Sex
worth talking about

A young person’s guide
Sex. Worth Talking About is a campaign designed to help you get the information you want about sexual health, relationships and contraception.
By making it easier to talk to your friends, family, partners, doctors and nurses, teachers or youth leaders you can make the right choices and look after your health and well being.
There are 15 different methods of contraception and they are all free on the NHS. Make an appointment with your GP, practice nurse or local contraception and sexual health service. Emergency hormonal contraception is not a substitute for a regular, reliable contraceptive.
Find details of your local services on www.nhs.uk/worthalkingabout.
Anything you discuss with a doctor or nurse is confidential, even if you're under 16. They won't judge you or tell anyone but they will be able to talk to you and help you decide which method of contraception works best for you and your partner.
I’m going travelling. Is there any contraception I can take that will last the whole year?

My girlfriend’s on the pill but I want to be protected against STIs. Do you know where I can get free condoms from?
Chlamydia is the most commonly diagnosed sexually transmitted infection (STI) in under 25s. Most people don’t know they’ve got it as it’s often symptomless. Everyone under 25 may be offered a confidential chlamydia test as part of a national programme.
Testing on the NHS is free, simple and painless - you can do the test yourself.
If you are under 25 and sexually active, take a chlamydia test at least once a year, as if left untreated, chlamydia can cause health problems.
I get really heavy periods. Is there a contraceptive that will make them lighter?

I’ve heard that a chlamydia test only takes a few minutes to do. Can I get one here?