



98%
PROOF

ENJOY SEX RESPONSIBLY

You can ask **fpa's** confidential helpline any question on sexual health. Tel: 0845 122 8690.
Calls charged at local rate (mobiles vary).

Or use Ask Wes, **fpa's** web enquiry service at www.fpa.org.uk.

Male condoms are 98% effective in helping to prevent pregnancy and help protect against most sexually transmitted infections. © **fpa** 2009.
The Family Planning Association is a registered charity, number 250187, and a limited liability company registered in England, number 887632.

ONE TOO MANY?

If you want to cut the risk of pregnancy and sexually transmitted infections (STIs) when you mix drink and sex, check this out:

1. Have a game plan.

You don't necessarily go out expecting to have sex.

2. Know your limits.

The more you drink the less likely it is you'll use a condom.

3. Out without a bag? No pockets?

Fit condoms in your shoe/sock/bra/pants!

4. If you're on the pill take it well before you start

drinking so if you're sick your contraception will still work.

5. When you're out, keep an eye on your drink

to make sure no one spikes it.

6. No contraception?

Loads of bars and clubs have condom machines. Some taxi drivers do too. Keep condoms at home just in case.

7. You're out ... but your contraception is at home.

Take a pill with you if you can. Check **fpa's** missed pill advice at www.fpa.org.uk.

8. Is safer sex possible when you've been drinking?

Alcohol affects coordination. If you're drunk can you or your partner still put a condom on?

9. Alcohol affects judgement. Will you feel okay about what happened the night before ... the morning after?

10. Don't want sex? Don't have it! Never let a partner or friends pressure you. Man or woman, you can say NO to sex at any time.

11. Something happened. Don't panic. Get advice from

fpa or a health professional. Take emergency hormonal contraception within 72 hours of unprotected sex and get tested for sexually transmitted infections.

For information on condoms, STIs, emergency contraception, missed pills or anything else on sexual health, go to www.fpa.org.uk.

For issues of personal safety: www.suzylamplugh.org.

Alcohol: www.drinkaware.co.uk or www.nhs.uk.