

SAFETY UNDER THE SHEETS



WEAR A CONDOM



GET TESTED

- If you have symptoms
- Before having sex with a new partner
- Every 3-6 months if you or your partner have sex with someone else



GET TREATED

- At the same time as your partner



CONDOMS

101



HOW TO PUT ONE ON



Condoms can break

if they are stored in very cold temperatures. During winter, keep them inside. If you're outside, keep them in a pocket close to your body.



Condoms are the only form of birth control that protect against pregnancy and STIs.



Use only one condom at a time.



Use each condom only once.

SEXUALLY TRANSMITTED INFECTIONS (STIs)

The Basics



WHAT ARE STIs?

Infections that spread from person to person during sex. They are sometimes known as STDs. Examples: chlamydia, gonorrhea, syphilis, HIV, HPV, Hepatitis B and herpes.

HOW DO I GET AN STI?

Having sex with someone who has an STI. This includes contact between a vagina, penis, anus, mouth, or hand or object that touched any of these areas.

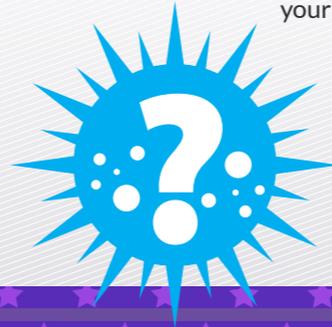


HOW DO I KNOW IF I HAVE AN STI?

Get tested, even if you use a condom every time – it's the only way to know for sure! Most people with an STI do not show any symptoms. Some people may have a rash, feel unwell, or have discharge from their penis, vagina or anus.

WHAT IF I TEST POSITIVE?

Take the treatment – medicine cures most STIs! Without treatment, STIs can cause cancer or heart problems, infertility (can't get pregnant) and even death. Some STIs have no cure, but they can be treated with medicine (examples are HIV, herpes and HPV). Make sure your partner also gets tested and treated.



HOW DO I NOT GET OR SPREAD STIs?

Always use a condom – reduce the risk! Have safe(r) sex or no sex. Get tested and treated.

SAFE

is

Sexy



For more information on STIs, talking to your partner and safe(r) sex, talk to your nurse or doctor or visit:

WWW.IRESPECTMYSELF.CA
WWW.SEXUALITYANDU.CA



STI TESTING: Step by Step

1



Call the health centre for an appointment.

- ★ You don't need your parent's or guardian's permission. Your visit is confidential.
- ★ If you're shy, ask for a well-woman or well-man check.
- ★ Mark the date and time in your calendar.

- ★ Ask for an STI test. Be ready to answer questions and have a urine or blood test or swab.
- ★ Ask about birth control. Pick up some free condoms and lube.
- ★ Confirm your contact information so you get the results.

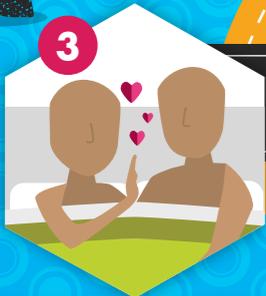
Go to your appointment.

2



- ★ Call the health centre in 1 to 2 weeks if you don't hear from them.
- ★ If you test positive, take the treatment before you have sex again. Make sure your partner gets tested and treated too. Don't spread the STI to others!

3



Follow up.

IT TAKES TWO:

TALKING TO YOUR PARTNER ABOUT SAFE(R) SEX



HAVE SEX ONLY WHEN YOU FEEL READY. Think about it and talk to your partner about it. If someone is forcing you to have sex, tell someone you trust.

Know that a healthy sex life is about **COMMUNICATION, RELATIONSHIPS, AND RESPECT, AS WELL AS SAFE(R) SEX.**



TALK ABOUT SEX, PROTECTION, AND BIRTH CONTROL WITH YOUR CLOTHES ON – before you have sex and before you use alcohol or drugs. It's harder to say no in the heat of the moment!

NOT SURE HOW TO START TALKING ABOUT SAFE(R) SEX? HERE'S SOME IDEAS:

“ Sex with you will be amazing! But before we start, I'd like to know that we're both healthy. Let's get tested for STIs. ”

“ Do you have a condom? No? That's okay, I do! ”

“ I got some news today that could affect you. Can we talk? ”

“ I'm nervous about this, but I want to be honest with you. I have an STI. Can we talk about how to keep each other safe? ”

“ It's been a while since I've been tested. How do you feel about both of us getting checked for STIs? ”

YOUR PARTNER SAYS

YOU SAY

Sex with a condom doesn't feel good.

STIs and unplanned pregnancy don't feel good either. We can use some lube inside and outside the condom to make it feel better!

Just this one time, it won't matter!

It only takes one time to get an STI or unplanned pregnancy. Let's do something else now. We can pick up condoms and lube at the health centre for next time.

Are you worried about catching an STI from me?

The only way to know for sure if either one of us has an STI is to get tested. We can't tell just by looking.

But we love each other!

That's a great reason to protect each other! I've got a condom – let's use it!

If you don't do it with me, I'll find someone who will.

Okay. If you don't respect me enough to protect me, see you later.