Derventio

People Really Do Matter

Sexual Health Handbook



Straight Talk and Where to Get Solid Support

Contents

Contraception 3
Types of contraception 3
How to get free contraception 4
STIs 5
About STIs 5
How to prevent STIs 6
Testing and treatment 6
HIV and PrEP 8
How to prevent HIV 9
About PrEP 10
HIV treatment 11
Resources and Information 12

This guide is your go-to for straightforward advice on taking charge of your sexual health. From handling STIs and contraception to understanding HIV, it's all here. You'll also find resources and solid support to back you up when you need it.

Contraception

Types of contraception

Contraception is FREE with the NHS.

You and your partner have got a range of solid options to choose from, including:

- **Caps or diaphragms**
- **Combined pill**
- **Condoms**
- **Contraceptive implant**
- **Contraceptive injection**
- **Contraceptive patch**
- **Female condoms**
- **IUD (intrauterine device or coil)**
- **IUS (intrauterine system or hormonal coil)**
- **Natural family planning (fertility awareness)**
- **Progestogen-only pill**
- **Vaginal ring**

When it comes to permanent methods of contraception, you've got two options: female sterilisation and male sterilisation (vasectomy).

The right choice for you depends on a few key factors: your age, smoking habits, medical background, family history, and any meds you're on.

Talking about this might feel a bit uncomfortable, but stepping up now is the smart way to avoid an unplanned pregnancy.

Check out the NHS guide to contraception for all the details you need.
https://www.nhs.uk/contraception/

How to get free contraception

Your Sexual Health Matters provides a free and confidential condom and lube service to people - regardless of sexuality - who live in Derby City and Derbyshire. You can also order free oral contraception. Both the progestogen only pill and the combined pill are available.



Head over to Your Sexual Health Matters and grab your free condoms today.

https://www.yoursexualhealthmatters.org.uk/contraception/free-condoms

STIs

About sexually transmitted infections (STIs)

STIs are infections you can pick up through close sexual contact, and no one is off the hook - if you're sexually active, you're at risk, regardless of age.

Skipping condoms or not using them right can increase your chances of getting an STI.

STIs don’t only cause discomfort, embarrassment and irritation; they can mess with your health long-term, causing pain or even infertility.

Some of the nastiest ones don’t even show symptoms, which is why staying smart and taking action matters.

Use protection, and if something feels off, take action - get tested and treated.

Some common STIs include:

- **Chlamydia**
- **Epididymo-orchitis**
- **Genital herpes**
- **Genital warts**
- **Gonorrhoea**
- **Hepatitis B**
- **HIV**
- **Molluscum Contagiosum**
- **Non-gonococcal Urethritus/Non Specific Urethritis (NGU/NSU)**
- **Pelvic Inflammatory Disease (PID)**
- **Pubic Lice**
- **Scabies**
- **Syphilis**
- **Trichomonas**



How to prevent STIs

Your Sexual Health Matters provides a free and confidential condom and lube service to people - regardless of sexuality - who live in Derby City and Derbyshire.

Using a condom every time you have sex is your best defence against picking up an STI from an infected partner. When used correctly, male condoms are 98% effective - solid protection that puts you in control.

Want to go the extra mile? Here's how to stay ahead of the game:

- **Talk openly** with your partner about STIs, sexual health, and contraception before getting intimate.
- **Get tested** and encourage your partner to do the same. Remember, many STIs can hide without symptoms, so don't assume you're in the clear.
- **Skip sex** if you're under the influence of alcohol or drugs – they can mess with your judgment and lead to risky choices.
- **Ask your doctor** about vaccines for HPV and Hepatitis B. These can shield you from serious infections down the line.

Take charge, stay informed, and protect yourself – because your health always comes first.

Check out Your Sexual Health Matters to get the lowdown on testing and treating STIs–straightforward, secure, and built for you.
https://www.yoursexualhealthmatters.org.uk/stis-and-hiv/testing-and-treatment-stis

Testing and treatment

Derby City and Derbyshire offer a no-cost, all-inclusive sexual health service designed to keep you in control. This includes STI screening and treatment, HIV testing with follow-up care, and straight-up advice and support for your sexual health. The staff get it - talking about this stuff can feel awkward, but they're pros and know how to make you comfortable.

And remember, an STI is just another infection - deal with it confidently, just like you would a cold.

How to prevent STIs

If an infection's spotted, you'll be asked to come by the clinic for treatment. When you're there, you'll get clear, no-nonsense instructions on the right treatment and how to use it. The best part? Every treatment's completely free - easy and hassle-free.



Get your free, confidential testing kit today–no hassle, no judgment, just take control.
https://www.yoursexualhealthmatters.org.uk/stis-and-hiv/testing-and-treatment-stis/order-test-online

HIV and PrEP

About HIV and AIDS

HIV (Human Immunodeficiency Virus) is a tough opponent that targets your immune system, making it harder for your body to fend off infections and diseases.

AIDS (Acquired Immunodeficiency Syndrome) is the final stage of HIV, where your defences drop, leaving you open to serious threats like cancer and pneumonia.

The number-one way people get HIV? Unprotected sex, often with someone who doesn't realise they're infected.

Here's the deal - early diagnosis and solid treatment can stop HIV in its tracks, preventing it from turning into AIDS.

While there's no cure, cutting-edge treatments mean most people with HIV can lead long, strong, and healthy lives.

Stay sharp, take control, and protect yourself.



How to prevent HIV

HIV is no longer a fatal diagnosis; effective treatment saves lives. Here's how you can stay ahead and safeguard yourself and others from HIV:

- **Condoms:** The smartest defense against HIV is to use condoms every time you have sex. Stay sharp by also ensuring any needles or drug-taking gear you use are clean. Want free condoms? You can order them online– details on page 4.
- **PrEP (Pre-Exposure Prophylaxis):** PrEP is a game-changer. It's medication for those who don't have HIV but face a higher risk. When taken correctly, it blocks the virus, even during unprotected sex. Just remember - it won't shield you from other STIs or unexpected pregnancies. The best part? PrEP is available for free at sexual health clinics. Get the full scoop on page 10.
- **HIV Screening:** Testing for HIV is quick, discreet, and free. You can do it at home or head to a clinic or GP. Make it a habit to test at least once every year– or more often if you have unprotected sex with multiple partners. Screening involves a blood test, and you'll usually get results in a few days. These tests detect HIV reliably four to six weeks after exposure. Order a free, private test online or book an appointment today.

https://freetesting.hiv/

Get your free, confidential testing kit today–no hassle, no judgment, just take control.

https://freetesting.hiv/

About pre-exposure prophylaxis (PrEP)

PrEP is your go-to tool for staying ahead of HIV.

It's a daily tablet designed for those who don't currently have HIV but are at higher risk, like men who have sex with men, sex workers, transgender people and anyone with an HIV-positive partner.

For maximum protection, take it daily, but if sex isn't frequent, you can also take it before and after.

When used properly, PrEP is a powerhouse, drastically cutting the risk of HIV transmission.

Here's how to get started with PrEP in six simple steps:

1. **Make the Call –** Reach out to your local Sexual Health Clinic by dialing 0800 328 3383.
2. **Book a Slot** – Choose an appointment time that works for you, Monday to Friday.
3. **Get Prepped** – Be ready to talk about your sexual and medical history, as well as any medications you currently take.
4. **Attend Your Appointment** – Meet with a doctor who will discuss PrEP, run blood tests, and check your eligibility. You'll also schedule a two-week follow-up at this time.
5. **Get Your Pills** – If you're eligible, you'll pick up your free PrEP tablets at your follow-up appointment.
6. **Keep Checking in** – Stay on top of regular follow-ups every three months to get your next three months' PrEP tablets supply and complete necessary tests.

When you're ready to take control and start PrEP, call the booking line at 0800 328 3383 to set up your first appointment. Don't wait - take charge of your health and get protected.

HIV treatment

Starting HIV treatment early is key to staying strong and in control.

Effective treatment doesn't just protect your health - it stops HIV in its tracks.

The proper medication reduces the virus to undetectable levels, meaning it's so low you can't pass it on. This is called having an 'undetectable viral load' - and it's a game-changer.

The specialist HIV teams in Derbyshire and Derby City have your back, offering solid advice and ongoing support every step of the way. Take charge, get treated, and stay unstoppable.

Visit the HIV guide from the Family Planning Association

https://freetesting.hiv/about-hiv



Resources and Information

For more information on all the topics covered in this booklet visit Your Sexual Health Matters
https://www.yoursexualhealthmatters.org.uk/

Find your nearest sexual health clinic
https://www.yoursexualhealthmatters.org.uk/service-finder

SV2 provides help and support for victims of sexual violence. Call 01773 746 115 or visit the website
https://www.sv2.org.uk/

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CREATED IN PARTNERSHIP WITH

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