Caring for your sexual and reproductive wellbeing is part of taking care of your health. Whether sexually active or not, there’s a host of things to consider and falling pregnant is just one of those.

1. **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.

2. **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 contraceptions can be used to prevent pregnancy and the health service has female doctors who can support you in your decision.

3. **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.

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

For sexual health help and resources, visit our resources page here.

**Sexual health testing is recommended for everyone:**
- Once a year if you are sexually active,
- When you change sexual partners, or
- If you have unprotected sex or your condom breaks.

**Do I need to test if I don’t have symptoms?**

Most STI’s don’t have symptoms, so don’t use the absence of symptoms as an excuse. But if you do have symptoms such as burning urine, discharge and/or odd smells from your vagina or penis we encourage you to book an appointment today.

**Where can I test?**

Testing is free for Medicare and Medibank OSHC students through the health service and is 100% confidential. You can also test at any sexual health clinic in NSW. You can contact NSW Sexual Health Infolink to find the closest clinic to you 1800 451 624.

**What type of test do I need?**

Different tests are required depending on whether you have had oral, anal or vaginal sex, but the most common test for Chlamydia and Gonorrhoea is as simple as peeing in a jar. Learn more about STI tests here.
Anonymous STI testing with CASI on Kensington campus

Anonymous STI testing is also available from CASI (a computer based kiosk) in the men’s toilet in the Quad. Follow the footsteps to the bathroom in the corridor outside the health service in the Quad. Answer some questions on the kiosk and see if you’re eligible. All you need is your name and your contact details.
MEET CASI
FREE - SAFE - SEXUAL HEALTH TESTS
PRIVATE AND CONFIDENTIAL

NO HEALTH COVER REQUIRED
TESTS SELF-COLLECTED

Follow the yellow footsteps to the men's bathroom,
ground floor of the Quadrangle building near the Health Service