



[www.ccardnottingham.org](http://www.ccardnottingham.org)

## **WHAT IS A C CARD**

**If you are aged 13–24 a C-Card allows you to pick up free condoms and lubricant, and access information about sexual health, from a number of points across the city.**

## **WHERE ARE THEY?**

**You can register to receive a C-Card at a number of sites, such as pharmacies and schools, or if you are over 18 you can register online. You can find a list of our registration and pick up sites on our website.**

## **HOW DO YOU GET ONE?**

**You need to register with the scheme by having a brief, confidential talk with a C-Card advisor at one of our registration points. Once you have received the card you can go to any pick-up point to receive a pack of free condoms and lube.**

### **WHY DO YOU NEED TO USE A CONDOM?**

**Condoms should be used during vaginal, oral and anal sex and when using sex toys to protect against STIs like Chlamydia, Gonorrhoea, Syphilis and HIV and to prevent unplanned pregnancies. You can cut open a condom to make a dental dam for use during oral sex or rimming.**

### **WHAT'S LUBE?**

**Lubrication is a gel used to increase pleasure and reduce friction when using condoms to prevent them from splitting or coming off. Put a little lube on the outside of the condom once it's on and some on your partner's genitals.**

## HOW TO USE A CONDOM

- **Check that there are no rips on the packet and check the kite and CE mark, and expiry date.**
- **Open the condom packet using the perforated side, and make sure not to rip the condom.**
- **Check that it is the right way – it should look like a hat and be able to be rolled down.**
- **Squeeze the top of the condom to get any air out. Place it on the penis and roll it down to the base of the penis.**
- **Make sure to not double up on condoms or use oil based lubricants as this can tear the condom.**
- **After sex, but before pulling out, hold the condom at the base. Then pull out whilst holding the condom in place.**
- **When you are taking off the condom, hold the condom from the base of the penis and pull it off without spilling the semen.**
- **Tie it in a knot and dispose of it in the bin.**
- **If the condom comes off during sex, make sure to put on a new one.**
- **If the condom breaks you can go to a sexual health clinic, GP or a pharmacy so you can take emergency contraception and get tested for STI's.**

## **CONTRACEPTION**

**If you are having sex or thinking about having sex for the first time there are lots of methods of contraception available to you. Some are long acting and some are short acting. You can discuss what might work best for you by speaking to specialist trained advisers at Sexual Health Nottingham: 0115 9627 627.**

## **WHAT IF THE CONDOM BREAKS?**

**If a condom comes off or breaks then you will need to access emergency contraception as soon as possible. The emergency pill can be taken up to 72 hours after sex but the sooner it's taken the more effective it is.**

## **GET EMERGENCY CONTRACEPTION FROM:**

**NUH Sexual Health Services - 0115  
9627627**

**Your GP, Pharmacy or School Nurse**

### **SHOULD I GET TESTED FOR STI'S?**

**To protect yourself and your partners it's always a good idea to get tested for STIs before having sex with someone new or when a condom comes off or breaks. Some infections don't have any noticeable symptoms so it's important to get regular check-ups. You can get tested for Chlamydia and Gonorrhoea 2 weeks after sex and a test for Syphilis and HIV 6-12 weeks after sex. If you have any symptoms you can visit a GUM clinic – 0115 9627 627**

### **PLACES TO GET TESTED:**

**The Health Shop: 0115 9055001**

**NUH Sexual Health Services: 0115 9627 627**

**Free, discreet online STI testing for 16-24-year olds: <http://www.sh24.org.uk>**

**<https://freetesting.hiv/>**

**For further info contact The Health Shop 0115 9055001 or NUH Sexual Health Service 0115 9627627.**

## **SEX AND CONSENT**

**Sexual consent is a voluntary agreement to engage in sexual activity and having the freedom and capacity to make the choice. Sex without consent is a crime known as rape and sexual assault. Consent can be withdrawn at any time and saying yes to one sexual activity doesn't necessarily mean agreement to another.**

**Alcohol and drugs can affect your judgment so regardless of what someone is saying or doing they may not be able to consent to sex.**

**If you are unsure and want to know more, you can contact the Consent Coalition at [www.notssvss.org.uk/consent-coalition](http://www.notssvss.org.uk/consent-coalition) or go online and search "Tea and Consent".**

## USEFUL CONTACTS

**THE HEALTH SHOP 0115  
9055001**

**NUH SEXUAL HEALTH  
SERVICES 0115 9627 627  
BASE 51 NGY / MYPLACE  
0115 9525 040**

**[www.ccardnottingham.org](http://www.ccardnottingham.org)**

**[www.healthforteens.co.uk](http://www.healthforteens.co.uk)**

**[ccard@nottshc.nhs.uk](mailto:ccard@nottshc.nhs.uk)**

**[www.bishuk.com](http://www.bishuk.com)**

**[www.dontpassiton.co.uk](http://www.dontpassiton.co.uk)**

**[www.sh24.org.uk](http://www.sh24.org.uk)**