

# 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 are free, 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](http://www.leicestersexualhealth.nhs.uk)

