



QUESTIONING YOUR SEXUALITY?

Chlamydia is the most common STI in the UK. Rates are highest in young people, with 1 in 12 sexually active people under 25 infected. Most people with Chlamydia have no symptoms. Left undiagnosed and untreated, Chlamydia can cause long-term problems including infertility and pain.

It's important to test yourself every year and whenever you have a new sexual partner.

The Avon NHS Chlamydia Screening Programme provides **free, confidential** self-test kits to people under 25 years old. The test is simple, painless and usually easy to treat with tablets.

The test kits are available from all sexual health services, school and college nurses, youth workers and many pharmacies and GP practices. A test can also be posted to you.

If you have been a victim of sexual assault, or know of someone who has been, contact your local police station or The Bridge (Bristol) for support and information.

Tel: 0845 180 0050

Remember you cannot tell by looking at someone whether they have an STI.

You can also request a postal kit online at www.checkitout.me.uk

The Bridge
Tel: 01 17 3426999 or visit www.turntothebridge.org

CHLAMYDIA

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This means they won't tell anyone you've been. You don't even have to give your real name if you don't want to.

CASH clinics at Riverside and Keynsham Health Centre offer advice and treatment for most common STIs. You can also talk to your own doctor about STIs.

co.uk for a full list of participating pharmacies.

SEXUALLY TRANSMITTED INFECTIONS (STIs)

Sexually Transmitted Infections (STIs) are very common. They are passed on through vaginal, anal and oral sex with someone who is already infected. Although most infections have no clear symptoms, some do and warning signs might be: symptoms, some do and warning signs might be:

- You have had sex and didn't use a condom
- If the condom split or came off during sex
- If you have forgotten to take your pill
- If you had sex without contraception or you think it may not have worked, it is still possible to prevent a pregnancy:
- By taking a special pill within 72 hrs (known as Emergency Contraception). This is sometimes known as the 'morning after pill', but this is not a very good name as it actually works up to 3 days after having unprotected sex, but is more effective the sooner you take it.
- By having a 'coil' fitted within five days. You can get this also available at some accident and emergency departments in hospitals.
- You could choose to have the baby adopted
- You could choose to end the pregnancy by having an abortion
- You could choose to become a parent
- You could choose to have the baby adopted

It is important that you get medical advice as quickly as possible so that all of these options are open to you. You don't need to cope with unplanned pregnancy on your own. There are people who can help you think about your options, talk to your GP, pharmacist or call Marie Stopes on 0845 300 8090.

EMERGENCY AFTER-SEX CONTRACEPTION

You can use emergency contraception if: period is late, it is important that you do a pregnancy test as soon as possible.

You can get a free test done at:

- CASH (Contraceptive and Sexual Health) Clinics
- Young people's clinics
- Brook young people's centres
- Some doctors
- Or you can pick up a kit at SAFE branded pharmacies and do it yourself. A negative result means that you are probably not pregnant, but if your period still doesn't come you should visit your doctor, family planning clinic or young people's clinic.

A positive result means that you are pregnant. This means you have to make a decision:

- You could choose to become a parent
- You could choose to end the pregnancy by having an abortion
- You could choose to have the baby adopted

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PREGNANCY

Condoms can help protect you from most Sexually Transmitted Infections (STIs), as well as preventing pregnancy if used correctly.

You can get free condoms locally from:

- Doctors who provide contraceptive services available from any.
- CASH (Contraceptive and Sexual Health) Clinics
- Brook Young People's Centre (Bristol)
- Any C card venue – see www.ccardfreecondoms.co.uk

You can also buy condoms in:

- Pubs, clubs, supermarkets, petrol stations, chemists and pharmacies. Condoms come in different shapes, flavours and sizes.
- Make sure you always choose a condom with a British Kite mark or CE mark and check the date of expiry. This would not be done without talking to you first. If you are in danger, someone else might need to be told. You are still worried – why not ring a service before you go, and ask them about confidentiality.

CONDOMS

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Useful websites

Local information on sexual health clinics and where to get free condoms

WWW.CCARDFREECONDOMS.CO.UK

Information about STIs (including HIV), contraception and emergency contraception

WWW.PLAYINGSAFELY.CO.UK

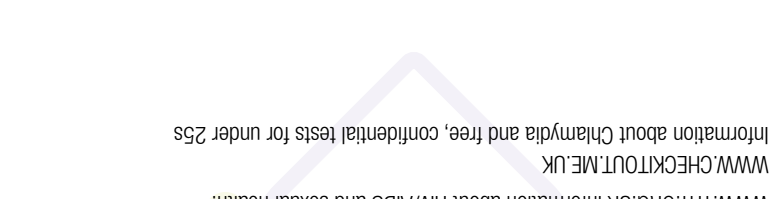
Expert and supportive advice on abortions and sexual health services

WWW.MARISTOPES.ORG.UK

Medical questions can be asked and answered by e-mail

WWW.CHECKITOUT.ME.UK

Information about Chlamydia and free, confidential tests for under 25s



Contax 4U

Helpful information and advice on sexual health



Remember wherever you see the SAFE logo displayed

- confidential
- friendly
- easy to access

Provides up to date resources on loads of topics about sexual health and relationships for those aged 13-24

Where can I go for...

Clinics and Services

CASH (Contraceptive and Sexual Health) in Bath

Riverside Health Centre James Street West, Bath. Tel: (01225) 474242

Open: Mon 3.00-5.00pm, Tues 2.00-6.00pm, Fri 3.00-5.00pm, Sat 11.00am-2.00pm. Appointments available Mon-Fri upon request.

CASH (Contraceptive and Sexual Health) in Keynsham

Keynsham Health Centre, St Clement's Road, Keynsham BS31 1AG

Open: Weds 6.30pm-9pm (by appointment only). Tel: 01225 831593 for appts/advice or 0117 9461059 during clinic times.

CLINIC ON THE MOVE

At various locations in B&NES – for more information visit www.ccardfreecondoms.co.uk

YOUR LOCAL SAFE BRANDED PHARMACY

(other Pharmacies may differ)

YOUR LOCAL GP

(may vary between GPs)

SEXUAL HEALTH AND HIV MEDICINE CLINIC

Royal United Hospital, Bath. Tel: (01225) 824558 (Health Advisor)

Open Mon, Wed and Fri 8.15-11am (walk-in). Appointments available Mon-Fri. Appointments Tel: (01225) 824617

OFF THE RECORD Bath Open House Centre

Manvers Street, Bath

Tel: (01225) 312481. Open: Mon, Tues, Weds, Thurs 1pm-7pm, Friday 11am-3pm

(Counselling only Sat 11.00am-1.00pm)

OFF THE RECORD (Keynsham)

Seven Ways Surgery. Tel: (01225) 312481 Open: Mon 4pm-7pm

OFF THE RECORD (Midsomer Norton)

113a High Street. Tel: (01761) 414100 Open: Tues & Thurs 4pm-7pm

PAULTON MIU

Paulton Hospital Young person's drop-in sessions on Mon-Fri 3-7.30pm, Sat & Sun 1-7.30pm Tel: (01761) 408114

MARIE STOPES BRISTOL CENTRE

2 Gifford Court, Fox Den Road, Stoke Gifford, Bristol BS34 8TT. Tel: 0845 300 8090 (24 hour helpline)

BATH NHS HEALTH CARE CENTRE

Riverside Health Centre, James St West, Bath. Tel: (01225) 478811

Open 7 days a week, 8am-6.30pm. No appointment needed

BROOK YOUNG PEOPLE'S CLINIC (Bristol)

1 Unity Street, Bristol. Tel: (0117) 929 0090 (Appointments and drop-in sessions)

YOUR SCHOOL NURSE

Service may vary depending on your school, speak to your school nurse to see how she can help

Other contacts:

Youth Workers Contact the Youth Service for details about your local youth project Tel: (01225) 396980

Off The Record Young People's Helpline Tel: 0800 389 5551

Avon NHS Chlamydia Screening Programme Tel: 0845 180 0050 Email: csp.avon@nhs.net

Sexual health helpline Tel: 0800 567 183

NHS Direct Tel: 0845 46 47

	Free and Confidential Information and Advice	Advice and Contraceptive Supplies	C Card	Pregnancy Testing	STI or HIV Test	Chlamydia Testing	Emergency Contraception	Pregnancy support and advice on termination/abortion	Post Termination Counselling
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YOUR LOCAL SAFE BRANDED PHARMACY (other Pharmacies may differ)	✓	✓	✓	✓		✓	✓		
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