

**SEX  
EDIT**

# SEXUAL HEALTH

Changing the way we talk and think about Sexual Wellbeing at The University of Manchester



## OUR AIM:

The Sex Education system in the UK is still not where it needs to be. With organisations like Sexpression and Brook working tirelessly to fight for more open, honest and safe conversation about sex and wellbeing, we hope that The Student Wellbeing Team can contribute to this discourse.

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## Student Testimony

She/Her: 3rd year student

"I thought I didn't need to use [STI tests] at first because I convinced myself that I knew who I was sleeping with and they won't have an STI. At uni I realised that actually it's just good to do regularly if you're having casual sex or aren't in an exclusive relationship. A check up every now and then is a good habit! I went to the Hathersage Centre just behind the uni hospital- it was really easy to book online. When I got there the staff were really friendly, they gave me some free condoms, a chlamydia test and offered for other tests like HIV. I didn't see the point but they explained to me that it's useful to know and it's free (it was a quick finger prick test). Results came very quickly and overall was a fine experience. I think it's definitely worth doing as you have the assurance that you're healthy and you won't pass anything on to other people unknowingly. It gives you more sexual autonomy because you can make more informed choices."

## Worried you might have an STI?

### Got symptoms?

If you have symptoms of an STI, contact your GP or book a telephone appointment with the Northern Sexual Health Service online. They may send you an STI testing kit that you can take home, or ask you to attend an appointment in person if needed.

### Not got symptoms, but still worried you might have an STI?

Order a home STI testing kit which will be discreetly delivered to your door via the

[Northern Sexual Health Service](#)

### Think you may have been exposed to HIV by having unprotected sex in the last 72 hours?

Post-exposure prophylaxis (PEP) is a preventative medicine to take if you are at risk of contracting HIV. It must be started as soon as possible within 3 days of exposure. Contact the Northern Sexual Health Service emergency line as soon as possible: 0161 701 1513

### Think you might have HIV?

If you think you may have been exposed to HIV in the last 3 days, follow the advice above for PEP.

Testing for HIV can still be arranged and you can make an appointment or a telephone consultation with the local Sexual Health Service. You can order a home testing kit or access support from:

[BHA for Equality, George House Trust](#)  
& [The LGBT Foundation](#)

SPOTLIGHT ON:

sexuality and disability

Click here

## General Sexual Health

From UTI's to smear tests to prostate checks, talking about your reproductive health is so important. Talk to your GP or STI Clinic for advice or answer any questions or concerns.

See here for:

[Gynaecology \(female reproductive system\)](#)

[Urology \(male reproductive system\)](#)

In relationships, there is often a greater responsibility upon the person who has to take long-acting contraception to organise, regulate and manage this experience. It is important that both parties take responsibility for ensuring the sex is safe and contraception is used where appropriate. This will enable a safe, supportive and pleasurable sexual experience for both people. This can look like:

- Talking through the decision together
- Offering to attend appointments with your partner
- Understanding contraception may affect your sex life
- Offering your support to your partner if they experience discomfort or side effects and reassessing which method of contraception you are taking.

## Student Testimony

She/Her: 3rd year student

"Growing up my periods were pretty average and I didn't experience too much hormonal disturbance. When it came to contraception I decided that I didn't want to use hormone options as I had been lucky so far. I use condoms every time because they are dual function - prevents unplanned pregnancy and protects against STIs. Some people don't like condoms but actually I find that with all the different textures and flavours there's plenty to explore!"

## Student Testimony

She/Her: 3rd year student

"I was quite late to the contraception game. My first serious relationship was with a girl and my school sex ed had barely mentioned same sex couples let alone how to keep ourselves healthy. I used to think contraception was just for pregnancy and that STIs were only transmitted through hetero-penetrative sex. Fortunately I didn't have any issues but before I started dating other people my friend suggested I get checked as technically I had been having unprotected sex all that time. Since then I've been sure to have regular checks and use gender appropriate contraception with my sexual encounters."

SPOTLIGHT ON:



Click here

## Emergency contraception

Equally, there is a similar pressure when emergency contraception needs to be used. Show your support by:

- Splitting the cost of the medication, if the free option isn't available.
- Offer to go with them to the pharmacy or clinic
- Checking in afterwards as some people may experience side effects

[When should you use it?](#)

[How and where can you get it?](#)

## Need contraception?

[Click here](#) to access the Brook Website for a breakdown of all your options.

To book an appointment contact your GP or call The Northern Service Contraception line  
0161 701 1513

# SEX EDIT PREGNANCY

Everyone has different reactions to finding out they're pregnant. Some people will be excited; others may be shocked or nervous. As students, this news can be particularly difficult to navigate. With pressure of deadlines, finances and cultural expectation, this decision can be incredibly overwhelming. It is important to have the necessary information and know that this decision is not one you have to make on your own.

SPOTLIGHT ON:



Click here

## Student Testimony

### She/Her: 4th year student

"A month ago I found out I was pregnant. I was terrified and completely lost on what to do. I knew I wanted an abortion but I had no idea where to start. After some frantic researching I found a 24 hour helpline from MSI Reproductive choices, I called at 2am and was met with a wonderful nurse who calmed me down and explained the entire abortion process. The next day I called MSI again and began to organise the abortion. Every nurse, volunteer and staff member I spoke to were incredibly kind and helpful. Within two days of finding out I was pregnant, I had been to the MSI fallowfield clinic and picked up the abortion medication. The MSI team supported me throughout the process and checked at every stage that I had received all the information and was still sure about my decision. After I had received the abortion, I received aftercare counselling from both MSI and UoM which helped me to process what had happened. Getting an abortion can be an anxiety inducing, life altering experience however the support is out there so no one has to go through it alone"

## Pregnancy Support

Manchester Students' Union is doing more than ever before to support students who are parents through their Off-Campus Students Project. Through working with students & societies they're developing lots of great plans, projects & events to help build communities & student support. Click [here](#) for more information on wellbeing support, financial support and other useful contacts.

## USEFUL INFORMATION

**Fresh 4 Manchester Clinic**

0345 365 0565

**MSI Reproductive Choices - Salford Community Treatment Centre**

0345 365 0565

**Whitworth Clinic**

0161 276 6283

**NUPAS Manchester**

0161 276 6283

**BPAS Manchester West**

0161 276 6283