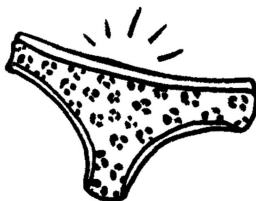
Trichomoniasis is a sexually transmissible infection caused by the parasite *Trichomonas Vaginalis*.

SYMPTOMS

- REDNESS OR SORENESS OF VULVA
- PAIN DURING SEX,
- DISCOMFORT IN THE URETHRA
- FROTHY VAGINAL DISCHARGE

PANTY CLUE

Frothy vaginal discharge
itchy



TV is easily treated with

Antibiotics!

Pubic Lice



Pubic lice are tiny insects that attach themselves to the hair of the pubic area. They are transmitted through genital skin-to-skin contact.

★ Treated with over-the-counter medicines, usually a shampoo.

PANTY CLUE

Itching in areas with pubic hair, sores due to bites of scratching. May also be found in beards.



Mycoplasma Genitalium



A BACTERIUM THAT CAN CAUSE INFECTION OF THE CERVIX, URETHRA (PENIS), AND ANUS.



HOW IS IT TRANSMITTED?

You can get mycoplasma genitalium by having unprotected anal or vaginal sex with someone who has the infection. Some people may not have any symptoms but can still pass on the infection.

IF YOU DO HAVE SYMPTOMS THEY MAY INCLUDE...

- LOWER ABDOMINAL PAIN OR DISCOMFORT
- PAIN DURING SEX
- BLEEDING BETWEEN PERIODS OR AFTER SEX
- UNUSUAL VAGINAL DISCHARGE
- PAIN OR BURNING WHEN PASSING URINE
- DISCHARGE FROM THE PENIS

There are currently no recommendations for routine testing for mycoplasma genitalium. If you have symptoms or suspect that you may have been exposed, ask your doctor about testing and (if appropriate) treatment.

💊 TREATMENT 💊

Mycoplasma is treated with antibiotics but can sometimes be difficult to treat. If this is the case, you may need to see a medical specialist.



Communication is key! Respect your partners and yourself by talking about consent, sex, and protection before you are too hot and horny to think straight.

GET TESTED

A lot of STIs can show no symptoms but still be transmissible. Some STIs are easy to treat in the early stages but more difficult to treat later on. It is very important to be tested regularly, at least once a year or more often if you have multiple partners, even if you are showing no symptoms.

Talk about it again: If you are diagnosed with an STI, it is important that you let your sexual partners know, so that they can get tested and treated.

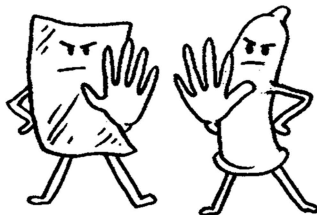




KEEP OTHER PEOPLE'S BODILY FLUIDS

OUT OF YOUR BODY

STOP



IN THE
NAAAAAAME
OF LOVE.

Most STIs are transmitted through bodily fluids. Using barriers such as condoms and dental dams to reduce contact with bodily fluids greatly reduces the risk of getting STIs. For sexual situations where two people could biologically create a pregnancy, there are many options for contraception, and backing up whatever birth control works best for you with a condom adds an extra layer of protection from both pregnancy and STIs!

Thats all, friends!
Thanks for reading, have fun,
and enjoy safer sex!



Need to Know More?

Use the QR Codes on this page to find more information about the following topics. Remember though that it's still important to have regular screening with a sexual health nurse or doctor – even if you have no symptoms.



Sexually Transmissible Infections

provides a brief summary of the most common STIs including whether they are bacterial, viral or parasitic, and also what (if any) symptoms may be present. More detailed information about specific STIs is available via the QR Codes below.



Chlamydia



Gonorrhoea



Syphilis



Herpes



Genital Warts



Enjoying Sex Safely

Safe sex is not just about taking care of your physical health, but also your emotional health. This link discusses how to make informed decisions about the kind of sexual activity you do and don't want to participate in, how to 'check in' about consent and also how to prevent sexually transmissible infections and unplanned pregnancy (including information about emergency contraception).



Contraceptive Options

This link provides a summary of the different types of hormonal, barrier, IUD and other contraceptive options including how they work, how effective they are and how frequently they need replacing. It also includes information on emergency contraception, cervical screening and unplanned pregnancy counselling.

References

ANZ Vulvovaginal Society: <http://anzvs.org/patient-information/vulval-skin-care/>

Australian Federation of AIDS Organisation: <https://www.afao.org.au/>

Australian Government, Department of Health: Human Papilloma Virus (HPV)
<https://www.health.gov.au/health-topics/hpv-human-papillomavirus>

Australasian Society for HIV Medicine: <https://www.ashm.org.au/>

Australian STI Management Guidelines for use in primary care.
<https://sti.guidelines.org.au/>

Contraception: An Australian clinical practice handbook 4th Edition

Family Planning NSW Fact Sheets <https://www.fpnsw.org.au/factsheets>

Faculty of Sexual & Reproductive Healthcare of the Royal College of Obstetricians and Gynaecologists UK. <https://www.fsrh.org/home/>

Guillebaud, J & MacGregor, A 2013. Contraception: Your questions answered. 6th ed.

Churchill Livingstone Melbourne Sexual Health Centre. <https://www.mshc.org.au/>

National Cancer Institute:

www.cancer.gov/about-cancer/causes-prevention/risk/infectious-agents/hpv-fact-sheet

Cancer Australia. Australian Government.

<https://www.canceraustralia.gov.au/affected-cancer/cancer-types/cervical-cancer/what-are-risk-factors-cervical-cancer>

National Cervical Screening Program

<https://www.health.gov.au/initiatives-and-programs/national-cervical-screening-program>

NCIRS Factsheet: HPV - Understanding HPV www.hpv.com.au

Sexual Health & Family Planning ACT <https://www.shfpact.org.au/>



Isabella Rotman is a cartoonist and illustrator living and drawing in Maine. Her art is usually about the ocean, mermaids, crushing loneliness, people in the woods, or sex. She is the author of *Not On My Watch: The Bystanders' Handbook for the Prevention of Sexual Violence*, *A Quick and Easy Guide to Consent*, and coauthor/illustrator of *Wait, What?: A Comic Book Guide to Relationships, Bodies, and Growing Up*.

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📷 [@this_might_hurt](https://www.instagram.com/this_might_hurt)



SEXUAL HEALTH AND FAMILY PLANNING ACT

Our clinic offers a range of sexual and reproductive health services including STI testing and contraceptive advice, prescriptions and ongoing support. We also offer school-based education programs, specialist NDIS services and accredited professional training for teachers doctors and nurses. SHFPACT is proud to have been a part of the Canberra community for the last fifty years and looks forward to continuing this important work into the future.

SHFPACT.ORG.AU

✉ shfpact@shfpact.org.au

☎ 02 6247 3077

📷 @shfpact

📍 Level 1, 28 University Avenue Canberra City

Services in Canberra

Comprehensive Sexual Health Services

Sexual Health & Family Planning ACT
Contraception, STI testing & information, unplanned pregnancy counselling, emergency contraception, sexual health issues.
shfpaact.org.au • Call 6247 3077

Canberra Sexual Health Centre

STI testing, treatment & information, PEP access during business hours.
health.act.gov.au/sexualhealth
• Call 5124 2184

General Practitioners and Providers

Most GP's offer STI testing, contraceptive advice and sexual health services. These services can also be accessed at a range of community-based health service providers. For more information and links go to www.shlrp.info.

The Junction Youth Health Service

Free primary health care service for people aged 12 to 25 years old, including emergency contraception and STI testing.
anglicare.com.au/services/youth-family/health
Call 6232 2423

Out of Hours Access to Emergency Contraception

ACT Health Walk-in Centres

Services include chlamydia screening and free emergency contraception
www.canberrahealthservices.act.gov.au
canberrahealthservices.act.gov.au/services-and-clinics/services/walk-in-centres-wic

Late-Night Pharmacies

Emergency contraception is available at a cost at most pharmacies in Canberra

24 Hour Access to PEP

Hospital Emergency Departments

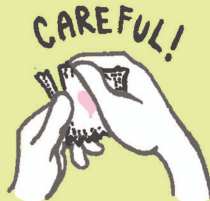
24-hour access to PEP

Canberra Hospital

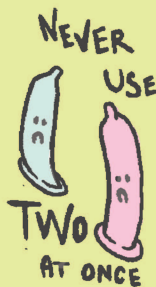
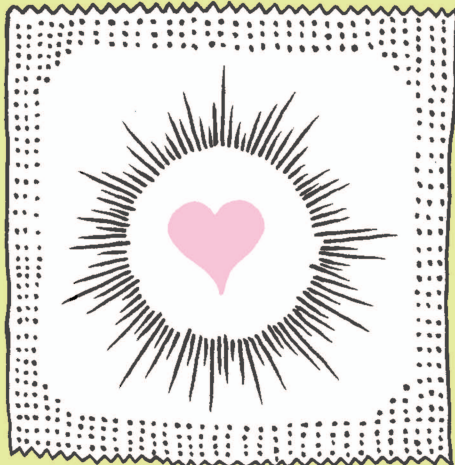
Yamba Drive, Garran

Calvary Hospital

Mary Potter Circuit, Bruce



LUBE!



IS IT STILL THERE?



SHFPACT | SEXUAL HEALTH AND FAMILY PLANNING ACT

www.shfpact.org.au