

Media Release

6 April, 2017

Youth Week health activities get young people excited about safe sex

As Youth Week celebrations continue, 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 was held on 5 April to promote the importance of sexual health and STI prevention in a fun and positive way during Youth Week, which runs until 9 April.

The South Eastern Sydney Local Health District's HIV and Related Programs (HARP) Unit will be hosting a Play Safe stall with interactive games and give-aways to raise awareness about sexual health at the Park it at Oasis event from 11am to 3pm today (7 April) at Oasis, 365 Crown Street, Surry Hills.

The event hosted by Oasis and the Salvation Army will feature live music and DJs and a variety of games including sumo wrestling.

Representatives from Kirketon Road Centre at Kings Cross, the HARP Unit and Play Safe Summer peers from WAYS Youth and Family will also be hosting a Play Safe stall at:

- City of Sydney Block Party from 12.30pm to 6.30pm at 10a Yurong Parkway, Woolloomooloo
- WAYS annual Bondi Blitz music festival from 11.30am to 5.30pm on Sunday, 9 April at Bondi Beach.

In the South Eastern Sydney Local Health District, chlamydia notifications for all age groups increased by 30 per cent in 2016 compared to 2015. In 16 – 19 year olds it increased 45% and in 20 – 29 year olds it increased 28.6% in 2016 compared to 2015.

The vast majority of chlamydia notifications were for young people with 16 – 19 year olds accounting for 8.15% of chlamydia notifications in 2016, and 20-29 year olds accounting for 54.57% in 2016.

In Sydney city, there were 1877 chlamydia notifications in 2016 compared with 1229 notifications in 2015, representing an increase of 52.72%.

In Randwick, there were 759 chlamydia notifications in 2016 compared with 563 notifications in 2015, representing an increase of 34.81%.

In Woollahra, there were 366 chlamydia notifications in 2016 compared with 281 in 2015.

Associate Professor Anna McNulty, Director, Sydney Sexual Health Centre 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

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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,” Associate Professor Anna McNulty 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.

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

Hump Day and Youth Week is a partnerships 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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