

Safer Summer Sex

Free condoms and lube

Get free condoms and lube with a C-Card!

Sign up for a C-Card at a registration venue or online*.



Then use your C-Card to get free condoms from lots of places, like pharmacies, colleges and universities!



*online registration for ages 18+ only

STI testing kits

We offer testing kits for sexually transmitted infections (STIs) which you can order online and take at home.



The kits come in plain packaging, and are available for people aged 16+.

They can test for chlamydia, gonorrhoea, syphilis and HIV.



Emergency contraception

The emergency contraceptive pill (sometimes called 'the morning after pill') can be taken up to 5 days after sex without a condom (or a contraceptive failure) to reduce the chance of pregnancy.



It is available from sexual health clinics and from some pharmacies.



Consent dos and dont's

DO Make sure you ask for consent, including regular sexual partners

DO Ask for consent for each sexual act

DO Pay attention to body language

DON'T Assume consent based on what someone is wearing

DON'T Put pressure on someone to have sex with you



For details on sexual health clinics and service information, visit:
www.leicestersexualhealth.nhs.uk

