

**Choose safer sex : relationships and sexual health / Health Education Authority ; photography by Cameron Spencer.**

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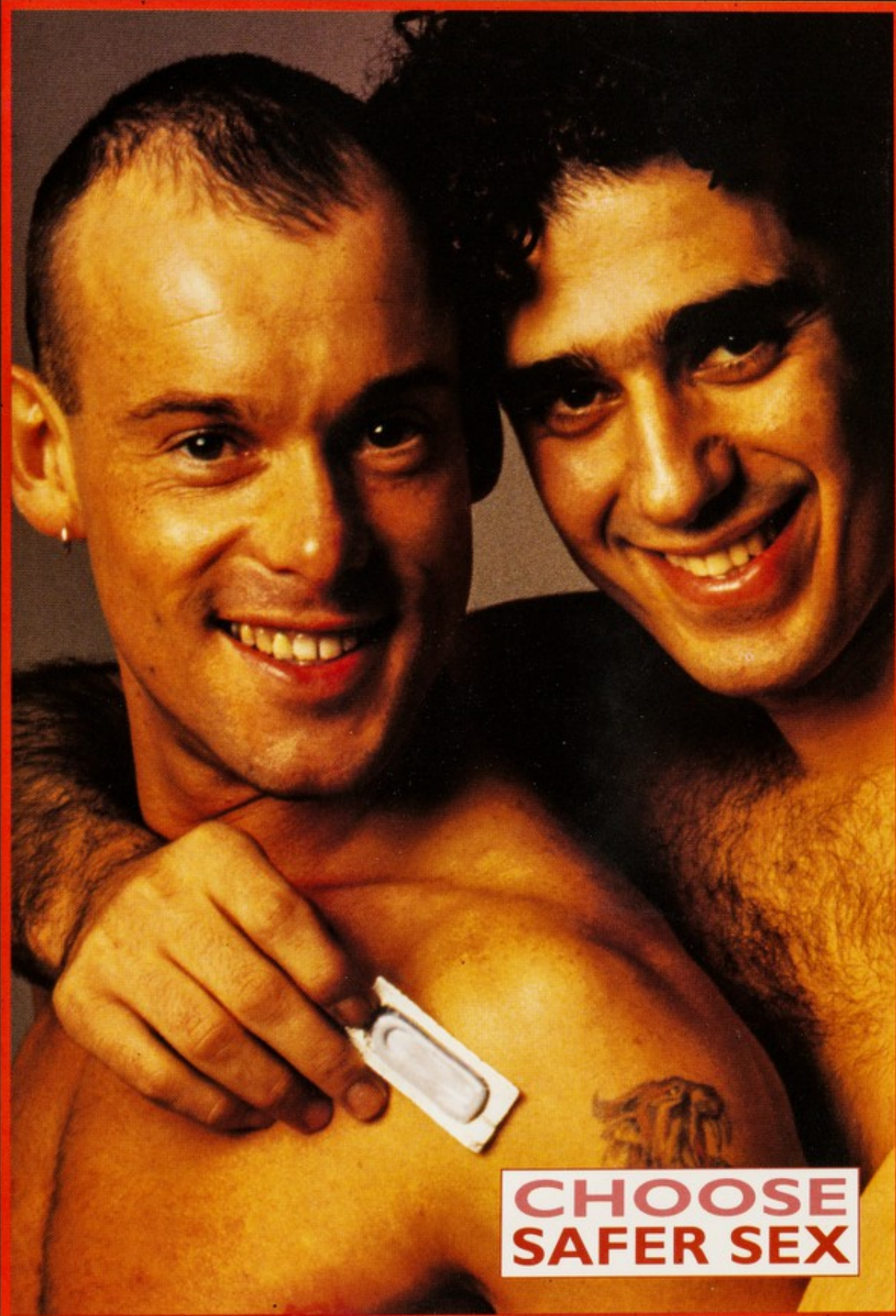
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**CHOOSE  
SAFER SEX**





## RELATIONSHIPS AND SEXUAL HEALTH

Decisions about safer sex can feel very different when you are in a relationship. So take time to discuss things with your partner. You may feel pressurised to give up condom use, so be aware of this.

If you feel unsure, why not ring someone who is experienced in offering helpful and practical advice. Try one of the lines below, or visit your local clinic (sometimes called STD - Sexually Transmitted Diseases, or GUM - Genito Urinary Medicine Clinic).

They are free and strictly confidential.

## HELPLINES

Terrence Higgins Trust - **0171 242 1010**

London Lesbian & Gay Switchboard - **0171 837 7324**

National AIDS Helpline (NAH) - **0800 567 123**

(Minicom 10am-10pm - **0800 521 361**)

(NAH also run different language lines)



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