



## KEY SEXUAL HEALTH MESSAGES

Youth workers do not need to know everything about sexual health to provide effective support to young people.

Clinical knowledge can change over time and there are many sources of authoritative information for workers and young people listed in this resource kit, such as the Play Safe website.

As a youth worker, the trust you build with young people provides you with an opportunity to endorse these information sources and guide young people to them.

It is important that health, youth and other workers use the same key messages about young people's sexual health. The messages below are consistent in all the material in this resource kit. They are designed to help young people address their sexual health needs and concerns.

You are in a unique position to design or identify opportunities to communicate these messages to young people and to guide them in developing strategies to apply this learning in real life situations.

The **resource kit** includes activities chosen and designed to generate discussions with young people and provide opportunities to convey each of these key sexual health messages.

### Key messages

#### SEXUAL HEALTH INFORMATION

- The Play Safe website provides sexual health information for young people in NSW.

#### STIS

- Most STIs don't have symptoms – you can't tell who has an STI.
- STIs are treatable.

#### CONDOMS AND DAMS

- To keep sex safe always use a condom and get tested regularly for STIs.
- Condoms are most effective when used properly.
- Familiarise yourself with condoms, how to use them and where to get them so you are prepared.
- Condoms offer the best protection against STIs and at the same time prevent unplanned pregnancies.
- Condoms are strong and flexible.
- Dams when used correctly during oral sex, can prevent STIs.

#### STI TESTING

- STI testing is quick, easy, painless and usually free with Medicare.
- STI testing is confidential.
- Most STI tests are self-collected urine tests or swabs.
- Young people should be tested for STIs when they change partners or at least every year, even if they have no symptoms.

#### RELATIONSHIPS

- Young people have a right to make their own decisions about sex.
- Consent can be given and taken away at any time.
- Talk with your partner/s about sexual health.
- Each person is unique and has a right to feel comfortable with who they are.