



January 2017

Confidence and consent go hand in hand on National Condom Day

SHQ (Sexual Health Quarters) is reminding people about the importance of confidence and consent this National Condom Day, with research showing many are still not using condoms regularly and feel pressure when it comes to having sex*.

“National Condom Day (NCD) is an annual state-wide campaign designed to raise awareness of safe sex and encourage people to talk about and use condoms,” said Rebecca Smith, spokesperson.

“This year’s focus on confidence and consent is aimed at helping people feel more assertive when it comes to making decisions about sex, and in raising the topic of condoms and safe sex with a partner.”

“Taking place on Valentine’s Day, a time when the focus is on romance and intimacy, NCD is an ideal opportunity to promote healthy relationships, and remind people about the risks of sexually transmissible infections (STIs),” she said.

Ms Smith said recent research showed many young people had difficulties using condoms correctly**.

“Often people are unprepared and haven’t experienced using condoms or don’t have any ready at the time of intercourse,” she said.

“Practising putting on and taking off condoms, alone or with a partner, and always having some handy means you will be less likely to have a mishap, or have sex without one.”

“Talk about safe sex early on, before getting intimate, and make sure you’re both having a good time.”

Ms Smith said that NCD was also a good reminder for people to get tested if they’d had unprotected sex in the past, including oral sex.

How are you celebrating National Condom Day? Tag your photos #CondomDay2017
More information at shq.org.au

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*Mitchell, A., Patrick, K., Heywood, W., Blackman, P., & Pitts, M. (2014). 5th National survey of Australian secondary students and sexual health 2013. (ARCSHS Monograph Series No.97), Australian Research Centre in Sex, Health and Society. La Trobe University, Melbourne, Australia.

**Hall, K. M., Brieger, D. G., De Silva, S. H., Pfister, B. F., Youlden, D. J., John-Leader, F., & Pit, S. W. (2016). Errors and predictors of confidence in condom use amongst young Australians attending a music festival. *Journal of Sexually Transmitted Diseases*, 2016, 1-10. <http://dx.doi.org/10.1155/2016/605-4870>

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