

7 April, 2016

## Youth Week 2016 – Introducing Hump Day Raising awareness of sexual health for young people

**NSW Health has partnered with Department of Family and Community Services to promote sexual health for young people during Youth Week through the introduction of *Hump Day*.**

As part of Youth Week 2016 (8–17 April), NSW Health is launching Hump Day on Wednesday 13 April. Hump Day aims to create a focus on sexual health and increase condom use by engaging young people around this important health issue in a fun and positive way.

Young people aged 15-29 years have the highest rates of Sexually Transmissible Infection (STI) notifications in NSW. Chlamydia is the most frequently reported STI notification with over 16,000 notifications of chlamydia in young people in NSW in 2015.

NSW Health has partnered with HERO Condoms for Youth Week to launch the HERO Condom Couture competition aiming to reduce the stigma around condoms. This fashion design competition gives young people the chance to win tickets to Fashion Week Sydney by creating fashion items out of condoms. To enter, simply email a photo of your design to [David.Worsley@health.nsw.gov.au](mailto:David.Worsley@health.nsw.gov.au). Visit [www.youthweek.nsw.gov.au/sexual-health](http://www.youthweek.nsw.gov.au/sexual-health) for more information.

The Short Street Sexual Health Clinic will be supporting a range of events and activities promoting sexual health messages to young people throughout St George and Sutherland areas. These include health promotion and chlamydia outreach screening activation during Big Freeze for Youth Homelessness Makers D Hump Day at Cronulla Mall, where health promotion and urine chlamydia screening will be available to young people Wednesday 13 April, 10.30 – 2.30pm. There will also be a basketball competition at Hogben Park, Kogarah which will provide an opportunity for health promotion to young people Friday, 22 April 2.30 – 6.30pm.

Dr Josephine Lusk, Director, Short Street Sexual Health Clinic said sexual health was an essential but sometimes overlooked part of being a healthy young person.

“STI rates, especially chlamydia, are high among young people,” Dr Lusk said. “Youth Week provides an opportunity to work with young people and educate them on the importance of sexual health and where they can receive confidential, advice and STI/HIV testing locally.”

For more information on sexual health services across the St George and Sutherland areas contact Short Street Sexual Health Clinic on 9113 2742 or visit Play Safe [www.playsafe.health.nsw.gov.au](http://www.playsafe.health.nsw.gov.au).