



Care
Education
Advocacy

Keep your sexual health in check



Your sexual health checklist

- Get tested for STIs and BBVs. Talk to your doctor about frequency of testing.
- Carry and use condoms to reduce your exposure risk of STIs and BBVs.
- Consider long-lasting reversible contraception to avoid unwanted pregnancy.
- Use a hypoallergenic cleansing product for your genital hygiene.
- If you have a cervix, talk to your doctor about cervical screening.
- Book an appointment with SHV to discuss your sexual health options. Call 03 9257 0100 or book online.

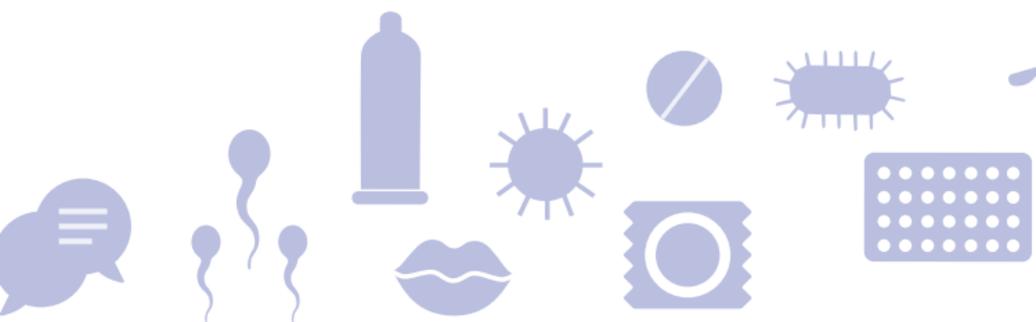
About Sexual Health Victoria

Sexual Health Victoria's (SHV) vision is for everyone to enjoy sexual and reproductive health.

With two medical clinics and training facilities in Victoria, SHV empowers people to make informed decisions that are right for them.

SHV services include:

- IUD insertion and removal (hormonal and copper)
- Oral contraceptive prescriptions
- Implanon insertion and removals
- Discuss choices for unintended pregnancy
- STI/BBV testing and treatment
- PrEP HIV prevention prescriptions and management
- HIV and hepatitis testing and referrals
- Cervical screening – including self-collect
- Pregnancy testing and advice
- Treatments for common gynaecological and vulval conditions
- Menopausal treatment and referrals.



Contraception

SHV provides information, support and advice on a wide range of contraception options.

What is contraception?

Contraception is a method, medication or device used to prevent pregnancy. It is also called birth control or family planning. If you have sex and do not want to get pregnant, you can use contraception.

What are the different types of contraception?

There are many types of contraception and each works in a different way. For more information on contraception options, visit the SHV website.

Contraception – it is your choice

Everyone has the right to satisfying and safe sexual experiences. SHV provides the options for you to decide on effective, affordable and appropriate methods of contraception.

Speak with a SHV health professional about your contraception options to make an informed choice based on your personal needs, preferences and medical suitability.



STIs & BBVs

Sexually transmissible infections (STIs) & blood-borne viruses (BBVs) can affect anybody who is sexually active. However, by having the right information and learning about how these infections are transmitted, everyone can reduce their risk.

How are STIs & BBVs spread?

They are mainly spread by having unprotected sex. The infections are usually passed on through sexual fluids such as semen (cum), vaginal fluids and/or anal fluids (from inside the bottom).

Are STIs & BBVs curable?

Some infections can be cured, some will cure themselves and some may need management or ongoing treatment.

How do I avoid an STI or BBV?

You can lower the risk by practicing safe sex and using barrier methods, e.g., condoms or dental dams. SHV provides free condoms in its clinics.

What are the symptoms?

It is common for people to be unaware they have an STI or BBV, as they may experience no symptoms. For further information about what symptoms can occur visit the SHV website. Regular testing at least once a year is the best way to know if you have an STI or BBV.

How do I get tested?

Testing is easy. SHV provides expert, stigma-free, confidential STI and BBV testing. Call SHV or book an appointment via the website today.



Courses for Health Professionals

Sexual Health Victoria has over 50 years of experience and offers a range of certificate and non-certificate courses. SHV is proud to be the state-wide leading provider of sexual health and reproductive education training.

SHV is an RACGP accredited education provider that delivers market leading clinical training on sexual and reproductive health to health practitioners. We have available courses for:

Doctors

Through our courses you can earn CPD hours with RACGP certified training

shvic.org.au/doctors

Nurses & Midwives

Our courses can expand your scope of practice and skillset

shvic.org.au/nurses

To make an appointment call 03 9257 0100 or book online.

To visit the website please scan below:



shvic.org.au

SHV Box Hill Clinic

901 Whitehorse Road,
Box Hill VIC 3128

SHV Melbourne Clinic

Level 1/94 Elizabeth St,
Melbourne VIC 3000