



National Condom Day

Got
CAKE?



CONSENT
Ask First
Keep Safe
Every Time

SHQ (Sexual Health Quarters) coordinates National Condom Day as an annual state-wide campaign. Taking place on Valentine's Day, February 14, 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.

Get involved! Here's how you can be involved in National Condom Day 2018

- Check out shq.org.au for free downloadable resources including posters, bunting kits, banners, a social media toolkit, media releases and ideas for event activities.
- Order free resources from the SHQ website, including condom packs, stickers, consent brochures, pens and A3 posters.
- Show us your preparations and celebrations for National Condom Day 2018. Simply tag SHQ in your posts and use #CondomDay2018 #gotCAKE
- Connect with us on Facebook, Instagram or sign up to our Newsletter through shq.org.au for National Condom Day updates.

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