

# Safer Summer Sex

## Free condoms and lube

Aged over 13? Get free condoms and lube with a C-Card!

The C-Card allows you to get free condoms from a range of places e.g. some local schools, colleges, shops, clinics and pharmacies.

Find out more by visiting [leicestersexualhealth.nhs.uk/c-card](https://leicestersexualhealth.nhs.uk/c-card) or by calling **0300 124 0102**

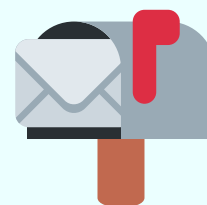


## Order an STI testing kit

Did you know that there are tests for sexually transmitted infections (STIs), which you can order online for free and take at home?

The kits are available for people aged 16+ and can test for chlamydia, gonorrhoea, syphilis and HIV.

Order a discretely packaged test at [sh24.org.uk](https://sh24.org.uk)



## Emergency contraception

The emergency contraceptive pill (sometimes called 'the morning after pill') can be taken up to 3-5 days after sex without a condom (or a contraceptive failure) to reduce the chance of pregnancy.

Visit [leicestersexualhealth.nhs.uk](https://leicestersexualhealth.nhs.uk) for a list of local sexual health clinics and pharmacies which supply it.



## Consent dos and don'ts

**DO** Make sure you ask for consent  
(including regular sexual partners)

**DO** Ask for consent for each sexual act

**DO** Pay attention to body language

**DON'T** Assume consent based on what someone is wearing

**DON'T** Put pressure on someone to have sex with you

