

STIs

WHAT TO LOOK FOR

Unusual discharges from the vagina or penis, pain or burning when passing urine, itches, rashes, lumps, sores, pain in the genital area or unusual bleeding.

TAKING RESPONSIBILITY FOR YOUR SEXUAL HEALTH

When used properly a condom can offer good protection from unintended pregnancy and most STIs.

EMERGENCY CONTRACEPTION

Also known as after-sex contraception. If you have had unprotected sex, emergency contraception can help prevent pregnancy.

There are two available methods:

- Intra-Uterine Device (I.U.D.)
- Emergency Pill

Intra-Uterine Device (I.U.D.)

An I.U.D. (Intra-Uterine Device) can be fitted up to 5 days after unprotected sex. It is important to speak to a doctor.

Emergency Pill

Must be taken within 3 days (72 hours) of unprotected sex.

This is free from GPs, Sexual & Reproductive Healthcare Clinics/ Youth Advice Services or can be bought over the counter from some pharmacies. The earlier the Emergency Contraceptive Pill is taken – the more effective it is. This should not be used on a regular basis as an alternative to a more effective method of contraception.

WHERE CAN YOU ACCESS SEXUAL HEALTH SERVICES

Sexual health checks:

- Your Local GP /Sexual & Reproductive Healthcare Clinic
- G.U.M. Clinic
- Family Planning Association
- FPA Helpline

Sexual Health & Advice Services:

- BROOK
- HYPE -Youth Advice Service
- (GLYNI) Gay & Lesbian Youth NI
- (VOYPIC) Voice of Young People in Care

Other useful contacts:

- HIV Support Centre
- HIV Helpline
- The Rainbow Project
- Opportunity Youth
- Contact Youth
- Contact Youth 24 hr helpline
- Youth Action NI
- Youth Net

FREE SAFE
• You don't need to have sex in every relationship.
• Take time to think.
• Remember you always have a choice!

SEXUAL HEALTH SERVICES

continued...

- School Age Mothers Programme 028 90646515
- Women's Aid NI - 028 9024 9041
- FASA 028 9080 3040
- Life 028 9024 9414
- Rape Crisis & Sexual Abuse Centre Crisis Line 028 9032 9002
- Nexus 028 9032 6803

For Further Information:

- Your local pharmacist / GP
- Sexual & Reproductive Healthcare Clinics 028 9082 1555
- Sexual Health Improvement Practitioner 028 9056 5421
- Sexual Health Team 028 9090 0051
- The HYPE Team 028 9024 3143

Useful Websites:

www.belfastsexualhealth.org
www.belfasttrust.hscni.net



Sexual Health Services

in the Belfast Health & Social Care Trust area.

Within the Belfast Trust area there are a wide range of sexual health services that are available

These services are freely available and staff will welcome you in a non-judgemental, private and confidential manner

When accessing sexual health services staff will be available to discuss in confidence any sexual health issues you might have

If staff think that you or another person is at risk of harm they will first discuss this with you, but may seek advice and support from others.

BE SAFE

Protect your sexual health:

- Think about the risk of STIs
- Think about the risk of unintended pregnancy!

Think about protection!

There are lots of options available.

Before starting a sexual relationship you can discuss with a health professional which method of protection/contraception suits you best.



SEXUALITY

Sexuality relates to all aspects of sex, sexual orientation and capability of being and feeling sexual.

Sexual Orientation

Some people are attracted to people of the same sex, some to the opposite sex, and some to both.

Discovering your sexuality and sexual orientation may take some time.

You are the only one who can decide what your true feelings are!

SEXUALLY TRANSMITTED INFECTIONS

Anyone who is sexually active is at risk of getting an STI.

Anyone who has an STI can be infected and infect others without knowing it, as STIs do not always have symptoms.

Take responsibility for your own sexual health and in doing so you will be protecting your partner's sexual health.