

5 April, 2017

Hump Day gets 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 (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 to 9 April.

The South Eastern Sydney Local Health District's HIV and Related Programs Unit and Play Safe Summer (PSS) peers from Project Youth will raise awareness of STI testing at a stall with interactive games and give-aways at the Beaches to the Burbs musical festival hosted by Sutherland Shire Council on Saturday, 8 April at Dunningham Park, Cronulla.

Chlamydia screening supported by the Short Street Sexual Health Centre at Kogarah will also be offered on site to highlight how easy testing is.

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 St George and Sutherland Shire, chlamydia notifications increased by 30 per cent in 2016 from 954 notifications in 2015 to 1246 notifications in 2016.

The biggest increases in notifications for the period were in the Sutherland Shire (17.4 per cent) followed by Rockdale (51.6 per cent), Botany Bay (27 per cent), Hurstville (34.5 per cent) and Kogarah (29.9 per cent).

Dr Josephine Lusk, Director, Short Street 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 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," Dr Lusk said.

Play Safe Summer peers from St George youth will be also doing sexual health outreach at the Race Around Georges River event hosted by Georges River Council on Wednesday, 12 April.

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.

South Eastern Sydney Local Health District

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