

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 (external) condom

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



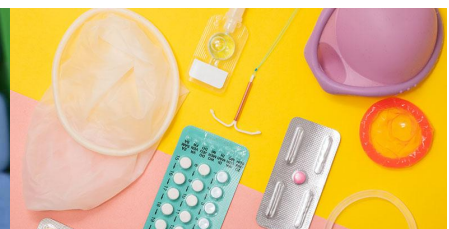
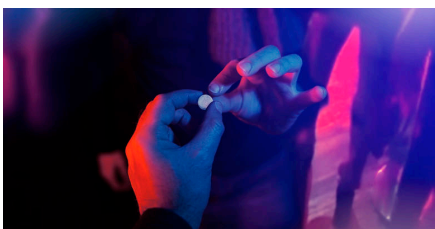
Female condoms - how to use a female (internal) condom

Find out how to use a female condom and why you should try them.



Alcohol, drugs, sex & HIV

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



Chemsex & HIV

Chemsex can be fun, but taking drugs to enhance sex can lead to increased sexual health risks.

What is pre-exposure prophylaxis (PrEP)?

PrEP is taken before potential exposure to HIV to prevent an infection.

Contraception

There are many different types of contraception available. Here's how to choose the right one for you.
