

your  
**sexual  
health**  
matters

**NHS**  
Derbyshire Community  
Health Services  
NHS Foundation Trust

# GOOD TIME GUIDE

**FRESHERS**

Make sure  
your **freshers**  
goes to

**PLAN**

- 1 Have a game plan.** Hoping to meet someone? Then get prepared...
- 2 Know your limits.** The more you drink the less likely it is you'll use a condom or dam.
- 3 Out without a bag? No pockets?** Fit condoms in your shoe/sock/bra/pants!
- 4 On the pill?** Take your pill well before you start drinking.
- 5 Keep an eye on your drink;** make sure no one spikes it.
- 6 No condoms.** Loads of bars and clubs have condom machines. Keep condoms at home just in case.
- 7 You're out...** but your contraception is at home. Take a pill with you if you can.
- 8 Safer sex when you're drinking.** Alcohol affects coordination. If you're drunk, can you or your partner still put a condom on?
- 9 Alcohol and drugs can affect our judgement** and makes it difficult to give informed consent to sex. Remember you cannot consent to sex if you are unconscious or 'out of it' through drug or alcohol use.
- 10 Don't want sex? Don't have it!** Never let a partner or friends pressure you. Man or woman, you can say NO to sex at any time.



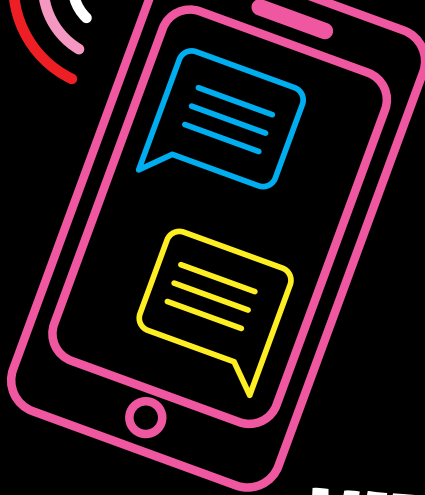
**PLAY**  
**ATTENTION...**

**BEING AWARE,  
IS BEING SAFE**

**LOOK AFTER**  
**YOUR OWN**  
**DRINK**

**A** ALWAYS  
CARRY  
A CONDOM

If you are aged 13 – 24, check  
out our free condom C-Card  
scheme via our website.



**N**EVER  
GO OFF  
WITHOUT TELLING  
YOUR MATES

# WHAT IF THINGS DON'T GO TO PLAN?

To find out more about our free, confidential and non-judgemental services, visit our website

[www.yoursexualhealthmatters.org.uk](http://www.yoursexualhealthmatters.org.uk)

**Free\* emergency contraception** can be given up to 3 or 5 days after you've had sex and is available from GPs, pharmacies and clinics. To find your local participating site, please visit our website.

\*FREE Emergency Contraception is only available for under 18s in Derby City and from 13 years+ in Derbyshire County.

**Did you know you can order a free and confidential STI screening kit online, to a preferred address?**

Your test kit will arrive in a plain envelope and the results are texted to your phone.

Visit: [yoursexualhealthmatters.org.uk](http://yoursexualhealthmatters.org.uk) to order your STI screening kit.

Information and booking Freephone no. 0800 328 3383



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Derby City Council

**DERBYSHIRE**  
County Council  
Improving life for local people

