

Siarad am ryw

“SEXtember”

Time to talk about sex

Sex, Drugs and Alcohol - a Risky Mix!

To ensure that alcohol and drugs don't ruin your fun, enjoyment and sexual experience, make sure that you:

- **Have a game plan** - plan your contraception use and/or carry condoms before you start partying
- **Know your limits** - you and your sexual partner are not too drunk and are still able to have safer sex such as putting on a condom
- **Be in control** - both be able to consent to sex and never pressurise a partner, you can both say NO to sex at any time
- **Don't panic!** - know how to access emergency contraception and/or local sexual health services for a sexual health check-up

Sex, drugs and alcohol are a risky mix, they reduce inhibitions and can make people feel more sexually confident.

However, the line between enjoying yourself and becoming out of control and putting yourself at risk is a thin one and is different for everyone.



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