

Anyone can
be at risk:

**Sex can be fun at any age
BUT
Age doesn't keep you safe.**

Anyone can have a
Sexually **T**ransmitted **I**nfection.

You can't tell by looking at
someone if they have a **STI**.

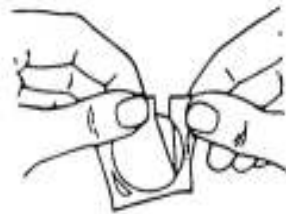
**Sometimes there are no
symptoms.**

Be Safe...



YOU may be at
risk if:

You are having sex with a
new partner and you are
not using protection.



You or your partner had
sex with other people in
the past. You did not use
protection every time.

Your partner is having sex
with other people.

You or your partner share
needles or equipment for
drugs, body piercings,
tattoos.

You share sex toys.

Watch for
Signs of STI:

Watch for changes around your
sexual organs (privates) -
**burning, new discharge, sores,
itchy feeling, rash, swelling.**
If you have any of these signs,
see a doctor.
You can be treated.

Tips for safer sex :

- ✓ Talk to your partner **before**
things get hot
- ✓ Learn how to use
protection - condoms for
intercourse, and oral dams
(a piece of latex) for oral sex
- ✓ Don't use Vaseline (or any
oil) with latex condoms
- ✓ Think about how sex fits
with your overall health

Met someone new?

Dating again?

On vacation and had a one-night stand?

Think your partner is cheating?

You may be at risk
for **S**exually
Transmitted
Infections (**STI**)

STI means infections or diseases spread by sexual contact.

Herpes, chlamydia, gonorrhea, HPV, and HIV/AIDS are some of the Sexually Transmitted Infections.

Talk with your partner:

You can say...

“This is kind of embarrassing but before things go any further, we need to talk.”

“Did you know that more people our age are getting infections from sex?”

“This is hard for me to talk about, but here goes.”

Need to know more?

www.sexualityandu.ca/adults

Contact Public Health, a doctor, nurse practitioner, or health clinic.

Call a Sexual Health Centre in your area. Call 902 667-7500 for a N.S. list, or see www.nssexualhealth.ca

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Safe Sex over **50**



Thank you to the men and women “over 50” who helped create this pamphlet.

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