Safer sex

Sex should be fun, enjoyable and pleasurable for both you and your partner.

Having unprotected sex can lead to unwanted pregnancy and sexually transmitted infections (STIs) including HIV. Condoms are the best way to prevent this, so it is important that you know how to use them correctly.

If you take alcohol or drugs, be aware that they may cause you to make decisions that you wouldn’t normally make.

If you know how to have safer sex it can make you feel more relaxed and comfortable when having sex.

Next full review:
25 November 2018

Condoms - how to use a male condom

Female condoms - how to use a female condom

Alcohol, drugs, sex & HIV

Condoms are worn by a man to stop pregnancy and STIs from unprotected sex.

Female condoms are worn inside a woman’s vagina to stop STIs and pregnancy.

When drunk or high we take risks we might not otherwise take or remember, including sexual risks.
Chemsex & HIV

What is pre-exposure prophylaxis (PrEP)?

Chemsex can be fun, but taking drugs to enhance sex can lead to increased sexual health risks. PrEP is taken before potential exposure to HIV to prevent an infection.