

**Play safe on holiday / Brook Advisory Centres.**

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#### PLANNING TO HAVE A GOOD TIME?

- You don't **have** to have sexual intercourse. There's lots of ways to make love **and** be safe from pregnancy or infection.
- Safer sex includes hugging, kissing, stroking, massage, masturbating each other or any activity which avoids contact with his semen or her vaginal fluids.
- If your holiday romance continues when you get home, you'll know your lover's chasing **you**, not just sex!

#### IF YOU HAVE SEX...

- If and when you have sexual intercourse, always **(and that means always!)** use a condom.
- Keep suntan oil well away from your condom - oil based creams or lotions can perish rubber in minutes!
- If you're using another method of contraception, use a condom as well.
- Sounds like Double Dutch? Not if you want to enjoy yourself without post-holiday panics!

#### HOW DO I BRING IT UP?

- Promising yourself you'll play safe on holiday is one thing. Doing it is another - especially if you've had plenty of cheap booze.
- It's best to talk about what you want to do before you start to make love - once you've started it's difficult to bring the subject up. Talking about sex can be as sexy as doing it!
- Some people make a joke about it, others start talking about AIDS in general, someone else might just get out a condom. What's your style?

#### BUT ISN'T IT ROMANTIC JUST TO GET CARRIED AWAY...?

- Only if you find an unplanned pregnancy or a sexually transmitted infection romantic too...

**SO - PACK SOME CONDOMS IN YOUR LUGGAGE BEFORE YOU GO OR YOU MAY BRING SOME UNWANTED SOUVENIRS BACK WITH YOU!**

#### REMEMBER!

- If you **do** have UNPROTECTED SEX or something goes wrong when you use a condom (and you haven't used another contraceptive as well), then **ACT QUICKLY!** Ask a doctor for EMERGENCY CONTRACEPTION. You must go within 3 days but seek help anyway as soon as possible.

If this isn't possible, have a pregnancy test and check up as soon as you get home. Go to your nearest Brook Advisory Centre, youth advisory clinic or family planning clinic.

- If you want to use the FEMALE CONDOM to help you enjoy safer sex, find out how to use it at your Brook Centre or youth advisory clinic - and practise using it on your own first.
- If you want to AVOID HAVING A PERIOD while on holiday and you're on the combined pill, ask your doctor if you can start the next pack as soon as you've finished the last one.
- NEVER stop using the pill half way through a packet! It can wake up your ovaries and cause pregnancy.
- IF YOU'VE RUN A RISK of catching a sexually transmitted infection or HIV, go to your nearest Genito-Urinary Medicine (GUM) Clinic for a check up - even if you don't notice any signs of infection. Most STD's can be cured. CUT THE WORRY, GO FOR A CHECK UP!

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Notes:

Brook & Publications Unit Charity registration number: 229566  
Brook Advisory Centres provide free condoms, birth control advice and supplies, pregnancy testing and counselling for young people.

There are Brook Centres in England, Scotland and Northern Ireland.  
Ring: 0171-713 9000 for details of your nearest Brook Centre or young people's birth control service.

# Play Safe on Holiday



# Play Safe on Holiday

We'd saved all year for this holiday and nothing was going to stop us having a good time! Mandy had fallen straight into the arms of this guy who'd sat next to us in the plane coming over.

THEN ALONG COMES DAN, ONE OF THE GUYS ON THE NEXT BALCONY.

Fancy coming swimming with me? I've found a beach the other side of the bay.

It's so quiet you could do what you like and no-one would bother...

IT WAS OUR SPECIAL PLACE... WE WENT THERE WHENEVER WE COULD.

AT THE NIGHTCLUB WITH MANDY AND JIM.

I really fancy him, Mandy - but how on earth can I ask him to use a condom?

I've got all the colours of the rainbow with me - so I just asked Jim which he fancied!

IN THE HOTEL BEDROOM WITH MANDY.

It's no good - he thinks I think he's got something nasty! What shall I DO?

You could use a female condom yourself. Or you could play safe. Swimming naked together and massaging each other all over with suntan oil are about as sexy as you can get - AND safer if there's no contact between your vagina and his sperm!

There's no way he's going to agree to THAT!

THE REST OF THE HOLIDAY PASSED IN A HAZE...

Leaving him was awful. After all, who could ever take his place? Then I remembered, Dan was always scratching himself... y'know... down there - and I started to worry.

AT THE YOUTH ADVISORY CLINIC...

You're worried you might have caught something. Holiday romance was it? Did he use a condom? After a few drinks it's hard to insist isn't it?

You did well to protect yourself from pregnancy but the pill won't protect you from infection. Sometimes there aren't any symptoms so you ought to go for a check up at the GUM clinic. In the meantime...

...it really is better to use a condom EVERY time you have sex!

Don't worry. It may sound like Double Dutch! but I'll always play safe - and not just on holiday either!

— What's your style? —

\*:o RIBBED FLAVOURED OR JUST PLAIN SMOOTH!

Your condom or mine?

Idont do it - naked WHICH ONE?

— Why play safe? —

Feel good afterwards!

No worries prolongs sex! \*

No wet patch

\*It can spice up your sex life \*

<p><b>DOUBLE DUTCH</b></p> <p>MAXIMUM PROTECTION FOR SAFER SEX</p>	<p><b>A CONDOM + THE PILL = DOUBLE DUTCH</b></p> <p>(to protect from infection) (to protect from pregnancy)</p> <p>MAXIMUM PROTECTION FOR SAFER SEX</p>	<p><b>A CONDOM + THE PILL = DOUBLE DUTCH</b></p> <p>(to protect from infection) (to protect from pregnancy)</p> <p>MAXIMUM PROTECTION FOR SAFER SEX</p>	<p><b>A CONDOM + THE PILL = DOUBLE DUTCH</b></p> <p>(to protect from infection) (to protect from pregnancy)</p> <p>MAXIMUM PROTECTION FOR SAFER SEX</p>	<p><b>A CONDOM</b></p> <p>(to protect from infection)</p> <p>MAXIMUM PROTECTION FOR SAFER SEX</p>
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