

Key messages

National Condom Day is an ideal opportunity to promote healthy sexual relationships and remind people about the importance of getting and giving consent.

The theme of National Condom Day this year is 'Got CAKE?' Using the CAKE acronym can provide a helpful reminder when it comes to consent:

C – Consent

A – Ask first

Both partners of legal age actively agree to take part in sexual activities without fear, coercion or intimidation.

K – Keep safe

Both partners have the right to use condoms and other contraception to protect themselves from sexually transmissible infections (STIs) and unplanned pregnancies.

E – Every time

Both partners have the freedom to choose when and what sexual activities to take part in, and the freedom to change their mind at any time.

Key dates

- National Condom Day: 14th February

Key Links

National Condom Day 2018 Campaign webpage	Get involved in the 2018 campaign. Webpage includes a resource order form, downloadable banners, bunting and posters, as well as event and activity ideas and useful links.	shq.org.au/nationalcondomday
SHQ Facebook page	Keep an eye out for National Condom Day updates	facebook.com/familyplanningwa
SHQ Instagram account	Keep an eye out for National Condom Day updates	instagram.com/sexualhealthquarters
SHQ Twitter account (@SHealthQuarters)	Keep an eye out for National Condom Day updates	twitter.com/shealthquarters
WA Sexual Health Week	Get involved in the 2018 campaign with a focus on Safety, Pleasure and Respect	wasexualhealthweek.com.au

Sample posts

This National Condom Day (and every day) have the freedom to choose when and what sexual activities to take part in, and the freedom to change your mind at any time #CondomDay2018 #gotCAKE

This National Condom Day (and every day), it is your right to use condoms and other contraception to protect yourself from STIs and pregnancy #CondomDay2018 #gotCAKE

This National Condom Day (and every day) you have the right to take part in sexual activities without fear, coercion or intimidation #CondomDay2018 #gotCAKE

Did you know? Research shows young people are more likely to use condoms if they are available during a sexual encounter #CondomDay2018 #gotCAKE

Carrying condoms shows you are taking responsibility for your sexual health, as well as your partner/s #CondomDay2018 #gotCAKE

Did you know? STIs can be passed on through unprotected sex, so always use condoms to protect yourself and your partner/s #CondomDay2018 #gotCAKE

Most people with an STI don't have any symptoms: the only way to know for sure is to get tested #CondomDay2018 #gotCAKE

If you're getting intimate with a partner, make sure you're both having a good time! #CondomDay2018 #gotCAKE

Plan ahead: Have condoms ready and talk about safe sex #CondomDay2018 #gotCAKE

Did you know? Silence is NOT consent #CondomDay2018 #gotCAKE

Did you know? A lack of resistance is NOT consent #CondomDay2018 #gotCAKE

Did you know? Being drunk is NOT consent #CondomDay2018 #gotCAKE

Did you know? Yes to one thing is NOT yes to everything #CondomDay2018 #gotCAKE

Did you know? A coerced yes is NOT consent #CondomDay2018 #gotCAKE

Did you know? A previous yes is NOT consent #CondomDay2018 #gotCAKE

Got
CAKE?



CONSENT
Ask First
Keep Safe
Every Time

National Condom Day February 14th