



**The**

**Naked**

**Truth** of

**Sexual  
Health**



## Sexual consent **NEEDS** to be genuine and enthusiastic.

Everyone involved must be having a good time. This means using all your senses to listen and take note of how someone is communicating consent to you. If they seem uncertain, you might need to stop, check in, and ask them if they want to keep going. Remember, consent can be withdrawn at any time.

# **Sexual Consent MUST be:**

**F**reely Given

**R**eversible

**I**nformed

**E**nthusiastic

**S**pecific



Remember **FRIES**

**Sexual  
consent is  
NOT given  
if there is:**



- Impaired judgement due to alcohol or drugs
- Force, fear, coercion, or harm of any kind
- Abuse of a relationship, authority, or trust
- If a condom is not used after agreeing it will be
- If a condom is removed or tampered with.

## Need a contraception option **AFTER** sex?

Emergency contraception is your backup for preventing pregnancy. Whether it's a slip-up in protection or no protection at all, emergency contraception (aka the morning-after pill) has your back. Timing is key, the sooner you take it after sex the more likely it is to work. These pills work when taken within 3 days of unprotected sex, but can still be effective up to 5 days later. You don't need a prescription to get your hands on an emergency contraception, just head into a local pharmacy.

**Protect against  
STIs and use  
a condom.**



Create a shield against STIs without sacrificing the fun. It's as simple as using a condom. These little wonders stand strong as a barrier against STIs and also help prevent unplanned pregnancies. If you're up for a good time, don't forget a condom.

## **When it comes to getting tested, there's **NOTHING** to be scared about.**

Sexually transmissible infections (STIs) & blood-borne viruses (BBVs) can affect anybody who has any type of sex. Some infections can be cured, while others may persist and can be managed with treatment. Luckily, there are things you can do to lower your risk, like using condoms or a dental dam during sex (vaginal, anal or oral sex). Most infections don't have symptoms, so it is important to get regularly tested. It's quick and easy!

# **Sexual Health Victoria**

## **SHV Box Hill Clinic**

901 Whitehorse Rd

Box Hill VIC 3128

T: 03 9257 0100

## **SHV Melbourne Clinic**

Level 1, 94 Elizabeth St

Melbourne VIC 3000

T: 03 9660 4700

For more information or to book an appointment please visit [shvic.org.au](http://shvic.org.au)

