

Media statement

13 February 2019

Play it safe with your Valentine, this National Condom Day

If you're sexually active, it's important you understand the meaning of consent around sexual activities.

That's the message Sunshine Coast Hospital and Health Service's (SCHHS) Clinical Director of Sexual Health and HIV Services (Clinic 87), Dr Kuong Taing, is helping to promote for this year's National Condom Day (14 February).

The theme of National Condom Day this year is consent, which means agreeing to do something before it happens. *Ask first: communicate and negotiate.*

Dr Kuong said all partners had the freedom to choose when and what sexual activities to take part in, and the freedom to change their mind at any time.

"Asking for consent, communicating with your sexual partner about their needs, and negotiating safe sex, shows that you respect their body, their boundaries and their decisions," Dr Kuong Taing said.

National Condom Day falls on Valentine's Day, which makes it an ideal opportunity to promote healthy relationships, and remind people about the risks of sexually transmissible infections (STIs) and unplanned pregnancies.

"Safe sex means caring for both your own health, and the health of your partner. All partners have the right to use condoms and other contraception to protect themselves from sexually transmitted infections and unplanned pregnancies

"Even if you're using other contraception methods like the pill, intrauterine contraceptive device (IUCD) or a diaphragm, always use condoms as well, to protect yourself from catching or passing on an STI (sexually transmitted infection)," he said.

Dr Taing said if you're sexually active, it's important you visit a doctor regularly to have sexual health checks, even if you feel nervous about it.

The SCHHS Sexual Health and HIV Services (Clinic 87) specialises in sexual health, contraceptive options and HIV management for the Sunshine Coast and surrounding areas.

The service is staffed by experienced clinicians able to support your needs.

Referrals are welcome from your health provider, but not necessary to visit the clinic. To make an appointment call 5470 5244.

Sunshine Coast

Hospital and Health Service

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Clinic 87 is located at Nambour General Hospital. The service also operates outreach clinics in Caloundra, Noosa and Gympie.

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