Housing support
Department of Human Services –
Shop 2/109 Lava Street, Warrnambool.
Phone: 5561 9444.
260 Gray Street, Hamilton. Phone: 5551 3299.
16 Julia Street, Portland. Phone: 5523 9999.

Youth and family support
Bethany Community Support – 24–36 Fairy St,
Warrnambool. Phone: 1300 510 439.
Brophy Family and Youth Services – 210 Timor
Street, Warrnambool. Phone: 5561 8888.
Emma House Domestic Violence Services –
Phone: 5561 1934.
Lifeline South West – 24hr, 7 day telephone
 counselling and crisis support – Phone: 5559 0555.
MacKillop Family Services – 237 Cecil Street,
South Melbourne. Phone: 03 9699 9177.
Salvo Connect – 66 Kepler Street, Warrnambool.
Phone: 5561 6844.

Sexual assault
Barwon Centre against Sexual Assault – Level 1,
59–63 Spring Street, Geelong West. 1800 806 292
(24 hour service).
South West Centre Against Sexual Assault –
Phone: 5564 4144 or 1800 806 292.

Aboriginal community-managed services
Dhauwurd Wurrung (DWECH) – 18 Wellington Rd,
Portland. Phone: 5521 7535.
Framlingham Aboriginal Trust – 42 Kirrae Street,
Purnim. Phone: 5567 1003.
Gunditjmara Health Service – 3 Banyan St,
Warrnambool. Phone: 5564 3344.
Gunditjmara Aboriginal Cooperative Limited –
135 Kepler Street, Warrnambool. Phone: 5564 3333.
Kirrae Health Service – 1 Kirrae Ave, Purnim.
Phone: 5567 1270.
Winda-mara – 21 Scott St, Heywood.
Phone: 5527 0000.

Secondary School support
Many schools have a Secondary School Nurse or a
student welfare coordinator who can provide support
and advice in regard to sexual health and help connect
you to services outside school.

Local Government
Corangamite Shire Council – 181 Manifold Street,
Camperdown. Phone: 5593 7100.
Glenelg Shire Council – 71 Cliff Street, Portland.
Phone: 5522 2205.
Moyne Shire Council – Princes Street, Port Fairy.
Phone: 5568 0555.
Southern Grampians Shire Council – 111 Brown
Street, Hamilton. Phone: 5573 0444.
Warrnambool City Council – 25 Liebig Street,
Warrnambool. Phone: 5559 4800.

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**Why is safe sex so important?**

Your sexual identity is an important part of who you are. Safe sex that’s enjoyable, respectful and protected, allows people to enjoy this aspect of life while preventing sexually transmissible infections (STIs) and unplanned pregnancies. Protecting sexual health at all ages is really important as just one unsafe sexual encounter can have lifelong impacts on your health, relationships and general wellbeing, as well as those of your partners and family.

**What can go wrong?**

The idea that ‘it won’t happen to me’ just doesn’t match the evidence – STIs are on the increase in Australia, especially amongst young people. Chlamydia is the most frequently diagnosed STI and is being diagnosed in people as young as 12. But while young people are now a significant group at risk of STIs including HIV infection, not everyone understands this risk or how to protect themselves.

Drugs or alcohol affect your ability to make decisions about sex and to practice safe sex, but there may also be situations where you’re being pressured or forced to have sex against your will which could include unprotected sex.

Anyone who doesn’t practice safe sex – even once – is at risk of contracting STIs, including HIV. The good news is that all STIs are preventable.

No matter what the situation or the person involved, you should always be able to decide whether you want to have sex and should be able to do so safely.

**How can I protect myself and my partner?**

The most important thing you can do is to know the risks and know how to keep safe. You can’t always know whether a person you’re having sex with has an STI so you need to protect yourself every time you have sex.

The links in this brochure provide lots more information but here are some key points to safe sex:

- Use a condom every time as this is the best protection against STIs.
- You can get pregnant the first time, so always use contraception.
- Say no if your partner refuses to practice safe sex. Forcing you to have sex is against the law.

**Where can I get extra information and help?**

There is a lot of support available in your local area and in areas outside of your region, so remember, you’re not alone. Get the help you need early and ask questions – whether for support, treatment, counselling, information or protection. If you wish, you can contact any of the agencies listed here directly for confidential and professional help.

**Testing and treatment**

Melbourne Sexual Health Centre provides testing and treatment services for STIs: Free call: 1800 032 017 (Toll free from outside Melbourne metropolitan area only).

If you are a young person living 100kms or more from Melbourne, free Chlamydia tests are available at www.testme.org.au. The Centre’s HIV Clinic provides services for HIV positive people only. Phone: 9341 6214. Their website provides a link to all local sexual health services: www.mshc.org.au

Living Positive Victoria provides support to HIV positive people following diagnosis – www.livingpositivevictoria.org.au


**Health and Community Services**

Active Health Portland offers GP services – Phone: 5522 1200.

Heywood Rural Health offers GP services and a women’s health program – Phone: 5527 0555.

Moyne Health Services offers counselling and women’s health advice – Phone: 5568 0100.

**What if I think I have an STI?**

You’ll need to be tested by a doctor as there are many different kinds of STIs. If you don’t want to see your local doctor, there are dedicated sexual health clinics and other services that provide testing, treatment and support.

**My test came back positive – what do I do now?**

The health professional who did your test will provide you with information about what a positive test means, what treatment options are available for that particular STI and what you need to do to protect your partners from getting infected. It is important to have the right information about the disease and what a positive test means. For example, if you’re diagnosed with HIV, this doesn’t mean you have AIDS, but it does mean you have a lifelong infection, so you’ll be offered support to understand how to manage your illness.

It’s also important to remember that a person who has an STI including HIV is required by law to take all reasonable steps to eliminate or reduce the risk of transmitting that infection to others. Practicing safe sex is the best way to protect others as well as yourself.

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