



Useful Contacts



CONTRACEPTION:

More information about contraception can be found at

- www.fpa.org.uk
- www.nhs.uk

SEXUAL HEALTH:

- www.nhs.uk
- National Sexual Health free helpline 0300 123 7123
- www.fpa.org.uk
- www.getit.org.uk
- www.brook.org.uk

Your sexual health matters.

NHS
Maidstone and Tunbridge Wells
NHS Trust

uasc  health

Sexual Health

An introduction to contraception and sexually transmitted infections.



You may find some of the information in this leaflet very private and feel uncomfortable reading about sexual health. The leaflet is designed to help you to understand the risks of having unprotected sex and where you can go for help if you have a question or concern.

In the UK, young people like you, learn about sex and relationships from their families and also from school. They learn about the prevention of Sexually Transmitted Infections (STI's) and how unwanted pregnancies can be prevented with the use of contraception. The idea is that young people can learn about these things before they become sexually active.

In this leaflet there is some information to help you understand about how you can have 'safer sex' in the future, when you are ready.



Contraception

This can be used to prevent unwanted pregnancies. It stops the sperm and egg from meeting to make a baby. Most methods are used by women or girls except for the male condom and male sterilisation.

Contraception is something which allows both men and women to be able to plan when to have children and when not to. It gives us choice and control.

Contraception and advice is available free-of charge on the NHS and the service is confidential, which means that we won't tell anybody as long as you or someone you are seeing isn't in any danger.

 **See reverse for contact details.**

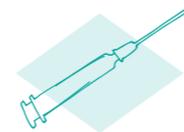
Emergency Contraception can be used if a person has had sex without a condom or the contraception has failed. They are used to try to prevent pregnancy. There are 2 types:

- **The emergency pill** – which must be taken within 5 days after having sex
- **IUD** – must be fitted within 5 days of having sex

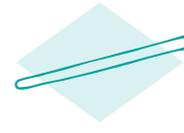
Methods available are:



Pills which you take by mouth



Injections – has to be given every 3 months



Implant – lasts for 3 years



IUS – lasts for 5 years



IUD – lasts for 10 years



Condoms – If used properly can stop the sperm from meeting the egg and reduce the risk of getting a sexually transmitted infection.

We encourage the use of condoms to reduce the risk of infections.

Sexually transmitted infections

There are many types of sexually-transmitted infections. They can only be passed on through sexual contact. Some infections, such as Chlamydia, are more common in people under 25. Use of condoms will reduce the risk of getting a sexually transmitted infection.

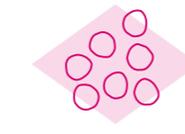
Other infections that you might have heard of are:



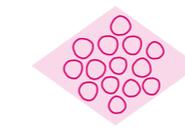
HIV and Syphilis – infections carried in the blood which can be passed on through sex



Gonorrhoea and Chlamydia – passed on through the exchange of body fluids



Herpes – can cause sore blisters on the genitals and is passed on through skin-to-skin contact



Genital warts – causes 'bumpy' skin on genitals, passed on through skin-to-skin contact

Not all sexually transmitted infections have symptoms, but some do such as;

- Pain when urinating
- Changes to skin in genitals

If you are worried, then you can visit a Sexual Health Clinic or your GP and they can test for any infections and help to treat the problem or reduce the symptoms.

Free, confidential advice and support is available from Sexual Health Clinics and your GP. Your LAC (Looked after Child) Doctor can also give you advice and let you know where to get help from.

 **See reverse for contact details.**