

FPSHP – Photo compilation



BECAUSE GETTING FRISKY DOESN'T HAVE TO BE SO RISKY.

Menstrual Health
Wellness
Ovulation
Post-ovulation

How to put on a condom

What is an STI?
An STI is a sexually transmitted infection. STIs are passed on through sexual contact with someone who has an infection.

HEALTH

INCLUSION

Relationships

EQUALITY
CONSENT

PROGRESSIVE

FERTILITY



HIV PrEP in Ireland

BreastCheck

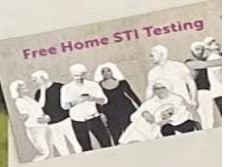
'Big Talk'

EQUALLY









Progestogen-only pill (mini pill)

Advantages

- ✓ It can be used by women who smoke and are over 35.
- ✓ It can be used when breastfeeding.
- ✓ It does not interrupt sex.

Disadvantages

- ✗ If you miss a pill, or you are vomiting or have severe diarrhoea, it can be less effective.
- ✗ It may cause irregular periods.
- ✗ Its effectiveness may be reduced by taking certain medications.
- ✗ It does not protect you against sexually transmitted infections (STIs).

7 Diaphragm or Cap

Advantages

- ✓ You can put the diaphragm in place any time before you have sex.
- ✓ You can reuse the diaphragm after careful washing with water.
- ✓ It is useful if you want to avoid taking hormones.

Disadvantages

- ✗ You need to have a check-up at least once a year to make sure it still fits.
- ✗ You may need a different size diaphragm if you put on or lose more than three kilos (seven pounds) in weight.
- ✗ You must leave the diaphragm in place for at least 6 hours after sex, but must not leave it in for more than 24 hours.
- ✗ It does not protect you against sexually transmitted infections (STIs).
- ✗ If you have sex again, you need to use extra spermicide.



What Happens to the Female Body?



Contraceptive patch

Advantages

- ✓ It may be easier for you to remember to use than taking a pill every day.
- ✓ It does not interrupt sex.

Disadvantages

- ✗ It is not advised if you smoke and you are over 35.
- ✗ Its effectiveness may be reduced by taking certain medications.
- ✗ It may not be suitable if you are breastfeeding. Check with your doctor.
- ✗ It is not suitable if you are obese.
- ✗ It does not protect you against sexually transmitted infections (STIs).



STI facts:

- Hepatitis B
- Genital Herpes (HSV)
- Gonorrhoea
- Bacterial Vaginosis (BV)
- Thrush
- HIV



Uterus/Womb
This is a place where a baby can grow. It's the part of the uterus in the woman's (womb).

Ovary
Like the testis (see below), it's a pair of glands that produce eggs.

Fallopian Tube
Connects the ovary to the uterus.

Cervix
The opening of the womb.

Urethra
Where urine (pee) comes out of your body.

Clitoris
A fleshy bump near the urethra.

Vulva
All of the female's outside sexual organs (what you can see outside).

Vagina
A passage leading from the womb to the vulva.

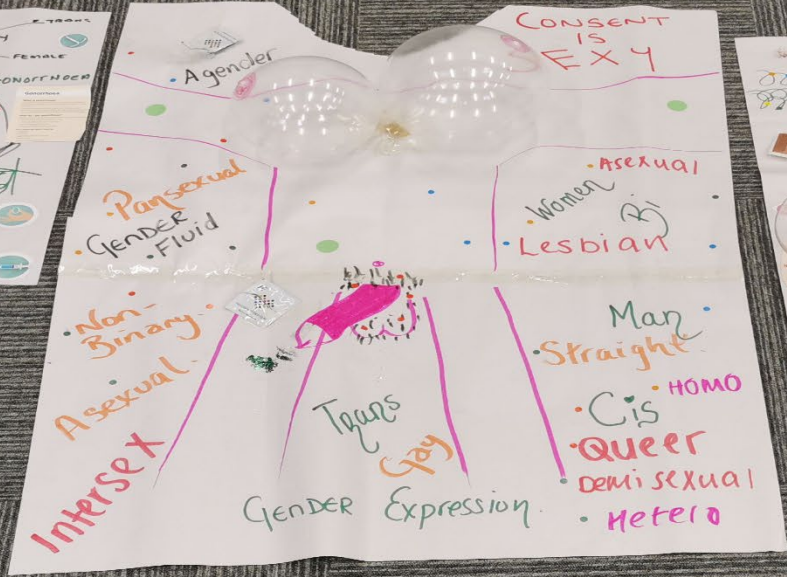
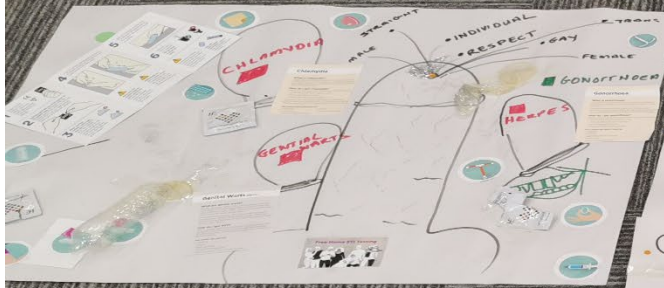
Labia
Folds of skin covering the urethra and the entrance to the vagina.

Oestrogen and Progesterone
The two main female hormones.





















Consent is like a cup of tea

How to put on a condom

YOUTH

Breast Check

Sex hormones

17 is the age of sexual consent in Ireland

MENTAL HEALTH AND WELLBEING

Testosterone

Emotional signs can be frustration, anxiety, a lack of interest or being overly sensitive

