

SEXUAL HEALTH FACTSHEET FOR YOUNG PEOPLE



Getting ready for your first sexual health check

A first sexual health check can be a daunting experience. Knowing what to expect can make the experience easier. Here's some useful info that can help you out.

Booking the appointment

Sexually transmissible infection (STI) tests, or sexual health checks, are often free using Medicare if you visit a youth health clinic, Aboriginal Medical Service, or a GP. You can find your nearest clinic on the [Play Safe website](#) or by calling the [Sexual Health Infolink](#) on 1800 451 642.

Most people can [sign up](#) for their own Medicare card from the age of 15. You can get a sexual health check up at your local GP or at a sexual health clinic. It is best to check with the clinic before hand if there are costs involved.

If you are an international student, or don't have Medicare, you can also get sexual health checks at sexual health clinics and youth health clinics in NSW.

Many sexual health clinics have experience with young people and with clients who have diverse genders and sexualities.

Your rights

[The Australian Charter of Healthcare Rights](#) describes the rights that a person can expect when receiving health care. For example, everyone has a right to be cared for in an environment that is safe and makes them feel safe and a right to have their health information kept secure and confidential. It is important that you understand your healthcare rights.

Confidentiality

Your appointment is confidential. What you discuss will stay between you and your doctor or nurse.

No information will be shared with your parents or caregivers. They won't even tell them if you had an appointment at all. The only time when this may not happen is in circumstances where you or others may be at risk of harm.

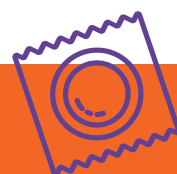
Questions the doctor or nurse might ask

During your sexual health check, the doctor or nurse will ask a series of questions about sexual health. This is called your 'sexual health history' and helps the doctor or nurse identify what tests you may need.

It might seem a bit personal, but it will ensure that you get the right tests. If you feel uncomfortable answering these questions, have a chat with the doctor or nurse. You can also bring a support person with you.

The doctor or nurse may ask questions like:

- "What kind of sexual activities do you engage in with your sexual partner(s)? Do you have vaginal (or front hole), anal, oral sex?"
- "Do you have any symptoms like rashes, discomfort or unusual discharge that you're worried about?"
- "Have you had sex that could result in a pregnancy? Would you like to discuss contraception options?"



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Testing

The most common way to test for an STI is by providing the doctor with a urine sample (peeing into a specimen cup). Easy!

For some STIs, the doctor or nurse might recommend to do a swab or a blood test. Don't worry if it is a swab, in most cases you will be able to do this yourself. The doctor or nurse will give you all the instructions you need.

If you have any symptoms such as unusual discharge, lumps, bumps, or rashes the doctor may need to examine the area to make sure you have the right treatment. They will always ask for your permission to do this and tell you what they're going to do.

Results

During your appointment the doctor or nurse will tell you how they will contact you if they need to. Results can take a couple of days to come through. If it takes longer than a few days, you can call to follow up on when you might expect to receive them.

If your test comes back positive (an STI has been detected), the doctor or nurse will get in touch to organise treatment. It's important to remember most STIs are easy to treat when diagnosed early.

Contact tracing

If you have tested positive to an STI it is a good idea to let your recent sexual partners know that they should go and get a test as well. You can use the [Let Them Know](#) website, send a private message or contact partners in a way you feel comfortable.

If you don't feel comfortable doing this, the doctor or nurse will be able to offer support.

Scan the QR code to see if you should get an STI test.



Do you have a question about STIs or sexual health checks?

You can talk to our qualified and confidential sexual health nurse, Nurse Nettie, for free on 1800 451 624.

For more info head to the [Play Safe website](#)

