> **Good sexual health is about knowledge, respect, and responsibility.**

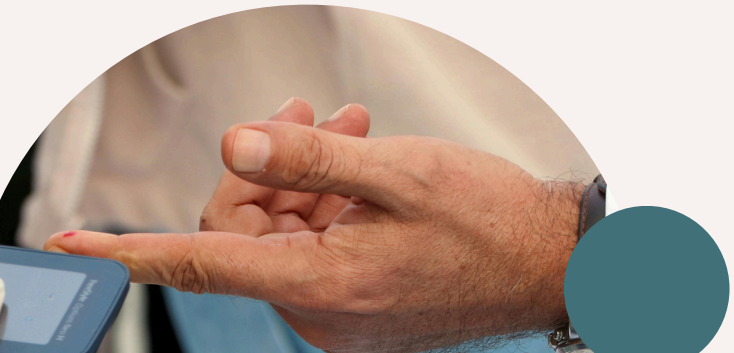


WHERE TO GET HELP

If you need advice, testing, or contraception, you can contact:

- Public or private hospitals/clinics offering STI testing
- Pharmacies (for emergency contraception and information)

All services are confidential and supportive — no one should judge or shame you for asking questions about your health.



WHY IT MATTERS?

Sexual health is part of your overall well-being — physical, emotional, and social.

It's about making informed, safe, and respectful choices in your relationships, and understanding your body.

Healthy sexuality is not only about preventing disease — it's about mutual respect, consent, and care.

LOOKING AFTER

YOUR SEX HEALTH

ARUCAD
Arkın Yaratıcı Sanatlar ve Tasarım Üniversitesi

WHAT IS SEXUAL HEALTH?

Good sexual health means:

- Having access to accurate information and healthcare.
- Being able to enjoy relationships free from pressure, violence, or discrimination.
- Knowing how to protect yourself from infections and unplanned pregnancy.

PROTECT YOURSELF

- **Use condoms** every time you have sex.
- **Get tested regularly**, especially with new partners.
- **Limit partners** and avoid unprotected sex.
- **Use contraception** to prevent unplanned pregnancy.
- **Get vaccinated** against HPV (protects against some cancers and warts).
- **Seek advice quickly** if you have symptoms or think you've been exposed.

WHAT ARE STI'S?

Sexually Transmitted Infections (STIs) are infections passed through sexual contact — oral, vaginal, or anal.

Common examples include **chlamydia, gonorrhoea, herpes, syphilis, HPV, and HIV.**

You can have an STI without symptoms.

When symptoms occur, they may include:

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- Unusual discharge from the penis or vagina
- Pain or burning when urinating
- Sores, rash, or itching around the genitals
- Pain during sex

If untreated, some STIs can cause **infertility, pregnancy complications, or long-term health problems.**



CONSENT AND RESPECT

- Consent must be mutual, clear, and ongoing.
- It's okay to say no, or to change your mind at any time.
- Respect your partner's boundaries and your own.

Adapted from WHO and international sexual health education guidelines. For educational use at Arkin University of Creative Arts and Design (ARUCAD), North Cyprus.