

# Self care

It's your body. Look after it.



Carry condoms



Talk about safe sex



Get tested regularly if you change sexual partners often

# Pharmacy

Get condoms or contraception before sex. You can also go to your pharmacy within 48 hours if you have had unprotected sex.



Get condoms



Emergency contraception



Oral contraception



Injection

# GP

Book an appointment with your GP to discuss contraception.



Implant or coil



Oral contraception



Injection



Patch

# Sexual health matters online

Order tests and book appointments at [www.yoursexualhealthmatters.org.uk](http://www.yoursexualhealthmatters.org.uk)



Order tests online for delivery to your home



Book a face to face appointment



Online advice

# Sexual health services

Visit one of our free and confidential services in Derbyshire.



Walk in STI and HIV testing service



Pick up free condoms



Support and advice



Psychosexual counselling

When it comes to sex, we've got you covered.  
Booking & Information Freephone: 0800 328 3383

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

#besexsmart





# We know you like to jiggle.

**Just don't get a niggle.**

It's not just young people who can catch an infection during unprotected sex. Wear a condom. Get checked regularly at one of our free and confidential services across Derbyshire. We see people of all ages. Visit the website and use the clinic finder.

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# Just say it, or just wear it.

Ask them to get it on (that's a condom by the way) or be the one who just does it - no words needed.

**#ownthemoment**

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Why am I embarrassed talking about condoms?

How embarrassed will I be if I catch something?



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When do I  
mention  
condom?

Do I have to say  
something?



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your  
**sexual  
health**  
matters