Caring for your sexual and reproductive wellbeing is part of taking care of your health.

Whether you are sexually active or not, it's always best to be prepared and have all of the information.

Here are some things to consider:

**Vaccinations**

Are you Vaccinated against Sexually transmitted Infections (STI's)? Vaccinations prevent some STI's such as Human Papillomavirus (HPV), which can be transmitted through skin-to-skin contact, and Hepatitis B, which is passed through infected bodily fluids. It’s better to be vaccinated before you start having sex, but it’s better late than never.

**Contraception**

Condoms (both male and female) are the only contraception that prevent both STI’s and pregnancy. When always used according to the instructions they are 98% effective at preventing pregnancy. Other contraception can be used to prevent pregnancy and the health service has female doctors who can support you in your decision.

**STI Testing**

No one really talks about it, but sexually transmissible infections (STIs) are really common among young people in Australia. Anyone who is sexually active runs the risk of getting an STI. But the good news is most can be easily treated once you know. Find out more

Regular sexual health checks play a vital role in maintaining your sexual health!

Find out more about sexual health testing:

**Sexual Health Tests**