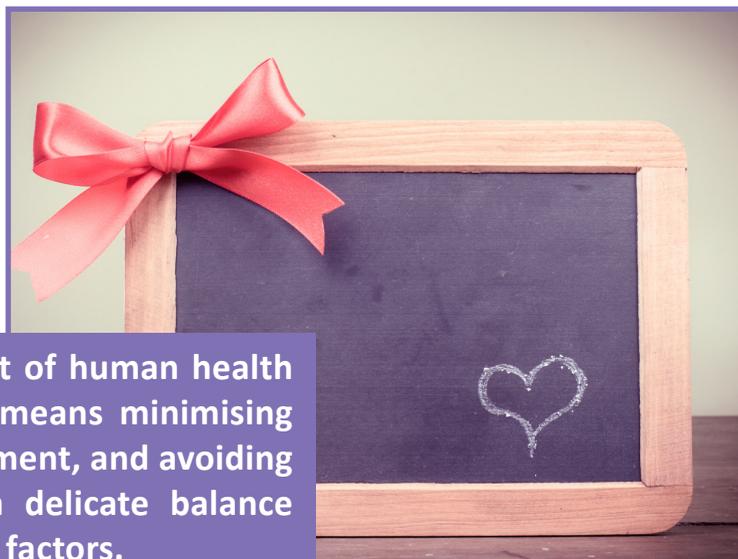


How's your sexual health?



Sexual health is a fundamental part of human health and wellbeing. For most of us, it means minimising problems or risks, optimising enjoyment, and avoiding misconceptions about sex. It is a delicate balance between physical and psychological factors.

What is sexual health?

Sexuality is more than what you do sexually. It is not only about having sex or about sexual behaviours: it's about the person you are, how you feel about yourself and your body, how you feel as a man or woman – the way you dress, move and speak, the way you act, and how you feel about other people. These are all parts of who you are as a person, your whole life long. Everyone has their own way of being sexual and our sexuality is a natural and healthy part of who we are.

Why is sexual health important?

Sexual wellness means being free from fear, injury, infection, and misconceptions. It involves being comfortable, having the ability to control and positively experience your own sexuality, as well as protecting and nurturing your and your partner's sexual wellness.

In the area of sex and sexuality, freedom, responsibility, and maturity are key issues. Part of sexual responsibility is about knowing yourself and your own boundaries well enough to put them into place when necessary. While younger people sometimes have difficulty setting boundaries and commanding respect, more mature people should find it easier to do, and are in a position to help the younger generation take responsibility for their choices.

You should be managing your own sexual health and one simple thing you can do is wear a condom or insist that your partner wears one – especially if it is a new relationship or you are not sure of your partner's sexual history.

Top facts about condoms

- Condoms work by preventing HIV transmission and unintended pregnancy as they act as a protective barrier against bodily fluids.
- Condom testing is rigorous and goes above and beyond adequate safety measure testing.
- If you have a latex allergy, there are synthetic condom options.

Before you have sex, talk to your partner about how to protect yourselves.

- A male or female condom can provide protection from most STIs if used correctly every time you have sex.
- Become familiar with how to use condoms and have a supply ready.
- Seek advice straight away if you think you've been at risk.

The topic of sex and sexuality is often taboo but it is important to speak about the issues surrounding sex so that we can avoid illnesses, abuse, and many other unwanted outcomes a sexual relationship can bring. Speak to your doctor if you have any sexual health questions.



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Sexual health