

Appointment line: 07768 921673.

Use this number to book appointments for any of the clinics. If your problem is urgent, we will do our best to help you be seen as soon as possible. If you have any questions please contact us to speak to a member of staff. If you leave a message we will return your call as soon as possible.

Your own GP – Your doctor should be able to help you if you have any sexual health concerns, or advise you where you can go.

Family Planning in Lanarkshire – 07789 928710
For details of your nearest family planning service

Lanarkshire HIV, AIDS and Hepatitis Centre
– 01236 712247 (24-hour answering service)

Sexual Health Line – 0800 567 123

This line gives advice on all sexually transmitted infections. Lines are open 24 hours. The call is free and the phone number will not appear on your landline bill. Mobile phone costs vary.

Gay & Lesbian Switchboard – 0141 847 0447
7pm to 10pm, www.sgls.co.uk

Equal – www.equalonline.co.uk

Sexual health information website for Lesbian, Gay and Bisexual Community in the West of Scotland

If you are sexually active, sexual health clinics are happy to see you for a routine check-up, even if you are feeling well.

For more information, or other leaflets, contact:

Health Promotion Resource Library, First Floor,
Law House, Airdrie Road, Carluke ML8 5ER
Phone: 01698 377600 Fax: 01698 377726

www.lanarkshiresexualhealth.org

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Safer Sex

Sexual Health Information



What is sexual health?

Being healthy is about feeling good physically, mentally and emotionally. Being sexually healthy means that we avoid infections, illnesses and take responsibility to ensure that we protect ourselves and others, emotionally and physically. In this way, sexual health is an important and integral part of overall health.

Protect you & your partner from STIs

You can get some of these infections without sexual contact, but most are passed on through sex. So you need to protect yourself and your partner from infection. STIs are quite common, so anyone who has had unprotected sex could get one. But the good news is that most STIs can be treated easily and successfully.

How to stay sexy and healthy

You should always practice safer sex. This means giving and getting pleasure in ways that don't put you or your partner at risk of STIs. For safer sex remember the following.

- Always use a condom when you have vaginal or anal sex. Practice putting one on when you are alone, or better still get someone else to put it on for you – it can be fun!
- Enjoy sex without penetration – why not try kissing, hugging, stroking, massaging, masturbating (wanking) and body rubbing? All of these are safe and fun.
- Sex toys are safe as long as you don't share them. If you do share them, you can reduce the risk of infection by using a condom over the sex toy. But you must change the condom or wash the toy with hot soapy water each time you transfer it from one person to another.

Condoms

If you are having vaginal or anal sex using condoms and lubricant means more comfort and safety. Not using any, or not using enough lube can make condoms more likely to break or come off. If used correctly, 'regular thickness' condoms and lubricant can be just as safe for anal sex. Don't use the same condom for more than 45 minutes. Check the condom is okay regularly and apply more lube each time. Condoms come in all shapes and sizes - use the right one for you.

You can also get female condoms. They are called Femidoms and are a tube shape made of very thin material which lines the vagina.

With all condoms, it is important to follow the instructions carefully.

Free condoms

If you have any worries about your sexual health you can make an appointment at a genitourinary medicine (GUM) or sexual health clinic. You can get free condoms, safer sex advice and treatment at these clinics. There is more information at the back of this leaflet.

'C' Card Scheme

You can get free condoms from over 75 outlets across Lanarkshire. Phone 01698 85 55 88 to find out where your nearest outlet is.

Talking about sex

Some people find it hard to talk about condoms and safer sex. It's important to choose a time when you and your partner are both relaxed. Remember it's very difficult to talk about safer sex when you are drunk, tired or already in the mood! Be honest about what you want. Tell your partner

that you want to use a condom. If you are having sex with someone of the opposite sex, you could suggest using the condom as contraception. By using a condom you are protecting your partner's health as well as your own.

Oral sex

Oral sex (mouth or tongue licking the genitals) is lower risk than unprotected anal or vaginal intercourse. But it's not a good idea to have oral sex if the person doing the sucking has sores or cuts in or around their mouth. Don't brush your teeth before oral sex if you often have bleeding gums. You can get condoms in lots of different flavours to use for oral sex.

You can also use clingfilm (but only the non-microwavable kind) as a barrier over the vagina or anus, or cut a condom down the middle to use.

Helplines

The Lanarkshire HIV, AIDS and Hepatitis Centre offers free counselling to anyone who is worried about HIV and AIDS. They can give you safer sex information, safer-injecting information, free condoms and clean injecting equipment (while you are being counselled). The service also offers syphilis, gonorrhoea and chlamydia testing. If you are worried about yourself or someone close to you, phone them on 01236 712247.

You could also contact the Sexual Health Line on 0800 567 123. See the back page of this leaflet for more details.

If you are worried about drugs you can contact the Know the Score Helpline. They are open 24 hours a day, seven days a week. You can phone free on 0800 587 587 9.