

SAFE SEX PRACTICES

Safe sex practices are essential to ensure the creation and sustainability of a safe university campus. It is critical in counter-acting sexual violence and harassment.

PARTNERS

Safe sex is inclusive of any sexual activity between consenting partners, both being of the legal age (16 in the ACT). Safe sex is between any number of people, of any sexuality or gender, as long as it is consensual.



COMMUNICATION AND CONSENT



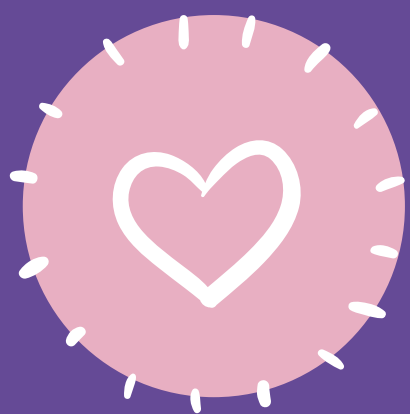
Effective communication and listening is key to safe sex practices. This includes enthusiastic and ongoing consent from all partners. Asking questions such as, "do you like this" and "how does this make you feel" are helpful starters.

MIND-ALTERING SUBSTANCES

Alcohol consumption at university is extremely common. Alcohol and drug-use tend to be factors in cases of sexual violence due to increase in risky behaviour. However, such substance use is no excuse for violence, and a person cannot consent when under the influence.



CONTRACEPTIVES



The pull-out method is not an effective form of contraception, and does not protect you from STIs. In order to protect against STIs, the use of condoms are most effective. For pregnancy, there are many options of birth control, such as the Pill, Contraceptive Implant, or Hormonal IUD.

HEALTH

If you are sexually active, it is recommended that you get sexual health check-ups 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.



**THE
STOP
CAMPAIGN**

AND REMEMBER TO HAVE FUN!