



## SEXY LUCKY DIP

### Condom

<b>CLUES:</b>	I protect you from STIs and pregnancy. I can only be used once.
<b>LEARNING POINTS:</b>	Condoms are the only form of contraception which protect against STIs and pregnancy. They are available for free from sexual health clinics, and some youth services. (This is a great time for you to discuss local sites where free condoms are available)
<b>QUESTION FOR DISCUSSION:</b>	Why are some condoms flavoured?
<b>ANSWER:</b>	Flavoured condoms are designed for oral sex, as it's possible to catch STIs from oral sex.

### Water-based lubricant

<b>CLUES:</b>	I can make sex safer. I can make sex feel even better!
<b>LEARNING POINTS:</b>	It's important to use water based lubricant. Do not use oil-based lubricants such as moisturiser or Vaseline, because these can cause the condom to break.
<b>QUESTION FOR DISCUSSION:</b>	How can lubricant make sex safer?
<b>ANSWER:</b>	Lubricant can help reduce the risk of condoms breaking.

### Dam

<b>CLUES:</b>	I protect you from STIs but not pregnancy. I am used during oral sex.
<b>LEARNING POINTS:</b>	Dams are a thin piece of latex which is placed over the vulva or anus during oral sex. They can only be used once.

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## Specimen jar

<b>CLUES:</b>	I am used to test for STIs. You use me on your own.
<b>LEARNING POINTS:</b>	The most common STI test for young people is a urine sample, which you can collect yourself. If you have symptoms it's best that you have a physical examination from a doctor.
<b>QUESTION FOR DISCUSSION:</b>	When should someone get an STI test?
<b>ANSWER:</b>	People should get regular STI tests (every 6 – 12 months) once they start having sex. It's also a good idea to get tested: <ul style="list-style-type: none"><li>■ When you change partners</li><li>■ After unsafe sex (you didn't use a condom, it broke or slipped off)</li><li>■ If you have symptoms around the genital area such as pain, itching or discharge.</li></ul>

## Contraceptive pill

<b>CLUES:</b>	I protect you from pregnancy but not STIs. I must be taken every day at around the same time to work.
<b>LEARNING POINTS:</b>	There are many different types of contraceptive pills. The most important thing is that you follow the instructions for taking them, and what to do if you miss a pill.
<b>QUESTION FOR DISCUSSION:</b>	What sorts of things can stop the pill from working?
<b>ANSWER:</b>	Diarrhoea, vomiting, some antibiotics and other drugs may stop the pill from working.

## Contraceptive implant

<b>CLUES:</b>	I protect you from pregnancy but not STIs. I can protect you from pregnancy for up to 3 years.
<b>LEARNING POINTS:</b>	The contraceptive implant is over 99.9% effective. It is a very convenient form of contraception – e.g. there is no pill to remember to take each day. It's normally inserted by a specially trained doctor or nurse. It only takes a few minutes to put it in, and a local anaesthetic is used to decrease discomfort. The implant doesn't protect against STIs, so it's important to test regularly, and/or use condoms.

## Emergency contraception

<b>CLUES:</b>	If you had unsafe sex – for example, didn't use a condom or it broke, or missed a pill – and wanted to avoid pregnancy, you could take me. I don't protect you from STIs.
<b>LEARNING POINTS:</b>	The emergency contraception pill works by stopping or delaying the release of an egg from a woman's ovaries (ovulation). It can also prevent a sperm and egg from meeting. It does not cause an abortion.
<b>QUESTION FOR DISCUSSION:</b>	How long can you take the emergency contraception pill after unprotected sex?
<b>ANSWER:</b>	It can be taken up to five days after unprotected sex. However, the earlier it's taken, the more effective it will be.