



# WHEEL QUESTIONS

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## SEX

### **Q: IF YOU'RE HAVING SEX YOU SHOULD GET TESTED FOR STIs – TRUE OR FALSE?**

**A: True.** You should test for STIs if you've had unprotected sex, if you're in a relationship and want to stop using condoms, if you change sexual partners, and about once a year or so. Condoms aren't 100% effective.

### **Q: YOU CAN GET AN STI FROM ORAL SEX – TRUE OR FALSE?**

**A: True.** It's a good idea to use condoms or dams during oral sex because you can catch an STI during oral sex with a penis or vagina. Whether you are receiving or giving oral sex you should use a condom to prevent body fluids (semen, blood, vaginal fluids) from being passed from one person to the other. Some STIs can be transmitted from the mouth to the genitals or anus. It's a good idea to use condoms on sex toys such as dildos.

### **Q: YOU CAN TAKE THE EMERGENCY CONTRACEPTIVE PILL UP TO FIVE DAYS AFTER UNPROTECTED SEX – TRUE OR FALSE?**

**A: True.** The emergency contraceptive pill can be taken up to five days after unprotected sex. They are available via GPs, sexual health clinics, chemists. They are also available free at sexual health and youth health services.

# WHEEL QUESTIONS

## CONDOMS

**Q: CONDOMS ARE THE ONLY FORM OF PROTECTION THAT PREVENT STIs AND PREGNANCY – TRUE OR FALSE?**

**A: True.** Other forms of contraception don't protect you from STIs. Condoms provide the most effective prevention from STIs, including HIV.

**Q: CONDOMS ARE EXPENSIVE – TRUE OR FALSE?**

**A: False.** You can get free condoms in places such as sexual health clinics, youth services, and Aboriginal medical Centres. Look into Family Planning NSW and the condom credit card. You can buy them at pharmacies, convenience stores, supermarkets and petrol stations.

**Q: WEARING TWO CONDOMS IS SAFER THAN ONE – TRUE OR FALSE?**

**A: False.** One condom and water based lube is enough. They are strong and durable. Two condoms can cause friction and cause it to break. The Play Safe website gives the low-down on the best way to put a condom on and take it off.

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## TRUE OR FALSE

### Q: SOME STIs SUCH AS CHLAMYDIA DON'T ALWAYS HAVE SYMPTOMS – TRUE OR FALSE?

**A: True.** The only way to know is to get tested. Getting tested is quick, easy and painless. So do it often. Getting tested for STIs should be part of your normal health check-up. Testing for STIs such as chlamydia is really easy using a pee test at a GP, youth health service, Aboriginal Medical service or sexual health service.

### Q: SOME STI TESTS YOU CAN DO YOURSELF – TRUE OR FALSE?

**A: True.** You can do some of the STI tests yourself. Some are as simple as a urine sample or self-collected swab. If you aren't sure, or if you have physical symptoms then you should ask a doctor or sexual health nurse to check it out.

### Q: YOU CAN GET YOUR OWN MEDICARE CARD AT 15 – TRUE OR FALSE?

**A: True.** If you are 15 years or older you can get a Medicare card of your own. A Medicare card means you can see a doctor and get your STI test bulk billed. Bulk billed means it is free for you. Always check first that the service bulk bills. Bulk billing is common and many doctors' bulk bill people under 16, students and healthcare cardholders. A lot of medical centres also bulk bill. Sexual health clinics will see you without a Medicare card.

# WHEEL QUESTIONS

## RELATIONSHIPS

### Q: CAN YOU ALWAYS TELL IF SOMEONE HAS AN STI – YES OR NO?

**A: No.** There is no way to tell if a person has an STI just by looking at them as not all STIs have or show symptoms. The only way to know for sure is for you and your partner to get tested. Testing is really easy and can sometimes be done by yourself.

### Q: IF YOU'VE HAD AN STI, IT'S IMPORTANT TO LET YOUR PREVIOUS SEXUAL PARTNERS KNOW – TRUE OR FALSE?

**A: True.** You have a responsibility to notify your sexual partners that you have an STI to ensure their health is looked after too. This is called 'contact tracing' and you can do it yourself – most people like to be told in person. You can also choose to text or email. Your doctor can assist you with what to say or how to approach it. Also, you can anonymously send a text or email using [letthemknow.org.au](http://letthemknow.org.au) which provides a range of tools and advice for contact tracing. The other option is to give your doctor or another health agency permission to notify your 'contact'.

# WHEEL QUESTIONS

## CHANCE

**Q: CONDOMS ARE 98% EFFECTIVE IN PREVENTING PREGNANCY – TRUE OR FALSE?**

**A: True.** When used consistently and correctly condoms are 98% effective at preventing pregnancy. Research shows that condoms are most effective in preventing those STIs that are spread by bodily fluids, such as chlamydia, gonorrhoea, and HIV. Condoms also can reduce the risk of contracting diseases spread by skin-to-skin contact, such as herpes.

**Q: OVER 70% OF PEOPLE WITH CHLAMYDIA IN NSW ARE YOUNG PEOPLE – TRUE OR FALSE?**

**A: True.** The vast majority of chlamydia infections in NSW are among young people aged 15–29. In the last decade the number of people diagnosed with chlamydia has almost doubled.