Check it out: Sexual health

This Youth Week (8-12 April 2013), youth and sexual health services from Sydney Local Health District are calling on young people to look after their sexual health and get checked for sexually transmitted infections.

The director of RPA Sexual Health, Associate Professor Catherine O’Connor, said sexual health was an essential component of staying healthy, but it often got overlooked.

“We want to remind young people that getting tested for STIs is easy to do and can be as simple as providing a urine sample,” Associate Professor O’Connor said.

“Our tips to young people are easy:

- Carrying and using condoms can prevent STIs;
- Not all STIs have symptoms;
- You can test for STIs at a GP as part of any consultation;
- Testing for STIs can be as simple as providing a urine sample (you do not need to be examined);
- Friends and peers should be supported around sexual health.”

During Youth Week, the District’s HIV and AIDS Related Programs Health Promotion Team and the youth health service, Youthblock, will be collaborating with local councils for the following events:

- 10 April: Open mic night conducted by Canterbury Council at Fusion Café, 11a Amy Street Campsie (phone 9789 4888);
- 11 April: ‘Shoot and Score’ - Youth-lead depression and anxiety workshops, a collaboration between Youthblock and Headspace, Leichhardt Town Hall;
- 12 April: Watch Your Head music band performance at Jarvie Park Youth Facility, Yabsley Ave, Marrickville;
- 13 April: Amazing Race: Burwood Blitz Murder Mystery from 12.30pm, 2 Comer Street, Burwood;
- 15 April 2013: XPOZED nine art and music workshops from 11.00am at Seaview Gallery, Dulwich High School, Seaview Street, Dulwich Hill.

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