



SEXUAL HEALTH

Awareness and Guidance



Hey Guys, This week is Sexual Health Awareness week. We're trying to raise awareness of the importance of safe-sex. In this booklet you'll find information on different contraception and STIs, as well as important facts about health and where to go if you need help. As always, let us know if we can help in anyway, we also have lots of weird and wonderful novelty condoms!

For more information contact one of us!



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Durham GUM clinic

**University Hospital of North
Durham**

GUM Clinic - Sexual Health
Clinic

North Road

Durham

DH1 5TW

Phone: 0191 333 2660

Opening times

APPOINTMENT CLINIC

Monday: 9am - 12pm

Tuesday: 10am - 1pm

Wednesday: 2pm - 5pm

Thursday: 10.30am - 1pm AND 3pm - 6pm

Friday: 9am - 12pm

WALK-IN CLINIC

Monday: 2pm - 4.30pm

Wednesday: 9am - 11.30

Contraceptive Methods

No method is 100% per cent effective, which means the only guaranteed way of preventing conception is to not have sex! But if you do, use protection.

How effective is contraception?

The effectiveness of contraception depends on factors such as age, how often you have sex AND whether you use the contraceptive correctly.

→ Most types of contraception are over 99% effective if used correctly. The male condom is 98% effective if it's used correctly and consistently. It's the only type of contraception that protects against STIs as well as pregnancy.

Every method can fail if you don't take care.

So...Wrap it up!

Condoms (male and female) - Condoms also provide protection against STIs, and stop them being passed from one sexual partner to another. If you are using condoms, you should make sure you put them on before sex starts – not half way through.

Emergency contraception - to prevent pregnancy after having unprotected sex, or if a method of contraception has failed. There are two types of emergency contraception:

- the [emergency contraceptive pill](#) / morning-after pill
- the copper [intrauterine device \(IUD\)](#)

Contraceptive patch - A form of hormonal contraceptive that's worn by a woman to prevent her getting pregnant when she has sex.

Combined contraceptive pill - contains synthetic versions of the female hormones oestrogen and progesterone, which women produce naturally in their ovaries.

Contraceptive implants and injections - long-acting, effective, reversible and progestogen-only methods of contraception. They are over 99% reliable in preventing pregnancy. The injection is given every 12 weeks and the implant lasts for 3 years.

Intrauterine device (IUD) / Coil – a small, T-shaped contraceptive device that fits inside the womb (uterus). It's a long-acting and reversible method of contraception, which can stay in the womb for 5-10 years depending on the type.

Intrauterine system (IUS) - similar to the intrauterine device (IUD), but it works in a slightly different way. Rather than releasing copper, the IUS releases progestogen, which prevents pregnancy. It's a long-acting, reversible method of contraception that lasts for years.

Sexually transmitted diseases (STDs)

HIV-

- Caught through unprotected sex and by sharing infected needles to inject drugs
- Found in the body fluids of an infected person i.e. semen, vaginal fluids and blood
- Weakens ability to fight infections and disease
- No cure however, long term medication is available to ease symptoms

Genital Herpes-

- Caught through unprotected sex
- Symptoms difficult to spot
- When signs occur... they appear as one or more blisters on and around the genitals, mouth or rectum
- Transmission can occur with a sexual partner that does not have a visible sore
- Relapses of herpes are possible
- No cure but antiviral medications can shorten and prevent outbreaks.

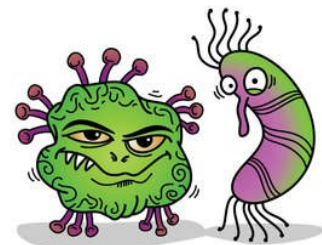


Gonorrhea

- Spread through contact of genital areas
- Ejaculation does not have to occur for it to be transmitted
- Men may not have symptoms at all however, symptoms include burning sensations when urinating, discharge from the penis or swelling of the testicles
- Women's symptoms are often mild, most have no symptoms
- Initial symptoms and signs in women include a painful or burning sensation when urinating, increased vaginal discharge, or vaginal bleeding between periods.

Syphilis

- Direct contact with syphilis sores transmits the infection during vaginal, anal, or oral sex.
- Syphilis cannot be spread through contact with toilet seats, doorknobs, swimming pools, hot tubs, bathtubs, shared clothing, or eating utensils.
- Many people infected with syphilis do not have any symptoms for years; yet remain at risk for late complications if they are not treated.



Chlamydia

- Chlamydia can be transmitted during vaginal, anal, or oral sex.
- Symptoms are usually mild or absent
- Serious complications that cause irreversible damage, including infertility, can occur
- Can cause discharge from the penis of an infected man or burning sensation when urinating as well as itching around the opening of their penis.

LGBT Sexual Health Facts

- ⚡ **Less than half** of lesbian and bisexual women have ever been screened for sexually transmitted infections.
- ⚡ **Half** of those who have been screened had an STI and **a quarter** of those with STIs have exclusively had sex with women in the last five years.
- ⚡ Australian researchers at an STD clinic found that **only 7%** of their lesbian sample had never had sexual contact with a male. This means that even if a woman identifies as a lesbian she may still have an equally high risk of carrying diseases that are more common in women who sleep with men, such as HIV.
- ⚡ In some areas of the UK as many as **one in eight** gay men have HIV. **One third** of those with HIV don't know they have it.
- ⚡ Studies have found that young lesbian women are actually **more likely** to become pregnant than young heterosexual women – if you are a woman and usually sleep with women it is hugely important to remember the risk of pregnancy during any sexual contact with someone with a penis.

What type of condom are you?

1.) What Exec position would you most likely run for?

- a) Welfare officer
- b) Sports Officer
- c) Social Chair
- d) Secretary

2.) What is the best feature of your Butler bedroom?

- a) A large Collection of Text books
- b) Your Teddy Bear
- c) The Pod
- d) The Bed

3.) On Saturday, you're most likely...

- a) Drinking away your hangover
- b) Doing that essay due ages in to the future
- c) On a nice walk, appreciating the view from the Mound
- d) Overindulging on everything you missed out on during the week

4.) What do you mostly think about on the way to lectures?

- A.) How Lucky you are and how wonderful life at Butler is
- B.) That Guy/ Girl from Klute last night
- C.) Walking?! You're too hungover to walk, you're on a bus going to Iceland to stock up.
- D.) Whether the pedestrian crossing will be green when you get to the New Inn

5.) In your food cupboard, there is most likely to be...

- A.) A huge bag of Pasta
- B.) Vodka...chocolate.. Vodka
- C.) A nice Steak... stocking up on Protein
- D.) Tea, Vegetables and organic goodies.

6.) Your Ideal Partner would be...

- a.) Someone who understands you and can look after you

- b.) Someone with lots of stamina, who can keep up with you
- c.) Someone you've known for a long time who you trust
- d.) Anything with legs... actually its wrong to discriminate.. anything!

Question	A	B	C	D
1	2	3	4	1
2	1	2	4	3
3	4	1	2	3
4	2	3	4	1
5	1	4	3	2
6	2	3	1	4

Now add your scores up...

6-10

Extra Safe



You may be an 'ever so slightly thicker condom', but this means you are reliable and trustworthy. Someone who everyone can turn to in an hour of need.



11-15

Featherlite

You're a sensitive and gentle soul who appreciates the subtler things of life, which makes you this

16-20

Perfoma

With your reputation and stamina levels you sometimes feel you can go on and on... which makes you the condom best for 'delaying climaxes'.



20+

Pleasuremax



You live life to the max and you like the best of both worlds. With your 'special combination of dots and ribs' you are often the life and soul of the party.