



## STI

STI stands for Sexually Transmitted Infection

## Protection

The best form of protection from STIs is condoms

## Oral

Condoms can help you stay safe during oral sex

## Painless

Getting a sexual health test is painless

## Check-up

Getting tested for STIs should be part of your normal health check-up

## Sex

If you're having sex you can keep it safe by always using a condom

## Condoms

Condoms are the only form of protection that prevent pregnancy and STIs

## Tested

If you're having sex, stay safe by testing for STIs regularly



## Common

It's pretty common for someone to have an STI and not know about it

## Symptoms

Most of the time, people who get STIs don't have symptoms

## Free

Most of the time, sexual health tests are free

## Urine

The most common STI test for young people is a urine sample

## Confidential

STI tests are completely confidential

## Quick

Getting a sexual health test is quick

## Treated

Most STIs can be treated with no dramas whatsoever

## Better

If you have an STI, the earlier you start treatment, the better



## Untreated

Infections that are left untreated can lead to long term negative consequences. The sooner you start treatment, the better.

## Anyone

Anyone can get an STI, and they may not know they have one! This is why testing is so important.

## Plan

Plan with your sexual partner how you will protect yourself from STIs. This may be by using a condom and agreeing to both get tested.

## Contact

Sexual contact can result in catching an STI. Testing and using a condom will reduce this risk.

## Lubricant

Lubricant can be used to improve the experience of sex. However, make sure you use a water based lubricant to avoid weakening a condom

## Easy

This word is sometimes used negatively to explain why some people might get an STI. But this is absolutely not true. Anyone can get an STI.

## The Pill

the pill is a form of contraception that can prevent pregnancy. However, it does not protect against STIs.