



Benefits of increasing knowledge on sexual health...



Sexual health matters!

Sexual relationships can be a natural and enjoyable part of our lives and if we take care of ourselves and others it can be a positive and rewarding experience.

The Health Trainers will be able to offer support, guidance and can share information e.g. advice on safer sex and where services are to help you make informed and safer choices.

If we take responsibility for our own sexual health we can reduce our risk of sexually transmitted infections, unwanted pregnancies, exploitative relationships and resulting worry and stress.

Did you know?

- Using a condom can reduce sexually transmitted infections, some cancers and unwanted pregnancies.
- People are available to discuss any worries or concerns about sexual relationships or sexual health.
- The use of alcohol and drugs may increase your confidence but will reduce your ability to make safe choices.
- It is easy to obtain free contraception for both men and women.
- That certain sexually transmitted infections can lead to serious long term health problems and even infertility in men and women.