

# Being SAFE SEXUALLY

Being safer sexually includes using condoms during sex with every partner, every time, unless you are each other's one and only partner, and you are sure neither one of you has a sexually transmitted infection.

This can involve having a check up for sexually transmitted infections (STIs) with a Dr or nurse at your Student Health Centre, Family planning, Sexual Health centre or GP.

Being safer sexually also includes being comfortable with, planning and talking with your sexual partner and respecting their wishes.

**If you choose to have sex, ensure you use an effective contraceptive method to prevent unwanted pregnancy.**

Condoms are reasonably effective at preventing pregnancy and very effective at preventing most STIs, but other forms of contraception can be more effective at preventing pregnancy.

**If you choose to have sex and do not use any contraceptive, it is very likely that you will get pregnant.**

If you get pregnant, you have 2 choices- either to continue with the pregnancy and have a baby, or you may be able to terminate the pregnancy.

Either of these options is very likely to cause you a lot of stress and interfere in your ability to study to the best of your ability.

If you would like more information or wish to begin using a contraceptive, see your Doctor or visit Health, Counselling and Wellbeing for advice.

City Campus - WB219 | 921 9992

North Shore Campus - AS104 | 921 9998

[www.sexfiles.co.nz](http://www.sexfiles.co.nz) (Auckland Sexual Health Service)

---

**Health, Counselling & Wellbeing**  
**we care for you, mind, body & spirit**

**AUT** UNIVERSITY **STUDENT SERVICES**