



January 2018

Got CAKE this National Condom Day?

SHQ (Sexual Health Quarters) is reminding people about the importance of consent when it comes to planning their Valentine's Day celebrations, with the date coinciding with National Condom Day (NCD).

"National Condom Day (NCD) is an annual state-wide campaign designed to raise awareness of safe sex - and an important part of safe sex is getting and giving consent," said Rebecca Smith, spokesperson.

"This year's focus on consent is aimed at reminding people about some of the key areas of consent – not just on National Condom Day, but every day."

"Using the CAKE acronym can provide a helpful reminder when it comes to Consent; Asking first, Keeping safe, and Every time."

"Consent is when both partners actively agree to taking part in a sexual activity without fear of intimidation or coercion: many young people still report feeling pressured when it comes to having sex*," she said.

"Pressuring or coercing someone into having sex, or taking advantage of them when they are under the influence of alcohol and drugs and therefore can't give consent, is illegal."

Ms Smith said everyone had the right to use condoms and other contraception to protect themselves from sexually transmissible infections (STIs) and unplanned pregnancies, and everyone had the right to say no at anytime.

"Try and talk about safe sex early on, before getting intimate, and have some condoms handy," she said.

"NCD is an ideal opportunity to promote healthy relationships: this includes showing respect for partner/s and asking for consent each and every time."

"If your partner/s isn't enthusiastically saying yes, stop what you're doing immediately."

How are you celebrating National Condom Day? Tag your photos #gotCAKE and #CondomDay2018

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.

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