

6 April, 2018

PLAY IT SAFE THIS YOUTH WEEK, 13 TO 22 APRIL

The South Eastern Sydney Local Health District's HIV and Related Programs (HARP) Unit is encouraging young people to talk openly about the importance of sexual health during Youth Week, 13 to 22 April.

Dr Josephine Lusk, Director, Short Street Sexual Health Centre at Kogarah, said the rates of the most common sexually transmitted infection (STI) chlamydia are high among young people.

The vast majority of chlamydia infections occur in young people aged 15 to 29 years, and in the district, chlamydia notifications for all age groups increased by 30 per cent in 2016 compared to 2015.

"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," Dr Lusk said.

Hump Day (18 April) is a NSW Health and Family and Community Services partnership that aims to promote the importance of sexual health and STI prevention in a fun and positive way during Youth Week.

The Hump Day motto "Play Safe this Hump Day. Carry a Condom." reflects the importance of STI prevention through safe sex.

The HARP Unit in partnership with Project Youth recruit and train young people as peer educators via the Play Safe Summer Program. Play Safe Summer peer educators will be engaging young people in conversations through interactive games and give-aways to raise awareness about sexual health at:

- Beaches to the Burbs (hosted by Sutherland Shire Council), 2pm to 6pm, Saturday, 21 April, Cronulla Mall
- Youth Week stall hosted by Sutherland Shire Council, 1pm to 5pm, Thursday, 19 April at Westfield Miranda

It is recommended that young people get an STI test at least every 12 months even if they practice safe sex.

For everything you need to know about safe sex, condoms, STI treatment and testing including where to get tested, visit www.playsafe.health.nsw.gov.au.

If you haven't always had safe sex, you can also contact your local GP or the NSW Sexual Health Infolink shil.nsw.gov.au on 1800 451 624 for more information about your local Sexual Health Clinic.

Activities for Youth Week 2018 can be found on local Council websites or at: youthweek.nsw.gov.au

-ENDS-