

University of Salford Students' Union Advice Centre

Sexual Health Advice

Being a student at University is a very exciting time. It is an opportunity to meet new people and try new things. Unfortunately it can also be a time when students forget to practise good sexual health.

The Advice Centre in the Students' Union has lots of information on this subject. If you need to discuss anything, you can speak to one of our advisors in strict confidence. Listed below is some basic information on sexual health, which we hope you will find useful.

Safe Sex

Regardless of if you are a man or woman, if you think there is the possibility of a sexual encounter have condoms with you. People may feel embarrassed about purchasing condoms from a chemist or a shop, but there is no need. The people who work in a chemist or a shop sell condoms all the time and will therefore not give it a second thought. We also sell them in the Yours Bar in University House. Remember buying condoms is less embarrassing than receiving or passing on a Sexually Transmitted Disease (STD).

If you think you will have problems using a condom, remember 'practise makes perfect'. Try putting one on first in the privacy of your own room. Women also, can try fitting a condom onto a banana, for example!

Don't presume that you know someone well enough to think that using a condom is not necessary. Anyone having unprotected sex (without a condom) can get STD's.

For more advice and free condoms call into the Salford Brook Advisory, 55, Regent Street, Eccles, M30 0BP, or call them on 0161-707-9550.

Some tips

- Most condoms are already lubricated; using extra lubricant will improve the effectiveness of the condom and make the experience more enjoyable. Don't use oil-based lubricant like baby oil or Vaseline. You should use water based lubricant like KY jelly, Clinigel, Sensel or Boots lubricating jelly. Lubricating jelly can be obtained for free from places like the Brook Advisory Centre, young people's and family planning clinics, or you can buy them from pharmacists, supermarkets or machines in pubs and club toilets.
- Use condoms that have the British Standards Institute (BSI) Kitemark or the European CE mark
- For better protection during oral sex men should wear condoms, condoms can come in a variety of flavours, which can be lots of fun. A dental dam (for oral sex) can be purchased from most pharmacies. This is a thin piece of latex, which creates a barrier between the mouth and the vagina.
- Women can also use the female condom called femidom. They work by fitting into the inside of a woman's vagina. They can be purchased from most pharmacists. These need some practise before using them as contraception or protection against STD's.

Emergency Contraception

There are two options available to women who need emergency contraception.

- The emergency contraceptive pill (formerly known as the morning after pill). It must be taken within three days (72 hours) of having unprotected sex.
- The IUD (formerly known as the coil). This must be fitted within five days of having unprotected sex. Some doctors will not fit IUD for very young women.

To find out about more emergency contraception, contact your GP (doctor) or a local pharmacy/chemist. There are local pharmacies, NHS walk in centre that supply the emergency contraceptive pill.

Sexually Transmitted Diseases

There are various types of STDs, some you may have heard of like HIV, and some others are listed below. More information about these STD's is available from the Student Union Advice Centre, the University Medical Centre or your local Medical Centre.

- Syphilis
- Herpes
- Chlamydia
- Gonorrhoea (clap)
- Genital warts
- Genital and Vaginal Thrush (this can also happen when no intercourse has taken place)
- Syphilis

Women of childbearing age should be aware that several STD's could lead to infertility or in the case of herpes and others caesarean delivery.

STD's can affect anyone who is having unprotected sex, regardless of if you are young or old, male or female, straight, gay, lesbian or trans and wherever you come from.

Most STD's can be easily treated but only if they are detected in time. Symptoms are not always apparent and may even remain dormant until it is too late. People who already have a STD will often not display any symptoms of having any STD's. Therefore the best way to deal with STD's is protect you from them in the first place, practise safe sex.

Some of the warning signs that you may have a STD include:

- Unusual discharges from the penis or vagina
- Rashes
- Itchiness
- Sores
- Blisters
- Pain in the genital area
- A burning sensation when you pass urine or having sex
- Urinating more than usual
- A temperature or flu like fever

Remember you may not display any of these symptoms and can still have a STD, therefore if you have had unprotected sex get medical advice as soon as possible. But remember that prevention is better than cure!

Sexual health clinics are usually called a STD clinic or a GUM clinic (Genito-Urinary Medicine), the nearest in Salford is at Hope Hospital. You can contact them on phone them on 0161 206 4464. Alternatively contact the Sexual Health Helpline on 0800 567123

Sexual health clinics can offer advice and treatment, everything is completely confidential, and no one will be told of your visit without your consent. You can visit any clinic in the country and do not need to be referred by your GP (doctor).

Lesbian, Gay, Bisexual and Trans

University is a time that many students discover and/or begin to express their sexuality. University of Salford has it's own LGBT group. For more information contact the Students' Union Advice Centre on (0161) 736 7811.

You could also contact the Lesbian and Gay Foundation in Manchester on 0161-235-8000.

Sex, Drugs and Alcohol

We are all entitled to go out and have a good time. However remember to drink sensibly. Mixing alcohol and drugs can make you extremely disorientated and particularly vulnerable. Don't allow alcohol and or drugs to get you into a situation which you later regret.

You can get advice from a nurse on sexual health issues or any other health issues 24 hours by phoning NUS Direct on 0845-4647, alternatively visit the website on www.nhsdirect.nhs.uk

**Please note that this leaflet is for guidance purposes only.
Contact the Student Advice Centre if you have any queries or questions.**

Student Advice Centre Contact Details

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Useful links

http://www.brook.org.uk/content/M1_thefacts.asp - Brook Advisory Service

<http://www.playingsafely.co.uk/> - NHS Guide to information on STD's

<http://www.nhsdirect.nhs.uk/> - NHS Direct

<http://www.fpa.org.uk/><http://www.fpa.org.uk/Information> - FPA Advice on Contraception