

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.

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," said Dr Josephine Lusk, Director, Short Street Sexual Health Centre.

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 has recruited and trained 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:

- Bayside Councils Park Fest, 10am to 4pm, Monday 16 April, PCYC and Rowland Park, Daceyville.
- Randwick City Council's Culturefest, noon to 4pm, Sunday 22 April, Maroubra Beach.

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

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