

# Holiday Sexual Health

## Free condoms and lube

Condoms help to protect against sexually transmitted infections (STIs).

Get free condoms and lube with a C-Card!



Sign up for a C-Card online (ages 16+) or at a registration venue (ages 13+). Then use your C-Card to get free condoms from lots of places, including some pharmacies!

*There may be delays in orders placed online over the festive period.*



## STI testing kits

We offer testing kits for STIs, for people aged 16+, which you can order online and take at home. They can test for chlamydia, gonorrhoea, syphilis and HIV.



The kits are sent in plain packaging and come with instructions on how to take your test, as well as information on how you will get your results.



## Emergency contraception

The emergency contraceptive pill (sometimes called 'the morning after pill') can be taken up to 5 days after sex without a condom (or a contraceptive failure) to reduce the chance of pregnancy.



It is available from sexual health clinics, GPs and some pharmacies.



## Consent dos and dont's

- DO** Make sure you ask for consent, including regular sexual partners
- DO** Get consent for each sexual act
- DO** Pay attention to body language
- DON'T** Assume consent based on what someone is wearing
- DON'T** Put pressure on someone to have sex with you

**Someone cannot consent to sex if they are too drunk to understand what they are agreeing to.**

Sexual health clinics are **closed on bank holidays**, for advice on where to go when clinics are closed, go to [openclinic.org.uk/help](https://openclinic.org.uk/help).