

# SAFE SEX

*Practising safe sex is essential for physical, mental and sexual wellbeing.*

## SEXUAL WELLBEING

Sexual wellbeing is more than just an absence of harm, but rather a positive and respectful view of sexuality, sexual relationships and your body. Sexual wellbeing also includes having pleasurable and safe sexual experiences! Having open and respectful conversations with yourself and with others about all things sex is an important way to promote sexual wellbeing.

## COMMUNICATION AND CONSENT

Effective communication and listening is key to safe sex. This includes enthusiastic and ongoing consent from all partners. Asking questions such as, "Do you like this?" and "How does this make you feel?" are helpful starters.

## PARTNERS

Safe sex is between consenting partners of legal age (16 years of age in the ACT). Safe sex may be between any number of people, of any sexuality or gender identity, providing it is consensual.

## CONTRACEPTIVES

To protect against sexually transmitted infections, the use of condoms and dental dams are most effective. For pregnancy, there are many options of birth control, such as the Pill, Contraceptive Implant or Hormonal IUD.

## MIND-ALTERING SUBSTANCES

A person may not have the capacity to consent when under the influence of mind-altering substances, such as alcohol or drugs.

## HEALTH

If you are sexually active, it is recommended that you get sexual health checkups at least every six months, or after every new partner. There are many services that do this for free, such as the Canberra Sexual Health Centre.