

Advice on Sexual Health

Confidential Advice and support Free contraceptives

What is safer sex?

- ◆ Safer sex is protecting yourself and your partner whilst engaging in sexual practices.
- ◆ Safer sex reduces the risk of contracting Sexually Transmitted Infections.
- ◆ Safer Sex is the practice of using contraceptives such as condoms, femidoms and *dental dams.
- ◆ Safer sex protects from unwanted pregnancies.
- ◆ Safer sex can be just as enjoyable but carries much less risk of infection.

Who Should Practise Safer Sex?

Everyone who is ready to participate in sexual activity.

*device to protect from infection whilst performing oral sex.

How do you practice safer sex?

- ◆ Condoms are the safest form of protection against all Sexually Transmitted Infections.
- ◆ Condoms can only be used once.
- ◆ Always check the use by date printed on the packet.
- ◆ Only use condoms with water based lubrications e.g. KY jelly and spermicides.
- ◆ Do not use condoms with oil based lubrications such as baby oil because it will rot through the condom
- ◆ During anal sex it is safer to use a condom with extra strength.

Why practice safer sex?

- ◆ To control unwanted pregnancies.
- ◆ To reduce the risks of contracting infections such as :-
- ◆ HIV/AIDS
- ◆ Genital Warts
- ◆ Chlamydia
- ◆ Herpes
- ◆ Pubic Lice
- ◆ Venereal Disease. (The Clap)
- ◆ Syphilis

Remember—No-one should be pressurised into having sex when they would rather not.

People to Contact for Safer Sex Advice
West Glamorgan Council on

Alcohol & Drug Abuse
Port Talbot Office (01639) 890863
Genito-Urinary Medicine
Singleton Hospital
Tel (01792 285016)

Local Family Planning Clinic

See Telephone Directory

Or just visit your GP for some free confidential advice.

For Further Information
Telephone
A project worker on

Port Talbot
(01639) 890863

All contact with us is dealt with on Strictly Confidential Terms