

FREE CONDOMS

If you are 24 years old or younger, you can sign up for a supply of free condoms.

Apply online in the first instance to get a validation code. Then use the code at a participating pharmacy (such as Boots, Cornmarket) or order to arrive through the post.

<https://www.oxfordshireccard.org.uk/>

Quick easy service - discrete packaging, helpful staff, various sizes & types available, includes lube.

Remember, condoms are 98% reliable if used according to instructions and as low as 78% effective if not.

Please check leaflet to make sure you are using condoms correctly.

The JCR welfare cupboard is in the library foyer and contains sanitary products (pads, tampons and menstrual cups) and then condoms and lube.

Menstrual

Cups

If you menstruate and would like a reduced price menstrual cup, please contact a JCR welfare rep

CONSENT

Online consent training can be found at:

[Consent Matters: an online consent programme for students | University of Oxford](#)

If you are unsure whether you have consent you DO NOT have it.

FREE POSTAL TESTING PACKS FOR STUDENTS FITS INTO ANY LETTER BOX (& POSSIBLY A PIDGE?!)

www.sexualhealthoxfordshire.nhs.uk/sti/kits/

Order a kit to test for:

[Chlamydia – a guide by the British Association for Sexual Health and HIV \(pdf\)](#)

[Gonorrhoea – a guide by the British Association for Sexual Health and HIV \(pdf\)](#)

[HIV – health information on the NHS website](#)

[Syphilis – a guide by the British Association for Sexual Health and HIV \(pdf\)](#)

Easy & discrete service – self-taken swab for women / urine test for men

Please follow the instructions carefully.

Monkey Pox:

Is extremely rare in the UK. Men who have sex with men are thought to be at the highest risk of contracting this. Further information can be found here: [Monkeypox in the UK | Terrence Higgins Trust \(tth.org.uk\)](#)



ST PETER'S
COLLEGE

UNIVERSITY OF OXFORD

Sexual Health Information Leaflet



2022

2023



@OxSexualHealth

sexualhealthoxfordshire.nhs.uk

Sexual Health

Sexual Health is important and this leaflet sets out to provide all the relevant information you may need about finding support on this topic.

If you are sexually active it is wise to seek regular tests. Using a condom reduces the risk of passing on sexually transmitted diseases, as well as providing protection against unwanted pregnancy.

COLLEGE NURSE

Kate Tempest our College Nurse can advise on all aspects of sexual health.

Please email or ring Kate to arrange an appointment spcnurse@nhs.net

Tel +44 (0)1865 278887

COLLEGE DOCTORS

The College Doctors can advise on sexual health although they will often refer you to the Churchill Clinic (see next page)

Jericho Health Centre
New Radcliffe House
Walton Street
Oxford OX2 6NW
Tel. +44(0)1865 311234

www.leaverandpartnersjericho.nhs.uk

UNIVERSITY SEXUAL HARASSMENT AND VIOLENCE SUPPORT SERVICE

[Sexual Harassment and Violence Support Service | University of Oxford](#)

SEXUAL HEALTH CLINIC

This is at the Churchill Hospital, which is in Headington. It runs by appointment only. Contact the clinic for:

- [STI tests](#)
- [Contraception and pregnancy](#)
- [HIV care and prevention](#)
- [Other services](#)

Please visit the [webpage](#) for information and directions.

<https://www.sexualhealthoxfordshire.nhs.uk/clinics/oxford/>

For **urgent** or routine consultations about sexual health, including if you want PEPSE (treatment after exposure to HIV) call **01865 231231**. Further details can be found at [Book a telephone consultation - Sexual Health Oxfordshire](#).

INFORMATION ABOUT SEXUALLY TRANSMITTED INFECTIONS

<https://patient.info/sexual-health/sexually-transmitted-infections-leaflet>

Don't get caught out - get checked out!

All services are free to everyone and confidential.

EMERGENCY CONTRACEPTION

LEVONELLE (LEVONORGESTRAL): THE 'MORNING AFTER PILL'

Is available from any pharmacy. It is free if you are under 22 years old. The pharmacist will wish to have a brief confidential conversation with you before providing the medication.

Levonelle is thought to prevent:

- up to 95% of pregnancies if taken within 24 hours
- up to 85% if taken within 48 hours
- up to 58% if taken within 72 hours

For this reason, taking Levonelle three days after unprotected sex may not leave you as well-protected as you hoped.

ellaOne

Pharmacies now sell another emergency contraception called ellaOne. It can be effective for up to five days (120 hours) after unprotected sex. It costs around £35.

Contact a JCR rep if you require a refund. If you have unprotected sex, get checked for STIs.

IUD (Coil)

The **copper IUD** is the **most** effective form of emergency contraception available. This can be used for up to 5 days after unprotected sex & lowers the chance of getting pregnant by 99.9%.

<https://www.sexualhealthoxfordshire.nhs.uk/contraception/emergency-contraception/>