

Tuesday, 4 April 2017

Hump Day gets young people thinking about safe sex

As Youth Week celebrations kick off, NSW Health reminds young people to look after their health using this year's message: *Hump Safe this Hump Day. Carry a condom.*

Hump Day (5 April) aims to promote the importance of sexual health and STI prevention in a fun and positive way during Youth Week, which runs from 31 March – 9 April.

NSW Health and the Department of Family and Community Services have joined forces to offer youth workers and services across the state sexual health resources and activities to mark the day, including a number of fun competitions.

Activities for Youth Week 2017 can be found on local Council websites or at: www.youthweek.nsw.gov.au

Illawarra Sexual Health Service Director, Clinical Associate Professor Katherine Brown said sexual health is an essential but sometimes overlooked part of being a healthy young person.

“The rates of the most common sexually transmitted infection (STI) chlamydia are high among young people. Youth Week provides an opportunity to join people, talk openly about the importance of sexual health and where they can get confidential advice and sexual health check-up in their local area,” Clinical Associate Professor Brown said.

STIs are prevented by practicing safe sex, using condoms and water-based lube. However, if you haven't always had safe sex, testing and treatment is available - contact your local GP or the *NSW Sexual Health Infolink* www.shil.nsw.gov.au on: 1800 451 624 for information about your local Sexual Health Clinic.

Hump Day and Youth Week is a partnership between NSW Health and Family and Community Services.

For everything you need to know about safe sex, condoms, STI treatment and testing go to: Play Safe www.playsafe.health.nsw.gov.au.

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