

lubricant (lube)	a substance that makes things slippery. Always use a water based lubricant when using condoms
masturbating	creating sexual excitement by stroking or rubbing the genitals
mucous membrane	lining of passages in the body
oral sex	male or female genitals stimulated by a partner's mouth/tongue
penis	male sex organ that becomes hard and erect when aroused, also used for urinating (weeing)
pubic hair	hair around genitals
rectum	part of the bowel leading to the anus
rimming	stimulation of anal area with mouth/tongue
semen	fluid that spurts out of the penis when a male ejaculates (cums)
sexual fluids	semen in males, and normal vaginal discharges in females
sexual intercourse	penis inserted into partner's vagina, or anus
sperm	produced in the testes (balls) of the males
urethra	tube that carries urine out of the body; in males also carries semen
urine	waste fluid passed from the body (water, pee, piss, mimi)
vagina	part of the female genitals that connects the uterus with the outside of the body
vaginal sex	penis inserted into vagina

## Family Planning Clinics

For more information or an appointment for a sexual health check, contact your nearest Family Planning Clinic:

Auckland	–	Henderson	_____	09 836 0026
		Manukau	_____	09 263 7600
		Newmarket	_____	09 524 3341
		Panmure	_____	09 570 9871
		Papakura	_____	09 298 4608
		Takapuna	_____	09 486 1014
Whangarei	_____			09 438 1986

Wellington	–	City	_____	04 499 1992
		Lower Hutt	_____	04 569 5025
		Porirua	_____	04 237 8895
Hamilton	_____			07 839 4061
Tauranga	_____			07 578 8539
Hawera	_____			06 278 9929
New Plymouth	_____			06 759 8269
Christchurch	_____			03 379 0514
Ashburton	_____			03 308 1221
Blenheim	_____			03 578 3047
Greymouth	_____			03 768 0895
Rangiora	_____			03 313 6697
Timaru	_____			03 684 3872
Dunedin	_____			03 477 5850
Invercargill	_____			03 214 4978
Gisborne	_____			06 867 1864
Whanganui	_____			06 347 9415

### or contact any of the following :

- Your local doctor
- Sexual Health Services
- Student Health Service – if you are a student
- AIDS hotline freephone 0800 802 437 – for information on HIV and AIDS
- Herpes hotline freephone 0508 11 12 13 or view [www.herpes.org.nz](http://www.herpes.org.nz)
- HPV Helpline freephone 0508 11 12 13 or view [www.hpv.org.nz](http://www.hpv.org.nz)

### Condoms help protect against sexually transmissible infections.

**For more information about Family Planning resources, clinics and health promotion services go to our web site, [familyplanning.org.nz](http://familyplanning.org.nz)**

*Family Planning is partially funded to provide our services. We are grateful for donations to help us to continue our work.*

# Sexually Transmissible Infections (STIs)

## How do you get STIs?

By having sexual intercourse (vaginal, oral, anal) or skin to skin contact with an infected person.

## How to protect yourself against STIs

Condoms and oral dams provide good protection from some STIs.

Some STIs are transmitted by skin to skin contact and a condom/oral dam might not prevent this.

The more partners you have the higher the risk is of getting an STI, particularly if you do not use condoms/oral dams.

Alcohol and drugs can stop you making clear decisions about your sexual behaviour.

It is important to talk to your partner about safer sex. Remember – some STIs have no outward signs.

## It is safer:

- Not to have sexual intercourse (you can still show sexual feelings in other ways)
- To masturbate
- To massage your partner
- To have one sexual partner, using condoms/oral dams until you have both had a sexual health check
- To use condoms/oral dams during vaginal, oral, or anal sex with every partner, every time.

## Condoms

A male condom is a latex or non-latex sheath which fits over the penis to catch sperm when the man ejaculates.

Condoms are available in different sizes for a comfortable fit. The right size is less likely to slip off or split.

A female condom is thicker and goes into the vagina and covers part of the vaginal lips. You can buy them from a Family Planning clinic or the Family Planning Resource Unit.

## Oral Dams

An oral dam is a thin square of latex that is placed over the vaginal or anal area during oral sex. Oral dams are available from Family Planning clinics and some pharmacies. A cut open latex glove can also be used. Cut off the fingers of the glove, keeping the thumb. Cut open the palm of the glove, open out to form a rectangle.

## Most people know that condoms and oral dams can help protect them from getting an STI

Some reasons people use condoms/oral dams include:

- it can be an exciting part of foreplay
- it can help maintain an erection
- it proves they are caring enough about each other not to spread infections
- it can be better sex – feeling confident and comfortable enough to talk with their partner about using condoms can make sex better.

Some of the reasons people don't use condoms/oral dams include:

- feeling awkward about buying or carrying them or talking to their partner about using them
- finding them too expensive (you can get male condoms cheaper on prescription)
- having unplanned sex
- being drunk or stoned and having less control
- seeing condoms and oral dams as unromantic
- thinking their partner is "safe" (in fact no-one can tell without a check-up)

- being scared of losing an erection (if this is a problem, it can be overcome with condom practise)
- being afraid to talk about using condoms in case their partner gets angry.

If any of these reasons apply to you, talk with your local Family Planning staff or your doctor.

## How do I know if I have an STI?

Some STIs have symptoms such as discharge from the vagina or penis but often there is no sign at all.

## Tests for STIs

- For chlamydia a urine test may be enough
- Women may be able to take a swab from their own vagina for chlamydia
- For some infections a swab is taken from the cervix, vagina or penis
- Blood tests

## Glossary

Some words used in this leaflet you may want to know more about.

abdominal	of or to do with the abdomen (tummy)
anal sex	penis inserted into partner's anus
anus	hole through which solid waste (faeces, poo) passes from the body
bladder	where urine (pee, wee) is stored
cervical	of the neck of the womb
discharge	a fluid which comes from the vagina or the opening of the penis
ejaculate	release of semen (cum) from the penis when erect or stiff
genital	parts of reproductive system on the outside of the body e.g. penis
infertility	not being able to make babies