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## **Let's Celebrate Safer Sex this National Condom Day**

Forget Valentine's Day, there's a new romantic day occupying February 14: National Condom Day! With only 36% of young South Australians always using a condom during casual sex, it's no surprise that STI rates are on the rise. Like an elusive Valentine's partner, many STIs are hidden. Around 70% of people with chlamydia have no symptoms, going unnoticed while being transmitted to others.

So what could be more romantic than preventing the unintended consequences of unprotected sex? Show some romance by taking advantage of how easy it is to get your hands on a condom. Condoms are widely available, don't require a prescription and can even be found for free at SHINE SA clinics. SHINE SA encourages all young people to take steps to engage in safer sex. This means always having a condom handy, making time for that discussion with your partner/s, ensuring you have informed and enthusiastic consent and getting regular sexual health checks either through a GP or at a SHINE SA clinic.

Natasha Miliotis SHINE SA's Chief Executive said:

"National Condom Day is a great reminder to take control of our own sexual health. Through the use of condoms and regular testing, STIs are preventable."

For more information on the sexual health of young people in South Australia see:

[www.sahmri.org/aboriginal-health-equity-theme/news-270/](http://www.sahmri.org/aboriginal-health-equity-theme/news-270/)

Want to learn more about safer sex? To mark National Condom Day SHINE SA have released the *Safer Sex – Use a Condom* campaign. The campaign highlights the importance of condoms and the concepts of safety, pleasure and respect for a safer sex life. View the campaign here: [www.shinesa.org.au/safersex](http://www.shinesa.org.au/safersex)

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