

# SEXUAL HEALTH PROGRAM

The sexual health program is run by the Aboriginal Health Service, to help people of all ages enjoy a happy and healthy sex life, free of worries. We don't preach or interfere; whether you want a pregnancy or not is up to you and your partner. But if you want the sex without the baby, it's best to get some expert advice early on. Call us on 1800 132 260.

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Sexual Health Program



## WORRIED ABOUT KIDS AND SEX?

Or yourself and sex? Thinking about what contraception is best for you?



It's your Aboriginal Health Service. Better health and wellbeing for the Aboriginal community in Tasmania.

## Kids And Sex

It would be nice to talk about sex with our kids, in a free and informed way. But we don't always have the knowledge or the confidence to do it. The sexual health program can help you fill in some of the gaps in your knowledge; or we can talk to the kids for you – or with you.

### You And Sex

We can help you all the way down the line, from the simplest advice about healthy and safe sex, to more detailed advice about treatment for infections such as chlamydia, gonorrhea, and AIDS. Nothing is too private to share with a trusted health professional, and these things don't get better by themselves.

### Contraception

We can give advice on various means of contraception, with free condoms available at each of our offices. For the young girls we have a 'Baby Think it Over' program, where girls are given a fairly demanding computerised doll to look after. They find out just what a responsibility it is to have a baby to look after, day and night. We can also help you out with other forms of contraception as well... the doctors will discuss this with you and find a method of contraception that best suits you.

### Sexually Transmitted Infections (STIs)

We can show you how to avoid sexually transmitted infections. There are lots of them, and they don't always have symptoms, but they can all be nasty or dangerous. We can test for them and help you with treatment and referrals if necessary. If you're worried, see us as soon as possible.

At the same time we can offer information and support with viruses that are carried in the blood, like Hepatitis B and C, AIDS and so on

### Intravenous Drugs

Diseases like AIDS or Hepatitis B and C can also be transmitted through intravenous drug use or through sex with a drug user, which is why we mention them here. We now have a needle and syringe program which provides clean injecting equipment, information on safer practices and how to minimize harm to yourself and others.

### Confidential Advice

Obviously if you think you might have a sexually transmitted infection you don't want anyone else to know about it. Your conversation stays between you and us – completely confidential. So don't be afraid to come and talk to us. And if you are thinking of having sex for the first time, that's private too, but we can give you some good advice to make sure you don't get more than you expected from your experience.