

Who or What Will You Pick Up at the Party?

Factors to Consider



Government of Western Australia
Department of Health
Public Health

alcoholthinkagain

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WHAT DOES ALCOHOL AND OTHER DRUG USE HAVE TO DO WITH SEX?

Events including parties and Leavers' week are often highly anticipated and in some cases associated with risky alcohol use, experimental drug use and planned or unplanned sex.

Using alcohol and other drugs can affect your ability to make decisions which you may regret. This booklet provides information about reducing the risks of contracting a sexually transmitted infection (STI) or blood-borne virus (BBV) through activities including unsafe sex, tattooing, piercing and injecting drug use.

Remember - being drunk or on drugs is not an excuse for how you act.

TO HELP KEEP YOURSELF AND YOUR FRIENDS SAFE:

To help keep yourself and your friends safe:

- Keep an eye on your friends and ask them to do the same for you.
- If you choose to drink, limit the amount and space your alcoholic drinks with soft drink or water.
- Don't pressure someone into being 'physical' with you.
- Remember, it's ok to say 'no'.
- To prevent STIs and BBVs, find out about safer sex.

If you think you have been at risk of contracting a STI or BBV, you can get tested. This can be done by your GP or at a sexual health clinic. There are lots of places to go for support and up-to-date, reliable information including; **www.GetTheFacts.health.wa.gov.au** For more options check out the back page of this resource.

MAKING YOUR OWN DECISIONS ABOUT SEX

- Being intoxicated affects your decisions so it's good to plan ahead. Try to make decisions about what you will do to stay safer before you drink.
- No one has the right to force or pressure you into having sex. It is OK to say no.
- If you have decided that you are not ready to have sex, think about how you might handle talking about it (how are you going to say no, and how you are going to deal with someone trying to talk you into it). Your friends, parents or a counsellor may be able to help you.
- If you decide to have sex, then think about how you are going to negotiate safer sex with your partner and what you need to do to keep yourself and your partner safer. This would include talking about how to prevent STIs or BBVs.
- If you aren't comfortable discussing safer sex with your partner, then you need to think about whether you really are ready. You can call one of the services listed at the back of this resource for support and information.

IT'S OK TO SAY NO – OTHERS DO

It's not uncommon to want to be part of a group and feel like you belong. Sometimes you may feel that your friends are pressuring or influencing you to have sex when you don't really want to. Maybe you feel like you 'have' to because you think that 'everyone else is' or 'everyone thinks you should'. It is more likely that not everyone is doing it, or they only want you to do it to make themselves feel more comfortable about their choices.

The following websites www.reachout.com and www.GetTheFacts.health.wa.gov.au have some great information about the importance of consent and thinking about sex and relationships.

SO WHAT IS SAFER SEX?

- Not having sex is the safest option.
- Safer sex means always using condoms and water based lubricants to help reduce the risk of catching or passing on STIs or BBVs. Remember, STIs can also be passed on through oral sex.
- If you use condoms, make sure you store them safely and use them properly (there is a knack to correctly putting on a condom). Check out the box below for instructions on how, or visit **www.GetTheFacts.health.wa.gov.au**
- The contraceptive pill does not protect you from STIs and BBVs.
- Have regular STI and BBV tests, and encourage your partner to get tested too.
- If for any reason you suspect you may have a STI or BBV, or you have had unsafe sex, shared injecting equipment (including for a tattoo or piercing) see your GP or a sexual health clinic.

CONDOMS

- If you think you may have sex, take a condom.
- Condoms are not hard to find – supermarkets, petrol stations, chemists, sexual health clinics and many public toilets will stock them.
- Use a new condom every time you have sex.
- Leaving a condom in a wallet or pocket for a long period of time, or in the glove box on a hot day can damage the condom.



How to use a condom

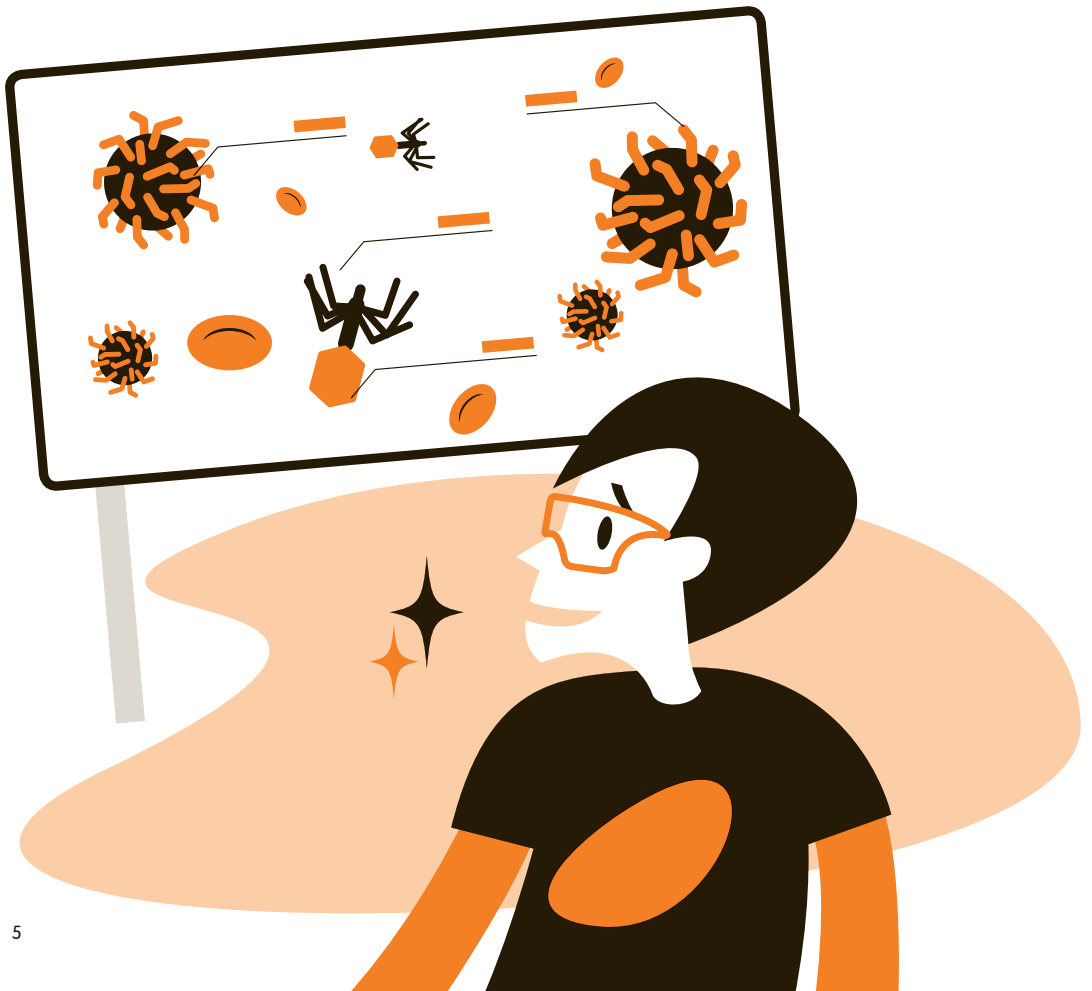
- 1 Check the expiry date. Open the packet carefully.
- 2 Squeeze the tip of the condom when you are putting it on to remove air and prevent splitting.
- 3 Gently unroll the condom all the way down before you start having sex.
- 4 On the outside of the condom, use water based lube to prevent the condom splitting – oil based lube will damage the condom.
- 5 After sex, remove the condom and wipe rest of semen from the penis with a tissue. Dispose of condom and tissue in the bin.

WHAT ARE STIs AND BBVs?

An STI is an infection that can be transmitted through sexual activity, including oral, anal, and vaginal sex. Some STIs can also be transmitted through skin-to-skin contact (such as herpes). Generally testing for STIs is an easy and painless procedure.

A BBV is a virus that is passed from person to person through blood-to-blood contact. They can be transmitted through injecting drug use, or having a tattoo or piercing done where the equipment is shared. Some BBVs (hepatitis B and HIV) can also be sexually transmitted.

While the following information outlines the signs and symptoms of the various STIs and BBVs, it is very important to note that it is most common to have an STI or BBV without experiencing any of these signs or symptoms. It is important that you be tested if you think there is any risk you could have contracted an STI or BBV.



STIs

CHLAMYDIA

Often known as the silent epidemic, chlamydia is one of the most common STIs and it is hard to know if you've got it or not. Visit the Department of Health website www.GefTheFacts.health.wa.gov.au for more information.

Signs and symptoms: Easy to test, easy to treat

| Females | Males | |
|--|---|---|
| There are often no symptoms - up to 75% of females with chlamydia do not have symptoms. The other 25% experience a burning feeling when urinating, unusual vaginal discharge or pain in the lower belly. | There are often no symptoms - up to 50% of males with chlamydia show no symptoms. Those that do may get a whiteish-yellow discharge from the penis or a burning sensation when urinating. | |
| Risky When... | What Can Happen? | Treatment |
| You have oral, vaginal or anal sex without a condom. | Untreated, chlamydia can lead to infertility in both males and females. | Usually a single dose of antibiotics from your doctor or a health worker. |

GONORRHOEA (THE CLAP)

Gonorrhoea is really easy to catch. If you have unprotected sex just once with someone that has it, you've got a 50% chance of catching it.

Signs and Symptoms

| Females | Males | |
|---|--|---|
| There are often no symptoms, but some may have lower belly pain or an unusual vaginal discharge, but there are often no obvious symptoms. Gonorrhoea of the throat can cause a sore throat or sores around the mouth. | There are often no symptoms, but some may have pain when urinating or a yellow discharge from the penis. Gonorrhoea of the throat can cause a sore throat or sores around the mouth. | |
| Risky When... | What Can Happen? | Treatment |
| You have oral, vaginal or anal sex without a condom. | If untreated it can lead to infertility in both females and males. | Gonorrhoea can be cleared with a one-off dose or ten day course of antibiotics from your doctor or health worker. |

HERPES

Herpes is another very common infection in Australia caused by Herpes Simplex Virus (HSV) Type 1 or Type 2.

Signs and Symptoms

While symptoms may not appear for some time, herpes can cause painful, tingling, or itching blisters or ulcers. Other symptoms include aching muscles and fever.

| HSV Type 1 | HSV Type 2 |
|---|--|
| Usually causes cold sores around the mouth which can be transferred to the genitals through oral sex. | Causes blisters around the genitals and anus which can be transferred to the mouth through oral sex. |

| Risky When... | What Can Happen? | Treatment |
|---|---|---|
| You have vaginal or anal sex. If someone has a herpes sore (a cold sore) on their mouth it can be transmitted to their partner's genitals through oral sex. It is spread by skin-to-skin contact with the infected area. If a condom doesn't cover the area, it can be passed on. | While you can never get rid of the virus, the first attack is usually the worst, then the outbreaks should happen less often and be less painful as time goes on. | There is no cure for herpes but there are medications to cut down the pain and help the blisters heal faster. Some medications can help control the virus so that a person gets less sores, less often. Talk to your doctor or health worker. |

GENITAL WARTS (HPV)

Genital warts are caused by a virus known as human papilloma virus (HPV). Two in three people in Australia carry the virus. Condoms reduce your chances of getting HPV, but because HPV can be passed through skin to skin contact, condoms do not provide 100% protection against this virus. If you do catch warts, they usually appear in three to twelve months time. A HPV vaccine is available.

Signs and Symptoms

| Females | Males and Females |
|--|--|
| Genital warts can grow inside the vagina so it's possible to have them and not know. It's important for a female to have a pap smear every two years once she has started having sex to check for any signs of cell change that might lead to cervical cancer. | Genital warts are usually painless and start as small swellings on the penis or vagina, sometimes developing into cauliflower like lumps, although some can be flat and hard to see. Some will not notice any symptoms. Even though lots of people have it, the immune system usually keeps it under control, but some strains of the virus can lead to cancer of the penis, vagina, cervix, anus and mouth. |

| Risky When... | What Can Happen? | Treatment |
|--|---|---|
| You have vaginal or anal sex. Sometimes it can be passed on from the fingers to the genitals, even when there are no visible symptoms. | If warts are untreated they can multiply so it's best to have them treated. | The doctor can remove the warts, but the virus will still be there. |

SYPHILIS (THE POX)

Syphilis is less common than chlamydia or gonorrhoea but it is still a serious concern. If it is not treated it can stay in the body for many years and cause serious problems including serious physical and mental health problems and can cause harm to unborn babies.

Signs and Symptoms

The first stage of syphilis is a painless sore appearing on the penis or vagina, anus or mouth three to twelve weeks after sex with an infected person. It goes away in a week or two, but the bacteria remains in the body. The second stage is when a rash appears on the hands and feet, the face and other parts of the body. The third stage can involve serious damage to the nervous system, the brain and circulatory system.

| Risky When... | What Can Happen? | Treatment |
|--|--|---|
| You have vaginal, oral or anal sex without a condom. | The rash might go away, but the infection is still in the body and a person may have no signs or symptoms for years before the third stage develops. | Syphilis can be treated with special antibiotics prescribed by your doctor and cured if treated in the early stages |

BBVs

HIV/AIDS

HIV is a virus that lives and reproduces in the human body. Over time, HIV destroys part of the immune system and renders it ineffective. AIDS is the disease state which can be caused by long term HIV infection. You cannot "catch" AIDS, only HIV can be transmitted from one person to another by exchange of blood, vaginal and semen body fluids.

Signs and Symptoms

Sometimes there are signs similar to the flu up to three weeks after becoming infected. Not all people get these symptoms. Sometimes people start getting illnesses two to seven years after they first get infected. It may take up to three months for HIV to show in a blood test after infection.

| Risky When... | What Can Happen? | Treatment |
|--|--|---|
| <ul style="list-style-type: none">You have vaginal or anal sex without a condom.You share syringes, needles or any injecting equipment including tourniquets, tables or other surfaces, and when there is blood on hands and fingers and in the drug mix (even when the amount of blood is too little to see).You get a tattoo or piercing with equipment that hasn't been sterilised in an autoclave.You share body jewellery.You get a tattoo painted with ink from an inkpot used to tattoo someone else. | Some years after HIV infection, a person's immune system can become so weak that it can no longer fight even common illnesses. | There's no cure for HIV/AIDS, but the symptoms can be helped and the virus can be slowed down by using medication. There are also social support services which help with emotional and social aspects of living with HIV/AIDS. |

HEPATITIS B

Hepatitis B targets the liver, which is responsible for filtering the blood and breaking down food and poisons in the body. It can be passed on through contact with blood, semen and vaginal fluid.

Signs and Symptoms

Darker urine and pale faeces, yellowing of the skin and eyes (jaundice), fever and extreme tiredness or stomach pains and vomiting.

| Risky When... | What Can Happen? | Treatment |
|--|--|--|
| <ul style="list-style-type: none">• You have anal or vaginal sex without a condom.• You share syringes, needles or any injecting equipment including tourniquets, tables or other surfaces, and when there is blood on hands and fingers (even when the amount of blood is too little to see).• You get a tattoo or piercing with equipment that hasn't been sterilised in an autoclave.• You get a tattoo painted with ink from an inkpot used to tattoo someone else. | <p>Most adults recover completely. The signs and symptoms will disappear, though hepatitis B is rarely completely cured.</p> <p>Some people become carriers and can develop serious liver diseases, including liver cancer. These people can also infect other people, even if they feel ok.</p> | <p>A vaccine is available to prevent Hepatitis B.</p> <p>Treatment aims to stop the hepatitis B virus from multiplying as much as possible. This decreases the risk of serious liver disease developing later in life and makes it possible for the liver to repair some of the damage and to work better.</p> <p>It is very rare that any of these medications will cure hepatitis B infection.</p> |

HEPATITIS C

Hepatitis C is not typically transmitted through sex, but it can be passed on through contact with infected blood. The main risk is injecting drug use.

Signs and Symptoms

Most people who are infected will have no symptoms at first, however, some may get yellowing of the skin and eyes (jaundice), flu-like symptoms soon after becoming infected, tiredness, pain in the abdomen, nausea (feeling sick or queasy) or dark urine and pale faeces. Sometimes symptoms can take years to develop.

| Risky When... | What Can Happen? | Treatment |
|--|---|---|
| <ul style="list-style-type: none">• You have anal or vaginal sex without a condom if blood is present.• You share syringes, needles or any injecting equipment including tourniquet, tables or other surfaces, and when there is blood on hands and fingers (even when the amount of blood is too little to see).• You get a tattoo or piercing with equipment that hasn't been sterilised in an autoclave.• You get a tattoo painted with ink from an inkpot used to tattoo someone else.• You share body jewellery | <ul style="list-style-type: none">• About 20% of people clear the virus.• The other 80% develop longterm or chronic hepatitis C. | <p>Treatment is available which cures between 50-80% of people.</p> <p>There is no vaccine for hepatitis C.</p> |

TATTOOING AND PIERCING

Both tattooing and body piercing involve penetration of the skin and some bleeding. This bleeding can allow BBVs (including HIV and hepatitis C) to be transmitted. It is essential that if you are considering having a piercing or a tattoo you go to local government approved studios which use sterile equipment and safer practices.

If the tattoo artist or body piercer uses professional standards, then they will be happy to show you the ways in which their workplace follows standard safer practices. If they are not, your best bet is to take your business to someone that will.

Here is a guide to some things you can look for in a studio;

Tattooing

- The tattoo studio should have health standards approval from the relevant local government authority and the tattoo artist should have credentials and references. You can ask to see these if they are not on display.
- The tattoo parlour should use new sterile equipment for each client, and thoroughly cleanse and sterilise equipment (e.g. by using an autoclave).
- Standard precautions should be followed to reduce the risk of infection, such as those used in medical facilities to sterilise reusable equipment.
- The tattoo parlour should look clean, safe and professional. You should use your judgment and avoid back yard tattooists.

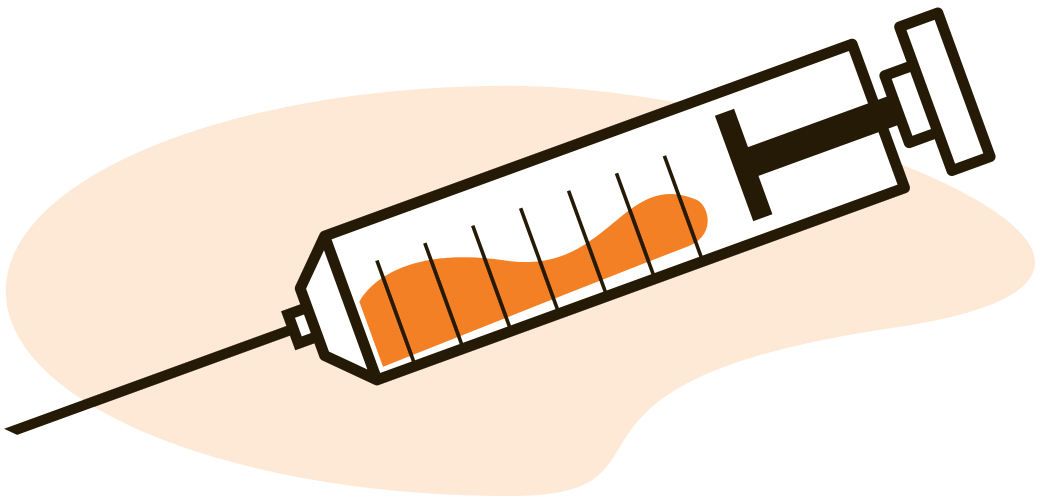
Piercing

- Ask if all the equipment is sterile. Equipment should be in new sterile packaging and should be taken out of packaging in front of you and then be disposed of in a sharps container.
- Make sure that fresh disposable latex gloves are used.
- The practitioner must have knowledge about the human anatomy and the location of various nerves that lie beneath the skin that need to be avoided.
- The practitioner must give you information about proper aftercare of your new piercing.
- Ask if the practitioner is available to answer any questions you may have after the piercing.

INJECTING DRUG USE

Sharing any injecting equipment such as needles, spoons, swabs, water and tourniquets and the drug mix can put you at risk of contracting HIV and hepatitis B and C.

- If a person is infected with HIV, hepatitis B or C, their blood can contain enough virus to be infectious. Traces of blood too small to see are left in, or on, used syringes, needles, other injecting equipment or the drug mix. The only way to be completely safe is to not share any injecting equipment.
- For information about reducing risks associated with injecting drug use visit the WA AIDS Council at www.waids.com.au, HepatitisWA at www.hepatitiswa.com.au or the WA Substance Users' Association at www.wasua.com.au.



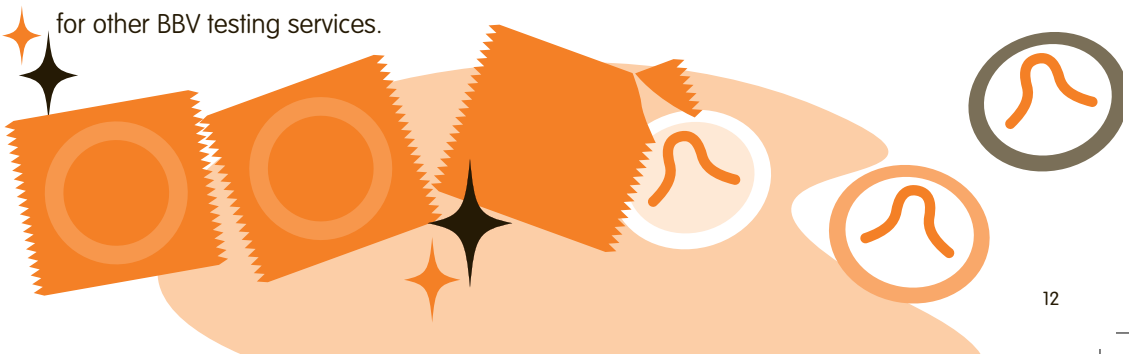
TESTING FOR STIs AND BBVs

The type of test or tests you have will depend on whether you have symptoms at the time and the type of sexual activity or BBV risk behaviour you have been involved in.

- For girls, a STI test usually includes taking a sample from the vagina with a swab (looks like a long cotton bud). This can be done privately or at the same time as a pap smear. In some situations a urine test may be needed.
- Guys who have no STI symptoms will have a urine test. Where a guy has symptoms such as discharge from the penis or pain or swelling in the testicles, swabs are taken from the opening at the end of the penis.
- The only way to know for sure if you have a BBV or some STIs is to have a blood test. Blood tests are used for HIV, hepatitis C, hepatitis B, syphilis and herpes.
- If you have had oral or anal sex, your doctor may also recommend testing these areas. If you have an ulcer in the mouth or genital area which could have been caused by a STI, samples might be taken directly from the ulcer itself.
- Test results usually take about a week to come back. If results show you have an infection, sexual partners also need to be tested and treated, otherwise reinfection can occur.
- Avoid having unsafe sex while you or your partner is taking any prescribed treatment. You could infect each other again.
- Don't drink alcohol while taking treatment as it will reduce the effectiveness of the treatment.

WHERE CAN YOU GET TESTED?

For those aged 16 years and older, online chlamydia and gonorrhoea test requests are available at www.GetTheFacts.health.wa.gov.au. STI and BBV tests are available from most GPs or you can go to a sexual health clinic. See the list of agencies at the end of this resource for other places to go. You can also contact WA Substance User's Association (WASUA) or the WA AIDS Council (details at the end of this resource) for other BBV testing services.



DRINK SPIKING

Drink spiking can put you at increased risk of sexual assault. Most of the time we hear about chemicals being added to drinks to 'knock' the person out. This is actually quite rare. Drink spiking more commonly involves increasing the amount of alcohol in a persons drink without them knowing.

If you choose to drink, keep yourself safe from drink spiking:

- Only accept drinks from people you know and trust.
- Be suspicious if someone buys you a drink that is not what you asked for.
- Always keep your drink with you.
- If you lose sight of your drink, don't drink from it again.
- Never share drinks with anyone.
- If you feel dizzy or light-headed, get to a safe place with people you know and trust.

Visit **www.GetTheFacts.health.wa.gov.au** for more information on drink spiking.

SEXUAL ASSAULT

Sometimes intoxicated people may find themselves in risky situations. Being intoxicated increases the risk of being a victim or a perpetrator of sexual harassment, assault or rape. This may happen anywhere, for example parties or Leavers celebrations where there are lots of people and you may not know many of them.

- Forcing someone to have sex is a crime.
- Date rape is a crime.
- Both males and females can be victims and/or perpetrators of sexual assault.
- Sexual assault is never the fault of the victim.
- Drink spiking is a crime. Drink spiking may be done as a 'joke' or with the purpose of sexual assault. The drug most often used to spike a drink is alcohol.

For more information about what is a sexual assault go to **www.reachout.com/find/articles/sexual-assault**.

WHAT TO DO IF YOU OR A FRIEND HAS BEEN SEXUALLY ASSAULTED

You

If you feel comfortable, find a friend to support you and tell them what happened. Think about what you want to do. Some options are listed below.

A friend

If you know or suspect a friend has been sexually assaulted it is important to listen and believe them.

Contact the police on 131 444 to report the assault.

If you are unsure about whether you want to report at this point you do not have to. The police can be contacted at a later point in the process.

Contact the Sexual Assault Resource Centre (SARC)

If you or someone you know has been sexually assaulted there is confidential help available at SARC on their 24 hour crisis line - **9340 1828**, or Freecall **1800 199 888** or go to their website **www.kemh.health.wa.gov.au/services/sarc/have_you.htm**. This is a confidential service for both males and females that provides crisis counselling, support, information about your situation and what to do next.

Go to the local hospital Accident and Emergency Department.

If you have been assaulted it is important to seek medical assistance as soon as possible. Tell them it was a sexual assault so they can gather evidence in case you decide to report it. They can perform a medical examination to check for physical injury, STIs and also perform a forensic examination to collect evidence. They can also help with emergency contraception to prevent an unwanted pregnancy. It does not mean you have to report the incident to the police at this point if you choose to have an examination.

WHERE TO GET SUPPORT/INFORMATION, HEALTH CHECKS AND TREATMENT

See your local GP

Alcohol and Drug Information Service

24-hour, state-wide, confidential telephone service providing information, counselling, advice and referral.

**9442 5000 or
Country callers 1800 198 024**

Alcohol. Think Again

Provides information about alcohol related issues, including alcohol and blood-borne viruses and sexually transmitted diseases.

www.alcoholthinkagain.com.au

Department of Health WA

Get The Facts

Information for young people about sexual health, blood-borne viruses, relationships including a confidential 'ask a question' feature.

www.GetTheFacts.health.wa.gov.au

Information on chlamydia.

www.couldihaveit.com

Derbarl Yerrigan Health Service

Provides a range of health services for Indigenous people, including GP services.

**156 Wittenoom Street, East Perth
(08) 9421 3888**

www.derbarlyerrigan.com.au

Drug Aware

Provides relevant, credible information about drugs, where to get help, sexual health, blood-borne virus transmission and drug use; that can help people make informed decisions.

www.drugaware.com.au

FPWA Sexual Health Services

Information for young people with sexual health issues including a confidential telephone helpline and email question and answers.

70 Roe, St Northbridge, Perth 6000

Helpline (08) 9227 6178

Free call 1800 198 205

sexhelp@fpwa.org.au

www.fpwa.org.au

Freedom Centre

Peer support, a safe social space, information and referrals for same sex attracted and gender diverse young people.

93 Brisbane St, Northbridge, Perth 6000

(08) 9228 0354

info@freedom.org.au

www.freedom.org.au

Fremantle Hospital

B2 Sexual Health Service

Referral service for diagnosis and treatment of sexually transmitted infections as well as education and counselling. Includes a telephone information and counselling service.

**B2 Clinic, B Block,
Alma St, Fremantle
(08) 9431 2149**

HepatitisWA

For information, education and support around blood borne viruses, particularly hepatitis.

**187 Beaufort St, Northbridge
(08) 9227 9800**

Freecall 1800 800 070

www.hepatitiswa.com.au

Leavers WA

The official website for school Leavers in WA.

www.leaverswa.com.au

Marie Stopes International

sextxt

Text messaging service for instant and accurate sexual health information direct to mobile phone.

**sms 'sexinfo' to
19 SEXTXT (19 739898)**

www.sextxt.org.au

Likeitits

Provides information on sex education, teenage life, puberty and contraception.

www.likeitits.org.au

Marie Stopes International

Midland Centre

Sexual and reproductive health service.

8 Sayer Street, Midland, WA

Freecall 1800 003 707

info@mariestopes.com.au

Parent Drug Information Service

24-hour, confidential, free telephone support, advice and information for parents and families concerned about drug use. Callers can speak to either a professional counsellor or to a trained parent volunteer who has experience of a child using drugs.

9442 5050

Country callers 1800 653 203

Quarry Health Centre

Sexual health services for under 25's. Rear of 7 Quarry Street, Fremantle

(08) 9430 4544

quarry@fpwa.org.au

www.fpwa.org.au/youngpeople/quarry

Royal Perth Hospital

Clinic for diagnosis and treatment of sexually transmitted infections.

Sexual Health Clinic

Ainslie House, Level 4,

48 Murray St, Perth

(08) 9224 2178

WA AIDS Council

Information, links and contacts related to safer sex, condom use and sexually transmitted infection transmission, treatment and prevention.

AIDSLine (08) 9482 0044

aidsline@waacids.com

www.waacids.com

WA Country Health Services

Provides a wide range of health services for regional and remote communities.

Toll Free: 1800 629 028

www.wacountry.health.wa.gov.au

WA Substance Users' Association

Provides advice about injecting drug use, testing for blood-borne viruses and vaccinations against hepatitis A & B.

519 Murray Street

West Perth

(08) 9321 2877

info@wasua.com.au

www.wasua.com.au

Womens Health Services

Information, clinical and counselling services including confidential telephone helpline for women on all aspects of sexual health, alcohol and other drugs, mental health and domestic violence.

100 Aberdeen St, Northbridge

(08) 9227 8122

www.whs.org.au

SEXUAL ASSAULT

Sexual Assault Resource Centre (SARC)

SARC is a free 24 hour 7 days a week emergency service that offers assistance and support to any person aged 13 years and over who has experienced any form of unwanted sexual contact or behaviour.

9340 1828 (crisis line 24 hours)

1800 199 888 (rural freecall)

www.kemh.health.wa.gov.au/services/sarc/have_you.htm