

# SEXUAL HEALTH FOR LGBTQ+ YOUNG PEOPLE



## GET TESTED.

The NHS offers for sexual health screening tests for the following conditions:

CHLAMYDIA

GONORRHOEA

SYPHILLIS

HIV

HERPES

Here are the various methods of getting tested:



Throat, vaginal, anal and urthelial swabs



Urine sample



Blood sample

### THINGS TO REMEMBER:

- Anyone can get a free STI test, regardless of their age, gender or whether they have symptoms.
- You do not have to give your real name and your GP will not be informed of your visit.
- When attending your appointment, you will asked a series of screening questions about your sexual history, including prior partners, use of protection or any present symptoms.
- You can receive your results discretely via phone, text or via an unnamed letter.

CHECK THE NHS WEBSITE TO FIND YOUR NEAREST SEXUAL HEALTH OR GUM CLINIC AND TO GET FURTHER INFORMATION.

In Sheffield, this is Sexual Health Sheffield: [www.sexualhealthsheffield.nhs.uk/](http://www.sexualhealthsheffield.nhs.uk/)



### The Implant

A small plastic rod placed under the skin that releases progesterone

### The Injection

An injection given every 13 weeks that releases progesterone

### The Patch

A weekly patch that is stuck on the skin that releases hormones

### The Coil

- hormonal
- non-hormonal (copper)

### Vaginal Ring

A small ring inserted in the vagina that releases hormones, changed every month

### Other Physical Barriers

- diaphragm
- female condoms

### Natural Family Planning

### Pills

- progesterone-only pill
- combined oral contraceptive pill

### Sterilisation

**PROTECTION DOESN'T JUST MEAN CONDOMS!**

## MYTH BUSTERS!

**MYTH** "Only gay people get HIV."

**REALITY** Anyone, regardless of sexual orientation, gender identity, gender expression or other factors can acquire HIV.

**MYTH** "All types of contraception can prevent STIs."

**REALITY** All types of condoms prevent STIs! All other forms of contraception can only prevent pregnancy.

**MYTH** "If you use protection you definitely won't get an STI."

**REALITY** Although condoms are effective (male 99%, female 95%), they do not 100% guarantee that you won't get an STI! It is always best to get tested after every new partner.

**MYTH** "All STIs are life threatening."

**REALITY** If treated promptly, no STIs are life threatening!



## PrEP & PEP

If you are currently HIV negative but believe you're at high risk of acquiring HIV, the NHS offers free medication to protect yourself before and after a possible exposure.



### Risk factors include:

Men who have sex with men, those with HIV+ partners, transgender people and sex workers

**PrEP (Pre-exposure Prophylaxis):** A tablet taken that greatly reduces the risk of HIV transmission prior to exposure. Make sure to have a regular 3 month STI screening if you're on PrEP medication

**PEP (Post-exposure Prophylaxis):** If you believe that you may have been exposed to HIV, you can take a course of PEP medication to reduce the risk of the virus incubating or staying in your body.

SPEAK TO YOUR GP OR SEXUAL HEALTH CLINIC TO FIND OUT MORE.