



SAFE SEX PRACTICES

Safe sex practices are essential to ensure the creation and sustainability of a safe university campus. They are critical in counteracting 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 increases in risky behaviour. However, use of such substances is no excuse for violence. A person cannot consent when under the influence of mind-altering substances.



CONTRACEPTIVES

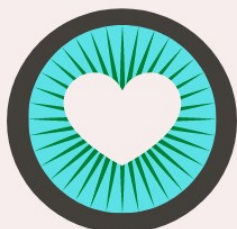
The pull-out method is not an effective form of contraception, and does not protect you from Sexually Transmitted Infections (STIs). In order to protect against STIs, the use of condoms is most effective. For pregnancy, there are many options of birth control, such as the Pill, Contraceptive Implant,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

HEALTH

If you are sexually active, it is recommended that you get sexual health checkups 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!